

## Editorial

### An Introduction to JSSS : Journal of *Sanskrit Samhita Siddhanta*

It is a well known fact about *Ayurveda*, "*Ayurveda* is an ancient health science". As decades are passed many *ayurvedic* graduates have great doubts about this fact. Most of the BAMS graduates feel and talk proudly about '*apourush-eya*' (not discovered by any human being) status of *ayurveda*. Is it really true ? Whether main resources of *Ayurvedic* knowledge i.e. *Samhitas* claims that they are *Apourusheya*? We call basic principles of *Ayurveda* as "*Siddhanta*". Oldest script of *ayurveda*, *Charak Samhita* contains following definition of *siddhanta*:

सिद्धान्तो नाम स यः परीक्षकैर्बहुविधं परीक्ष्य  
हेतुभिश्च साधयित्वा स्थाप्यते निर्णयः ॥ च. वि  
८/३७

to derive meaning from this sutra we need to have little knowledge about Sanskrit grammar, here *aacharya* mentioned that *siddhanta* is established after repeated analysis from *Parikshakaihi*, this word is plural of *parikshak* means by many *parikshak* i.e. researchers. Hence basic principal is only established after repeated experiments / study of that concept; but the process doesn't stop

with repeated study, but this study should be carried out by many researchers and then proven concept is added in the basic principles. Does this approach is unscientific? Definitely not. *Ayurveda* is established after continuous research work of many years. But we get many references where *aacharyas* advise us to add drugs, diseases, lifestyles using this *Anukta* procedure. To use this freedom continuous, tireless efforts are needed.

A research using basic principles of *Ayurveda* should be encouraged. Even we should be able to assess the well known parameters like *Pakruti*, *Sara*, *Bala* very effectively. Collective efforts of discovering methodology of assessment are required. Though this is a huge task, but as mentioned in *charak samhita* itself, it is responsibility of *Kushagra Buddhi vaidya*. This can be done using three dynamics of *ayurveda* - *Sanskrit*, *Samhita* & *Siddhanta*.

This is the provoking factor behind this journal. And that's why the name "*Journal of Sanskrit Samhita Siddhanta*". As the name suggests, this journal is not meant for



only Sanskrit Samhita & Siddhanta faculties. But any research work which will strengthen basic principles of *Ayurveda*, will get place in our journal. As we have already mentioned in our journal website, [www.journal.instituteofeayurved.com](http://www.journal.instituteofeayurved.com) there is no fees for publishing article. Authentic and genuine research work is the only criteria for including your article in this journal. Hence we appeal to all *ayurveda* fraternity to join us in this noble work of strengthening *Ayurveda*.

भिषग्बुभूषुर्मतिमानतः स्वगुणसम्पदि ।  
परं प्रयत्नमातिष्ठेत् प्राणदः स्याद्यथा नृणाम् ॥  
च सू ११३३/

To become a *Pranabhisar vaidya* one should take continuous and tireless efforts for knowledge up gradation. Hence we should follow the path of research to establish *ayurveda* worldwide.

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