

AYURVEDIC LITERATURE IN URDU

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ABSTRACT

Urdu is a distinct literary language began to develop in India during Mughal empire. Lakhs of people read, write and speak, this language in Indian subcontinent. This brief article will shed light on the seven rare books in urdu compiled and published in the period from 19th century to the first half of the current century. Some books may not have high value but the struggle of the scholars, is appreciable.

Introduction

Urdu is a distinct language began to develop in India during Mughal period. Many works on arts and sciences were compiled and translated in this language.

It is a historical truth that authentic Literature of Ayurveda is in Sanskrit. Translation of Sanskrit works in Urdu is difficult even for urdu knowing scholars as both languages are not easy. However, Ayurvedic scholars did not left their struggle in transferring the informations of their science in Urdu. Some scholars translated the original works and some others compiled new works. Both were transferring the knowledge hidden in their literature and minds. Of course some of these works may not have high value but the struggle is praise worthy though the information

of these books may be a good account of the history of Ayurvedic literature. In this brief article seven books compiled / translated in between 19th century to the first half of current century are being submitted.

1 Amrit Sagar

Translator : Pyarelal Pandit

Publication: Naval Kishore Press

12th edition printed in 1913 AD

Total pages : 497

Size : 6 $\frac{1}{2}$ x 10"

Availability : Salarjung Library with-
Acc. No.9 Tibb.

This book starts with a preface by the translator, Pyarelal Pandit presenting a brief history of Ayurveda. About the reason of compilation of this book he says that there was a king namely Paratab Singh Vaikunth Vasi (1778-1803 AD) in Jaipur, who was very famous in

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patronizing literary works. He ordered eminent scholars of his time to compile a book having studied Charaka Samhita, Sushruta Samhita, Vagbhata, Bhavaprakasha, Sharangadhara Samhita and other classics. Accordingly Amrit Sagar was compiled it contains the following topics: Onset of diseases, signs and symptoms and treatment with detailed references. The author describes that first time this book was written in Marwadi Language. Later on, Munshi Naval Kishore requested Kali charan to translate this book into an easy diction as it should be studied by every one. Accordingly Kalicharan with the help of Raja man Singh who was a multifarious scholar edited this book which was published from Delhi and Agra and became popular. Inspired by the popularity of that edition Munshi Naval Kishore once again tried to make it more popular. Hence this time he requested Pyarelal to translate this book into Urdu. The book under study was the same which contains 25 chapters covering almost all topics of Ayurveda.

Chapter I: Starts from page 8, deals with symptoms of diseases, Urine, pulse and prognosis containing 24 sub-headings.

Chapter II: Starts from page 21 and deals with Bukhar (Fever) and its varieties with treatment containing 5 subheadings.

Chapter III : Starts from page 50 and deals with Is-hal (diarrhoea).

Chapter IV: Starts from page 61, deals with Bawaseer (piles), Badhazmi

(indigestion), Haiza (Cholera), Kiram (intestinal worms), Yerqan (jaundice) and their treatment.

Chapter V: Starts from page 85, deals with Zeequn nafs (dyspnea), Diq (Tuberculosis) Kusah (rickets), Suwal (Cough), Kalikhansi (Whooping Cough) Damma (Asthama) and their signs and symptoms along with treatments. It contains 53 subheading.

Chapter VI : Starts from page 107 and deals with Swarabheda (hoarseness) and Arochaka (Anorexia), their signs and symptoms along with treatment containing 59 sub-headings.

Chapter VII : Starts from page 120 and deals with Madatya, Ummad and Sara (Alcoholism, insanity and epilepsy) containing 71 sub-headings. Talismanic treatment (Jantra chikitsa) is also available in this chapter.

Chapter VIII : Starts from page 140 deals with 84 types of vatic diseases containing 104 sub-headings. Some compound formulations like Brihat vata chintamani, Vishgarbha tail, Vatarirasa, Samir pannaga rasa etc. have also been given.

Chapter IX : Starts from page 167 deals with Urdastambha (Paraplegia) etc. containing 14 sub headings.

Chapter X: Starts from page 175 deals with vatarakta (gout) Shula parinama (Gastralga kenosis) etc. containing 27 sub-headings.

Chapter XI : Starts from page 186, deals with Urdavarta (entrospsasm),

Hirdrog (heart disease) and contains 56 sub-headings.

Chapter XII: Starts from page 204 and deals with urinary disorders like mutra krichhera (dysuria) etc. along with signs, symptoms and treatment. Though this chapter starts as per the page number mentioned in the contents but the sub heading given there is not found here.

Chapter XIII : Starts from page 229 and deals with abdominal diseases and their treatment under 34 sub-headings.

Chapter XIV : Starts from page 239, deals with various types of waram (inflammation) like gotar (gaitre) waram unsayain (testicular swelling) etc. and contains 54 sub-headings.

Chapter XV : Starts from page 251 deals with Shlipad rog (filariasis) and contains 97 sub-headings.

Chapter XVI : Starts from page 275, deals with Bhagandar (fistula in Ano) and 18 types of jildi Amraz (Skin diseases), containing 67 sub-headings.

Chapter XVII: Starts from page 297 and deals with Sheetpit (Urticaria) and Dood Kodh (Leucoderma) etc. under 83 sub-headings. This chapter contains 10 shlokas also with regard to Shitala (small-pox).

Chapter XVIII: Starts from page 317 dealing with phonsi (pimples) and contains 83 - sub- headings.

Chapter XIX : Starts from page 389 and deals with different types of poisons and insect bite etc. It contains 48 sub-headings.

Chapter XX : Starts from page 399 and deals with the diseases of women and children. It contains 64 sub-headings. Jantra chikitsa (Talismanic treatment)is also mentioned in this chapter.

Chapter XXI : Starts from page 416 and deals with a separate portion of paediatric diseases under 67 sub-headings.

Chapter XXII : Starts from page 432 and deals with Quwatbah (virility), Ilaj mukhannas (treatment of impotent person) Aur vaji kran (therapy of virality). It contains 13 sub-headings.

Chapter XXIII: Starts from page 436 and deals with Quwat Ki dawaen (tonics), containing 20 sub-headings.

Chapter XXIV : Starts from page 444 and deals with Asavas, Aristas, Yavakshara and purification of salajeet (mineral pitch) containing 48 sub-headings.

Chapter XXV : Starts from page 460 and deals with personal hygiene. It contains 51 sub-headings.

Conclusion has been written by the publisher. At the end, the translator Sri Pyarelal submitted a few lines under the heading "ILTIMAS" (request). He described the difficulties in translation of different technical words.

The glossary of the book is found from page 478-488 pages. Then on pages 489 to 497 Jantras and Mantras in Sanskrit have been given.

2. Arogya Derpam

Author : Hakim Tulsi Prasad Agarwal
 Publication: Aryawartha Dewakhana
 Aligarh (U.P.)

Total pages: 32

Size ; 5" x 7"

Availability : Salarjung Library
 Hyderabad with Acc. No.22 Tibb.

The book contains the important and tested formulae for common diseases in the following three chapters:

- a. Quwat Mardumi Ka raz (Secrets of virility)
- b. Quwat Mardumi ka Inhisar (dependance of varility)
- c. Quwat Mardumi ki Kamzori ke asbab aur unka ilaj (causes of weakness of virility and treatment.)

The last chapter contains two sub-headings one is related with weakness or absence of virility and second one describes strong sexual desire but unable to perform coitus due to lack of tonicity or paralysis of the organ. Many formulations with the method of their preparations have been given. Some of them are:

- a. Nava Jeevan paka
- b. Akseer-e-Tila
- c. Virya Bandha churna
- d. Akseer-e-Nokhra
- e. Kameshwar Potali
- f. Kameshwar tail etc.

3. Koka Shastra

Author : Babu Pyarelal

Publication : Aligarh U.P. 12 August
 1909 A.D.

Total pages 120

Availability : Salarjung library with
 Acc. No. 126 Tib

Size : 5 $\frac{1}{2}$ " x 8 $\frac{1}{2}$ "

Introduction starts from page no.1 and end on page 3 with date i.e. 12th August 1909 A.D. Aligarh Uttar Pradesh. Preface starts from page 5. This book contains the following 16 chapters:

Chapter I : Javani Deevani (the youth knows no bounds)

Chapter II :Aza-e-Tanasul ka Bayan (descriptions of genital organs)

Chapter III : Istimal-e-Aza-Tanasul (use of genital organs)

Chapter IV: Shadi Aur Sohbat (marriage and coupling)

Chapter V : Joda theek milana (making of equal pair)

Chapter VI : Sohbat ke usool, ilmi wo amali (Theoretical and practical principles of coitus)

Chapter VII: Sohbat karma mana hai (prohibition of coitus)

Chapter VIII : Haiz aur Hamal (Menstruation and pregnancy).

In this chapter the following sub-headings are given:

- a. Duration of menstruation.
- b. Effect on woman during menstruation
- c. Symptoms of menstruation
- d. Coitus during menstruation
- e. Fertilization of ova with spermatozoa
- f. Ability of pregnancy
- g. condition of pregnancy
- h. suitable days of conception
- i. types of pregnancy
- j. precautions during pregnancy
- k. Antinatal care, childbirth & easy -

I . Abortion and symptoms of abortion.

Chapter IX : Aulad Aur unki Khahish (Offspring and longing of it).

The opinion of a French doctor, who had advised the author of the original kok shastra for compiling that treatise, has been given in this chapter. Its sub-headings are: Healthy and beautiful child, courageous child, small and happy family and persons who want to live pleasurable life should have less number of children.

Chapter X : Mauroosi Asarat (hereditary effects) It contains the following sub headings: The women not to be married, types of women, hereditary diseases, and the statement of Dr. Ribot a learned scholar.

Chapter XI : Husn, Sehat Aur Derazi Umar (Beauty, health and longevity). The following sub headings are in this chapter: health, body growth, obesity, lean, longevity, to protect from white hair, face beauty, to protect skin colour and effects of diets on the body.

Chapter XII : Zanani Aur Mardani Bimarian Aur Ilaj (diseases of ladies and gents and their treatment). In this chapter the following sub-headings are found: Three types of impotency, protection from impotency, loss of vitality, sterile women and treatment of excess discharge of semen.

Chapter XIII : Hukama-e-Qadim ke Nuskhey (formulae of old physicians),

Chapter XIV : Jantra, mantra and tantra (Amulets, charms and

incantations).

In this chapter the divine therapy for treatment of different ailments have been discussed.

Chapter XV : Aurat aur mard ke Aqam (different types of men and women).

The types of men and women for identification of Padmani, Shankhini, Chatrani and hastani and their specialities are prescribed in this chapter.

Chapter XVI : This chapter has no proper topic only advertisements of books related with this subject has been given.

4. Kamel Sanyasi

Author: Bhai Tara Chand Chabber

Publication: Mohiyal Mitra Press, Lahore in 1900 AD.

Total pages : 150

Size : 5 $\frac{1}{2}$ x 9"

Availability : Salarjung library, with Acc. No.127 tibt.

This book contains few chapters on different diseases from head to toe with their signs and symptoms, etiology and treatment under the title "Advia Ke bayan mein" (description of formulae). There are many formulae for different diseases. Special mentioning about different mantras, tantras and jantras for diseases are also found.

5. Qarabadeen-e-Vedak

Author: Mirza Akhtar Ahmed

Publication: Mujtabai Press, Delhi in 1899 AD.

Size : 10" x 8 $\frac{1}{2}$ "

Total pages : 76

Availability : Salarjung library with Acc. No. 113 tibt.

In the preface the author described his visit to Bhailsa (current name is Vidhisha located near Bhopal M.P.), where he learnt Ayurvedic medicine from Pandit Bhasker Rao. Having acquainted with this science, he gone through some more Ayurvedic and Unani books namely Ilajul Hukema, Takmil-e-Vedak, Kaleed-e-Hikmat, Ilajul Atfal, Risala Sadhu Samachar and Durustagi Tanzeemul advia. Before compilation of this book i.e. Qgrabadeen vedak he gone through the following Ayurvedic books i.e. Charak Samhita, Sushruta Samhita, Astangahridaya, Bhavaprakasha, Lolimbaraja, Rasaratnakar, Rasamanjari & Kalagyana etc. He selected some of the important formulae which were tested by his teacher and himself and included in this book. The whole book is arranged in Urdu alphabetical order. This book contains a concluding chapter also in which he described some methods of purification of different poisons. Then he mentions a tablet on page 74 and says that Unani physicians named it Habb Miskeen Nawaz" (Cherisher of poor). Giving its importance the author further says that this drug is useful in 360 diseases in accordance with different doses and different vehicles. He himself administered this drug in 57 diseases. He has given a list of diseases in which

he tested this drug with different vehicles or changing its dose accordingly.

6. Darbar - E - ILM AL Nisa

Author: Babu Salek Ram Bhella

Publication: Rifah-e-Am Press, Lahore in 1913 AD.

Total pages : 200

Size : 8 $\frac{1}{2}$ x 5 $\frac{1}{2}$ "

Availability: Salarjung Library, Hyderabad with Acc. No. 243 Tibb.

The book contains 15 chapters, which are as follows:

Chapter: I Starts from page 9 and deals with the types of women and men. In this chapter the author has described four types of men and four types of women according to Ayurveda.

Chapter II: Starts from page 25 and deals with description of male and female genital organs. Three diagrams have also been given.

Chapter III: Starts from page 29 and deals with normal blood in menstruation, period of menstruation and menopause etc.

Chapter IV: Starts from page 32 and deals with coitus. Different Sub-headings have been given with regard to different postures mentioned in Ayurvedic books. Some of the headings are: the purpose of coupling, suitable dates for coitus, kinds of pregnancy and instructions after coitus.

Chapter V: Starts from page 40 and deals with pregnancy and its development. It contains different sub-headings regarding symptoms of true and

false pregnancy and instructions for pregnant women, the signs and symptoms of Labour, description of Labour room, different positions of foetus and instructions to be followed at the time of delivery.

Chapter VI: Starts from page 67 and deals with the treatment of diseases during pregnancy. The important sub-headings of this chapter are: Constipation, micturition, dysentery, vomiting, cough, and piles etc.

Chapter VII : Starts from page 86 and deals with post natal symptoms and some related pain with treatment.

Chapter VIII: Starts from page 88 and deals with the diseases of children.

Chapter IX : Starts from page 97 and deals with the diagnosis and treatment of different diseases of women.

Chapter X : Starts from page 113 and deals with diagnosis and treatment of the diseases of men.

Chapter XI : Starts from page 129 and deals with the diagnosis and treatment of gonorrhoea and syphilis.

Chapter XII: Starts from page 139 and deals with the formulae and method of preparation of hair removal soap and liquid etc. along with the preparation of formulae which produce and dye the hair.

Chapter XIII: Starts from page 150 and deals with beauty of women, their dresses and ornaments etc. In this chapter the sketches of the following women have been give :- Parsi, yahudi, maharashtrian, Bengali, Burman, Indian,

Muslim, pahadan, Kashmiran, chinee, Japaneese women in saree, Indian prostitute, village women, purabhi women.

Chapter XIV : Starts from page 193 and contains a heading "Dilchasp aur maloomati Batein" (interesting and useful knowledge), some important sub-heading are: Symptoms just before delivery, unnatural labour, methods to retain pregnancy, methods to produce male or female child as desired and identification of male or female child during pregnancy.

7. Vaidya Vidya

Author : Raj Vaidya Narayan Keshavji

Publication: Mustafa, electric press, Bombay in 1920 AD.

Size : 5" x 6 $\frac{1}{2}$ "

Total pages : 112

Availability : Salarjung library, with

Acc.No. 175 tibt.

According to numbering of pages there are two portions in this book. The first portion contains history of churning ocean, its detailed description and reason of compilation of first edition of this book.

The second portion deals with celibacy giving past and present methods of education, past and present method of marriages.

These seven books are not the only works of Ayurveda in Urdu but, other such works are hidden in treasure of literature. History of Ayurvedic literature will be increased if such works could be traced out.

सारांश

उर्दूभाषा में आयुर्वेदीय वाङ्मय

- एस.ए. हुसेन
विनोद कुमार भटनागर
मोमिन अली

उर्दू एक विशिष्ट साहित्यिक भाषा है। इसका विकास मुगल काल में प्रारंभ हुआ। इस भारतीय उपमहाद्वीप में लाखों लोग इस भाषा को बोलते, पढ़ते और लिखते हैं। इस लघुलेख में उन्नीसवीं शताब्दी से वर्तमान सदी के पूर्वार्द्ध तक के समय में उर्दूभाषा में प्रकाशित सात दुर्लभ पुस्तकों पर प्रकाश डाला गया है। कुछ पुस्तकें उतनी महत्वपूर्ण न हों किन्तु इस दिशा में विद्वानों द्वारा किये गये प्रयत्न उल्लेखनीय हैं।