

**BHĪṢAKSUDHĀRNAVAM - AN UNEXPLORED
PRECIOUS ĀNDHRASAMPRADĀYA
Āyurvēda GRANTHA**

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ABSTRACT

In India many Āyurvēdic 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 many of them became extinct and some of them are on the verge of extinction. *Bhīṣaksudhārnāvam* is one among such books, which is on the verge of extinction, details of which are presented here.

Introduction

Though the work is felt to be incomplete, it deserves the name *Bhīṣaksudhārnāvam* – An ocean of nectar for the Vaidya - the Āyurvēdic medical practitioner. It is one the several works belonging to the *Andhra* tradition. The work is in Campu style and hence contains descriptive poetry with an admixture of prose. It has about 265 verses spread in nine chapters called Asvasas. The ninth chapter is abruptly stopped. The candas- the prosodic metres predominantly used are of *Gīta*, *Kanda* and *Sīsa*, *Utpalamāla*, *Campakamāla* were sparingly used. Only four verses are in *Mālini* and one in each of *Tarāla*, *Rāgada-madhuragati*, *Tēṭagīti* and *Pañcacāmara*. In the colophon the author stated that this is a Prabhandha – a compilation of earlier works

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retold in his own style duly including the local traditions. Telugu synonyms were mostly for the *Sānskrit* names of ingredients, to facilitate the local practitioners to identify the drugs.

Importance of the Work

Generally, there is something or other the author wish to exhibit when any treatise or a compilation is done, be it own expertise in the language, prosody etc., or the presentation in case of literary works. This being a technical work, the author may desire to make public the local traditions using the local herbs etc. in the recipes based on the use and tradition of the area in and around he lives; Accordingly, the author had included many of the recipes of *Āndhra* tradition Viz. *Ilēyaka Gṛtam*, *Laśunādyērandā tailam* etc., A glance at the important headings in each chapter appended below will reveal that the author had meticulously designed the chapters presenting the tradition of *Āndhra*, the herbo-mineral combinations of medicines, their purification, incarnating methods of metals, precious stones etc.

Authorship And Period

The author had only revealed that his name is *Kambhampāti Vēnkatabhaṭṭu* as the son of Ramanna and that he belonged to the lineage of *Hārīta* (belonging to *Vaidiki Vēlanāḍu* sect of *Tēlugu Brāhmaṇa*) only in the colophons of chapters 2,3,4,5, & 8. Colophon is missing for chapters 6,7, & 9. He also revealed that he is a *Vaidya Samudra* - an ocean of medicine, probably a title conferred on him. Hence he named his book as the Ocean of nectar for the *Vaidyas*. Author had praised *Pōtughaṇṭi Pōtayya Malla* in the first stanza of 5 chapters except 1,5,7 & 8. This shows that these chapters might be incomplete or the colophons are missing. *Pōtughaṇṭi Pōtayya Malla* could be a local chief. No other details are available. It is difficult to assess the period of the author from the available information. There are many families in the *Āndhra* region belonging to *Khambampāti* lineage. Any body possessing the genealogy may be able to identify, if the

author lived one or two centuries ago. Historians of *Āndhra* area may be able to say who is *Pōtughaṇṭi Pōtayya Malla* from which the period of the author could be known.

Availability of the Manuscript

This was published serially in the Telugu *Āyurvēda* monthly magazine *Śrīdhanvantarī* under the editorship of Late Dr. Veturi Sankara Sastry during December 1956 to 1960 and was said to be the edited version of a manuscript available in the *Arṣarasāyanaśāla* of *Muktyāla*, Krishna district of Andhra Pradesh. Precious library of this *Arṣarasāyanaśāla* is completely extinct. One xerox copy of the serialized material duly bound as a book with index is available in *Dr. Ācanta Lakshmiṇipati Āyurvēda* Library Trust, Vijayawada. This has 237 pages. A search for other manuscripts is to be taken up for correlation and the balance portion of the book, if at all available.

Contents

CHAPTER I

As per the tradition of the *Āndhra*, importance of the medical practitioner, the details of good and bad omens of the messenger, astrological considerations, along with the eightfold examination of the patient viz pulse, stools, urine, tongue, speech, touch, eye sight and the physical shapes have been explained. At the end diagnosis of *Ajīrṇa*-indigestion was dealt.

CHAPTER II

As in all the texts of *Āyurvēda*, since treatment of *jvara*, the fever is very difficult, several types of fevers along with their diagnosis were explained.

CHAPTER III

The diagnosis of thirteen types of *Sannipāta jvaras* and other few diseases have been explained. At the end symptoms of poisoning, dog and rat bites were given.

CHAPTER IV

Purification methods of all minerals, metals, precious stones, and few herbals were given in general and arsenic called *Doddi Pāṣāṇa* was given in particular. At end preparation of *Rasa Sindhūra* and its use was given based on his experience.

CHAPTER V

30 Recipes of herbo- mineral preparations based on experience were given. All these are very popularly used in *Āndhra* area. Few collyriums, errhine and fumigation methods have been explained.

CHAPTER VI

It was the experience of reputed practitioners, that fevers are better treated with decoctions. Details of such decoctions were revealed.

CHAPTER VII

Formulary and methods of manufacturing famous and therapeutically effective medicated oils, ghee, *lēhyas* (confections) powders, tonics, depilatories were given. All belong to the tradition of *Āndhra* in general and to quote specifically *ileyaka Ghṛta*, *ileyaka lēhya*, *ileyaka cūrna* are worth mentioning.

CHAPTER VIII

Assorted experiences worth conveying to the fraternity and the progeny along with few recipes were dealt in this chapter.

CHAPTER IX

Details of few of group of drugs, with their nutritional and therapeutic values were given.

Conclusion

This work is undoubtedly one of the jewels of *Āyurvēda* based on tradition and experience buried under the debris. All the unique unpublished *Āyurvēdic* literature available in the library of *Arṣa Rasāyana śālā*, functioned under the Rajas of Muktyala of Krishna District of Andhra Pradesh has perished. Not even a single leaf is available. It is fortunate that late Dr. Veturi Sankara Sastry has identified this worthy work and serialized in *Śrīdhanvantarī* magazine published under patronage of the same *Rājas* and thus saved it for another half a century. These magazines of *Śrīdhanvantarī* also are getting extinct.

Dr. Ācanta Lakshmipati Āyurvēda Library, one of its kind available in South India, run by a voluntary organization deserves all praise for collection, compiling, xeroxing all the material from these magazines, preparing the index and preserving duly bound. It is learnt that *Dr. Ācanta Lakshmipati Āyurvēda* Library is planning to translate it into English and Hindi not only to preserve it but also to disseminate the experimented recipes of *Āndhra* tradition to the whole world.

REFERENCE

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| Kambhampati Venkatabhattu | 1956-60 | <i>Bhīṣaksudhārnavam</i> Edited and published by Veturi Shankara Shastri, in Dhanvantari Magazine |
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सारांश

भिषक्सुधारणवम् आंध्रसंप्रदाय का एक अमूल्य अर्वाचीन आयुर्वेद ग्रंथ

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भिषक्सुधारणवम् आंध्रसंप्रदाय का एक अमूल्य आयुर्वेद ग्रंथ है। इसके लेखक श्री कंभपाटी वेंकटभट्ट है। पूरा ग्रंथ तेलगू पद्य शैली में लिखा गया है। अन्य आयुर्वेद ग्रंथों से केवल संकलन न कर अपनी शैली में आयुर्वेद सिद्धान्तों और आयुर्वेद की विविध शाखाओं का वर्णन किया है। अनेक नए योगों का वर्णन भी इसमें मिलता है। अभी तक किसी अन्य भाषा में इसका अनुवाद नहीं हुआ है परन्तु इस ग्रंथ का प्रकाशन धन्वंतरि पत्रिका में दिसम्बर सन् १९५६ से दिसम्बर १९६० तक हिन्दी में किया गया था। यह ग्रंथ संकलित रूप में श्री आचंट लक्ष्मीपति पुस्तकालय, विजयवाडा में उपलब्ध है। पूरे ग्रंथ में २३७ पृष्ठ और ९ आश्वास उपलब्ध है। इस अमूल्य ग्रंथ के विषय में विस्तृत विवरण यहाँ प्रस्तुत किया है।