

AYURVEDIC LITERATURE IN URDU (PART-II)

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ABSTRACT

This article is a second part of previous work published with the same title in this Bulletin Vol.28, 1998, P.nos.151-158. It contains brief notes on six rare Ayurvedic books in Urdu. It provides two types of information, i.e. (i) Introduction to the books studied and (2) Literary history of Ayurveda of that period in which Urdu language had a prominent role in propagation of Arts and Science. It gives an idea for seeking information on these lines regarding the Ayurvedic works in Arabic and Persian also.

8. Name of the book- Mera Ayurveda
Author - Pyarelal
Publication - Naval Kishore Press,
Lucknow
Total pages - 78
Size - "6x10"
Availability - Private collection of
Ulvi Sahab H.No. 20-6-365/11, Roop Lal
Bazar, Shah Alibanda, Hyderabad
- 500 065 (India).

This book deals with the diseases of head to toe with signs, symptoms and treatment. The book starts with an introduction to the author written by Munshi Naval kishore, the owner of the press. In this introduction Munshiji says that, the author pyarelal had great knowledge of history of Ayurveda. He had studied many books on Ayurveda and perfect scholar of Urdu language. Munshi Naval Kishore published this book with the expectation of its popularity among physicians and common people. The original book starts from page 7 after contents and a short preface by the author. The diseases have been discussed under the following 15 major headings.

1. Dard-e-sar
(headache) - Page 07
2. Ankhon ke Amraz
(eye disease) - Page 15
3. Ratondhi aur Danondhi
(night blindness and day -
blindness) - Page 18
4. Khansi (cough) - Page 19
5. Kali Khansi
(whooping cough) - Page 21
6. Diq
(Tuberculosis) - Page 23
7. Damma
(Bronchitis/Asthma) - Page 25
8. Dil ke Amraz ya hirid roga
(Heart diseases) - Page 32
9. Jigar ke Amraz
(liver diseases) - Page 40
10. Parinamashoola Aur
uski Qismen - Page 43
11. Bokhar mevi
(typhoid) - Page 51
12. Tehal ke Amraz
(diseases of spleen) - Page 60
13. Gurda ke Amraz
(diseases of kidney) - Page 65
14. Bawaseer
(Haemorrhoid-piles) - Page 68
15. Auraton ke Amraz
(diseases of women) - Page 70

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Under the above topics preliminary information specially of signs and symptoms and treatment have been given.

9. Name of the book	:	Vedak Ki Kitaben
Author	:	Sehgal
Publication	:	Mustafai Press, Hyderabad in 1900 Fasli (1889 AD)
Total pages	:	105
Size	:	10" x 12"
Availability	:	Private collection of Ulvi Saheb H.No. 20-6-265/11, Roop lal Bazar, Shah Alibanda, Hyderabad - 500 065 (India).

This book also deals with the diseases and their concerned informations as per the usual pattern generally found in Unani books i.e. head to toe.

The book starts without any preface and list of contents. It contains following twenty chapters :

Chapter - I	- (page 01-10)	: deals with the disease of head.
Chapter - II	- (page 11-12)	: deals with skin diseases.
Chapter - III	- (page 12-15)	: deals with fever.
Chapter - IV	- (page 16-25)	: deals with urticaria, tuberculosis Rickets, cough, hickcough and asthma.
Chapter - V	- (page 26-31)	: deals with the diseases of stomach.
Chapter - VI	- (page 32-37)	: deals with intestinal disorders.
Chapter - VII	- (page 38-41)	: deals with the diseases of liver.
Chapter - VIII	- (page 42-49)	: deals with the diseases of kidney.
Chapter - IX	- (page 50-56)	: deals with genetic diseases of men.
Chapter - X	- (page 57-59)	: deals with the diseases of women.
Chapter - XI	- (page 60-62)	: deals with pregnancy and the complications during labour.
Chapter - XII	- (page 63-65)	: deals with piles.
Chapter - XIII	- (page 66-69)	: deals with cholera.
Chapter - XIV	- (page 70-74)	: deals with diarrhoea.
Chapter XV	- (page 75-79)	: deals with Bhagander (Fistula in ano)
Chapter - XVI	- (page 80-84)	: deals with child care.
Chapter - XVII	- (page 85-87)	: deals with impotence and usage of Bhasmas

Then, three chapters i.e, XVIII, XIX and XX containing compound drugs for various diseases, have been given.

In this book though all Unani medical terms have been used but the names of compound drugs advised for the diseases indicate that the author was an Ayurvedic physician and the treatment suggested is according to Ayurvedic principles.

10. Name of the book: Ayurveda ki kitab	Size	: 9 1/2" x 6"
Author : Munshilal	Total pages	: 200
Publication : Eejad Kishan press, Agra in 1860 AD.	Availability	: Private collection of Ulvi Saheb 20-6-265/11, Rooplal Bazar, Sha - Alibanda, Hyderabad - 500 065 (India).
Size : 10" x 6"		
Total pages : 58		
Availability : Private collec- tion of Ulvi Saheb 20-6-265/11, Rooplal Bazar Sha Alibanda, Hyderabad - 500 065 (India).		

This book deals with sexology and advises the couples how to get the fruit of their sexual desire. This book starts with an introduction written by Gulab Ray, an eminent personality of that time. The book contains 7 sub-headings. In the first four headings anatomy of male and female, genital organs and diseases pertaining to these organs alongwith treatment have been described. Under fifth and sixth headings suitable time for coitus and its different postures have been given. The last chapter deals with the desire of offspring. Generally, this book educates the people to abstain from improper sexual practices and treatment and advises to get themselves acquainted with correct knowledge of sexology.

11. Name of the book	: Ayurved Vidwan
Author	: not mentioned
Publication	: Saheefa Press Hyderabad in 1360 A.H. (1939AD)

This book deals mostly with medical principles of Ayurveda and partly of Unani. It starts with praise to God, Darood (a pray) for the prophet and the name of its author. The original work starts without preface. In the original book a general description is found on vata, pitta and kapha. Under the heading tridosha, the signs and symptoms of vata, pitta and kapha with general principles according to Ayurveda as well as Unani to treat any abnormality have been given. No separate heading either for any humour or for any diseases has been found. The theories to differentiate the diseases mentioned in authentic books of Ayurveda and Unani have also been described here and there, with the name of physicians. At the end, short biographies of the following six physicians have been added :

1. Hk. Vazeer Chand
2. Ramchander S/o. Pandit Mohan Ram
3. Radha Kishan Sharma
4. Lala Shriram
5. Amarchand
6. Atmasingh

The original book ends on page 100 with the word *Tammat* that means the end. Two more books which are non-medical have been added with the same serial number of the original book. These two books have neither the title nor the name of the author. No reason for adding these books is found anywhere in the main book.

12. Name of the book : *Sehhat Ki Daolat*
 Author : Narayan Das
 Publication : Ahmadia Press
 Hyderabad in
 1890 AD
 Size : 6" x 10"
 Total pages : 150
 Availability : Private collection
 of Hk. Fazlullah,
 near Masjid Chawk,
 Opposite to Zubai-
 di Function Hall,
 Hyderabad.

The book starts with a preface by the author Narayan Das and contains three eulogistic introductions to the book by Hazrat Allama Niyaz Ali, Pandit Roy Mohan and Babu Pyarelal. Then the book deals with introductory notes on different Ayurvedic books in following order- *Sushruta Samhita*, *Charaka Samhita*, *Nidana*, *Vagbhata*, *Bhavaprakasha*, *Sharangadhara* and *Amrit Sagar* translated by Kalicharan. After describing the importance of above authentic books the

author sheds light on the principle of diagnosis of old physicians of Ayurveda and Unani under the following sub-headings.

1. Nabz Shinasi (Pulse reading)
2. Qaroorā Shinasi (Urine examination)
3. Bushra Shinasi (diagnosis by face reading)
4. Harakat Sakanat (diagnosis by observing movements of the patient)
5. Adat Atwar (Diagnosis through the Habits and manners of the patient)
6. Safra Ki Alamatein (Symptoms of bile)
7. Sauda ki Alamatein (symptoms of black bile)
8. Balgam ki Alamatein (symptoms of Phlegm)

In the above headings the author has given the opinions of many Ayurvedic and Unani physicians of his time whom he had accepted as his teachers. The last 50 pages contain in brief the diseases from head to toe with signs, symptoms and treatment.

Study of these books indicates that Ayurvedic scholars of the period from 19th century to the first half of current century compiled valuable literature in their time in Urdu language. Thus these books not only provide medical information, but, they reveal a history of Ayurvedic literature of that period also. This type of study gives an idea for seeking information hidden in other languages too.

सारांश

उर्दू भाषा में आयुर्वेदीय वाङ्मय (भाग II)

– एस. ए. हुसेन
विनोद कुमार भटनागर
मोमिन अली

यह लेख पिछले कार्य का दूसरा भाग है, जो कि इसी पत्रिका के खण्ड २८, संख्या २, १९९८, पृष्ठ संख्या-१५१-१५८, में उपरोक्त शीर्षक के अन्तर्गत प्रकाशित हुआ था । यह लेख उर्दूभाषा में प्रकाशित ६ दुर्लभ आयुर्वेदीय पुस्तकों पर दीर्घ संक्षिप्त टिप्पणियों पर आधारित है । इस में सुविवेचित पुस्तकों के परिचय एवं उर्दू भाषा में प्राप्त आयुर्वेदीय साहित्यिक इतिहास के विषय में जानकारी प्रस्तुत की गई है ।