



## ii. Āyurveda and various schools

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## Introduction

- The origins of Āyurveda trace back to the **Vedic period**, where early references in the Atharva Veda laid the groundwork for a sophisticated medical system.
- Over centuries, knowledge was **transmitted** and refined through **lineages** (paramparā) and **schools** (sampradāyas). These schools specialized in different facets of healthcare, leading to the development of distinct texts, commentaries, and **branches** (aṣṭāṅga) of Āyurveda.

## Two Major Classical Schools

### Ātreya School (Medical Tradition)

1. **Founder/Patron:**
  - Rooted in the teachings of **Ātreya Punarvasu**, a legendary sage and physician.
  - His disciples included **Agniveśa**, Bhela, Jatūkarna, and Harita, who composed the earliest known treatises (later expanded or redacted into Caraka Saṃhitā, Bhela Saṃhitā, etc.).
2. **Focus:**
  - **Kāya Chikitsā** (internal medicine) was the primary emphasis—diagnosis, pathology, and medical therapeutics for systemic diseases.
  - Stress on **clinical examination**, tri-doṣa theory, dietetics, pharmacology, and preventive measures.
3. **Key Texts:**
  - **Agniveśa Tantra** (now lost in its original form), redacted by **Caraka** into the famous **Caraka Saṃhitā**.
  - **Bhela Saṃhitā**, **Harita Saṃhitā** (in fragments).
4. **Historical Impact:**
  - Shaped the foundational concepts of **Ayurvedic pathology, diagnosis, and medicinal formulations**.
  - The **Caraka Saṃhitā** remains a cornerstone for **Ayurvedic internal medicine** worldwide.

### Dhanvantari School (Surgical Tradition)

1. **Founder/Patron:**
  - Linked to **Lord Dhanvantari**, revered as the **deity of medicine and surgery**.
  - **Suśruta** is the most prominent representative, credited with systematically codifying **surgical techniques**.
2. **Focus:**
  - **Śalya Tantra** (surgery) was the core discipline—covering diverse procedures from **incision, excision, suturing**, to advanced reconstructive surgeries (skin grafts, rhinoplasty).
  - Detailed anatomical studies via **cadaver dissection**, marma (vital points) analysis, and specialized surgical instruments.
3. **Key Text:**
  - **Suśruta Saṃhitā**, which meticulously describes operative procedures, instruments, bandaging, fractures, and marma therapy.
4. **Historical Impact:**
  - Influenced **global surgery** by introducing methods like **rhinoplasty** and precise **surgical classification**.
  - Emphasis on **practical training**, dissection, and post-operative care established a strong tradition of **Ayurvedic surgical excellence**.

## Emergence of Aṣṭāṅga (Eight Branches) Ayurveda

## While the Ātreya and Dhanvantari schools laid the foundation, Ayurveda soon branched into eight specialized fields (aṣṭāṅga):

1. **Kāya Chikitsā** (Internal Medicine)
2. **Śalya Tantra** (Surgery)
3. **Śālākya Tantra** (ENT & Ophthalmology)
4. **Kaumāra Bhṛtya** (Pediatrics/Obstetrics)
5. **Bhūta Vidyā** (Psychiatry/Demonology in ancient context)
6. **Agada Tantra** (Toxicology)
7. **Rasāyana** (Rejuvenation & Anti-aging)
8. **Vājīkaraṇa** (Aphrodisiacs & Reproductive Health)

### Key Points:

- Although the Ātreya and Dhanvantari lineages primarily addressed **internal medicine** and **surgery**, the expanded eightfold classification shows how **specialized schools** of thought grew around each domain.
- This diversification allowed in-depth exploration of **pediatrics, toxicology, mental health**, and more.

### Further Schools and Commentators

#### Vāgbhaṭa School

- **Vāgbhaṭa I & II** produced seminal works:
  - **Aṣṭāṅga Saṅgraha**
  - **Aṣṭāṅga Hṛdaya**
- Integrated **Caraka** and **Suśruta** teachings into a **concise** format, popular among practitioners.
- Strengthened the concept of Aṣṭāṅga and unified earlier schools' approaches.

#### Other Specialized Traditions

1. **Kāśyapa Saṃhitā** School (Kaumāra Bhṛtya)
  - Centered on **pediatrics, gynecology, obstetrics**.
  - Authored or attributed to sage **Kāśyapa**—though much of this text is partially lost.
2. **Mādhava Nidāna** School
  - Pioneered **diagnostics (nidāna)**, focusing on systematic classification of diseases and their etiopathogenesis.
  - Influenced subsequent diagnostic paradigms.
3. **Yoga-Ayurveda Congruence**
  - **Yoga** and **Ayurveda** share Vedic roots and complement each other. Various yoga schools (e.g., Patañjali's) integrate with Ayurvedic principles for **holistic** therapy.

### Medieval and Later Developments

- Post-7th century CE, Ayurvedic knowledge was consolidated via **commentaries** and **compendia** (e.g., Śārṅgadharma, Bhāvaprakāśa).
- Various **regional schools** emerged (e.g., Kerala's tradition specializing in **Pañcakarma**, Kerala-specific therapies like Dhāra, Pizhichil, Navarakizhi).
- Influence of **Tibetan, Persian, and Greek** medicine led to **syncretic practices** and translations (e.g., Unani influence in some Indian regions).



## Modern Perspective: Unity and Diversity

### 1. Contemporary Institutions

- Institutes across India follow a **unified curriculum** blending Caraka-Suśruta-Vāgbhaṭa teachings, but some **regional lineage-based nuances** persist (e.g., certain paramparā focusing on bone-setting, marma therapy, or pharmacopeia).

### 2. Revival and Global Spread

- In modern times, there is a resurgence of interest in **Ayurvedic integrative medicine**, with schools offering specialized training in panchakarma, rasāyana, marma, etc.
- Ayurvedic concepts are **adapted** in clinics worldwide, fostering new schools of **applied Ayurveda**.

## Conclusion

- The **core** of Āyurveda stems from **two principal schools: Ātreya** (internal medicine) and **Dhanvantari** (surgery). Over centuries, these lineages inspired **eight specialized branches** (aṣṭāṅga) and further sub-lineages.
- Renowned **textual traditions** (Caraka, Suśruta, Vāgbhaṭa, Kāśyapa, Mādhava, etc.) reflect **diverse focuses**—ranging from pediatrics and surgery to toxicology and mental health.
- As these classical schools evolved and integrated influences from **regional, cultural, and philosophical** fronts, Āyurveda became a **pluralistic science**—embracing multiple methods yet unified by its fundamental principles of **holistic well-being** (śarīra-manasa-ātma).

## Key Takeaway

Āyurveda's major schools—**Ātreya** for internal medicine and **Dhanvantari** for surgery—laid a **foundational dichotomy** that blossomed into the full spectrum of the **eight branches** of Ayurvedic practice. Through the works of **Vāgbhaṭa, Kāśyapa**, and others, these traditions have seamlessly **merged** into a **comprehensive system** still revered and practiced globally for its integrative, person-centered approach.