

## **REVIEW OF ANDHRA BHAISHAJYA RATNAVALI - AN IMPORTANT AYURVEDA TEXT IN TELUGU LANGUAGE**

**Dutta Sharma KS<sup>1\*</sup>, Aravind BS<sup>2</sup>, Vinaya TM<sup>3</sup>, Lakshmi Prasanna AVK<sup>4</sup>**

1. *Ayurveda Consultant, Ayushya Ayurveda Hospital, Rajahmundry, Andhra Pradesh, India.*
2. *PG Scholar, Dept. of Basic Principles, Govt. Ayurveda College, Mysore, Karnataka, India.*
3. *PG Scholar, Dept. of Swasthavritta SDM Ayurveda College, Hassan, Karnataka, India.*
4. *Ayurveda Consultant, Ayushya Ayurveda Hospital, Rajahmundry, Andhra Pradesh, India.*

Received: 09-10-2012; Revised: 27-10-2012; Accepted: 29-10-2012

### **Abstract**

India is a treasure house of Ayurvedic literature. Many Ayurvedic books were written in regional languages like Telugu, Bengali, Orissa, Gujarati etc. Though some of them are very useful, due to lack of maintenance and improper protection and neglect many of them are missing or partially available and some of them are on the verge of extinction. Andhra Bhaishajya Ratnavali is one among such books, which is on the verge of extinction, details of which are presented here.

### **\*Address for correspondence:**

Dr. Dutta Sharma KS., MD (Ayu),  
Ayurveda consultant,  
Ayushya Ayurveda Hospital,  
Rajahmundry, Andhra Pradesh, India – 533 101  
E-mail: [drganti@ymail.com](mailto:drganti@ymail.com)

### *Cite This Article*

Dutta Sharma KS, Aravind BS, Vinaya TM, Lakshmi Prasanna AVK. Review of Andhra Bhaishajya Ratnavali - An important Ayurveda text in Telugu language. *Ayurpharm Int J Ayur Alli Sci.* 2012;1(6): 132-137.

**Author:** Sripada Krishnamurthy Sastry

**Publisher:** ABS publishers, Rajahmundry

**Last published Year:** 1976

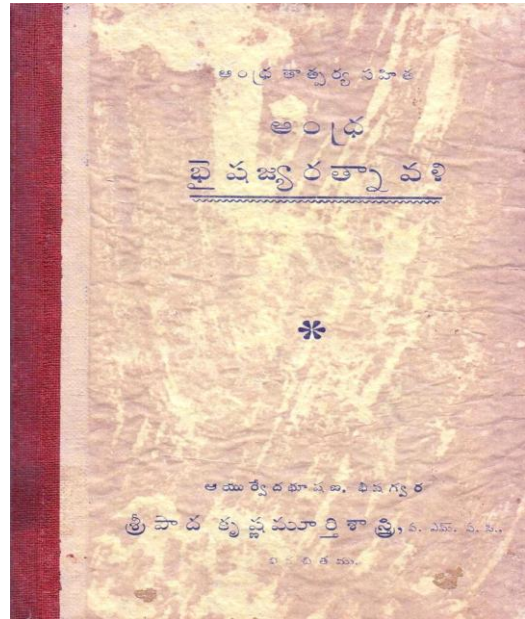
**Binding:** Hard bound

**Pages:** 163

**Total editions:** 6

**Year of Publication:** 1925, 1930, 1935, 1948,  
1954 and lastly on 10-06-1976)

**Price of book:** INR 12



## INTRODUCTION

The present paper highlights the salient features of the text Andhra Bhaishajya Ratnavali authored by Vaidya Sripada Krishnamurthy Sastry. Who has got a place in the pages of history of Ayurveda. This book is a documentation of his experiences with medicinal preparations. By going through the book the reader can get the first hand knowledge about various medicines used in clinical practice. Hence such books are need of the hour. Various aspects of this text are being discussed here to bring it to the knowledge of Ayurvedic fraternity.<sup>[1]</sup>

### About the Author

Vaidya Krishnamurthy Sastry the author of the book was born on 11<sup>th</sup> January 1894. He belongs to the Brahmin sect of kausikasa gothra and bearing the family name 'Sripada'. He is the son of Somayaji and Subbamamba, and grandson of Venkateswara. He was a native of Modekurru Agraharam of Konaseema region of East Godavari District, Andhra Pradesh. He held academic

qualifications such as "Ayurveda Bhushana" and "Bhisagvara" and is a direct disciple of Pandit Deevi Gopalacharyulu of Madras. He was also the founder of "Sri Krishna Pharmacy" and practiced in Rajahmundry. He was famous among the physicians of Andhra Pradesh as a renowned practitioner and scholar of Ayurveda. Other works of this Author are 'Ayurveda Aushadha Ratnakaram (1976) published by Sujanaranjani Mudranalayam of Rajahmundry. 'Bhasmaprakashika' (1976) Ramaseshu Press Rajahmundry, 'Anubhava Deepika', 'Vaidyavignanam' or 'Krishnapanditeeyam' (1976) Box press publishers, and 'Charaka Samhita (in 3 volumes) (1977) in Telugu language, published by BV and Co., Press, Rajahmundry.

### Period of the text

This text was first published by Box Press Publishers in the year 1925. Consecutively it took five reprints in the years 1930, 1935, 1948, 1954 and 1976. This denotes the popularity of the book among physicians.

Later ABS publishers, Rajahmundry published it but presently the text is not available.

### Arrangement of the text

In Mangalacharana (auspicious invocation) the author pays regards to Patanjali and Lord Dhanwantari. He stated that this text is being presented in the form of Sanskrit verses in Telugu script followed by an explanation in Telugu language, the author followed various Ayurveda texts in Sanskrit available during his period comprising of famous and effective Aushadha yogas (medicinal preparations), along with their manufacturing methods and therapeutic indications and compiled them in to an integrated textbook for the use of fellow physicians and practitioners in day to day medical practice day to day medical practice.

### Content

This book presents information in a systemic manner and classified the contents into ten chapters with a prefix indicating the specific content of each chapter followed by a common suffix 'Maala' - meaning garland. Under each chapter (Aushadha anukramanika) list of medicines were arranged as index in Telugu alphabetical order (Akaradi kramam). The author has stated his name and family details at the end of each chapter of the text.

### Chapters of the text

This text contains ten chapters in total. The sequential arrangement of the chapters of the text is as follows:

1. **Arishta Maala** – A chapter on various Arishta (a variety of fermented decoctions) preparations.
2. **Asava Maala** – A chapter on various Asava (a variety of fermented decoctions) preparations.

3. **Kashaya Maala** – A chapter on various Kashaya (herbal decoctions) preparations.
4. **Guggulu Maala** – A chapter on various Guggulu (resin of shrub- Commiphora mukul) preparations.
5. **Ghrita Maala** – A chapter on various Ghrita (medicated ghee) Preparations.
6. **Churna Maala** – A chapter on various Churna (Herbal powder) preparations
7. **Taila Maala** – A chapter on various Taila (Medicated oils) Preparations.
8. **Leha Maala** – A chapter on various Leha (linctuses prepared from herbal powders)
9. **Vatika Maala** – A chapter on various Vati (Tablet) preparations.
10. **Parisishta Maala** – (Appendix) – A chapter on various medicinal preparations from personal experience and local texts.

### Salient features of Book

Though this book bears the name 'Andhra Bhaishajya Ratnavali' the presentation of this book is entirely different from Bhaishajya Ratnavali of Govinda Dasa Sen. Bhaishajya Ratnavali has 76 chapters each one bearing the name 'Adhikara' and deals with diseases and their treatment; whereas this book Andhra Bhaishajya Ratnavali has only ten chapters and deals only with medicinal formulations, their preparation and therapeutic indications.<sup>[2]</sup> The following formulations Mandurarishtha, Narikelasava, Amradi Kashaya, Chinnodbhavadi Kashaya, Mudgadi Kashaya, Rasottamadi Churna, Ketakyadi Taila, Virya Sthambana Vati, Phirangadi Churna, Sthaali Churna, and Phirangadi Lehya, Shaalamishri Lehya, are a few preparations that are not found in Bhaishajya Ratnavali and are specific to this text. (Table 1)

**Table 1: Exclusive formulations found in Andhra Bhaishajya Ratnavali and their therapeutic indication**

Sl. No.	Name of the Formulations	Therapeutic indications
1.	Mandurarishtha	Pandu (Anaemia), Krimi (Helmenthiasis), Kamala (Jaundice) Arshas (Hemorrhoids), Kaphavyadhis like swasa, kasa.
2.	Narikelasava	Acts as Rasayana (Rejuvenator) and Vajikarana (Aphrodisiac)
3.	Mrigamadasava	Indicated in Vishuchi (cholera and dysentery) Hiccups and all Jwaras
4.	Amradi kashaya,	Garbhini grahani (Sprue and IBS in pregnant women)
5.	Chinnodbhavadi kashaya	All types of Amlapitta (Hyperacidity)
6.	Mudgadi kashaya	Vami (Vomiting), Atisara, Daha (Thirst), Jwara (Fever)
7.	Rasabhra guggulu	All Kushtas (Skin problems)
8.	Ashtamangala ghrita	Medhya (Enhances Intellect), Unmaada (psychotic problems) and Apasmara (Epileptic condition)
9.	Kadalyadi ghrita	Mootrakrichra (Difficulty in micturition), Mootraghata (Anuria), Ashmari (Calculi) and 20 Pramehas
10.	Jeeraka ghrita	Agnidagdha vrana (Burns)
11.	Dhatri ghrita	Vatavyadhi (Neurological problems), Prameha
12.	Bruhat dhatri ghrita	Mastishka vyadhi (Diseases of the Head)
13.	Rasottamadi churna	External application in all Twak rogas (skin problems)
14.	Laxmivilas tail	Vatavyadhi (Neurological problems), Prameha, Mastishka vyadhi, Shukra and Artava dosha (Problems pertaining to Male and Female Reproductive Elements)
15.	Ketakyadi taila	Vata raktha (Vascular Problems), Daha (Burning Sense), Jwara
16.	Virya stambana vati	8 types of Sukra doshas
17.	Mahodadhivati	Improves Jatharagni (Improves Appetite and Digestion)
18.	Phirangadi churna & lehya	Suka dosha and Phiranga (Sexually transmitted Diseases)
19.	Shaalamishri lehya	Vajikarana (Aphrodisiac)
20.	Sthaali churnam	Ajirna (Indigestion) and Agnimandya (Loss of Appetite)

This book also contains Aushadha yogas (medicinal formulations) that are famous and acclaimed in earlier Ayurveda texts and those prescribed by experienced Vaidyas were taken as it is from their source. Though each formulation may vary in ingredients as per different texts the author has selected a particular yoga (formula) based on the fame of the formula and his own clinical experience. Apart from revealing the formulation and its therapeutic indications the author has included the common method of preparation of these formulations (viz., Asava, Arishta, Lehya etc) at the end of each chapter with specific focus on Ghrita paka (preparation of medicated ghee), Arishta kalpana (preparation of fermented decoctions), Taila kalpana

(preparation of medicated oils), Churna (preparation of Herbal powders).

The author himself has manufactured all the medicines and has discussed the practical difficulties faced during their preparation and the techniques to be adopted to overcome them. Examples: During Sandhana Kalpana to prevent leakage from mud pots they should be coated with a mixture of guda and sudha (Jaggery and calcinated lime) inside and outside to prevent leakage of contents. Kashaya once prepared can be used up to three days but before using it should be heated. In the last chapter Parisishta Maala there are a few Anubhuta yogas (proprietary medicines) mentioned by the author, like Ahiphena (*Papaver somniferum*) for Sayyamutra

(enuresis), Haritala prayoga for Lomasathana (Hair removal), Kairatadi Panaka (Infusion of *Andrographis paniculata*) for Jwara (Fever), Spathika (Alum) churna as bahya prayoga (External use) in Vranas (Wounds), Tambooladi churna in Danta vyadhis (Dental problems), Varthakadi churna in Krimidanta (Dental caries), Tamboolavati in Arochaka (Anorexia), Sthali and Maha sthali churna for Jwara (Fever) and Udavartha Rasendrati Lepa for Siro Krimi (lice) Madiphala Rasayana, Ajamodarka, Pancha tiktha panaka, Yavanyarka (sounf water), Sankhadravaka, Amalaki murabba (sweet made of *Embllica officinalis*) Tamboolavati, Talakadivarthi.

## DISCUSSION

From Vedic period to the earlier part of 18<sup>th</sup> century educational system in India was taught in Gurukulas with Sanskrit as the medium of instruction. Due to English educational reforms by the British, Gurukula system and learning Sanskrit lost their glory. Ayurveda also faced serious neglect. India is a treasure house of extensive Ayurvedic literature in Sanskrit language. Though Ayurveda was prevalent as a medical and health care system, there was scarcity of scholars and pupils who can read and understand the original scriptures in Sanskrit, also non availability of medical literature in regional language paved way for translation of Ayurvedic texts into regional languages like Telugu, Bengali, Oriya, Gujarati etc., for easy understanding. Along with translation of texts many scholars have contributed for systemic documentation and presentation of their clinical experiences, medicinal formulae and therapeutic indications. These documented evidences are based on geographical, traditional and linguistic variations were termed as Sampradayas (Andhra Sampradaya, Siddha Sampradaya, Oriya Sampradaya etc).

From 18<sup>th</sup> century to earlier part of 20<sup>th</sup> century these Sampradaya granthas (Texts based on Tradition) became hand books for practicing Ayurvedic physicians. Sarvaushadhi Guna Kalpam<sup>[3]</sup> Chikitsarnavam,<sup>[4]</sup> Vaidya chintamani, Basavarajeeyam,<sup>[5]</sup> Bhishaksudharnavam,<sup>[6]</sup> were a few examples among those books. Even today many traditional Vaidyas follow these books in their Ayurvedic practice. Though such books are very useful, due to lack of maintenance and improper protection and neglect many of them are missing or partially available and some of them are on the verge of extinction. Only references or few verses from such texts are mentioned in later texts. Unfortunately, a large number of Ayurvedic texts are unexplored till today are likely to exist in palm-leaf manuscripts, which are decaying or undergoing permanent annihilation. As such much unique and valuable information contained in these texts is being lost. Though several Institutions have taken up work on literary Research, only few texts have been published during past decades. Language is a major barrier in understanding books written in local languages so it's the need of the hour to translate such books into Hindi and English so that the fruits of Ayurvedic knowledge reach far and wide.

## CONCLUSION

As mentioned by the author, this book is a compendium of useful medicinal preparations that are time tested and efficacious for the use of practicing Physicians. Pharmaceutical industry can utilize the knowledge of 'Andhra Bhaishajya Ratnavali' for the development of safe, cost effective, quality assured and clinically proven drugs for sub acute and chronic diseases and to promote utilization of Ayurvedic medicines for the benefit of humanity.

## REFERENCES

1. Sripada Krishnamurthy Sastry. Andhra Bhaishajya Ratnavali. 2<sup>nd</sup> ed. Rajahmundry: Box Press Publishers; 1925.
2. Mishra SN. Bhaishajya Ratnavali (Hindi), Govinda Dasa, editor. 3<sup>rd</sup> ed. Varanasi: Chowkambha publications; 2005.p.5.
3. Srikanth N. Exposition on Sarvaushadhi Guna kalpam. Bulletin of Indian Institute of History of Medicine 2008; 38(1):171-178.
4. Padhi MM, Das B, Audichya KC, Rao MM. Important Ayurveda literatures from the manuscripts available from Orissa (Cikitsarnava). Bulletin of Indian Institute of History of Medicine 2005; 35(1):33-40.
5. Kotturu Basavaraju. Basavarajeeyam. 10<sup>th</sup> ed. Rajahmundry: ABS publishers; 2004.
6. Prasad GP, Sastri PS, Swamy RK. Bhisaksudharnavam - An unexplored precious Andhrasampradaya Ayurveda Grantha. Bulletin of Indian Institute of History of Medicine 2005; 35(1):77-82.

Source of Support: Nil

Conflict of Interest: None Declared