



Editorial

Yukti-An Original Concept of Charaka

Professor Gurdip Singh

Editor-in-Chief, Journal of Ayurveda Physicians & Surgeons (JAPS)

Corresponding author: Dr. Gurdipsingh, Mobile: +91 9448941375

Email address: profgurdip@rediffmail.com

Access this article on online: www.japs.co.in

Published by International-Academy of Ayurveda-Physicians (IAAP),
7HB, Gandhinagar, Jamangar-361 002, Gujarat, India

Recently a group named 'group for research and academic discussion on Charaka Samhita' is created on WhatsApp, which is a welcome step. Dr. Yogesh Deole is monitoring and coordinating the group. Many Ayurveda physicians joined with it. In the beginning as generally happen with Ayurveda scholars, the discussion started with the topic that 'why Maha chatuspada chapter is described when Khuddaka Chatuspada is already present in Charaka Samhita.' One scholar quoted that as Yukti-Yuktam is mentioned in Khuddaka Chatuspada, so this chapter is important. Some other views were put forward and thereafter the discussion on the point is closed.

One scholar mentioned the benefit of studying Charaka and cited his example that after proper reading Charaka Samhita Sutra chapter two, his doubt regarding the difference between Urdhava-Jatru-Gata and Urdhva Bhaaga is cleared (Shloka 16 & 36).

The discussion on Yukti is quite serious. It started from 'Yukti-Yuktam' the application of which is mentioned in Chikitsa chapter 4/93 in context of use Kshara in Raktapitta. Chakrapani explains that Matra indicates to Matra of the Kshara. One scholar to support the point gave example of modern medicine where the dose of anticoagulants is decided on the values of prothrombin time.

Other scholar on the basis of Charaka Sutra 1/58 & Siddhi 12/32) says 'Yukti is Yojana'. Usefulness of Yukti in selecting the ingredients of a compound drug is very relevant and Ayurveda scholar must squint fairly with the various properties and actions of drugs with reference to their utility in combating the Samprapti of the disease..

One scholar of basic Principles very nicely elaborated on Yukati and mentioned that word Yukti is used in Charaka in various contexts indicating the meaning with reference to the context but common link is 'बहुकारणयोग'. He suggested further reading of history of Indian philosophy by SN Dasgupta Vol. 2.

Someone took it very lightly and gave its local meaning as 'Jugaad.' In the last all agreed upon its common point of 'बहुकारणयोग'.

As long as my knowledge goes Yukti Pramaana is original concept of Charaka Samhita which is very well utilized to clarify many controversial issues such as Punar-Janama (rebirth).

Its main utility is to explain an unknown phenomenon which involves multiple factors ('बहुकारणयोग') on the basis of the similar known phenomenon. For example Charaka itself said that phenomenon of conception should be understood by the example of growing of a seed.

As mentioned in Charaka Sutra chapter 2 that Yukti depends upon Matra and Kala. Matra is quantity/quantum and Kala may denote to frequency or duration and both are very important in the Samprati of a disease as well as in its treatment and prognosis. For example, alcohol damages the liver but only when it is taken for a sufficient long time in large quantity. Similarly a disease of recent origin is easily curable while chronic is difficult to cure. In Ayurveda generally dose is not fixed and it varies with age, strength of the Agni and Dosha as well as the patient itself.

Disease is of 'बहुकारणयोग' i.e. it involves Dosha, Dushya Srotas, particularly type of 'Kha Vaignya', season etc. Similarly the action of the drug also depends upon its Rasa, Guna, Vipaka, Virya, Prabhava, Karma etc. Therefore while selecting the drug for a disease caused by 'बहुकारणयोग' the drug should also be examined for its various properties which can take care of all the points involved in the pathogenesis of the disease. Thus 'बहुकारणयोग' is very important in deciding a drug for a disease particularly in formulating a compound drug.

Thus Yukti is a Padartha and in Ayurveda its status is enhanced to Pramana. It is Yojana and also the part of word Tantra-Yukti. Its components such as 'बहुकारणयोग', Matra and Kala are very important in all most in all the sphere of Ayurveda particular in Chikitsa. It is a welcome step of creation a group to discuss some important points of Ayurveda. It is not necessary to arrive some definite conclusions but varied view on one point may excite the thinking of the scholars to study more. However a caution must be put that the platform should be open to venture their view without predeceous or criticizing the others' view and only healthy discussion may be allowed.

Cite this article as: Gurdipsingh: Editorial- Yukti-An Original concept of Charaka. Journal of Ayurveda Physicians & Surgeons, January, 2019, Vol. 6 (1):1.