

Table of Contents

Chapter 1

Ch. 1, Su. 1 Divine awareness of healing.....	23
Ch. 1, Su. 2 On understanding human beings.....	24
Ch. 1, Su. 3 Energy – conscious connection.....	25
Ch. 1, Su. 4 - 5 Svayambhu – the source of connection.....	25
Ch. 1, Su. 6 - 7 The art of consciousness – the highest intelligence.....	26
Ch. 1, Su. 8 - 14 Fiery concentration.....	28
Ch. 1, Su. 15 - 18 To live in accordance with dharma	30
Ch. 1, Su. 19 - 23 We are the extended energy of Brahma.....	32
Ch. 1, Su. 24 Disease and a person’s choice of lifestyle.....	35
Ch. 1, Su. 25 - 26 On a fortunate, long life.....	36
Ch. 1, Su. 27 - 29 Conscious management of life - harmony.....	37
Ch. 1, Su. 30 - 31 Compassion.....	40
Ch. 1, Su. 32 - 40 Experiencing Ayurveda.....	40
Ch. 1, Su. 41 The open embrace of Ayurveda.....	42
Ch. 1, Su. 42 Experiencing joy.....	42
Ch. 1, Su. 43 A treasure.....	43
Ch. 1, Su. 44 Dosage.....	43
Ch. 1, Su. 45 Similarity.....	43
Ch. 1, Su. 46 - 47 Conscious control – connection - purusha.....	43
Ch. 1, Su. 48 The principle of dravya.....	44
Ch. 1, Su. 49 Orientation.....	45
Ch. 1, Su. 50 Comprehension – samavaya.....	45
Ch. 1, Su. 51 Manifestation and stagnation of the gunas.....	46
Ch. 1, Su. 52 Naturalness is the priority.....	47
Ch. 1, Su. 53 To permit renewal - dhatusamya kriya.....	48
Ch. 1, Su. 54 A servant and a gift.....	49
Ch. 1, Su. 55 The richness of the moment and the language of our own thoughts.....	50
Ch. 1, Su. 56 Silencing.....	50
Ch. 1, Su. 57 Body and mind.....	51
Ch. 1, Su. 58 Balanced attention.....	52
Ch. 1, Su. 59-61 Tridosh.....	53
Ch. 1, Su. 62 - 63 Diagnosis as the basis.....	53
Ch. 1, Su. 64 Ras and its enormous force.....	54
Ch. 1, Su. 65 Taste.....	55
Ch. 1, Su. 66 Tastes affect the doshas.....	55
Ch. 1, Su. 67 Three kinds of medicines.....	55
Ch. 1, Su. 68 The source - dravya gun vigyan.....	56
Ch. 1, Su. 69 Medicines from animal sources.....	57
Ch. 1, Su. 70 Medicines as a gift of the earth.....	57

Ch. 1, Su. 71 Medicines of plant origin.....	57
Ch. 1, Su. 72 Fruit of the vanaspati kind.....	58
Ch. 1, Su. 73 The use of plants.....	58
Ch. 1, Su. 74 Understanding the construction of plants – the agni etc.....	59
Ch. 1, Su. 75 Mahasneha (primary fats).....	59
Ch. 1, Su. 76 Inspiration – the connoisseur of Ayurveda.....	59
Ch. 1, Su. 77 Pharmacology.....	60
Ch. 1, Su. 78 The creation of nomenclature.....	60
Ch. 1, Su. 79 Variety of names - procedures.....	61
Ch. 1, Su. 80 Virechan (emptying the bowels).....	62
Ch. 1, Su. 81 Medicinal plants and their hybridization.....	62
Ch. 1, Su. 82 Gifts of the Earth.....	62
Ch. 1, Su. 83 Gifts of the Earth.....	63
Ch. 1, Su. 84 Herbs to induce vomiting.....	63
Ch. 1, Su. 85 Nasal cleansing and laxatives.....	63
Ch. 1, Su. 86 Description of fruits and fats.....	63
Ch. 1, Su. 87 Procedures using fats.....	64
Ch. 1, Su. 88 Effects of salts.....	64
Ch. 1, Su. 89 Expansion and reduction of the tridosha.....	64
Ch. 1, Su. 90 Mahabhut determines taste.....	64
Ch. 1, Su. 91 Skin preparations.....	65
Ch. 1, Su. 92 Procedures with salts and eight kinds of urine.....	65
Ch. 1, Su. 93 Use of urines.....	66
Ch. 1, Su. 94 Characteristics of urine.....	66
Ch. 1, Su. 95 Working with urines.....	66
Ch. 1, Su. 96 Uses of urines.....	66
Ch. 1, Su. 97 Uses of urine.....	67
Ch. 1, Su. 98 Exceptional characteristics of urine.....	67
Ch. 1, Su. 99 Characteristics of each kind of urine.....	68
Ch. 1, Su. 100 Sheep and goat urine.....	68
Ch. 1, Su. 101 Cow's urine.....	68
Ch. 1, Su. 102 Buffalo and elephant urine.....	69
Ch. 1, Su. 103 Elephant and camel urine.....	69
Ch. 1, Su. 104 Horse and donkey urine.....	70
Ch. 1, Su. 105 Various kinds of milk.....	70
Ch. 1, Su. 106 Milk.....	70
Ch. 1, Su. 107 Characteristics and effects of milk.....	70
Ch. 1, Su. 108 Mucus is not a waste product, it is protective.....	72
Ch. 1, Su. 109 Why we drink milk.....	73
Ch. 1, Su. 110 Why we drink milk.....	73
Ch. 1, Su. 111 Why we drink milk.....	73
Ch. 1, Su. 112 Why we drink milk.....	74
Ch. 1, Su. 113 Beverages and food.....	74
Ch. 1, Su. 114 Plant milks.....	74
Ch. 1, Su. 115 Ashmantaka, Snuhi and Arka.....	75

Ch. 1, Su. 116	Tree bark - putika, krshnagandha, tilvaka.....	75
Ch. 1, Su. 117	Trees for virechan – putika and tilvaka.....	76
Ch. 1, Su. 118	Six trees.....	77
Ch. 1, Su. 119	Summary of this entire chapter.....	77
Ch. 1, Su. 120	The Ayurvedic practitioner.....	78
Ch. 1, Su. 121	Wise shepherds.....	78
Ch. 1, Su. 122	Merging with a plant.....	79
Ch. 1, Su. 123	The art and virtue of the Ayurvedic practitioner.....	79
Ch. 1, Su. 124	Unrecognized - poison, recognized - nectar.....	79
Ch. 1, Su. 125	Complications from the incorrect choice of medicines.....	80
Ch. 1, Su. 126	What medicine can be poison and vice versa.....	80
Ch. 1, Su. 127	The wisdom of footsteps.....	81
Ch. 1, Su. 128	Ignorance of knowledge.....	81
Ch. 1, Su. 129	Open hearts.....	81
Ch. 1, Su. 130	Bad advice harms the adviser.....	82
Ch. 1, Su. 131	It is not good to masquerade as a scholar.....	82
Ch. 1, Su. 132	Principles of Ayurvedic practitioners.....	82
Ch. 1, Su. 133	Implementing intention.....	83
Ch. 1, Su. 134	Correct decision - knowledge.....	83
Ch. 1, Su. 135	Siddhi.....	84
Ch. 1, Su. 136	Summary of the first chapter.....	84
Ch. 1, Su. 137	Summary of the first chapter.....	85
Ch. 1, Su. 138	Summary of the first chapter.....	85
Ch. 1, Su. 139	Summary of the first chapter hrnutí první kapitoly.....	85
Ch. 1, Su. 140	Summary of the first chapter.....	85

Chapter 2

Ch. 2, Su. 3-6	Ingredients for nasya oil, incense, inhalation, etc.....	87
Ch. 2, Su. 7-8	Ingredients for vaman (inducing vomiting).....	89
Ch. 2, Su. 9-10	Purging of the doshas in the pakvashaya (colon).....	89
Ch. 2 Su. 11-14	Ingredients for nemastný enema.....	90
Ch. 2, Su. 15	Snehan and svedan.....	91
Ch. 2, Su. 16	The correct administration of medicine.....	91
Ch. 2, Su. 17	Broths as medicine.....	92
Ch. 2, Su. 18	Broths stimulating appetite and alleviating colic.....	92
Ch. 2, Su. 19	Broths supporting digesting and addressing diarrhea caused by increased vata.....	92
Ch. 2, Su. 20	Broth for diarrhea caused by kaph or pitt.....	93
Ch. 2, Su. 21	Broth alleviating bloody diarrhea.....	93
Ch. 2, Su. 22	Broth for difficulties with urination.....	93
Ch. 2, Su. 23	Broth removing parasites.....	94
Ch. 2, Su. 24	Broth for disproportionate thirst.....	94
Ch. 2, Su. 25	Pork broth can be used for weight gain or loss.....	95
Ch. 2, Su. 26	Broths that dessicate and broths that lubricate.....	95
Ch. 2, Su. 27	Two broths with dashamul.....	95

Ch. 2, Su. 28 Broth for evacuation of the colon and astringent broth.....	96
Ch. 2, Su. 29 Broth for digestive disorders and for flatulence.....	96
Ch. 2, Su. 30 Broth to alleviate overconsumption of ghee or oil.....	97
Ch. 2, Su. 31 Broth for fevers and sore throat.....	97
Ch. 2, Su. 32 Broth that enhances shukra dhatu.....	98
Ch. 2, Su. 33 Broth for lethargy and broth to suppress appetite.....	98
Ch. 2, Su. 34 Twenty-eight kinds of broth.....	99
Ch. 2, Su. 35 Medicines used during panchkarma.....	99
Ch. 2, Su. 36 Ayurvedic practitioner combines medicine.....	99

Chapter 3

Ch. 3, Su. 1-2 About the aragvadha plant.....	100
Ch. 3, Su. 3-7 Six mixtures for preparing ointment.....	100
Ch. 3, Su. 8-9 Mixture alleviating itching, etc.....	101
Ch. 3, Su. 10-11 Powder for impetigo, etc.....	102
Ch. 3, Su. 12 Paste for ameliorating skin diseases.....	102
Ch. 3, Su. 13 More pastes for skin diseases.....	103
Ch. 3, Su. 14 More pastes for skin diseases.....	103
Ch. 3, Su. 15-16 More pastes for alleviating skin diseases.....	104
Ch. 3, Su. 17 Ubtan and abhyang oils.....	104
Ch. 3, Su. 18 Paste alleviating vat.....	105
Ch. 3, Su. 19 More pastes reducing vat.....	106
Ch. 3, Su. 20 Recipe for abdominal pain and reducing vat.....	106
Ch. 3, Su. 21 Paste for gout or vatarakt.....	107
Ch. 3, Su. 22 Paste for raktavat.....	107
Ch. 3, Su. 23 Another paste for raktavat.....	108
Ch. 3, Su. 24 Paste for headache.....	108
Ch. 3, Su. 25 Warm paste for back pain.....	109
Ch. 3, Su. 26 Paste reducing daha (pálení – burning sensation).....	109
Ch. 3, Su. 27 Another paste reducing burning sensations.....	110
Ch. 3, Su. 28 Paste reducing sensations of chill and paste removing toxins.....	110
Ch. 3, Su. 29 Powder for excess sweating and paste eliminating body odor.....	111
Ch. 3, Su. 30 Thirty-two effective powders and pastes.....	111

Chapter 4

Ch. 4, Su. 1-2 Six kinds of purgatives.....	112
Ch. 4, Su. 3 Introductory list.....	112
Ch. 4, Su. 4 Six hundred kinds of purgatives.....	113
Ch. 4, Su. 5 Latex.....	113
Ch. 4, Su. 6 Five tastes in combination with astringent.....	113
Ch. 4, Su. 7 Five forms of healing preparations.....	114
Ch. 4, Su. 8 Fifty healing preparations, of which the first part	

is about juices.....	115
Ch. 4, Su. 9 First group of healing preparations.....	118
Ch. 4, Su. 10 Second group of healing preparations.....	119
Ch. 4, Su. 11 Third group of healing preparations.....	120
Ch. 4, Su. 12 Fourth group of healing preparations.....	121
Ch. 4, Su. 13 Fifth group of healing preparations.....	122
Ch. 4, Su. 14 Sixth group of healing preparations.....	123
Ch. 4, Su. 15 Seventh group of healing preparations.....	124
Ch. 4, Su. 16 Eighth group of healing preparations.....	125
Ch. 4, Su. 17 Ninth group of healing preparations.....	126
Ch. 4, Su. 18 10th group of healing preparations.....	127
Ch. 4, Su. 19 Summary.....	128
Ch. 4, Su. 20 Learning about medicines.....	128
Ch. 4, Su. 21 Agnivesha's query.....	129
Ch. 4, Su. 22 Atreya's answer.....	129
Ch. 4, Su. 23-29 Summary of the preceding sutras.....	129
Ch. 4, Su. 30 End of the fourth chapter.....	130

Chapter 5

Ch. 5, Su. 1 Chapter on food.....	131
Ch. 5, Su. 2 The teaching of Atreya.....	131
Ch. 5, Su. 3 Reasonable amounts of food.....	131
Ch. 5, Su. 4 Eating according to time of day.....	131
Ch. 5, Su. 5 Food that is easy or hard to digest.....	132
Ch. 5, Su. 6 Agnibala (digestive force).....	132
Ch. 5, Su. 7 Hunger means agni – digestive fire.....	133
Ch. 5, Su. 8 Correct amount of food.....	134
Ch. 5, Su. 9 Do not eat anything heavy after a meal.....	134
Ch. 5, Su. 10-11 Hard to digest.....	134
Ch. 5, Su. 12 Foods recommended for regular use.....	135
Ch. 5, Su. 13 Foodstuffs.....	135
Ch. 5, Su. 14 Kadjal.....	136
Ch. 5, Su. 15-17 Sauvira andjana.....	136
Ch. 5, Su. 18-19 Rasandjan.....	136
Ch. 5, Su. 20-25 Production of dhumapanu, also called dhum.....	137
Ch. 5, Su. 26 Dhumapan against vat (lubractive smoking).....	138
Ch. 5, Su. 27 Ingredients to clean the sinuses.....	138
Ch. 5, Su. 28-33 Indications for dhumapan.....	139
Ch. 5, Su. 34-35 Dhumapan technique.....	139
Ch. 5, Su. 36 Frequency of smoke inhalation.....	140
Ch. 5, Su. 37 Signs of correct smoke inhalation.....	140
Ch. 5, Su. 38 Complications with over-smoking and inappropriate smoking.....	140
Ch. 5, Su. 39-40 Addressing complications caused by over-smoking and inappropriate smoking.....	141

Ch. 5, Su. 41-45 Contraindications for smoke inhalation.....	141
Ch. 5, Su. 46-47 Smoking technique.....	142
Ch. 5, Su. 48 Nadishodhana and nasal procedure.....	142
Ch. 5, Su. 49 Pipe size according to type of smoking.....	142
Ch. 5, Su. 50 Making a pipe to order.....	143
Ch. 5, Su. 51 Correct smoke inhalation.....	143
Ch. 5, Su. 52-56a Signs of incorrect smoke inhalation.....	144
Ch. 5, Su. 56b-62 Anutaila.....	144
Ch. 5, Su. 63-70 Recipe for anutaila.....	145
Ch. 5, Su. 71-75 Cleaning the oral cavity.....	146
Ch. 5, Su. 76-77 For a feeling of freshness.....	147
Ch. 5, Su. 78-80 Gandusha – swishing oil in the mouth.....	147
Ch. 5, Su. 81-83 Usefulness of rubbing the head with oil.....	148
Ch. 5, Su. 84 Oil in the ears – karnapurna (dripping oil into the ears).....	148
Ch. 5, Su. 85-86 Abhyang.....	149
Ch. 5, Su. 87 Recommended for vata types.....	149
Ch. 5, Su. 88-89 Effect of oil massage.....	149
Ch. 5, Su. 90-92 Foot massage.....	150
Ch. 5, Su. 93 Effects of abhyang before bathing.....	150
Ch. 5, Su. 94 Effects of bathing.....	151
Ch. 5, Su. 95 The weating of cotton clothing.....	151
Ch. 5, Su. 96 Fragrance and decoration.....	151
Ch. 5, Su. 97 Rare jewels – gems and semi-precious stones.....	152
Ch. 5, Su. 98 Beneficial effect of cleansing.....	152
Ch. 5, Su. 99 Care for the hair, beard and nails.....	152
Ch. 5, Su. 100 Shoes as protection.....	153
Ch. 5, Su. 101 Umbrella as protection.....	153
Ch. 5, Su. 102 Walking stick.....	152
Ch. 5, Su. 103 A wise person takes care of the body.....	154
Ch. 5, Su. 104 A life full of study.....	154
Ch. 5, Su. 105-111 Summary of the fifth chapter.....	154

Chapter 6

Ch. 6, Su. 1-2 Atreya presents the chapter on diet.....	156
Ch. 6, Su. 3 Ahar and vihar per the seasons.....	156
Ch. 6, Su. 4 The six seasons.....	156
Ch. 6, Su. 5 Visarg and adan kal.....	157
Ch. 6, Su. 6 The adan period.....	158
Ch. 6, Su. 7 The strengthening time of year.....	158
Ch. 6, Su. 8 Influence of the seasons on human strength.....	159
Ch. 6, Su. 9-18 Hemant – November and December (recommendations for India’s climatic zone).....	160
Ch. 6, Su. 19-21 The period of hemanta and shishira.....	161
Ch. 6, Su. 22-26 Springtime.....	162
Ch. 6, Su. 27-32 Summertime.....	163

Ch. 6, Su. 33-40 The period between summer and the rainy season.....	164
Ch. 6, Su. 41-48 The autumn season.....	165
Ch. 6, Su. 49-50 Satmya.....	166
Ch. 6, Su. 51 Recapitulation.....	166

Chapter 7

Ch. 7, Su. 1-2 Chapter on not suppressing needs.....	168
Ch. 7, Su. 3-4 Natural needs.....	168
Ch. 7, Su. 5 Disorders that come from suppressing natural needs.....	169
Ch. 7, Su. 6-7 Symptoms of suppressing the need to urinate.....	169
Ch. 7, Su. 8-9 Consequences of suppressing the need to excrete stool.....	169
Ch. 7, Su. 10-11 Symptoms of sperm retention.....	170
Ch. 7, Su. 12-13 Consequences of suppressing stool, urine and gas.....	170
Ch. 7, Su. 14-15 Consequences of suppressing vomiting.....	171
Ch. 7, Su. 16-17 Consequences of suppressing sneezing.....	171
Ch. 7, Su. 18 Consequences of suppressing burping.....	171
Ch. 7, Su. 19 Consequences of suppressing yawning.....	172
Ch. 7, Su. 20 Consequences of suppressing hunger.....	172
Ch. 7, Su. 21 Consequences of suppressing thirst.....	172
Ch. 7, Su. 22 Consequences of suppressing tears.....	173
Ch. 7, Su. 23 Consequences of suppressing sleep.....	173
Ch. 7, Su. 24 Consequences of suppressing breathing after exertion.....	173
Ch. 7, Su. 25 Disorders caused by suppressing needs.....	174
Ch. 7, Su. 26 Suppressing the urge to commit evil.....	174
Ch. 7, Su. 27 Suppressing the needs of insatiability, etc.....	174
Ch. 7, Su. 28 Suppression of the need to speak, etc.....	175
Ch. 7, Su. 29 Suppression of the need to cause pain, etc.....	175
Ch. 7, Su. 30 A virtuous person acts according to dharma, artha and karma.....	175
Ch. 7, Su. 31 Physical exercise.....	176
Ch. 7, Su. 32 The benefits of physical exercise.....	176
Ch. 7, Su. 33 Consequences of excessive physical exercise.....	176
Ch. 7, Su. 34 Nothing in excess.....	177
Ch. 7, Su. 35 When physical exercise is inappropriate.....	177
Ch. 7, Su. 36-37 Gradually abandoning incorrect habits.....	177
Ch. 7, Su. 38 Prevent deficiencies and retain advantages.....	178
Ch. 7, Su. 39-40 Physical constitution.....	178
Ch. 7, Su. 41 We heal through absorbing the opposite qualities.....	178
Ch. 7, Su. 42 The importance of eliminating waste.....	179
Ch. 7, Su. 43 Consequences of the elimination apertures.....	179
Ch. 7, Su. 44 Treatment procedure for elimination disorders.....	179
Ch. 7, Su. 45 The cause of disorders.....	180
Ch. 7, Su. 46-50 Methods of preventing disorders from arising.....	180
Ch. 7, Su. 51-52 Consequences of pragyaparadha.....	181
Ch. 7, Su. 53-54 Ridding oneself of a feeling of guilt.....	181

Ch. 7, Su. 55 Following instructions.....	182
Ch. 7, Su. 56-57 What to avoid.....	182
Ch. 7, Su. 58-59 Appropriate company.....	182
Ch. 7, Su. 60 Recommendation.....	183
Ch. 7, Su. 61-62 Dadhi (yogurt).....	183
Ch. 7, Su. 63-66 Summary of the Seventh Chapter.....	184

Chapter 8

Ch. 8, Su. 1-2 The sense organs.....	185
Ch. 8, Su. 3 The five sense organs in context.....	185
Ch. 8, Su. 4 Chitta, also called chetas.....	185
Ch. 8, Su. 5 Suggestions for the mind.....	186
Ch. 8, Su. 6 The mind and the three gunas.....	185
Ch. 8, Su. 7 The mind supports the senses.....	186
Ch. 8, Su. 8 The five sense organs.....	187
Ch. 8, Su. 9 The five elements of the sense organs.....	187
Ch. 8, Su. 10 Five locations of the sense organs.....	187
Ch. 8, Su. 11 Five objects of sensory perception.....	188
Ch. 8, Su. 12 The five centers of sensory perception.....	188
Ch. 8, Su. 13 The feeling of happiness and unhappiness.....	188
Ch. 8, Su. 14 Sense organs and the mahabhuts.....	189
Ch. 8, Su. 15 Four causes of the destruction of the senses.....	190
Ch. 8, Su. 16 Chinattya.....	190
Ch. 8, Su. 17 Dharma.....	191
Ch. 8, Su. 18 Correct behavior.....	191
Ch. 8, Su. 19 Recommendations for preserving health.....	193
Ch. 8, Su. 20 Recommended lifestyle.....	194
Ch. 8, Su. 21 Rules of elimination.....	196
Ch. 8, Su. 22 Appropriate behavior of a man.....	197
Ch. 8, Su. 23 Criticism and impure intentions.....	198
Ch. 8, Su. 24 Recommendations for study and speech.....	198
Ch. 8, Su. 25 Other recommendations.....	199
Ch. 8, Su. 26 Various other recommendations.....	200
Ch. 8, Su. 27 Behavior leading to a balanced mind.....	200
Ch. 8, Su. 28 Performing agnihotra in an environment of sattva.....	201
Ch. 8, Su. 29 A harmonized life.....	202
Ch. 8, Su. 30-33 Summary of Chapter Eight.....	202
Ch. 8, Su. 34 The word of Atreya.....	203

Chapter 9

Ch. 9, Su. 1-2 Chatushpad, or about the lesser foursomes.....	204
Ch. 9, Su. 3 The chatushpad of treatment.....	204
Ch. 9, Su. 4 Vikrti and prakrti.....	204
Ch. 9, Su. 5 Four units of treatment.....	205
Ch. 9, Su. 6 The four qualities of the Ayurvedic practitioner.....	205

Ch. 9, Su. 7 Four characteristics - dravya.....	205
Ch. 9, Su. 8 Four qualities of an assistant.....	206
Ch. 9, Su. 9 The four qualities of the invalid.....	206
Ch. 9, Su. 10 These four foursomes are the basis of successful treatment.....	206
Ch. 9, Su. 11-12 The Ayurvedic practitioner.....	207
Ch. 9, Su. 13 The meaning of the foursome.....	207
Ch. 9, Su. 14 Importance of the Ayurvedic practitioner.....	207
Ch. 9, Su. 15-16 The ignorant Ayurvedic practitioner.....	208
Ch. 9, Su. 17 The bogus Ayurvedic practitioner.....	208
Ch. 9, Su. 18 The Ayurvedic practitioner who understands the tracts.....	209
Ch. 9, Su. 19 The best Ayurvedic practitioner treats the king.....	209
Ch. 9, Su. 20 The Ayurvedic practitioner with a calm mind.....	209
Ch. 9, Su. 21-23 Vaidhdji.....	210
Ch. 9, Su. 24-25 One's own intellect and knowledge.....	210
Ch. 9, Su. 26 The four actions of the Ayurvedic practitioner.....	211
Ch. 9, Su. 27-28 Summary of the foursomes.....	211

Chapter 10

Ch. 10, Su. 1-2 Maha chatushpad, or, about the great foursome.....	212
Ch. 10, Su. 3 Bheshadj.....	212
Ch. 10, Su. 4 Maitreya on the great foursome.....	212
Ch. 10, Su. 5 Atreya responds.....	213
Ch. 10, Su. 6 Atreya continues.....	214
Ch. 10, Su. 7-8 Successfulness of the Ayurvedic practitioner.....	214
Ch. 10, Su. 9-10 Kinds of maladies.....	215
Ch. 10, Su. 11-13 The characteristics of easily curable maladies.....	215
Ch. 10, Su. 14-16 Characteristics of maladies that are difficult to cure.....	216
Ch. 10, Su. 17-18 Characteristics of diseases that are very difficult to cure.....	217
Ch. 10, Su. 19-20 Characteristics of incurable diseases.....	217
Ch. 10, Su. 21-22 Recognizing these diseases.....	218
Ch. 10, Su. 23-24 Summary of Chapter 10.....	218

Chapter 11

Ch. 11, Su. 1-2 Eshana - desire.....	219
Ch. 11, Su. 3 Three desires.....	219
Ch. 11, Su. 4 Praneshana.....	219
Ch. 11, Su. 5 Dhanshana.....	220
Ch. 11, Su. 6 Paralokeshana.....	221
Ch. 11, Su. 7 The importance of guesswork.....	221
Ch. 11, Su. 8 Extrasensory perception.....	222
Ch. 11, Su. 9-10 Forms of atma.....	222
Ch. 11, Su. 11 Chaturvidhiyoni.....	223
Ch. 11, Su. 12 The appearance and disappearance of life.....	224
Ch. 11, Su. 13 Atma.....	224

Ch. 11, Su. 14-15 The theory of accident?.....	225
Ch. 11, Su. 16 Realization.....	225
Ch. 11, Su. 17 Sat and asat.....	225
Ch. 11, Su. 18-19 Definition of an Ayurvedic practitioner.....	226
Ch. 11, Su. 20 Pratyaksha.....	226
Ch. 11, Su. 21-22 Anumana.....	227
Ch. 11, Su. 23-24 Sanyog Yukti.....	227
Ch. 11, Su. 26 Any and all research.....	228
Ch. 11, Su. 27 Aptagam.....	229
Ch. 11, Su. 28 Liberation.....	229
Ch. 11, Su. 29 Reincarnation.....	230
Ch. 11, Su. 30 Pratyaksha.....	230
Ch. 11, Su. 31 Deva.....	231
Ch. 11, Su. 32 Fertilization.....	232
Ch. 11, Su. 33 Four research methods supporting reincarnation.....	233
Ch. 11, Su. 34 Three pillars.....	234
Ch. 11, Su. 35 Three pillars.....	235
Ch. 11, Su. 36 Three kinds of strength.....	235
Ch. 11, Su. 37 Senses and disease.....	236
Ch. 11, Su. 38 Skin and touch.....	238
Ch. 11, Su. 39 Influence of words, thoughts, and the body.....	238
Ch. 11, Su. 40 Mithyayog – inappropriate use.....	240
Ch. 11, Su. 41 Pragyaparadha.....	240
Ch. 11, Su. 42 Correlation of climate and time.....	240
Ch. 11, Su. 43 Causes of disease assessed in context.....	241
Ch. 11, Su. 44 Bhav – satisfaction with life.....	242
Ch. 11, Su. 45 Kinds of maladies.....	242
Ch. 11, Su. 46 Pragyaparadh malady.....	243
Ch. 11, Su. 47 Remedies for maladies.....	243
Ch. 11, Su. 48 How maladies enter the body.....	244
Ch. 11, Su. 49 Classification of maladies according to their path into the body.....	245
Ch. 11, Su. 50-53 Classification of Ayurvedic practitioners.....	245
Ch. 11, Su. 54 Basic divisions of treatment.....	246
Ch. 11, Su. 55 Three kinds of remedies.....	247
Ch. 11, Su. 56-63 Why one should learn to observe one's body.....	248
Ch. 11, Su. 64-65 Summary of the eight matters from Krshnatreya.....	249

Chapter 12

Ch. 12, Su. 1-2 Vata dosha according to Atreya.....	251
Ch. 12, Su. 3 The sages' questions.....	251
Ch. 12, Su. 4 Characteristics of vata.....	252
Ch. 12, Su. 5 Bhardvdj says more about vayu.....	252
Ch. 12, Su. 6 Kankayana's confirmation.....	252
Ch. 12, Su. 7 The words of Badish Dhamargava.....	253

Ch. 12, Su. 8 Vayorvida on the five vayus.....	253
Ch. 12, Su. 9 Marichi's question.....	256
Ch. 12, Su. 10 Vayorvida on the importance of vayu.....	256
Ch. 12, Su. 11 Marichi on agni.....	256
Ch. 12, Su. 12 Kapya about soma.....	257
Ch. 12, Su. 13 Atreya on the harmony of the tridosha.....	257
Ch. 12, Su. 14 Agreement of the sages.....	258
Ch. 12, Su. 15 Appreciation for the wise words of Atreya.....	258
Ch. 12, Su. 16-17 Summary of Chapter 12.....	258

Chapter 13

Ch. 13, Su. 1-2 Lubricants and lubrication.....	259
Ch. 13, Su. 3 Agnivesha's doubts.....	259
Ch. 13, Su. 4-8 Questions about sneh (lubricants and lubrication).....	260
Ch. 13, Su. 9 Two types of substances for lubrication.....	260
Ch. 13, Su. 10-11 Sources of animal and plant sneh (lubricants).....	261
Ch. 13, Su. 12 Sesame oil nourishes and castor oil removes impurities.....	261
Ch. 13, Su. 13 Ghee nourishes and is a wonderful conveyor.....	262
Ch. 13, Su. 14 Ghee.....	263
Ch. 13, Su. 15 General characteristics of oil.....	263
Ch. 13, Su. 16 Lard.....	263
Ch. 13, Su. 17 Madjdja.....	264
Ch. 13, Su. 18 Internal, seasonal use.....	264
Ch. 13, Su. 19 Snehan – when to use it.....	264
Ch. 13, Su. 20-21 Correct temperature of the environment.....	265
Ch. 13, Su. 22 Warm water and snehan.....	266
Ch. 13, Su. 23-25 Twenty-four ways snehan can be delivered.....	266
Ch. 13, Su. 26 Achhapey is the drinking of pure fat.....	268
Ch. 13, Su. 27-28 Sixty-four kinds of snehan.....	268
Ch. 13, Su. 29-40 Amount and dosage.....	269
Ch. 13, Su. 41-43 Ghee is a panacea.....	270
Ch. 13, Su. 44-46 Oil like a remedy.....	270
Ch. 13, Su. 47-49 Lard as a remedy.....	271
Ch. 13, Su. 50 Bone marrow as a remedy.....	271
Ch. 13, Su. 51 Length of absorption of snehan.....	272
Ch. 13, Su. 52 Snehan as a medical procedure.....	272
Ch. 13, Su. 53-56 Contraindications for snehan.....	272
Ch. 13, Su. 57 Manifestations of dehydration.....	273
Ch. 13, Su. 58 Characteristics of a lubricated person.....	273
Ch. 13, Su. 59 Symptoms of excessive lubrication.....	274
Ch. 13, Su. 60-61 Preparations prior to snehan.....	274
Ch. 13, Su. 62-64 Recommendations after snehan.....	275
Ch. 13, Su. 65-69 Absorption in the gut and its cleansing.....	276
Ch. 13, Su. 70-78 Complications during incorrect performance of snehan.....	276
Ch. 13, Su. 79 Reasons for snehan complications.....	277

Ch. 13, Su. 80 Snehan as preparation for virechan.....	277
Ch. 13, Su. 81 Snehan as preparation for vaman.....	278
Ch. 13, Su. 82-90 Various forms of snehan.....	279
Ch. 13, Su. 91-94 What is forbidden and what is recommended during snehan.....	279
Ch. 13, Su. 95 Snehan for improving shukra dhatu.....	280
Ch. 13, Su. 96-97 Absorption of fat.....	280
Ch. 13, Su. 98 Salt during snehan.....	281
Ch. 13, Su. 99 Sequence of procedures.....	281
Ch. 13, Su. 100 Closing summary.....	281

Chapter 14

Ch. 14, Su. 1-2 Svedan (sweat) procedure.....	282
Ch. 14, Su. 3-5 Sved kriya – sweating (heating) procedures.....	282
Ch. 14, Su. 6 Circumstances determining an outcome.....	283
Ch. 14, Su. 7-8 Characteristics and intensity of the materials used for svedan.....	283
Ch. 14, Su. 9 Using materials after svedan amashaya and pakvashaya.....	284
Ch. 14, Su. 10 Places where heating should be performed cautiously.....	284
Ch. 14, Su. 11-12 Protecting sensitive places during svedan.....	285
Ch. 14, Su. 13 When to stop the heating.....	285
Ch. 14, Su. 14-15 Excessive heating.....	286
Ch. 14, Su. 16-19 Contraindications of svedan.....	287
Ch. 14, Su. 20-24 Indications for svedan.....	288
Ch. 14, Su. 25-27 Pindasved (warm compresses using a pouch).....	288
Ch. 14, Su. 28 Prastarsved (sauna).....	289
Ch. 14, Su. 29-33 Nadisvedan (steam svedan with the aid of a hose).....	290
Ch. 14, Su. 34 Avgahasvedan (broth bath).....	290
Ch. 14, Su. 35-37 Upnahsved dravya (ingredients for poultices and wraps).....	291
Ch. 14, Su. 38 The length of time for using heating poultices.....	291
Ch. 14, Su. 39-40 Agni sanskar.....	292
Ch. 14, Su. 41 Sankarasveda (heating using a pouch).....	292
Ch. 14, Su. 42 Prastara sveda (heating on a bed).....	293
Ch. 14, Su. 43 Ingredients and necessities for performing nadi svedan.....	293
Ch. 14, Su. 44 Parishek (heating through sprinkling).....	294
Ch. 14, Su. 45 Ingredients for the vatika concoction.....	295
Ch. 14, Su. 46 Djentaka (sauna).....	295
Ch. 14, Su. 47-49 Heating with stone.....	297
Ch. 14, Su. 50-51 Karshusveda (heating using a pit).....	298
Ch. 14, Su. 52-54 Kutirsved (circular room).....	298
Ch. 14, Su. 55 Bhusved (heating with the aid of the earth).....	299
Ch. 14, Su. 56-58 Kumbhimsved heating with the aid of containers with herbs.....	299
Ch. 14, Su. 59-60 Kupasved (another kind of heating).....	300

Ch. 14, Su. 61-62 Holaka sved.....	300
Ch. 14, Su. 63 Summarizing sutra.....	301
Ch. 14, Su. 64 What heats us.....	301
Ch. 14, Su. 65-66 Various kinds of heating.....	301
Ch. 14, Su. 67 Recommendations for heating.....	302
Ch. 14, Su. 68-71 Summarizing sutra.....	302

Chapter 15

Ch. 15, Su. 1-2 Rules of procedures.....	303
Ch. 15, Su. 3 Equipment.....	303
Ch. 15, Su. 4 Successful and unsuccessful treatment.....	303
Ch. 15, Su. 5 Considerations about treatment.....	304
Ch. 15, Su. 6 Basic equipment for the space.....	305
Ch. 15, Su. 7 Description of an Ayurvedic hospital.....	306
Ch. 15, Su. 8 Necessity of stopping a procedure.....	307
Ch. 15, Su. 9 Preparing the invalid for the procedure.....	308
Ch. 15, Su. 10 Correct dosage of vaman medicine.....	309
Ch. 15, Su. 11 Preparation for vaman.....	309
Ch. 15, Su. 12 Performance of vaman.....	310
Ch. 15, Su. 13 Indices and symptoms of vaman.....	311
Ch. 15, Su. 14 What follows vaman.....	312
Ch. 15, Su. 15 Other recommendations after vaman.....	312
Ch. 15, Su. 16 Diet regime after vaman.....	313
Ch. 15, Su. 17 Preparation for virechan.....	314
Ch. 15, Su. 18 Who should undergo virechan.....	315
Ch. 15, Su. 19-21 Virechan for the impoverished.....	315
Ch. 15, Su. 22 Positive effects of virechan.....	316
Ch. 15, Su. 23-25 Summary of procedures.....	316

Chapter 16

Ch. 16, Su. 3-4 Results depend on the quality of the Ayurvedic practitioner.....	317
Ch. 16, Su. 5-10 Correct and incorrect performance.....	318
Ch. 16, Su. 11-12 Excessive vaman.....	319
Ch. 16, Su. 13-16 Indications for vaman and virechan.....	319
Ch. 16, Su. 17-19 Benefits of vaman and virechan.....	320
Ch. 16, Su. 20-21 The permanent effect of vaman and virechan.....	320
Ch. 16, Su. 22-23 Renewal of strength after vaman and virechan.....	321
Ch. 16, Su. 24-26 Dealing with complications from procedures.....	321
Ch. 16, Su. 27 Natural revival of balance.....	322
Ch. 16, Su. 28 The cause of origination versus destruction.....	322
Ch. 16, Su. 29-30 The role of the Ayurvedic practitioner.....	322
Ch. 16, Su. 31-32 About the cause of destruction.....	323
Ch. 16, Su. 33 The root of destruction is in origination itself.....	323
Ch. 16, Su. 34-38 The reason for and aim of treatment.....	324

|| Ch. 16, Su. 39-41 || Summary.....325