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Practical utility of *Tantraguna* (*shastra lakshan)* in Ayurveda

Puneet Sharma,
Assistant professor, Samhita Sanskrit and siddhant department,
Gangasheel Ayurved college and hospital, Kamua kalan, Bareilly, Gujarat
***author Correspondance:** drpuneet777@gmail.com

ABSTRACT:
"Shastra" commonly means a specific field of knowledge. In early Vedic literature, the word referred to any precept, rule, teaching, ritual instruction or direction.[1] In late and post Vedic literature of Hinduism, *Shastra* referred to any study, book or instrument of teaching, any manual or compilation of any subject in any field of knowledge, including religious. Tantra guna is Shastra lakshana. The qualities of an ideal shastra or study which would be received universally as a well documented standard reference are explained in Charak Samhita vimansthan as mentioned in Ayurveda. The scientific paper has been developed over the last three centuries as a tool for communicating the results of scientific research. Scientific writing must be of a high standard, as it relates to the process of learning as well as new learners. In ancient times, a specific writing methodology was adopted by scientists to prepare standard and highly scientific historical documents in the field. Techniques such as Tantrayukti (Treat writing / decoding techniques), Tachchhilya (inclinations), Kalpana (compositions), etc. have been described in the classics to establish the quality requirements of research literature. Thanks to well-established writing methods, scientific mythology such as Samhita (Ayurvedic texts), Samgraha-grantha (compendia), Nighantu (lexicons), etc., has also been compiled universally and has produced some great quality literature. The Tantraguna refers to the key points of the writing, such as language, order, volume, form, etc. After reviewing and analyzing these Tantragunas, it can be concluded that the ancient writing method can be equated with certain alternatives to the current introduction, methods, results and discussion structure of scientific writing. This study can help to strengthen and reinforce the current standards of scientific writing by changing new aspects of the ancient writing system.

INTRODUCTION:
Written work is a very common part of science and is used to record and communicate ideas, events and observations to others. Scientific writing can take many forms from a laboratory notebook to a project study, and from a paper in an academic journal to an article in a scientific journal. Good literature involves so much thought and effort as the experiments or scientific that have been carried out. Creating a research paper or an essay or a text for medical research isn't just a simple process. These day, as research is important for every field of science, the method of writing needs consistency in its presentation for clear

communication. Research papers must be written clearly and succinctly so that readers with an author-like background can perfectly understand what he did and how he did it. Only facts with evidence that should be based on careful observations should be mentioned when writing a research article. For literary analysis, however, hypothetical writing may be acceptable, but it must again be accompanied by clear and accurate classical references or by carefully collecting real, large-scale data. In ancient times, literature from different fields was written in the Sanskrit language. However, similarity in writing methods of the texts of each field indicated the adoption of a standardized method of writing by ancient scientists for the preparation of normal and highly scientific manuscripts.

Arrangement, layout, vocabulary and the basic representation of ideas are also some of the important aspects to consider when writing a good quality document. Details of this technique can be found in Charaka Samhita, one of the ancient medical science textbooks. Author of the text, Acharya Charaka defined the writing methodology and clarified the selection criteria for a high-quality manuscript to a new scholar. Tantraguna was mentioned in chapter 8 of Vimanasthana of Charaka Samhita. The "Vimanasthana" section was written for the qualitative assessment of specific treatment attributes such as Rasa, Dravya, Dosha and Vikara. The eighth chapter of Vimanasthan deals with the concept of specific requirements for the treatment of diseases. At the beginning of the book, scholars are recommended to choose a standard medical text with good writing. In order to facilitate the collection, Acharya Charaka defined the characteristics of good scientific writing as Tantraguna.

- Sumahat (robust)
  Writing needs to be detailed. It should cover all the appropriate aspects of the issue. It must also be borne in mind that the length of time may be determined in accordance with the format of the report. On the length of the text, Vriddha Vagbhatta argues that it should be neither too long nor too short. This may be a prerequisite for a research article, a scientific paper or a book; the author should enhance the quality with essential details.
- Yashasvi-Dheera-Purusha-Sevita and Apta-pujita (welcomed by scientific fraternity)
  Text used by trained, experienced persons of the same field should be considered authentic. This characteristic suggests that the subject of the text should be prominent in the scientific community and that the applicability and acceptability of the information in common practice is strong.
- Arthabahulam (good interpretation)
  Writing can provide specific and precise meanings of a limited number of words. The material of the subject should be descriptive and highly relevant. For the composition of descriptive and precise text, the ancient writers of Ayurveda used some technique to promote easy transmission, which was equally beneficial to all. The definitions underlying the text must be interpreted with due regard to

the concepts of elaboration (Nirdesha) and reduction (Uddesha).

- Trivida Shishya Buddhitam (simply presented)
  The literary sense of this provision is that the Treaty should be equally appropriate for the comprehension of three groups of students, i.e. highly intelligent, moderate and small. It clearly shows that the scientific paper should be clearly explained, easily understood and appealable to all types of persons involved in a particular field, i.e. from highly intellectual to normal.
- Apagata Punarukta Dosha (no repetitiveness of particulars or without academic dishonesty)
  Scientific writing should be free from repetition of the subject. Therefore, repetition of the subject in the same or different sentences in paper resulting in an increase in the number of pages is considered to be of low quality of work. "Punarukta Dosha" may also suggest plagiarism. Using the ideas of other writers or any aspect of their work as your own is a serious offense known as plagiarism. Thus, Tantraguna also suggests that the data mentioned in the study should not be copied from earlier research work.
- Aarsh (impartial)
  It should written or compiled by *RISHIES*. The research should be conducted and examined by a non-biased, objective and empirical individual. All kinds of prejudice contribute to the production of false and non-scientific evidence. As a result, scholars should be well trained with a thorough knowledge of their respective fields and should have no dispute whatsoever.
- Supranita Sootra-Bhashya-Samgraha Krama (well-structured and good format)
  The writings should be with good principles, commentary and contents. This feature defines the well-knit writing style. The literary sense of this feature is intended for the treatment of aphorism, commentary and organized selection. The term Sootra denotes the literary view in a descriptive form, which should be written as an initial part of the text, and may be associated with the concept or hypothesis of the paper under review, which may be expressed in the title of the article. Title should always represent the key feature of the document. Bhashya means a thorough explanation of the subject, including description, material and process, results and discussion. Samgraha formally refers to the compilation of the mentioned material in a compact form in the last part of the text which is close to the conclusion or description of the report. The scientific paper should always conclude with some definite conclusions. The entire work should have an abstract, detailed description and conclusion properly organized. Such characteristics represent the current common style of scientific writing, i.e. the structure of IMRAD.
- Swadharam (well certified)

Statements and theories are accompanied by sufficient evidence that demonstrates how assumptions have been reached and respects the efforts of others. The author should present the Adhara, i.e. the accurate reference or scientific data for each statement or definition. The data should be supported by the facts. This consistency also suggests that the correct type of comparison is also an important characteristic of good scientific literature. Vancouver and Harvard's form of reference are generally more common in the area of academic fraternity. It should always be borne in mind that validated resources, tools, processes, techniques, primary evidence and statistical analysis can only provide scientific validity.

- Anavapatita Shabda – Akashta Shabda (without unclear or contradictory language)
  Logical literature should be free of terms with poor speech and/or difficult to pronounce and comprehend. In other terms, it should be plain, technological and logical. These terminology may be used, which can be interpreted by a typical technical person in the area. Terminology used should imply a definite meaning and should not create confusion for the reader.
- Pushkalabhidhanam (with ample expression)
  The descriptions should be with plenty of synonyms.The script should be abundant with synonyms that have a wider application.
- Arthatatvavinishchayapradhanam (focused on objectives)
  Scientific research would reinforce the description of the central idea of the issue. It should only deal with the topic of writing, not identify unrelated topics, and it should be without dispute. VriddhaVagbhata specified this quality in other words, "Swanya Tantra Virodhanam Bhooyishtam Vinivartakah." This means that his text resolves all the disputes between the texts of the subject. The scientific paper will try to respond to all the problems that exist over the subject under consideration and should not create a new question or dispute that underpins this topic.
- Asankulaprakaranam (without ambiguity or amalgamation of subject matter)
  The chapters on scientific work should not be intermingled. A science concerned with a specific subject as a whole, covering all the actual facets of that subject, is attractive to be divided up and organized with a certain procedure, a certain methodology for conveying and expressing its contents in a clear and succinct manner with lucidity.
- Aashuprabodhakam (transparent or translucent crystal)
  This implies that writing should be uncomplicated, quick and easy to get across. The topic, the vocabulary and the overall structure of the writing should be clear, which can be interpreted quickly and easily.

- Lakshanavat, Udaharanavat (with good qualities and descriptions)
  The work will include empirical descriptions, captions, etc. In fact, science research should be focused on or fitted with adequate and acceptable examples or diagrams.

Discussion

In ancient times, scientific literature was also written in a particular sequential step, i.e. "Sootra" initially preceded by "Bhashya" and "Samgraha."First step, Sootra, which implies a theory distilled in a few terms. "Sootra" is a succinctly mentioned term. Originally, Sootra should be written in text that represents the core idea of the book. In modern scientific writing, names are composed in three forms, including the declarative title, the descriptive title and the interrogative title. Of these, the declarative word explains "what the papers say, not just what they cover" i.e. their main "conclusions" and Sootra also indicates the same thing. Therefore, Sootra can be contrasted with the "declarative title" in contemporary scientific writing.

The second step, Bhashya, is a textual one, relating to "exposure" or "explanation" or "commentary" that brings light to something else.[17] Bhashya explains in detail all facets of the Sootra (theorem or simplified phenomenon). In other terms, Bhashya may clarify how the "Sootra" (theory) was created, logic behind the stated "Sootra," how it was assessed or tested. Each and every angle relevant to the subject / idea / theory is defined in this portion. Therefore, the Bhashya process the cover the presentation, methods and findings with the research sections being addressed.

Third phase, Samgraha is the act or method of collecting or grouping together. The key features of the analysis are described in this section. Therefore, "conclusion or description" can imitate the "Samgraha" process

Tantraguna is concerned with the key points of writing, such as language, order, length, method, etc. These characteristics can be used to generate new guidance for evaluating and categorizing the writing of Ayurveda literature. In any scientific writing, after having considered all considerations and from different perspectives, the opinion may be developed on the basis of Tarka (logic), Yukti (strategy) and Udaharana (example) in relation to the correct existence of the topic or subject under consideration with the required line of action.

Conclusion:-

A beautifully collected, written, and delivered work, treatise, or book is a pleasure to read. If Shastra is written in compliance with the above-mentioned rules, it is worth reading, because it is not only reading which counts, it is really how much we' understand and submit' that is what really matters. It is worth noting that the ancient people were great visionaries and had laid down those rules under which the Shastra was to be published and delivered. This becomes the foundation of the current day ' book introduction' or the research analysis or presentation of any content in a systematic manner.

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