

# AYURVEDIC REFERENCES IN ATHARVA VEDA

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Ayurveda is called a Sub-Veda to Atharva Veda. Various medicines and their usage find a place in Atharva Veda.

1. "Water Therapy" which is very popular today, uses water अपो याचामि भेषजम् This use of water as a therapy takes us to a reference in Atharva Veda which seeks healing medicinal quality sourced in water. [Ref : (1-1-5-4)]

अप्सु मे सोमो अब्रवी दन्त विश्वानि भेषजा

In his exhortation, Somadeva states water as containing in its centre the disease - ridding medicines (1-1-6-2) आपः पृणीत भेषजं वरूथं तन्वे मम ज्योक्च सूर्यं दृशे He calls "O waters! Let me see the Sun for a long age (longevity). Drive out all disease and render my body strong. (1-1-6-3)

Dr. Pataka Jnatiya Datta Rama an eminent physician, lists out in his medical book "Brihannigantu Ratnakar" the healing qualities of water :

पानीयं शीतलं रूक्षं हन्ति पित्तं विषं भ्रमम् ।  
दाहा जीर्णं श्रमं च्छर्दिं मोहं मूर्छां मदात्ययान् ॥  
मूर्छां पित्तोष्णं दाहेषु विषे रक्ते मदात्यये ।  
भ्रमं क्लमातिसारेषु मार्गोत्थं वमथौतथा ॥  
ऊर्ध्वगे रक्तपित्ते च शीतं मम्भः प्रशस्यते ।

Cool water removes nausea caused by Pitta, Visha Bhramam, thirst, dyspepsia, weariness, chardi (vomiting), physical attraction, convulsion. Pitta results in heat and thirst, turns blood toxic, causes hallucination, klamam (breathlessness, weariness), increases motions, travel-induced nausea. It is good to give cool water when Hemorrhagic diseases and scurvy affect the upper portions of the body. [Read Part III Pages : 438, 439]

यत्क्वाथ्यं मानं निर्वेगं निष्फेनं निर्मलं भवेन् ।  
अर्धावशिष्टं भवति तदुष्णोदकं मुच्यते ॥  
कफं मेदोनिलामघ्नं दीपनं बस्ति शोधनम् ।  
कासं श्वासं ज्वरं हरं पथ्यं मुष्णोदकं सदा ॥  
तप्तं पाथः पादं भागेन हीनं  
पथ्यं प्रोक्तं वातं जाता मयधनम् ।  
तप्तायः पिण्डं संसिक्तं लोष्टनिर्वापितं जलम् ॥  
सर्वं दोषं हरं पथ्यं सदा नैरुज्यं कारकम् ।

Boiled water without foam is pure. A quantity of water, boiled down to half of its quantity, removes phlegm, gas, and acidity. It increases appetite. It cleans large intestines. It removes cough, breathlessness and fever. It is always consumable. A quantity of water boiled down to ¼ of its quantity removes "vata, pitta, sleshma". Water poured on a red-hot Iron ball, and water boiled in a clay pot remove all defects and diseases.

ज्वर प्रकरण पुट ( 1291 )

In this way a correspondence which is helpful, can be established with regard to medicines between Atharvana Veda and Ayurveda.

2. A medicine prepared from Madhuka ( मधुमन्मे निक्रमणं मधुमन्मे परायणम् ।  
वाचा वदामि मधुमत् भूयासं मधु संदृशः । renders our language sweet (1-6-34-3)
3. Water is rendered medicinal with the immersion of red-hot Iron axe in it. A bath in such water  
cures Sitala Malarial fevers.  
यदग्नि रापो अदहत् प्रविश्य  
यत्रा कृण्वन् धर्म धृतो नमांसि ।  
तत्रत आहुः परमं जनित्रं  
सनः सं विद्वान् परि वृद्धि तक्मन् ॥ (1-5-25-1)
4. A medicine made out of Neeli cures leucoderm and Leprocy.  
आसुरी चक्रे प्रथमेदं किलास भेषजम् ।  
इदं किलास नाशनम् ।  
अनीनशत् किलासं सरूपाम्  
अकरत् त्वचम् ॥ (1-5-24-2)
5. Haridra Rama Krishna, Asikni, act as medicine to cure  
Kilasam. They also blacken hair.  
नक्तं जाता स्योषधे रामे कृष्णे असिकिन्च ।  
इदं रजनि रजय किलासं पलित ज्व यत् ॥ (1-5-23-1)
6. "Gorohita Varna" cures Jaundice & Heart ailment  
अनु सूर्य मुदयतां हृद्द्योतो हरि माचते ।  
गो रोहितस्य वर्णेन तेन त्वा परि दद्धमसि । (1-5-22-1)
7. "Upajeeka" are insects which bring from the sea a medicine that cures dehydration and diarrhoea.  
Upajihvika, Upadeeka, Vamri, Upajeeka are synonyms.  
उप जीका उद्भरन्ति समुद्रा दधि भेषजम् ।  
तदा स्रावस्यभेषजं तदु रोग मशीशमत् ॥ (2-1-3-4)
8. When "Jangida Mani" is adorned it provides longevity and self-defense.  
दीर्घायुत्वाय बृहते रणायारिष्यन्तो दक्षमाणाः सदैव ।  
मणिं विष्कन्ध दूषणं जङ्गिडं बिभृमो वयम् ।  
जङ्गिडो जम्भाद् विशराद्  
विष्कन्धा दधि शोचनात् ।  
मणि स्सहस्र वीर्यः ॥ (2-1-3-5)  
परिणः पातु विश्वतः  
This "Mani" cures diseases. (2-1-4-2)  
It appears "Mani" is nothing but a bead made of wood.
9. "Aruna Srana" extracted from the Earth cures dehydration and diarrhoea. This could be the  
medicine brought by Upajeeca.  
अरुस्राण मिदं महत् पृथिव्या अद्यु द्भृतम् ।  
तदा स्रावस्य भेषजं तदु रोग मनीनशत् ॥ (2-1-4-1)
10. A bead made of Arjuna Kandam with Kapilavarna , Yavakandam , husk, Gingelly  
seeds cures Kshetriya disease.  
बभ्रो रर्जुन काण्डस्य यवस्य ते  
पलाल्या तिलस्य तिलपिञ्ज्या ।  
वीरुत् क्षेत्रिय नाश न्यप क्षेत्रिय मुच्छतु ॥ (2-2-8-13)

11. "Dasa Vriksha Main" cures "Sandhivatam" (dasa Vrikshamani is made out of the combination of the barks of ten different kinds of trees. Those trees are (1) Palasa (2) Udumbara (3) Jambu (4) Kampeela (5) Srak (6) Vangha (7) Sireesha (8) Varana (9) Jangida (10) Kutaka (11) Gruhya (12) Galavala (13) Vetasa (14) Simbala (15) Sipuna (16) Syandana (17) Aranika (18) Asmayoktha (19) Trumya (20) Pootararu. We may use any ten of these .  
दश वृक्ष मुञ्चे मं रक्षसो ग्राह्या  
अधि यैनं जग्राह पर्वसु ।  
अधोएनं वनस्पते  
जीवानां लोक मुन्नय ॥  
As the word रक्षः indicates 'Sandhivaata'. This suktha is named as 'Sandhivaata Nivarana Suktha' (2-2-9)
12. Adorning parna mani (Moduga) gives brightness, strength, longevity.  
अय मगन् पर्णमणि बली बलेन प्रमृणन् सपत्नान्  
ओजो देवानां पय ओषधीनां वर्चसा माजिन्व त्वप्रयावन् ॥  
यं निदधु र्वनस्पतौ गुह्यं देवाः प्रियं मणिम् ।  
त मस्मभ्यं सहायुषा देवा ददतु भर्तवे ॥ (3-1-5)
13. Harina Srunga (Moduga) removes 'Kshetriya' diseases.  
हरिणस्य रघुष्य दोधि शीर्षणि भेषजम् ।  
सक्षेत्रियं विषाणया विषूचीन मनीनशत् ॥ (3-2-7-1)
14. Harina Sringam removes heart-related diseases.  
अनुत्वा हरिणो वृषा पद्भिश्च श्चतुर्भि रक्रमीत् ।  
विषाणे विष्य गुष्पितं यदस्य क्षेत्रियं हृदि ॥ (3-2-7-2)
15. "Kapittakam" increases, sperm - production.  
यां त्वा गन्धर्वो अखनद् वरुणाय मृत भ्रजे ।  
तां त्वा वयं खनाम स्योषधिं शेष हर्षणीम् ॥ (4-1-4-1)  
The 'Mantra' doesn't contain the word 'Kapittakam'. It was incorporated by the commentater.
16. "Kramuka" a tree whose wood will remove toxicity. (The dried wood of "Poka" Tree is called 'Kramuka')  
यस्त आस्यत् पञ्चाङ्गुरि र्वक्राच्चिदधि धन्वनः ।  
अपस्कम्भस्य शल्या निरवोच महं विषम् । (4-2-6-4)
17. The water which is on "Varana" tree is anti-toxic. ('Varanam' is 'Maredu')  
वारिदं वारियातै वरणावत्यामधि ।  
तत्रामृत स्यासिक्तं तेनाते वारये विषम् ॥ (4-2-7-1)
18. "Karambam" (Mantham) "Sattu Powder" mixed with curd is anti-toxic.  
अरसं प्राच्यं विष मरसं यदुदीच्यम् ।  
अथेऽद मधराच्यंऽकरम्भेण विकल्पते ॥ (4-2-7-2)
19. "Anjanam" gives logevity  
एहि जीवं त्रायमाणं पर्वतस्यास्यक्ष्यम् ।  
विश्वेभि देवै र्दत्तं परिधि र्जीवनायकम् ॥ (4-2-9-1)
20. "Anjanam" removes the black caused by leucoderm  
उतासि परिपाणं यातु जम्भन माञ्जन ।  
उतामृतस्य त्वं वेत्थाथो असि  
जीव भोजन मथो हरित भेषजम् ॥ (4-2-9-3)

21. "Anjanam" cures Fever (Typhoid) etc., and acts against all kinds of poisons. Anjanam is available on Trikuta Parvata in Himalayas. This is supposed to be related to Yamuna.  
 त्रयो दासा आञ्जनस्य तक्मा बलास आदहिः ।  
 वर्षिष्ठः पर्वतानां त्रिककु न्नाम ते पिता ॥  
 यदाञ्जनं तैककुदं जातं हिमवत स्परि ।  
 यदि वासि त्रैककुदं यदि यामुन मुच्यसे । (4-2-9-8,9-10)
22. Anjanam cures rheumatism.  
 यस्याञ्जन प्रसर्पस्यङ् ग मङ्गं परुषरुः ।  
 ततो यक्ष्मं विबाधस उग्रो मध्यम शीरिव । (4-2-9-4)
23. Sukti (Pearlshell) cures disease and also stupidity.  
 शङ्खे नामी ममतिं वाशङ्खे नोत सदान्वाः ।  
 शङ्खो नो विश्व भेषजःकृशनः पात्वंहसः । (4-2-10-3)
24. Sanka Mani prolongs life.  
 दिवि जातः समुद्रजः सिन्धुत स्पर्या भृतः ।  
 सनो हिरण्यजाः शङ्ख आयुष्रतरणो मणिः ॥ (4-2-10-4)  
 (The great poet Rama Raja Bhushana described in his Vasucharitra that Suktimati had put a garland made of Sankhas around her daughters neck)
25. Laksha stops bleeding.  
 रोहण्यसि रोहण्य स्थ्न शिच्छन्नस्य रोहिणी ।  
 रोहयेद मरुन्धति । (4-3-12-1)
26. Laksha joins broken parts of the body.  
 यत्तेरिष्टं यत्ते द्युत्तमस्ति पेष्टरं त आत्मनि ।  
 धाता तद् भद्रया पुनः संदधत् परुषा परुः ॥  
 लोम लोम्ना संकल्पया त्वचा संकल्पया त्वचम् ।  
 असृक् ते अस्थि रोहतु च्छिन्नं सं धेह्योषधे ॥ (4-3-12-2-5)
27. Sahadevi (Venutura Tree) prevents disease.  
 ईशानां त्वा भेषजाना मुज्जेष आरभामहे ।  
 चक्रेसहस्र वीर्यं सर्वस्मा ओषधे त्वा । (4-4-17-1)
28. Apamargam reduces hunger and thirst, and prevents barrenness.  
 तुष्णा मारं क्षधा मार मथो अक्ष पराजयम् ।  
 अपा मार्ग त्वया वयं सर्वं तदप मृज्महे ॥ (4-4-7-7)
29. Sadam pushpa prevents Fear.  
 आपश्यति प्रति पश्यति परा पश्यति पश्यति ।  
 दिव मन्त रिक्षाद् भूमिं सर्वं तद् देवि पश्यति ॥ (4-4-20-1)
30. Milk and curd give strength.  
 यूयं गावो मेदयथा कृशं चि  
 दश्रीरं चित् कृणुथा सुप्रतीकम् ।  
 भद्रं गृहं कृणुथ भद्रवाचो  
 बृहद्वो वय उच्यते सभासु ॥ (4-5-21-6)
31. Kushtah cures fever.  
 यो गिरि ष्वजायथा वीरूधां बलवत्तमः ।  
 कुष्ठेहि तक्म नाशन तक्मानं नाशयन्नितः ॥ (5-1-4-1)

32. Kushtah cures T.B.  
उत्तमो नाम कुष्ठा स्युत्तमो नाम ते पिता ।  
यक्ष्मं च्च सर्वं नाशय तक्मानं चारसं कृधि ॥ (5-1-4-9)
33. Kushtah cures diseases related to head, eye and body.  
शीर्षामय मुपहत्या मक्ष्यो स्तन्वो ३रपः ।  
कुष्ठ स्त त्सर्वं निष्करद् दैवं समह वृष्णयम् ॥ (5-1-4-10)
34. Silachi (Laksha / Psarani) enlivens and gives health.  
यस्त्वापिबति जीवति त्रायसे पुरूषं त्वम् ।  
भर्त्रीहि शश्वता मसि जनानाञ्च न्यञ्चनी ॥ (5-1-5-2)
35. Silachi heals injuries.  
यद्दण्डेन यदिष्वा यद् वारु हँरसा कृतम् ।  
तस्य त्वामसि निष्कृतिः सेमं निष्कृधि पूरूषम् ॥ (5-1-5-4)
36. Tabuvam is anti-toxic.  
ताबुवं न ताबुवं नघेत् त्वमसि ताबुवम् ।  
ताबुवे नारासं विषम् ॥ (5-3-13-5)
37. Tastuvam is anti-toxic.  
तस्तुवं न तस्तुवं नघेत् त्वमसि तस्तुवम् ।  
तस्तुवे नारासं विषम् ॥ (5-3-13-11)
38. "Palasamani" ennobles one (Viniyoga Grandha says that a man with fertile imagination should wear this to become powerful)  
सबन्धु श्चासबन्धुश्च यो अस्मां अभिदासति ।  
तेषांसा वृक्षाणा मिवाहं भूयास मुत्तमः ॥ (6-2-15-2)
39. Sarshapa Patrasakam cures eye-diseases.  
आबयो अनाबयो रसन्त उग्र आबयो आते करम्भ दद्मसि ॥ (6-2-16)
40. Haridra etc medicines strengthens hair and renders it abundant.  
रेवती रना धृषः सिषासव स्सिषासथ  
उतस्य केश दूंहणी रथो ह केश वर्धनीः ॥ (6-3-21-3)  
The Mantra does not contain the word "Haridra". It is used by the commentator.
41. River waters cure diseases.  
सिन्धु पत्नी स्सिन्धु राज्ञीः  
सर्वा या नद्या स्थन ।  
दत्त न स्तस्य भेषजं  
तेनावो भुनजामहै । (6-3-24-3). [This is the reason which brought the practice of taking at the Sandhikala during Vaisakha, Ashada and Kartika seasons. Changes occur in nature at the time of change of seasons and this could cause ill health Aswastyam
42. Brihatpalasam, Suthaga, Ritavari, Sami. These medicines nurture hair.  
बुहत्पलाशो सुभगे वर्षवृद्ध ऋतावरि ।  
मातेव पुत्रेभ्यो मृड केशेभ्य श्शमि ॥ (6-3-30-3)
43. "Gosringa" which falls by itself should be dropped in water and such water should be used for "Achamana" and then for sprinkling on the body to cure "Asrava" disease. (6-5-44-2-3)  
शतं या भेषजानि ते सहस्रं संद्गतानि च ।  
श्रेष्ठ माम्राव भेषजं वसिष्ठं रोग नाशनम् ॥  
रुदस्य मूत्र मस्यमृतस्य नाभिः ।

विषाणका नामवा असि पित्रूणाम्

मूला दुत्थिता वाती कृत नाशनी । (6-5-2-3)

"Asrava" disease causes bleeding. There are hundreds and thousands of medicines to prevent this disease as the saying goes.

44. "Sami Vriksha" ( ) cures all diseases.  
आयु र्ददं विपश्चितं श्रुतां कण्वस्य वीरुधम् ।  
आ भारिषं विश्व भेषजी मस्या दृष्टान् नि शमयत् ॥ (6-6-52-3)
45. "Sahadevi" is a medicine which fills 'Gosala' ( ) = Cow stable) with surplus milk.  
शर्म यच्छ त्वोषधिः सह देवी ररुन्धति ।  
करत् वयस्वन्तं गोष्ठ मयक्ष्मां उत पूरुषान् ॥ (6-6-59.2) Also makes people healthy.
46. "Arkamani" helps in Vajikarrana  
यथा सितः प्रथयते वशां अनु  
वपूंषि कृण्वन्न सुरस्य मायया ।  
एवाते शेषः सहसाय मर्को  
ङ्गेनाङ्गं संसमकं कृणोतु ॥ (6-7-72-1) (
47. "Varana Vriksha" brings down Raja yakshamam ( ) Rajayakshamam = Phthiris, Consumption, Pulmonary tuberculosis) [Varana the tree Cratava Roxburghs is also called Varuna and Setu-Monia Williams Dictionary] (6-9-85-1)
48. "Loha Mani" cures 'Sula Roga' (6-9-90). The Viniyoga Grandha refers to this.
49. "Yavoushadha" ( ) frees one from disease.  
इमं यव मष्टा योगैः षड्योगेभि रचर्कृषुः ।  
तेनाते तन्वो 3 रपो पाचीन मपव्यये ॥ (6-9-91)
50. "Kushtah" a medicine cures Leprocy and Raja yakshma.  
अश्वत्थो देव सदन स्तृतीय स्यामितो दिवि ।  
तत्रा मृतस्य चक्षणं देवाः कृष्ट मवन्वत ॥ (6-0-95)
51. "Putta Matti ( ) Valmeekamruttika and Upajeekas (a kind of insect) act against and prevent poison.  
यद्वो देवा उपजीका आसिञ्चन् धन्व न्युदकम् ।  
तेन देव प्रसूतेनेदं दूषयता विषम् ॥  
The following Mantra suggests that Saraswathi acts as preventive to posion.  
देवा अदुः सूर्यो अदाद् द्यौ रदात् पृथिव्य सदात् ।  
तिस्सः सरस्वती रदुः सचित्ता विष दूषणम् ॥  
असुराणां दुहितासि सा देवाना मसि स्वसा ।  
दिव स्पृथिव्याः सम्भूता सा चकर्था रसं विषम् ॥ (6-10-100-2,1,3).
52. "Krishna Mriga Charma Mani" ( ) Eka Sakarkha Mani  
( ) are useful in 'Vajikarana' ( ) . These names are not in Manthra but given by Viniyoga grantha. (6-10-101-2,3)
53. "Sakthu" ( ) cures kasa, Sleshma etc, (6-11-105). The Mantra doesnot contains the word "Sakthu". Viniyoga grandha makes use of this word (SattuPindi) Sakthu.
54. "Pippali", "Gaja Pippali" ( ) Cure Fits, Vata etc.  
असुरा स्त्वा न्यखनन् देवा स्त्वोदवपन् पुनः ।  
वाती कृतस्य भेषजी मथो क्षिप्तस्य भेषजीम् ॥

55. "Cheepudru Vriksha" cures 'Swasakasadi' diseases.  
 विद्रधस्य बलासस्य लोहितस्य वनस्पते ।  
 विसल्पकस्योषधे मोच्छिषः पिशतं चन ॥  
 यौ ते बलास तिष्ठतः कक्षे मुष्का वपश्चितौ ।  
 वेदाहं तस्य भेषजं चीपुद्रु रभिचक्षणम् ॥ (6-13-127-1,2)
56. "Cheepudru Vriksha" brings down 'Lohita Varna' (Above Suktha)
57. "Cheepudru Vriksha" heals the lump which is ready to burst. (Above Suktha)
58. "Kacha Macheephalam", "Jeevanti Phalam", "Bhringa Rajam" are applied to head to nurture growth of hair. They stop hair-fall. They cure several diseases related to hair. (6-13-136). [The Mantra does not contain the names of medicines. Viniyoga Grandha makes use of the names of medicines]
59. "Tunga Mushtih" cure diseases (7-4-46). This is also given by Viniyoga Grantha.
60. "Madhukalata" is anti-toxic  
 तिरश्च राजे रसितात् पृदाकोः परि सम्भृतम् ।  
 तत् कङ्क पर्वणो विषमियं वीरु दनीनशत् ॥ (7-5-56-1)
61. "Madhukalata" is anti-toxic and also acts as a repellent of mosquitoes.  
 इयं वीरु न्मधु जाता मधु श्चुन्मधुला मधूः ।  
 साविहू तस्य भेषज्यथो मशक जम्भनी ॥ (7-5-56-2)  
 (Here also the medicine name is given in Viniyoga Grandha)
62. "Sankachurnam", "Sunka Lala Jalam", are used in the treatment of "Ganda Mala" [a disease] (7-7-76). [This is not found in the Mantra : Viniyoga Grandha makes a mention of this.]
63. Excessive sexual activity leads to consumption 'Veena Tantri Khanda' cures this disease.  
 पक्षी जायान्यः पतति स आविशति पूरुषम् ।  
 तदक्षितस्य भेषज मुभयोः सुक्षतस्य च ॥ (7-7-76-4)
64. The gravy made out of Sakthu is useful in the treatment of Kasa, Sleshma diseases. (7-10-107). [Viniyoga Grandha makes a mention of this.]
65. White mustard removes barren ness and child mortality.  
 अप्रजास्त्वं मार्तवत्समाद् रोदमघमावयम्  
 वृक्षादिव स्रजम् कृत्वाप्रिये प्रतिमुञ्चतत् (8-3-6-6).
66. "Vayyaghra Mani" acts against diseases  
 वैयाघ्रो मणि वीरुधां त्रायमाणोभि शस्तिपाः ।  
 अमीवाः सर्वा रक्षां स्यप हन्त्वधि दूर मस्मत् ॥ (8-4-7-14)  
 [This could be Tiger's nail]
67. Powder of an insect called "Pydwam" and such powder should be inhaled like snuff with right-hand thumb to neutralize the effect of poison. Pydwam is also having name 'Talini'. Its colour is gold colour or mixture of all colours. This particular treatment finds a mention both in Mantra and Viniyoga Grandha.  
 पेद्वो हन्ति कसर्णीलं पैद्वः शिवत्र मुतासितम् ।  
 पैद्वो रथर्व्याः शिरः सं बिभेद पृदाक्वाः ॥ (10-2-4-5)
68. "Soma" from a "Udakapaatra" (Water Glass) gives strength.  
 ऊध्वो यस्यामति र्भा अदिद्युतत् सवीमनि ।  
 हिरण्य पाणि रमिमीत सुक्रतुः कृपात्स्वः (7-2-14-2)

69. Take water from a water tank used by public and blend various different grain in it and drink it to become strong. (7-3-27). This is mentioned in Viniyoga Grandha.
70. Drinking the water heated by burnt "Parasuvu" ( reduces jealousy & envy  
जनाद् विश्व जनीनात् सिन्धुत स्पर्था भूतम् ।  
दूरात् त्वा मन्य उद्भूत मीर्ष्याया नाम भेषजम् ॥ (7-4-46-10)
71. "Mudhukam Jalam" acts against the poison of scorpion, mosquito, ant and sarkotakam (7-5-57)  
तिरश्चि राजे रसितात् पृदाकोः परि सम्भृतम् ।  
तत् कङ्क पर्वणो विष मियं वीरु दनीनशत् ॥  
इयं वीरु न्मधु जाता मधुश्चु न्मधुला मधू : ।  
सा विहृतस्य भेषज्यथो मशक जम्भनी ॥ (7-5-57). This is mentioned in Viniyoga Grandha.
72. "Kshetra Mrittaka", "Valmika Mrithika" when rolled & packed in Animal hide, act as a preventive against poison. (7-5-57). This also finds a mention in Viniyoga Grandha.
73. A hot bath with "Pinjulee" in the confluence of rivers cures one of 'Jalodara' disease. ....  
(7-8-87) [Find reference in Viniyoga Grandha.]
74. White mustard cures 'Durnama Sunana' Diseases  
मा संवृतो मोप सृप ऊरू माव सृपोन्तरा ।  
कृणो म्यस्यै भेषजं बजं दुर्णाम चातनम् ॥ (8-3-6-4)
75. White mustard acts against the ills faced by pregnancy.  
पिङ्गरक्षजायमानं मा पुमांसं स्त्रियं क्रन्  
आण्डा दोगर्भान्मादभन् बाधस्वेतः किमीदिनः (8-4-6-25)
76. "Sakalamani" acts against 'Yakshma' and such other diseases.  
या बभ्रवो याश्च शुक्रा रोहिणी रुत पृश्नयः ।  
असिक्नीः कृष्णा ओषधीः सर्वा अच्छा वदामसि ॥ (8-4-7-1). 'Sakalamani' is prepared with pieces of ten different trees and gold.  
Palasam, Udambaram, Jambu, Kampelam, Srak, Vangam, Sirisham, Varanam, Jangidam, Kutaku, Grihyam, Galavalam, Vetaram, Simbalam, Sipunam, Syandanam, Aranica, Asmayoktam, Trunyu, Poota Raru are called Santa Vrikshas. Out of these, pieces of ten different trees are used to make 'Sakalamani'.
77. Durbhamani gives strength. (19-4-29)
78. The water mixed with turmeric is anti-toxic. (7-5-57). Turmeric mixed ghee also acts against poison. A mention of this is made in Viniyoga Grandha.
79. Tying the joints with "Munja" ropes and wetting them with water from the claypot containing 'Sarapinja Lees', cures diseases. (7-3-27) "Viniyoga Grandha" mentions this.
80. 'Audumbara Mani' gives strength.  
औदुम्बरेण मणिना पुष्टि कामाय वेधसा ।  
पशूनां सर्वेषां स्फातिं गोष्ठे मे सविता करत् ॥ (19-4-31-1)
81. 'DarbhaMani' gives longevity.  
शत काण्डो दुश्च्यवनः सहस्र पर्ण उत्तिरः  
दर्भो य उग्र औषधि स्तं ते बध्नाम्यायुषे ॥ (19-4-32-1)
82. 'Jangida Mani' cures 'Vishkandha' disease.  
सजङ्गिगडस्य महिमा परिणः पातु विश्वतः  
विष्कन्धं येन सासह स स्कन्ध मोज ओजसा ॥ (19-5-34-5)



83. 'Sathavara Mani' Cures thousands of diseases.  
शतवारो अनीनशद् यक्ष्मान् रक्षांसि तेजसा ।  
आरोहन् वर्चसा सह मणिर्दुर्गाम् चातनः ॥(19-5-36-1)
84. 'Guggulu' protects us from diseases.  
न तं यक्ष्मा अरुन्धते नैनं शपथो अश्नुते  
यं भेषजस्य गुल्गुलोः सुरभिर्गन्धो अश्नुते ॥ (19-5-38-1)
85. 'Asthurtha Mani' gives longevity, Brightness, Sperm and strength.  
प्रजापति स्त्वा बध्नात् प्रथम मस्तृतं वीर्याय कम् ।  
न ते बध्नाम्यायुषे वचसि ओजसे च बलाय चास्तृत स्त्वाभिरक्षतु ॥ (19-5-46-1)
86. In 'Homeopathy' and 'Ayurveda' there are some methods of making medicine powerful (increasing potency) like grinding etc., The process of increasing the potency of medicine "Sahadevi" to 1000 times is given by following Manthra.  
ईशानां त्वा भेषजाना मुज्जेष आरभामहे ।  
चक्रे सहस्र वीर्या सर्वस्मा ओषधे त्वा ॥ (4-17-1)
87. In a method of Medical Science called "Chromopathy", the diseases are cured by colours and Sunrays. This is also called as "Heliotherapy". Therapy using "Golohithavarna" is given in the below 'Manthra'.  
अनु सुर्य मुदयतां हुद्द्योतो हरिमाचते ।  
गोरोहितस्य वर्णेन तेन त्वा परि दध्मसि ॥ (1-5-22-1)
88. The Manthra tells us that 'Sunrays kill insects.'  
उद्यन्नादित्यः क्रिमीन् हन्तु (2-32-1)
89. The Manthra ये सूर्येन तितिक्षन्न tells us that insects can't bear sun rays. (8-6-12)  
This Veda tells about different types of fevers. 'Sadandi' that which occurs daily. 'Thrutheeyaka' that which occurs every third day. 'Vitritheeyaka' that which occurs every fourth day.  
तृतीयकं वितृतीयकंसदन्दिमुत शारदम् ।  
तक्मानं शीतं रूरं ग्रैष्मं नाशय वार्षिकम् ॥ (5-22-13)  
A part from these types of periodical ague, there are seasonal fevers.
1. 'Sarada' the fever that occurs during the winter monsoons.
  2. 'Graishma' the fever that occurs during the Summer season on account of excessive heat.
  3. 'Varshika' the fever that occurs during the Rainy season.
1. 'Seetha' the material fever which is accompanied with fits of shivering.
  2. 'Roora' the fever that occurs due to dryness.  
तक्मन् भ्रात्रा बलासेन स्वस्सा कासिकया सह ।  
पाप्मा भ्रातृव्येन सह गच्छामु मरणं जनम् ॥ (5-5-22-12)  
In the above Manthra the Takma's (fevers) of Balasa, Kasika (Kasa), Papma (T.B.) are listed.
  3. 'Balasa' the fever that arises on account of phlegm.
  4. 'Kasika' (Kasa) fever accompanied by Bronchitis.  
मा स्मैतान् सखीन् कुरुथा बलासं कास मुद्युगम्  
मा स्मातोर्वाडैः पुनः तत्त्वा तक्मन्नुपब्रुवे ॥ (5-5-22-11)  
In this along with Balasa, Kasa, Udyuga fever is also included.
  5. Udyuga - where phlegm and Bronchitis occur as parallel symptoms.  
तक्मन् व्याल विगद व्यङ्ग भूरि यायय ।  
दासी निष्टक्वरी मिच्छतां वज्रेण समर्पय ॥ (5-5-22-6)

In this Vyala, Vigada, Vyanga types of fevers are listed.

6. Vyala – high fever as severe as a snake bite.
7. Vigada – may be a disease of severe sufferings.
8. Vyanga – may be a fever due to which the parts of the body may not work properly.  
Atharva veda V 22 verses 6,7,12 mentions the classes of people who suffer from attacks of fever.
  1. Nishtakvaree the thin and lean or those who are dissipated.
  2. Prapharvyam obese, 3 Aranam Janam the over indulgent or voluptuary.  
Atharva Veda V 22,9 holds that fever does not attack the self controlled individual.  
वशी सन् मृडयासि नः
90. 'One who is self controlled among us, fever does not give him pain, but leaves him unaffected.
91. Jangida cures 'Asareeka', 'Visareeka', 'Balasa' 'Prushthya', 'Taknama', 'Viswasarada' etc., diseases.  
अशरीकं विशरीकं बलासं पृष्ट्यामयम् ।  
तक्नामं विश्वशारदमरसां जङ्गिडस्करत् ॥ (19-5-34-10) For this the translation of grifith is 'Lumbago and Rheumatic pain, consumptive cough, and pleurisy and fever which each autumn brings, may Jangida make power less [Positive sciences in the Vedas 170 Page]
92. 'Kushtha' medicine cures 'Takma' disease  
कुष्ठे हि तक्म नाशन तक्मानं नाशयन्तिः (5-4-1)
93. **Hypnotic Method** : Some people are using 'Hypnotic Method' for curing diseases. This is called 'Samvaseekarna' method. By using this method curing of Poison is given in the below Manthra.  
चक्षुषा ते चक्षु र्हन्मि विषेण हन्मि ते विषम् ।  
अहे म्रियस्व मा जीवीः प्रत्यगभ्येतु त्वा विषम् (5-13-4)  
Sri Shirdi Sai Baba saved his disciple Shyama by curing snake bite. This method is like Hypnotic method. Snakebitten 'Syama' when came near to Baba, Baba said that 'Don't step up- get out, get down'. By this Shyama's snake bite is cured. [Hemand panth - Sri Sai Satcharitra 23rd Chapter.]  
In 'Samvaseekarana' method curing of different types of poisons is here in 'Atharvana Veda'. In this eighteen types of snakes are listed. [1] Kairatha (living in forests) [2] Prnsni (spotted) [3] Babhru (of borwn colour) [4] Aleeka (bad to look at [5] Taimatha (living in wet places) [7] Sathrasaala (attacking any way parer) [8] Manyu (extremely wrathful) [9] Upathrunya (living in grass) [10] Aligee (Coiling round the body) [11] Asitha (Black Female serpent) [12] Dadrushee (causing itch after bite) [13] Karnee (having ears) [14] Swavith (one whom the dog follows) [15] Khanithrama (snake emerging out from under ground) [16] Viligee (remaining away from the body) [17] Urugulaa (having large body)  
कैरात पृश्न उपतृण्य बभ्र  
आमे शृणुतासिता अलीकाः ।  
मामे सख्यु स्तामान मपि  
ष्ठाता श्रावयन्तो निविषे रिमध्वम् ॥  
असितस्य बभ्रो रपोदकस्य च  
सात्रा साह स्याहं मन्यो र्वज्यामिव ।  
धन्वनो विमुञ्चामि रथा इव  
अलिगी च विलिगी च पिता च माता च ।  
विद्मवः सर्वतो बन्ध्वरसाः किङ्क.रिष्य थ ॥  
उरुगूलाया दुहिता जाता दास्यसिक्त्या ।

प्रतङ्कं दद्रुषीणां सर्वासा मरसं विषम् ॥  
कर्णा श्वावित् तदब्रवीत् गिरेरवचरन्तिका ।  
याः काश्चेमाः खनित्रिमा स्तासा मरसतमं विषम् ॥ (5-3-13)

94. The method to stop spreading of poison by making bandage at three places to the snake bitten person is described here.  
गृह्णाति ते मध्यम मुत्तमम्  
अवम मेतासु विष मग्रमम्
95. **Gem Therapy** : Renowned Ayurveda Doctor 'Susruta' said that wearing of Gems is good to our health. Peral , Coral , Catseye , Quartz or Crystal are different types of gems. They are good to look at, preventive to poison, sacred. They will give shining to our body. They make us pure.
96. In 'Atharvana Veda' the advantages of wearing divided small parts of tree are given. They are already listed. But, those parts of trees only cure diseases by wearing? Or they may also use as medicines? We have to do experiments on that and observe.
97. Arundhati is very useful for animal diseases.  
अनडुद्भ्यस्त्वं प्रथमं धेनुभ्यस्त्वमरुन्धति  
अधेनवे वयसे शर्म यच्छ चतुष्पदे ॥ (6-59-1)
98. In this Veda, Therapy to insects is also described.  
अक्ष्यौ 3निविध्य हृदयं निविध्य जिह्वानितृन्धि प्रदतोमृणीहि  
पिशाचो अस्य यतमो जघासाग्ने यविष्ठ प्रति तं शृणीहि (5-6-29) (5-6-29)  
The word given above 'pisacha' is about Germs. In the scholars opinion Germs spoil food and make food poison. In this the name of medicine is not given.
99. In this they spoke about therapy to madness also (Insanity)  
देवैनसादुन्मदित मुन्मत्तं रक्षसस्परि ।  
कृणोमि विद्वान् भेषजं यदा नुन्मदितो सति ॥ (6-11-111-3)  
But here the name of the medicine is not given.
100. 'Sadam Pushpa' is good for eye sight.  
तिस्रो दिवः तिस्रः पृथिवीः षट्चेमाः प्रदिशः पृथक्  
त्वयाहंसर्वा भूतानि पश्यानि देव्योषधे ॥ (4-4-20-2)  
Here the 'Sadam Pushpa' name is not given. But the commentation included here the name 'Sadam Pushpa'
101. Sankhapushpa & 'Souvarchala' are used to increase Beauty. This is described in following 'Mantra'.  
इदं खनामि भेषजं मां पश्य मभिरोरुदम् ।  
परायतो निवर्तनमायतः प्रति नन्दनम् ॥ (7-2-38-1)  
Here also the name of Medicine is not given. The above names are given by commetator
102. The following 'Manthra' reveals that the holy fig tree (Aswattha) or (Ficus religiosa) raised on tree called 'Sami' can give us male children.  
शमी मश्वत्थ मारुढस्तत्र पुंसुवनं कृतम् ।  
तद् वै पुत्रस्य वेदनं तत् स्त्रीष्वारभामसि ॥ (6-2-11-1)
103. In this veda, Therapy to Hair disease are given. Examples are ...  
देवी देव्या मधिजाता पृथिव्यामस्योषधे ।  
तांत्वा नितलि केशेभ्यो दृंहणाय खनामसि ॥  
दृंह प्रत्नान् जनया जातां जातानु वर्षीय सस्कृधि ।

यस्ते केशो वपद्यते समूलो यश्चवृश्चते ।

इदं त विश्वभेषज्या भिषिञ्चामि वीरूधा ॥ ( अथर्व वेद VI 136,3)

For the above the Griffith's Translation is as follows "Born from the Bosom of wide earth, the goddess god like plant art thou : So we Nitatni, dig thee up to strengthen and fix fast the hair, make the old hair firm, make new hair spring, lengthen what has already grown.

The hair where it is falling off and where the roots are torn away, I wet and sprinkle with the plant, the remedy for all disease.

(Positive sciences in the vedas - 177 page)

#### 104. **Birth Control :**

Preventive to Birth is also there in veda

त्वं वीरुधां श्रोष्ठतमा भिश्रुता स्योषधे ।

इमं मे अद्य पुरुषं क्लीबं मोपशिनं कृधि ॥ ( अथर्व वेद VI 138-1)

Plant, fame is spread abroad as best of all the herbs that grow. Un man for we today. This man that he may wet the horn of hair-make him a eunuch.

क्लीबं क्लीबं त्वाकरं वध्ने वधिं त्वाकर मरसा रसम् त्वाकरम् ।

कुरीर मस्य शीर्षणि कुम्बं चाधिनिदध्मसि ॥

येते नाड्यौ देव कृते ययो स्तिष्ठति वृष्ण्यम् ।

तेतेभिनद्यि शम्यया मुष्या अधि मुष्कयोः ॥ ( अथर्व वेद VI 138-4) (above book 180 pages)

Diseases that occurs due to Gandharva, Apsara, Yatudhana, Rakshasa are also mentioned. In commentators view these are the names of insects. There the medicines are not mentioned. To avoid vastness of this article I am not mentioning those diseases.

#### 105. **Sterility :** The Therapy to get virility is also mentioned in it.

यासां द्यौः पिता पृथिवी माता समुद्रो मूलं वीरुधां बभूव ।

तास्त्वा पुत्र विद्याय दैवी प्रावन्त्वोषधयः ॥ (3-23-2)

But the names of those medicines are not given here.

#### 106. **Scrufula :** For disease 'Gandama' another name 'Graivya' is also used. The Therapy to this disease is suggested.

या ग्रैव्या अपचितोयो या उपपक्ष्याः ।

वि जान्मि या अपचितः स्वयं स्रसः ॥ (VII 9-96-2)

The commentator says that the powder of shell or dog's saliva is used in this therapy.

#### 107. The 'Manthra' below suggests that the root of 'Muni Vriksha' can be used as medicine.

अपचितां लोहिनीनां कृष्णा मातेति शुश्रुम ।

मुनेर्देवस्य मूलेन सर्वा विध्यामि ता अहम् (7-7-74-1)

#### 108. 'Anjanam' is a remedy to consumption and Jaundice. It gives longevity. It cures Angabheda and Visalpakam

आयुषोसि प्रतरणं विप्र भेषज मुच्यते

तदाञ्जन त्वं शं ताते श मापो अभयं कृतम् ॥

यो हरिमा जायान्यो ड्गभेदो विसल्पकः ।

सर्वं ते यक्ष्म मङ्गेभ्यो बहिर्निर्हं त्वाञ्जनम् ॥ (19-5-44-12)

Consigning some medicines to fire (Homa helps in the control of disease (Homa / Fire destroys the germs that cause disease)

विद्म वै ते जायान्य जानं यतो जायान्य जायसे

कथं ह तत्र त्वं हनो यस्य कृष्णो हविर्गृहे (7-7-76-5)

### 109. Treatment of Urinary Trouble :

The following Mantra's suggest treatment for Urinary Trouble.

यदान्त्रेषु गवीन्योर्यद्वस्तावधि संश्रितम् ।  
 एवाते मूत्रं मुच्यतां बहिर्बालिति सर्वकम् ॥  
 प्रति भिनद्धिमेहं वरुं वेशन्त्या इव ।  
 एवाते मूत्रं मुच्यतां बहिर्बालिति सर्वकम्

This explains the surgery that is done when Urinary passage gets blocked. (1-1-3-6,7)

Atharvana Veda contains Mantras which have to be chanted to empower the medicines. This fact is not mentioned as medical research does not make use of Mantras. My paper doesnot also refer to the Mantras which alone are used in the treatment without the use of medicines.

The commentator Sayamacharya wrote commentary to every Sukta of Atharvana Veda. He had given introduction to each 'Manthra'. This speaks about usage of Manthra. That is 'Viniyoga Grandha'. In the absence of medicine being mentioned in the Mantra the Viniyoga Grandha made the mention of the medicine. I obtained some of such things from Viniyoga Grandha.

Atharvana Veda contain Kandas, Adhayayas and they in turn contain Suktas. Suktas have mantras in them. The number of each Mantra is given beside of the Manthra. Through research and experiment, we have to find the values of the medicines which find a mention in the Atharvana Veda.

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