

AYURVEDIC LITERATURE IN URDU PART-III

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ABSTRACT

The present article is the continuation of the second part of the previous work published with same title in the Bulletin of Indian Institute of History of Medicine, Vol. XXIX. No.2 in 1999. This work has been initiated to introduce the books written in recent past, the period in which Urdu language had a prominent role in preserving the knowledge of old arts and sciences.

This article provides brief notes on two rare Urdu books. The first book is on Ayurveda which is divided in to 5 massive volumes and second one deals with the information of a private Ayurvedic Medical School of recent past.

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MUKHZAN – E – AYURVED
(GHAR KA VAIDYA – HAKEEM)

AUTHOR: Krishna Dayal Vaidya

Publication: 2nd edition printed in 1934 at Sani Barqi press, Amritsar.

Total Chapters and pages:

| | | | |
|-----------|----------|-------------------------------------|-------|
| Vol. I | contains | 1 to 16 chapters & covers upto 352 | pages |
| Vol. II | “ | 17 to 33 chapters & covers upto 504 | pages |
| Vol. III. | “ | 34 to 53 “ | 528 “ |
| Vol. IV. | “ | 54 to 84 “ | 584 “ |
| Vol. V. | “ | 85 to 99 “ | 628 “ |

Size : 22x 13 mm (8.9” . 5.4”)

Availability:- Private collection of Vaidya Veera Bhadraiah, Esamia Bazar, Hyderabad.

This book namely Mukhzan - e - Ayurved meaning Ghar ka Vaidya (Hakim) was compiled in five volumes in Urdu language. The book under perusal is the second edition of it.

On the perusal of the book it appears that the author was a famous Ayurvedic physician of Amritsar and was also a proprietor of an Ayurvedic pharmacy, “Hindustani Dawa Ghar” at Amritsar. In the introduction, the author has given the definition of Ayurveda as Ayu means life and Veda means knowledge. The complete word Ayurveda means knowledge of life, he has given sub headings on its meaning, necessity, antiquity and importance etc. Here he has given a shlok also.

“आयुर्हिता हितमाविदाधीर निदान शमनम तथा”
विध्यते तोर विवदमि आयुर्वेद उच्चयत ॥

The book mainly deals with the *Kaya Chikitsa* (General medicine). There are 99 chapters divided into five volumes covering the definitions of diseases, their causes, diagnosis and treatment in detail. In some places Unani and allopathic terms also have been given along with the terms of diseases used in Ayurveda. The book also contains useful instructions to physicians and patients, many single and compound drugs for

treatment, methods of purification of various minerals and poisonous drugs, *Astasamaskaras* of mercury, preparation of *Rasasindura* and *Rasakarpura*, incineration of number of minerals and marine products, description of different *yantras* and *putas* etc. from the subject material of the book.

Brief account of important headings of each Volume is as follows.

VOLUME - I

Preface of second edition of Vol. I is on page 2, preface of 1st edition is on page 4, Importance of Ayurveda is on page 7 reason of compilation of this book is on page 14. Then the original text of the book starts. The important headings and chapters are as follows.

| | | | |
|-----------|------------|------------|--|
| Chapter I | on page 17 | deals with | <i>Jwar</i> (fever) |
| II | -do- | 38 | <i>Nidan</i> (causes) |
| III | -do- | 46 | <i>Jwar ka Samanya purvaroop</i> (premonitory symptoms of fever). |
| IV | -do- | 59 | <i>Jwar ki Samanya chikitsa.</i> |
| V | -do- | 98 | <i>Jwar Chikitsa.</i> |
| VI | -do- | 112 | <i>Pitta Jwar</i> |
| VII | -do- | 124 | <i>Kapha Jwar</i> |
| VIII | -do- | 132 | <i>Dwandaja Jwar</i> |
| IX | -do- | 138 | <i>Vata Kapha Jwar</i> |
| X | -do- | 144 | <i>Kapha Pitta Jwar</i> |
| XI | -do- | 151 | <i>Sannipata Jwar</i> |
| XII | -do- | 234 | <i>Agantuj Jwar</i> |
| XIII | -do- | 249 | <i>Vishama Jwar</i> |
| XIV | -do- | 302 | <i>Dhatugat Jwar ka Lakshan.</i> |
| XV | -do- | 307 | <i>Jeerna Jwar</i> |
| XVI | -do- | 316 | <i>Durjat Jwar</i> |

This volume ends with the words “Krishna Dayal Vaidya, 15 June, 1926 AD. 4 p.m”.

Addendum is on page 321, deals with shodhan vidhi i.e. purification of metals, minerals and poisons. Opinions of different persons covered from page 325 to 328. Glossary of the volume starts from page 329 and ends on 336. Then at the end there are the contents of the volume from page 337 to 352.

VOLUME - II

Preface of second edition of Vol.II is on page 2, preface of 1st edition is on page 3, opinions of different persons about this volume are from page 4 to 8, original text starts from page 9. The important headings of the chapters found in this volume are as under.

| | | | | | |
|---------|-------|---------|-----|------------|---|
| Chapter | XVII | on page | 9 | deals with | <i>Atisar</i> (diarrhoea) <i>chikitsa</i> |
| | XVIII | “ | 97 | “ | <i>Grahani</i> (chronic diarrhoea) |
| | XIX | “ | 148 | “ | <i>Arsha</i> (Piles) |
| | XX | “ | 149 | “ | <i>Jatharagni aur uska roga</i> |
| | XXI | “ | 194 | “ | <i>Ajirna</i> |
| | XXII | “ | 211 | “ | <i>Visuchika</i> (cholera) |
| | XXIII | “ | 237 | “ | <i>Krimi roga</i> |
| | XXIV | “ | 249 | “ | <i>Pandu roga</i> |

Kamala (jaundice) has been described under *Pandu roga* (anaemia) as its variety

| | | | | | |
|---------|--------|---------|-----|------------|-----------------------------------|
| Chapter | XXV | as page | 265 | deals with | <i>Rakta pitta</i> |
| | XXVI | “ | 284 | “ | <i>Amalapitta aur Kapha pitta</i> |
| | XXVII | “ | 296 | “ | <i>Svarabheda</i> |
| | XXVIII | “ | 304 | ” | <i>Arochaka roga</i> |
| | XXIX | “ | 312 | “ | <i>Chhardi</i> |
| | XXX | “ | 323 | “ | <i>Trishna roga</i> |
| | XXXI | “ | 334 | “ | <i>Murcha</i> |

| | | | | |
|--------|---|-----|---|-----------------------------|
| XXXII | “ | 355 | “ | <i>Kasa roga</i> |
| XXXIII | “ | 408 | “ | <i>Pratishyaya (coryza)</i> |

The 33rd chapter ends on page 421 with “Krishna Dayal Vaidya, 30 July 1927, 6.p.m”. After that there are different headings such as *Asadhya rogon ke lakshan*, (symptoms of incurable diseases *Arishta lakshan*) Ayurvedic *paribhasha* (Ayurvedic Glossary), *pratinidhi* (alternatives of drugs) and the contents of this volume. The portion of contents ends on page 502. On last two pages the advertisements of one book and two patent drugs are found.

VOLUME – III

Preface of second edition of Vol. III is on page 2, preface of first edition is on page 3. the opinions of different personalities have been given from pages 4 to 8. Renumbering of the pages has been given for the chapters of original text, which is as follows.

| | | | | | |
|---------|---------|---------|-----|------------|-----------------------------|
| Chapter | XXXIV | On page | 1 | deals with | <i>Rajayakshma</i> |
| | XXXV | “ | 113 | “ | <i>Swasa roga (Asthama)</i> |
| | XXXVI | “ | 150 | “ | <i>Hikka (Hic cup)</i> |
| | XXXVII | “ | 163 | “ | <i>Daha roga</i> |
| | XXXVIII | “ | 173 | “ | <i>Unmad roga</i> |
| | XXIX | “ | 195 | “ | <i>Apasmara</i> |
| | XL | “ | 210 | “ | <i>Vata vyadhi</i> |
| | XLI | “ | 290 | “ | <i>Urusthaamba</i> |
| | XLII | “ | 300 | “ | <i>Vatarakta</i> |
| | XLIII | “ | 324 | “ | <i>Amavata</i> |
| | XLIV | “ | 339 | “ | <i>Shoola roga</i> |
| | XLV | “ | 376 | “ | <i>Udavarta</i> |
| | XLVI | “ | 393 | “ | <i>Anaha roga</i> |
| | XLVII | “ | 397 | “ | <i>Gulma roga</i> |
| | XLVIII | “ | 422 | “ | <i>Pleeha</i> |

| | | | | |
|------|---|-----|---|-------------------------|
| XLIX | “ | 437 | “ | <i>Yakrit roga</i> |
| L | “ | 444 | “ | <i>Hridaya roga</i> |
| LI | “ | 456 | “ | <i>Mutra krichchra.</i> |
| LII | “ | 473 | “ | <i>Mutraghat</i> |
| LIII | “ | 485 | “ | <i>Ashmariroga</i> |

After these chapters there is an addendum in which diseases of kidney have been described and at the end the name of the author “Krishna Dayal Vaidya” has been written. The volume ends with contents, which covers from page 505 to 528.

VOLUME - IV

Preface of second edition of this volume is on page 3. preface of 1st edition is on page 3. The statements of doctors / editors of different journals with regard to this volume have been given on page 4 to 8. Renumbering of pages has been given for the chapters of original text, which is as follows.

| | | | | |
|---------|------|--------------------|------------|---------------------------|
| Chapter | LIV | Starts from page 1 | deals with | <i>Prameh</i> (diabetes) |
| | LV | “ | 66 | <i>Sozak</i> (ganorrhoea) |
| | LVI | “ | 82 | <i>Ateshak</i> (syphilis) |
| | LVII | “ | 100 | <i>Upadansh</i> |

According to the author this disease is ostensibly similar to syphilis but it is mentioned in Ayurvedic books separately.

| | | | | |
|---------|-------|----------------------|------------|---|
| Chapter | LVIII | Starts from page 109 | deals with | <i>Medo roga</i> (obesity) |
| | LIX | “ | 119 | “ <i>Karshya</i> |
| | LX | “ | 123 | “ <i>Udarroga</i> (abdominal disease) |
| | LXI | “ | 147 | “ <i>Shotha roga</i> (swelling) along with its types, causes and treatment. |
| | LXII | “ | 167 | “ <i>Antra vridhi</i> |

In this chapter the diseases of scrotum such as hydrocel omentocele etc. have been described.

| | | | | | |
|---------|---------|------------------|-----|------------|--|
| Chapter | LXIII | Starts from page | 177 | deals with | <i>Kanthamala</i> (scrofula) |
| | LXIV | “ | 189 | | <i>Granthi</i> (tumour) |
| | LXV | “ | 195 | | <i>Shlipad</i> (filariasis) |
| | LXVI | “ | 202 | | <i>Vidradhi roga</i> |
| | LXVII | “ | 213 | | <i>Vrana</i> (Ulcer) |
| | LXVIII | “ | 244 | | <i>Nadivrana</i> (fistula) |
| | LXIX | “ | 249 | | <i>Bhagna</i> (Bone fracture) |
| | LXXI | “ | 265 | | <i>Shvitra, Kshudra</i> (<i>Kushta</i> etc.) |
| | LXXII | “ | 302 | | <i>Shita pitta</i> – (urticaria) |
| | LXXIII | “ | 308 | | <i>Visarpa roga</i> |
| | LXXIV | “ | 314 | | <i>Snayu roga</i> or (Thread worm) |
| | LXXV | “ | 318 | | <i>Visphotak roga</i> (exanthemata) |
| | LXXVI | “ | 324 | | <i>Sheetala</i> (small pox) |
| | LXXVII | “ | 340 | | <i>Shiro roga</i> (diseases of head) |
| | LXXVIII | “ | 358 | | <i>Netra roga</i> (diseases of eye) |
| | LXXIX | “ | 392 | | <i>Karna roga</i> (diseases of ear) |
| | LXXX | “ | 405 | | <i>Nasa roga</i> (diseases of nose) |
| | LXXXI | “ | 411 | | <i>Mukha roga</i> (diseases of mouth) |

Under this heading all the diseases of mouth, tongue, teeth, throat and lips have been described.

| | | | | | |
|---------|--------|------------------|-----|------------|--|
| Chapter | LXXXII | Starts from page | 439 | deals with | <i>Kshudhra roga</i> (The diseases of less importance) |
| | LXXXIV | “ | 454 | “ | <i>Amraz Bachchagan</i> (disease of children) |
| | LXXXIV | “ | 479 | “ | <i>Amraz mastoorat</i> (disease of women) |

The date of compilation of this Volume is given as 3rd February 1930 and date of second edition is given as August 1934.

Contents covers from page 553 to 580. Remaining pages contain advertisements.

VOLUME - V

Before the starting of the original text there are two pages written by the author addressing the reader. The author explained the difficulties occurred during the compilation of this Volume and requested the physicians to cooperate with him. These are under the heading "*altimas*" at the end of which this volume's compilation date, 15 september 1930 is found. Then there is one page which deals with the explanation of the terms of Ayurvedic measurements mentioned in the Volume. After these three pages, the chapters of original text starts.

| | | | | |
|---------|----------|-----------------------|------------|---|
| Chapter | LXXXVI | starts from page no.1 | deals with | <i>Napunsakata</i> (Impotency) |
| | LXXXVII | " | 82 | <i>Rasayana</i> (Rejuvenation) |
| | LXXXVIII | " | 121 | <i>Taon</i> (plague) |
| | LXXXVIII | " | 156 | <i>Visha</i> (visha chikitsa) (toxicology) |
| | LXXXIX | " | 183 | <i>Jangam vish chikitsa</i> |
| | XC | " | 239 | <i>Ayurvedic Rasayana</i> (Indian alchemy) |
| | XCI | " | 354 | <i>Ayurvedic panchakarma</i> |
| | XCII | " | 422 | <i>Nasya vidhi</i> |
| | XCIII | " | 430 | <i>Dhoomapana vidhi</i> |
| | XCIV | " | 433 | <i>Gandoosh</i> (gargling) |
| | XCV | " | 437 | <i>Lepa</i> or <i>zeemad</i> |
| | XCVI | " | 444 | <i>Rogapariksha</i> |

Under this chapter pulse reading, urine examination, stool examination, tongue, body, taste, eye and voice examinations have been given.

| | | | | |
|---------|--------|-------------|-----|---|
| Chapter | XCVII | starts from | 466 | deals with <i>Tridosha</i> or Akhlat (Humours) |
| | XCVIII | “ | 479 | <i>Prakriti</i> (Temperament) |
| | XCIX | “ | 499 | <i>Swastha rakshan</i> (Hygiene) |

In this chapter different diet charts are given. The content of the volume covers pages 605 to 628, and the bookends.

AYURVEDIC PATSHALA AUR USKE SAPOOT

Author :- Chandra Babu

Publication :- 1st edition printed in 1909 A.P. at Hamara press, Hyderabad.

Total pages :- 201

Size :- 10” x 4”

Availability : House of Gulam Murtuza near Masjid Mirza Abbas, Shah Ali Banda.

The book deals with the activities of a private Ayurvedic school, which was running since 1906 (during the period of Nizam VI) under the guidance of a Muslim Ayurvedic physician Sadiq Husain, a disciple of Hakim Hari Govind. Sadiq Husain and his colleagues, Hakim Bager Baba and Hakim Vasu Dev were taking the classes of theory as well as practical. They used to teach the lessons from the familiar books of Ayurveda and Unani such as Charaka, Susruta, Mufradat Hindi, Qanoon Shaik etc. Then the author says that they used to give special attention to teach the students how to prepare the medicine. Further he says that the medicine is a science that discusses with the health of human being. The authorities fixed principles of diagnosis and treatment according to their experiments. Thus medical science was bifurcated in to different systems of medicine according to their principles. After discussing on these topics he says that it is not true to bifurcate the science on the basis of tract of land or according to religion, caste or creed. At one place he announces boldly that he and other teachers of this school are disciples of Hakim Hari Govind but he says they acquired the knowledge of Unani medicine perusing Unani books and consulting some Unani physicians. According to the author a physician should be able to decide a prepared formula whether it is prepared on correct confectionary method or not by testing or observing its ready appearance. While explaining his experience

he revealed some points with regard to the *choorna*, he says some fine powders have fast effects and give very good response in some diseases while they are harmful in some other diseases. His idea is that the fine parts of ingredient may dissolve in early parts of alimentary canal and may cause side effect due to their fast action. In another place the author says less or over heat to the confectioned formulae may be the cause of its improper preparation. The author says in his institute they were trying to train the students in perfect preparation of drugs along with the theoretical knowledge. According to the book, that institute was existed up to the publication of the book in 1926 A.D.

After a long discussion on the aims of author, the book deals with the following three brief biographies.

1. Jagannath Mishra : He was a very famous physician of Hyderabad. He lived during the period of Nizam III. Many anecdotes are famous with regard his treatment to children.
2. Krupa Shanker : He was born in 1862. He was an expert allopathic and Unani physician. He was also an Urdu poet. His poetic verses were famous in Urdu knowing persons, till that time.
3. Motilal : He was born in 1881. His father's name was Rooplal. A locality of Hyderabad is found near to Shah Ali Banda, named after him even today. Motilal had inclination towards medicine even from his childhood. He was a disciple of Hakim Rajju Lal. He learnt Unani medicine also from the experts of the system during that time.

सारांश

उर्दु भाषा में आयुर्वेद वाङ्मय (भाग - III)

एस. ए. हुसैन. एवं विनोद कुमार भटनागर

यह लेख इसी प्रत्रिका के खण्ड 29, संख्या 2, 1999 में प्रकाशित भाग -2 का निरंतरता है । यह लेख का मुख्य उद्देश्य, हाल का यानी जिस समय उर्दु भाषा पुरातन कलाओं और शास्त्रों का ज्ञान को जीवित रखने में महत्वपूर्ण भूमिका अदा कर रही थी, उस समय के लिखे हुए कुछ ग्रंथों का प्रचार करना है । यह लेख आयुर्वेद का इतिहास को भी प्रकाश में लाता है ।

यह लेख दो अपूर्व उर्दू ग्रंथों पर संक्षिप्त वर्णन को प्रस्तुत करता है । पहला ग्रंथ आयुर्वेद का है । और वह पाँच खण्डों में विभाजित है । दूसरा ग्रंथ से एक निजी आयुर्वेद विध्यालय जो हाल में बना हुवा है, उसके सम्बंध में सूचनाए मिलते है ।