

ikphu Hkkjrh; oSkkfud Kku vls ml dk l edkyhu mi ;ks% LokLF; vls vksf/k ds l UnHZe

MkD ' ; kecpu oekZ

, l k'k, V i kQd j jkt dh; egkfo | ky; vekMh] pEi kor] mYkj k [k.MA

I kjlk (Abstract)

iFoh ij tc l sekuo dk mn; gvk gS rc l sfokku fdl h u fdl h : i ea ekst m jgk gA fokku vls rduhdh dk orku i Hkko ikphu ds vuojr- vuq akku vls iz ks dk ifj.kke gA ikphu Hkkjrh; oSkkfud Kku vR; Ur l e) jgk gS rFkk izfr'khy l ekt ea l e; kuq i l eL; kvka ds l ek/ku ds fy, uohu vuq akku graqiz kl jr- Hkh jgk gA LokLF; l dfr ds eny fo'k; ka ea l s , d l kekl; fo'k; gA LokLF; ekuo dk ekfyd vf/kdkj gS vls bl dk fo'o Lrj ij l keftd y{; ikr fd;k tkuk vko'; d gA LokLF; thou dh eny vko'; drkva dh ikr rFkk thou ea xqkkRed l qkj ds fy, Hkh vko'; d gA LokLF; ea 'kkjhfd] ekuf l d vls l keftd l dqkyrk dh fLFkr fufgr gA fo'o LokLF; l xBu (1946) us LokLF; dks bl izkj ifjHkkf'kr fd;k g&^y Ei wkZ 'kkjhfd] ekuf l d vls l keftd l dqkyrk dh fLFkr LokLF; gS dny jks ; k v'kDrk dk u gkuk gh LokLF; ugha gA** LokLF; ds fy, vksf/k dh vko'; drk gkrh gA vksf/k mu l k/kuka dk dgrs gA ftuds }kjk jkska ds dkj. Hkur nkska , oa 'kkjhfd fodfr; ka dk 'keu fd;k tkrk gA ; s vinD; Hkur , oa nD; Hkur nks izkj ds gkrs gA Hkkjrh; fpdRI k i) fr ea vk; qn dk fo'ksk egRo gA vk; qn dk vFkz gkrk gS **thou dk fokku**** (Science of Life)A vksf/k ds l UnHZe apjd l 26&1 ea dgk x; k g&^u vksf/k- txfr fdfr nD; amiyh; r* vFkz-fo'o ea , d Hkh nD; , d k ugha gS ftl dk vksf/k ds : i ea iz ks ugha fd;k tkrk gA Hkkjrh; Kku dh ijEijk ea pkj onka (__Xon] l keon] ; tqn rFkk vFkoDn) dk fo'ksk ; ksxnku gA vk; qn thou l s l exz : i l s tMk gA bl dk l Ecu/k vkrfjd : i l s 'kjhj vls eu l s euq; vls ck°ek.M l s tMk gvk gA

dq h 'kn& oSkkfud Kku] vuq akku] LokLF; l dfr] vksf/k] vk; qnA

ilrhouk (Introduction) ikphu Hkkjrh; dh l k dfrd fojkl r vR; Ur l e) ekuh tkrh gA Hkkjrh; , d ijEijkoknh] l qkoknh vls vfgd d nsk ds : i ea ifr'Br jgk gA ekuo tc vlH;rk ds l kFk thou; ki u dj jgk Fkk rc Hkkjrh; 'ks{k d , oa l keftd : i l s vf/kd

tkx: d FkA foHkku dky [k.Mka ea viuh ; ks; rk vls mi ; ksxrk dks fl) djus okyk nsk ekuoh; l onuk dks ydj l nD; fpuru'khy jgk gA Hkkjrh; ijEijk, j jhr; k; vls fopkj l dfr dks iks'kr djrh jgha gA l kFk gh fo'o cu/kpo dk l nsk ndj rFkk ekuoh; mi ; ksxrk dks

ydj geškk iz kl jr~ jgk gā ; gk; dh
tyok; q us gea vf/kd l qkoknh cuk fn; k
gā Hkkjrh; l ekt vudkuad l kekfud
, oa jktuśrd xfrjksk ftl ea gwkl 'kd]
eay rFkk Qkd hl h , oa vaxtka ds
vkdē.k vksj 'kkl u ds i'pkr~ Hkkjrh;
vk; φnd pfdRI k i) fr vius vLrRo
dks cuk; s j [kh vksj 21 oha l nh ea fo'o
dY; k.k ea fofHku idkj l s ; kxaku ns
jgh gā

foKku l nō fodkl ds fy, dk; Z djrk
jgk gā ekuo dks Hkkśrd l qk&l fo/kk vka
l ef) rFkk u; &u; s vkfo"dkj vksj Kku
l s iwkZ djrk foKku vrhr ds fofHku
l ki kuka dks l es/s l nō iFk&in'kū dk
dk; Z dj jgk gā foKku fdl h u fdl h
: i ea l nō fo|eku jgk gā Hkkjr dk
vrhr Hkh dkQh l e) jgk gS vksj ikphu
oKkfud Kku fujl rj 'krkfCn; ka rd
fodkl ds ekxz ij ys x; k gā vkt ge
tks Hkh fodkl ds : i ea n[krs gš ml ea
foKku dh gh Hkfedk egROI wkZ jgh gā
foKku pfdRI k ds {ks= ea Hkh egfr
l g; kx dj jgk gā

ikphu dky l s gh vk; φn us nfu; k dh
l Ei wkZ ekuo tkfr dk 'kkjhjd] ekuf l d
vksj vk/; kfred fodkl fd; k gā ; g
l Ei wkZ ikdfrd izkkyh gS tks 'kjhj ds
l rgyu grq dQ] fiYk vksj okr dks
fu; f=r djrh gā ; g ru] eu vksj
vkrk ds chp l rgyu cukdj LokLF; ea
l qkkj djrk gā ; g dōy mipkj gh ugha

thou thus dk , d k rjhdk gS ftl l s
vk; qyEck vksj thou [kqkgy gkrk gā
Hkkjrh; bfrgkl ea vud oKkfud]
pfdRI d] nk'kud vksj l ekt l qkkjd
gq gā okjkgfefgj] vk; [kVV] l φr]
pjd] dfiy] d.kkn} cq] egkohj Lokeh]
'kadjpk; Z vkfn vudka uke gš ftUgksra
Hkkjrh; foKku] l dfr] l H; rk vksj
f'k{kk dh uho etcw dh gā iFoh l s
ck°ek.M rd ds jgL; ka dh [kkst] xf.kr]
jktufr vksj l ō; foKku dks l e) djus
ea blgkus viuk thou l efr fd; k gā
ge l R; dh [kkst ea vkxs c<rs jgs gš
vksj fo'o l epk; dks Hkh 'kkfUr] vfgd kl
; kx vksj l nHko dk l e; & l e; ij
l nsk nrs jgs gā

fpYkofYk fujk% ; kx% ds l = dk
ifriknu djus okys egf"l iratfy us
LoLFk jgus dk vpd l = bl l d kj dks
fn; k gā ; g ikP; fo|k vkt l Ei wkZ
fo'o dks vkylfdr dj jgh gā ; kx ea
cq] vgdkj vksj eu bu rhuka dks
feykdj fpYk uke fn; k x; k gā fpYk
l d kj ea 'kq) pš-U; Lo: i iq "k dh
vfHko; fDr dk ek/; e gā tc fpYk
bflnz, ka }kjk ok°; fo"k; ka ds l Eidl ea
vkrk gS vFkok Lo; a gh ekul fo"k; ka ds
l Eidl ea vkrk gS rc og fo"k; dk
vkdj xg.k dj yrk gā bl vkdkj dks
gh ofYk dgrs gā tc iq "k pš-U; ds
izdk'k l s ; g fpYk&ofYk izdkf'kr gkrh gS
rc gea bl fo"k; dk Kku gkrk gā ; kx
'kjhj] bflnz, ka vksj fpYk dh 'kq) ds fy,

vkB vaka dk o.ku djrk gA ; e] fu; e]
vkl u] i.k.kk; ke] iR; kgkj] /kkj.kk] /; ku
vks l ekf/kA ; e dk vFkZ eu] opu vks
deZ ij fu; a.k gA fu; e ikp vuqkkl uka
'kkp] l rksk] ril} Lok/; k; vks bz oj
ikf.k/kku dks djus dk vknsk nrk gA
'kjhj dks fo'ksh epk ea j [kuk vkl u gA
; ks ds fy, 'kjhj vks eu dh ppyrk
?kkrd gA

ck) dky eq; : i l s l ekftd
ifjorZ dsfy, tkuk tkrk gA bl dky
ea f'k{kk dk njoktk l cds fy, [kyk
vks Kku&foKku ds {ks= vHkriwZ fodkl
gA/kA ekuork] d: .kk] l R;] vfga k]
R; kx vks fu%okFkZrk dk l nsk c) }kjk
fn; k x; kA ; g l R; gS fd fga k }kjk
fga k dks l ektr ugha fd; k tk l drk
ijUrq vkRej{kk Hkh vko'; d gA ck)
n'ku ea fpdfRI k fo|k ds vlrxZr vksk/k
foKku] 'kjhj foKku vkfn ds l ekošk dk
o.ku ikr gsrk gA bl dk l ekftd
eV; vR; lR; l e) gA f'k{kk izkkyh ds
Nks/s l engka ea 'kkfUr rFkk l elo; cuk; s
j [kus grq vuqkkl u ds fu; e fu/kkZjr
fd; s x; A bl dk vkxg Fkk fd vius vki
dks l ekftd fgr ds fy, l efiZr djds
eut; l q]k] 'kkfUr rFkk vkuln dh ikflr
dj l drk gA

v/; ; u dsmnA; &

1& ikphu Hkjr; LokLF; fl)kUrka dk
v/; ; u djuka

2& vksk/k foKku dk l edkyhu ifji;
ea v/; ; u djuka

1& ikphu Hkjr; LokLF; fl)kUrka dk
v/; ; u& LokLF; doy fpdfRI d]
l ektr l ok fpdfRI ky; l s l Ecfl/k
epnk ugha gS ; g l ekftd U; k; l s
tMk epnk gA 0; fDr dk LokLF; Lo; a
rFkk l ekftd dkjda dh of) grq
egroiwkZ gA LokLF; dk iFke fl)kUr rks
l rfy vkgkj gh gA vkgkj ekuo
thou dsfy, vR; lR; vko'; d gA eut;
dk 'kjhj e'khu ds l eku gS ftl izkj
e'khu dks vf/kd l e; rd l fdz j [kus
ds fy, l e; & l e; ij ns[k&j]k vks
l QkbZ dh vko'; drk gsrh gS ml h izkj
eut; dks Hkh l fdz j [kus ds fy, Hkstu]
ty] ok; q rFkk fu; fer ns[k&j]k ds fy,
l rr- iz Ru'khy jguk iMfk gA doy
iV dh Hkfk dks 'kkUr dj ysus ek= l s
'kjhj LoLFk ugha jg ikrk rFkk xj"B , oa
Lokfn"V Hkstu l s l rfy 'kkjhfj d , oa
ekuf l d fodkl ugha gks ikrka

vkgkj LokLF; dh vk/kkf'kyk gA
l rfy vkgkj ds vlrxZr AtkZ iks/hu]
foVkfell] [kfut vks ol k , d fuf'pr
ek=k vks vuqkr ea l fefyr gsrh gS tks
LokLF;] thou 'kDr vks l ekul; thou
ds fy, vko'; d gA vkgkj l Hkh bflnz ka
ds }kjk fd; k tkrk gA bflnz ka ds vkgkj
dks jkduk iR; kgkj dgykrk gA eut;
dh eukofyk; k; vkgkj ij fuHkZ djrh gA
egf"Z pjd ds vuqkj&^vkgkj l EHo

oLrq jxk'plgkj l EHKk% ^ vlgkj ds
>kjk ;g 'kjh gSvlg vlgkj l sgh jxka
dh mRi f'k gksh gA** LokLF; dk f}rh;
fl)kUr fu;fer 0;k;ke ;k vH;kl gA
bl HkxeHkx ftUnxh ea 'kjhj dks LoLFk
j[kus ds fy, fu;fer vH;kl vko';d
gA ifrfnu ,d fuf'pr l e; ea Vgyuk
nk&uk rFk 0;k;ke djus l s 'kjhj ea
LQfirZ cuh jgrh g\$ eu iZ lu jgrk gS
rFk fnup;kZ vPNh jgrh gA 'kjhj dks
LoLFk j[kus ds fy, ;ks Hkh fd;k tkrk
gA ;ks ds fofo/k : ik&"KB~ fdz,k,]
vkl u] ik.kk;ke] epk ,oa /;ku vkfn dk
iz,ks djds LoLFk jgk tk l drk gA

LokLF; dk rhljk fl)kUr dk;Z gA
0;fDr /ku vtZ djus grq dfBu ifjJe
djrk gA bl ifjJe ea yxkrkj [kMs
jgus ;k cBus l s LokLF; dh l eL;k
mRi lu gksh g\$ bl fy, dk;Z dh vof/k ea
Hkh 'kjhjfd vkjke vko';d gA LokLF;
dk pl&k fl)kUr vkrfjd iZ lurk gA
dk;Z dk l gh vuqkr vk\$ vkjke thou
ds fy, vko';d gA 0;fDr dks viuk
dk;Z ijh rjg l s vulyx djus ea l {ke
gkuk pkfg,] t\$ & vius l Hkh byDVRlud
;= dks cln djuk] fdrk i<uk] viuk
'kk&l iwkZ djuk rFk fe=ka l s ckr djuk
vkfnA LokLF; dk ikpok fl)kUr
l dkjRed fluru gA l dkjRed l dsx]
l dkjRed vgl kl dk 'kjhj ij
l dkjRed iHko iMfk gA ;s ikpka
fl)kUr gea yEck thou] vPNk LokLF;
rFk iZ lurkiwkZ thou inku djrk gA

;fn bu fl)kUrka ds vk/kkj ij ge thou
;kiu djrs gA rks 0; kf/k] vuqpr ruko
rFk viZ lurk ds foHku : ika l s cp
l drsgA

mn& ; 2& vsk/k foKku dk l edkyu
ifji\$; ea v/; ;u& Hkjr ea vskf/k
foKku dk {ks= 0;kid gA Hkjr ea
vsk/kh; ik&ka dh tkudkjh ofnd dky
l sgh ijEijkr : i l spyh vk jgh gA
vFkobn eq; : i l s vk; pñ dk
ikphure- mnxe l kr gA vk; pñ dk
fodkl djus okys euh"kh t\$ &/klorfj]
pjd] l pqr vkfn us vFkd iz kl fd;k
vk\$ pfdRI k i)fr ipyu ea vk; hA
vk; pñd pfdRI k dk tuekul ij
xgkj iHko iMk rFk fo'o ds vl; ns'ka
ea bl i)fr dk ipkj&iZ kj gq/kA

fgeky; HkHkx fn0; vskf/k;ka ds fy,
fo'o ifl) gA HkSkksyd ifjLFkr;ka ds
dkj.k fgeky; ea ik;h tkus okyh
vskf/k; k; Hkjr ea gh ugha vfi r q l Ei wkZ
fo'o ds fy, dY;k.kdkjh fl) gk jgh
gA Hkjr; pfdRI k i)fr ea vskf/k
fuekZk djrs l e; ik; % ik&ka ij vk/kfjr
foKku dks ikFfedrk nh tkrh gA Hkjr
ea yxHkx 6]000 iztkfr;ka dks vsk/kh;
ik&ka ds : i ea p;fur fd;k x;k gA
nokbz k; cukus ds fy, ns'k Hk; ea yxHkx
10]000 l svf/kd fu;e cuk;sx;sgA

izdfr us euq; dks mRi lu fd;ka euq;
us vius pkjka vk\$ mifLFkr iM&ik&k
th&tUrqk [kfut inkFka dh

mi; kfxrk dks igpku djus ea fdruk
le; yxk gksck ;g crk ikuk dfBu gA
onka l s vk; qn ea gkrk gq/k ;g Kku
vk/kfud ;q ea ifo"B gq/kA ?kjsyw
fpfdRI k ds vfrfjDr fof'k"V fpfdRI k ea
bu ouLifr; k tUrq/ka vks [kfut
inKfka dk iz, kx gq/kA

vk/kfud lH; rk us euq; dks izdfr l s
nij dj fn; k gA vk/kfud
vuq akkudYkkz/ka us ouLifr; ka ds
dk; bkjh rRoka dks fudky dj iz, kx
djuk vkjEHk dj fn; kA u; &u; s j l k; uka
rFkk df=e rRoka dk fpfdRI k ea iz, kx
gksus yxk gS ftl dk nqifj.kke xHkLFk
f'k'kq/kq ckydka vks ekrvka dk LokLF;
iHkkfor gksuk ;k fQj vle; eR; q dks
iklr gksus ds : i ea n[kk tk l drk gA
vk/kfud ;q dh vU/kh nkM+ us bruk
LokFkhz cuk fn; k gS fd dN vLokLF; dj
vksf/k; ka dk vkfFkd yHk ds fy, rc
rd gkrk gkrk gS tc rd cgr ykx
vle; eR; q dks iklr ugha gks tkrA
,fe>s ikbju uked vksf/k bl dk
mnkgj.k gA **eDI kQleZ** uked vksf/k ds
vf/kd iz, kx l s vU/krk gkrh gA
VvRI kbDyu dk fof/kor~ iz, kx u djus
l s cPpa ds nkrka ea fofHku idkj dh
fodfr; k; mRiUu gksus yxrh gA
Dyijlekbfl fVu vkrka dh ikpu 'kfDr
dks geskk ds fy, fcxkM+ nrh gA
LVIlekbfl u ds vR; f/kd iz, kx l s
cgjki u gks tkrk gS rFkk **ifufi fyu** dks

;fn ijh{kk djds u yxk; k tk; rks
ejht dh rRoky ekf Hkh gks tkrh gA

dqjr }kjk inku fd; s x; s fofHku
iM&i kks tks vksf/k gA rFkk mi; ksch gksus
ds l kFk&l kFk vk; ds l kH Hkh gA bl
iFoh ij mRiUu iR; d i kskk vksf/kh; gh
gS ijUrq cgrka dh igpku dj ml dk
mi; kx fd; k tkrk gS vks cgr vkt Hkh
vKkr gA vksf/kh; egRo ds i kskka ea
vkd] uhe] ryl hj ct°eh] gYnh] fpjk; rk]
vMw k] l nkgkj] lgtu] gM+ k] k]
djhi Ykk] nfr/k; k ?kk] ehBk ?kk] HkPZ
vkpyk] vMgy] ?krd[kjh] egq/k] n;
?kk] vkpyk] ihy] yktUrh] djsyk]
fiy] ve: n] d/dkj] tkeq] beyh]
vtq] cgMk] gj eFkh]
fl Unqkj@fuxqMh] pj\$ kxkMo] c\$] ck]]
i quzbk] ley] iyk'k] iRFkj] j] l j] k]
pkdM+ ekydkauh] nkyphuh] 'krkoj]
vukj] v'kkd] vj.Mh] dgyFkh] Mkjh]
fpjfvh] ccny] dVgy vkfn vudku
i kks gA tks vksf/kh; xqk l s ifjiwkz gA vks]
thou ds vk/kkj rRo gA

Hkkjr ds fofHku {ks=ka ea fofHku ikni
vuq akku dlnz LFkkfir gA tgk; ij bu
vksf/kh; iknika dks mxk; k tkrk gA bu
iknika ds rRoka l s fofHku nokvka dk
fuekz fd; k tkrk gA iedk vuq akku
m|kuka ea jk"Vh; ekfyd vk; qnd
foKku vuq akku l lFku] i qk %egjk"V%
ea 386 iztkfr; ka ds i kks mxk; s tkrs gA
jk"Vh; o{k vk; qn vuq akku l lFku]

>kj h ¼mRrj insk½ ea 355 iztkfr; ka ds thfor l æg.kA {ks=h; vk; øñ vuð ækku l æFkku} bVkuXj ¼v: .kkpy insk½ ea 206 ikßka dh iztkrh mxk; h tkrh gA {ks=h; fgeky; u ½ykyk vuð ækku l æFkku} jkuh[ksr ¼mRrjk[k.M½ ea 156 vksk/kh; iztkrh ds ikßks rFkk jk"Vh; l køk&fjXik vuð ækku l æFkku}ygy&ynæk[k ¼tEew , oa d'ehj½ ea 12 vksk/kh; iztkrh ds ikßks mxk; s tkrsgA

fu"d"l& vk; øñ ikphu Hkkjr fpdfRI k i)fr gSbl ds rhu mRd"V l kfgR; pj d l fgrk] l ør l fgrk vksj v"Vka æn; æe l æg gA l kja/kkj l fgrk] Hkkoizdk'k vksj ek/ko funkue- dñ U; u xDFk gA **fo'o LokLF; l æBu ¼VHO½** us vk/kkud fpdfRI k ds {ks= ea vk; øñ dh ikl æxrk vksj egRo Lohdkj fd;k gA fo'o LokLF; l æBu us fodfl r vksj fodkl 'khy ns'ka ds fy, **¼l Hh ds fy, LokLF;** dk ukjk fn;k rFkk ijEijkxr vksj vk/kkud fpdfRI k i)fr l s LokLF; dh ns[k&j]k ds fy, vk°oku fd;kA

l UnH& HkVV] ; ks'sk dækj ¼2004½ +gB; ks'kH; kl fof/k- okjk.kl h%; ksx l k/kuk l øk i hBA

xks y] , e0] d0- ¼2005½ lk; kbj .k f'k{k% foukn i ðrd eflnj] vxjka

fl g] jkeg"kz ¼2006½ +; ksx , oa; kfxd fpdfRI k- fnYyh% pks] kEck l ædr i fr"BkuA

fl g] , 0 d0 ¼2010½ +0; fDrRo dk eukfoKku- i Vuk% ekrhyky cukj l hnl A

fl g] d.kz ¼2017½ 'kkjhfjd f'k{k] LokLF; f'k{k , oa; ksx- y[kheij [khjh% xksouh izdk'kuA

<https://epustakalay.com/book/4615-aooshdhi-vigyan-shastra-by-vishwanath-dwivedi/>
<https://www.44books.com/aushadhi-vigyan-dawaiyon-se-sambandhit-hindi-book-download.html>

vk; øñ ea jksx ifrjkskd {kerk fodfl r djus ij cy fn;k tkrk gSftl l sfdl h Hkh izdkj dk jksx u gA bl ea fofHku izdkj ds jkska ds mipkj ds fy, gczy mipkj] ?kjsyw mipkj] vk; øñnd nokvka vkgkj l ækku] ekfy'k vksj /; ku dk mi ; ksx fd;k tkrk gA

fu"d"l&-% ;g dgk tk l drk gS fd vk; øñ ¼thou dk foKku½ viuh ikl æxdrk dks cuk; s gg gS vksj fujUrj fodfl r gks jgk gA Hkkjr gh ugha cfYd l Eiwkz fo'o ea ;g fpdfRI k i)fr viuk; h tkrh gA ftl l s 0; fDr fujksxh dk; k ds l kFk vius thou dk vkuln ys jgk gA vk; øñ ikdfrd i; kbj.k dh xkn ea if'ir vksj iYyfor gsrk gS vksj ; gh i; kbj.k euq; tkfr ds LoLFk vksj : X.k gkus dk iek.k Hkh gA vkt vko'; drk bl ckr dh gS fd ikdfrd vksf/k; ka dks vf/kdkf/kd l g {kk inku fd;k tk; vksj vke ykska dks ifjr fd;k tk; ftl l s LokLF; l g {kk vksj jk"Vh; fgr l k/ku gks l dA

http://www.uprtou.ac.in/other_pdf/ccmap-01.pdf

<http://hi.vikaspedia.in/health/ayush/91493792794092f-92a94c927947-914930-91c92193c940-92c94291f93f92f94b902-91593e-93593f935930923>

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