The Clinical Viewpoint in the Structure of the *Suśrutasaṃhitā*

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The *Nidanasthana* (= Ns, "nidāna" means "the cause of diseases") contains important theory of Indian medicine. In some medical books of the *Carakasaṃhitā* (= CS) system, Ns develops the theory of *nidāna* expansively. The doctor who diagnoses and treats the patient needs to examine five items, including *nidāna*. This opinion was progressively developed in the medical books that followed. In the *Suśrutasaṃhitā* (= SS), however, there is no clear description of *nidāna*. Yamashita [2006] has noted that SS does not regard pathology as central. Is SS really uninterested in pathology? The present article examines the structure of SS and evaluates it as a medical book.

The Difference between the Two *Nidanasthana* Let us start with the structure of Ns in CS and SS. Ns in CS consists of eight chapters, which are classified as follows.

〈Pathological concepts that themselves represent a kind of "disease"〉

CS 2.1 *jvara* [fever], CS 2.2 *rakta-pitta* [bleeding]

〈Diseases that occur in specific areas of the body〉

CS 2.3 *gulma* [visceral swellings], CS 2.4 *prameha* [urinary disorders],

CS 2.5 *kuṣṭha* [skin diseases]

〈Diseases with specific names〉

CS 2.7 *umāda* [mental disorders], CS 2.8 *apasmāra* [epilepsy]

On the other hand, Ns in SS consists of sixteen chapters. This number is double of CS.

〈Pathological concepts that themselves represent a kind of "disease"〉

SS 2.9 *vidradhi* [abscesses], SS 2.10 *visarpa-nādi-stanaroga* [cellulitis], SS 2.11 *granthi-apaci-arbuda-galaganḍa* [swelling], SS 2.12 *vṛddhi-upadāmśa-ślipada* [edema]

〈Diseases that occur in specific areas of the body〉

SS 2.5 *kuṣṭha* [skin diseases], SS 2.7 *udara* [abdominal swelling], SS 2.15 *bhagna* [fracture and dislocation], SS 2.16 *mukharoga* [disease of mukha]

〈Diseases classified according to clinical features of the body〉

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(1) diseases related to the anus

SS 2.2 arśa [hemorrhoids] and SS 2.4 bhagandara [anorectic fistulas]

(2) diseases related to male urinary and reproductive organ

SS 2.3 aśmari [urinary calculi], SS 2.6 prameha [urinary disorders],
SS 2.14 sūkadoṣa [diseases of sūkadoṣa]

The only chapter-names that are common to CS and SS are SS 2.5 (kusṭha) and SS 2.6 (prameha), while the other chapters are structures differently. The main difference between the two texts is category. SS does not describe the pathology of two diseases called unmāda and apasmāra for NS. On the other hand, the text classifies diseases according to where they occur, including the anus and urinary organ. It was considered important to pay attention to the specific locality of an illness. Therefore, in the structure of NS in SS, we can observe the developing interest in mechanism of the disease with an anatomical background.

Some Enlargement in the Cikitsāsthāna  In CS, about eight items that are enumerated in NS have their remedies are described in the Cikitsāsthāna (= CS): CS 6.3–CS 6.10 match with CS 2.1–CS 2.8. In fact, CS consists of thirty chapters, with twenty-two more chapters than NS. This suggests that the items that are described in NS may be constitute the first part of CS, with the remaining items being expanded upon later.

CS in SS consists of forty chapters, so again reflects an enlargement on NS. Characteristically here, the new items consist mainly of subcategories of the previous main items that had been described, as follows:

SS 4.4 vātavyādhi [vāta diseases]
SS 4.5 mahā-vātavyādhi [serious cases of vāta diseases]
SS 4.9 kusṭha [skin diseases]
SS 4.10 mahā-kusṭha [serious cases of kusṭha, meha, kapha diseases, and swelling]
SS 4.11 prameha [urinary disorders]
SS 4.12 prameha-piḍaka [cases of prameha patients developing piḍakas]
SS 4.13 madhu-meha [cases of urinary diseases in the type of madhu]

This suggests that, the main items (SS 4.4, SS 4.9, SS 4.11) were established earlier, and that the classifications, such as patients with a more serious condition, or certain models being clinically distinguished from others, were inserted later. This stratified construction is characteristic of SS, suggesting that a multistory explanation of diseases was inserted
later, SS places great importance on describing how the abnormality of a form and the function appear within the body of a patient, and on classifying diseases individually. In other words, there is an emphasis on paying attention to the condition of patients. We can say that this is a pathological viewpoint. This angle indicates the necessity of detailed clinical observation in following this medical theory.

**Classifications in the Uttaratantra** In the latter half of Cs of CS, seven items are in common with SS, as follows. In the SS, however, all of these items are located in the Uttaratantra (= Ut) rather than Cs.

- **CSS 6.16** pāṇḍuroga [morbid pallor and related disorders] ⇒ SS 6.44
- **CSS 6.17** hikkāsvāsa [hiccups and shortness of breath] ⇒ SS 6.50 (hikkā [hiccups]) and SS 6.51 (śvāsa [respiratory disorders])
- **CSS 6.18** kāsa [cough] ⇒ SS 6.52
- **CSS 6.19** atīśāra [diarrhea] ⇒ SS 6.40
- **CSS 6.20** chardi [vomiting] ⇒ SS 6.49
- **CSS 6.22** ṭṛṣṇā [morbid thirst] ⇒ SS 6.48
- **CSS 6.24** madātyaya [alcoholism and its complications] ⇒ SS 6.47 (pāṇātyaya [abuse of alcoholic drinks])

Structurally, all of the contents of Ut in SS are neatly collected and clearly arranged in each chapter. As we have observed, CS describes each disease as being formulated then described separately in Ns and Cs. This is the same in SS; however, in Ut, one chapter essentially describes one disease. In the first half of each chapter, some prodromes and the true symptoms of the disease are explained, and the latter half generalizes the remedies corresponding to these symptoms. As a result, Ut is easy to read and understand. This progressive method extends over the entire Ut. Furthermore, hikkā and śvāsa, which are put together in CS 6.17, are listed in separate chapters in SS. The name of the chapter about the alcohol-related disease in SS 6.47 (pāṇātyaya) is different from CS 6.24 (madātyaya), and the SS chapter has clearer and more clinical divisions related to alcoholism and drunkenness. These data suggest that the structure of SS is pathology-based.

**Kāyacikitsā in the Uttaratantra** The structure of SS is based on Aṣṭāṅga in particular, Ut is sorted into four areas:

- śālākya [using sharp instruments for diseases of organs above the shoulders]: 6.1–6.26
- kaumārarahāṭya (= kmbh) [care of a young child or of a pregnant woman, midwifery]: 6.27–6.38
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kāyacikitsā (= kyc) [treatment of bodily diseases]: 6.39–6.59

bhūtavidyā [the knowledge of paroxysm by non-human beings]: 6.60–6.62

Seven items common to CS are placed in kyc, and the order in which they are collected is different. Why is this the case? In SS, kyc is sorted substantially into five groups.

〈Group A: the general symptoms〉

6.39 jvara [fever], 6.40 atisāra [diarrhea], 6.41 śoṣa [consumption], 6.42 gulma [abdominal enlargement]

〈Group B: the circulatory organs〉

6.43 ḍṛḍroga [diseases of the cardiac region], 6.44 pāṇḍuroga [morbid pallor], 6.45 rak-tapitta [hemorrhagic disorders], 6.46 mūrcchā [fainting], 6.47 pāṇātyaya [disorders caused by the abuse of alcohol]

〈Group C: the respiratory organs〉

6.48 ṭṛṣṇā [pathological thirst], 6.49 chardi [vomiting], 6.50 hikkā [hiccups], 6.51 śvāsa [respiratory disorders], 6.52 kāsa [cough], 6.53 svarabheda [hoarseness]

〈Group D: the digestive organs〉

6.54 krimiroga [disorders caused by parasitic organisms], 6.55 udāvarta [retention of the feces], 6.56 visūcikā [disorders of indigestion], 6.57 arocaka [loss of appetite]

〈Group E: the urinary organs〉

6.58 mūtrāghāta [urinary diseases], 6.59 mūtrakṛcchra [dysuria]

The chapters are organized according to physiological organ systems. In Group A, diarrhea is one of the symptoms of digestive organ problems, while here it is listed alongside fever as a general symptom. In Group B, morbid pallor is related to blood vessels, and fainting is caused by ischemia of the brain. For alcohol, drunkenness is described mainly as the acute intoxication not as a problem of so-called dependency, and here it is seen as influenced by the changing alcohol content in the blood. In Group C, vomiting is a symptom of digestive organ problems, while here it is located in the throat.

The chapters in SS seem to differ in these descriptions because it was seen as necessary to locate symptoms according to parts of a disease and body functions. SS includes substantial descriptions about surgery. In this context, many doctors who engaged in developing SS must have possessed intricate anatomical knowledge.

**The Arrangement of “yonivyāpat” (6.38) in kaumarabhṛtya** Group E includes many topics concerning urination, while the organ known as “the urinary organ” is also “the
reproductive organ” at the same time. How does this text deal with this organ having two functions? In SS, there are descriptions about the urinary and reproductive organ in Ns (2.3, 2.6, 2.12, 2.14), Cs (4.7, 4.11–4.13, 4.19, 4.21), and Ut (6.38, 6.58–59). They separate different functions, describing the reproductive function as follows:

\(\text{male reproductive organs}\)

2.12 / 4.19 \text{vṛddhi-upadāṃśa-ślipada} [swellings of the scrotum and penis]

2.14 / 4.21 \text{sukadosa} [diseases occurring in men with improper sexual practices]

\(\text{female reproductive organs}\)

6.38 \text{yonivāpad} [gynecological disorders]

According to earlier studies, 6.38 has been seen as dealing with diseases of the female reproductive organs, described in the last part of kmbh (6.27–6.38). This arrangement, however, seems odd. The name “kaumārahṛtya” is concerned with “the care of children,” so it should deal with the children’s diseases. Actually, in 6.27–6.37, only the topic relating to children’s diseases is “the grahas,” described as follows:

6.27 the specific features of the nine grahas

6.28–6.36 individual descriptions of the nine grahas

6.37 the origin of the grahas

We should consider the structure of kmbh complete here, as it does not seem substantially proven that 6.38 is related to these arguments. We can see these the Śārīrasthāna (= Śs) of SS as having a similar structure here: pregnancy and fetal development (3.2–3.4), physical anatomical explanations of a developing fetus (3.5–3.9), and diseases of pregnant women (3.10). In Śs, 3.10 is closely related to pregnancy and delivery, and there is no substantial sense of incongruity. In kmbh, however, 6.38 is described in a way that is unrelated to grahas. This does produce a sense of incongruity, as 6.38 is concerned only with diseases of female reproductive organs. In terms of the internal constitution of the chapter, 6.38 is similar to the other chapters in kyc, not in kmbh. These points suggest that 6.38 should be located in kyc.

Verifying the Hypothesis: With Nepalese Manuscripts by NGMPP On the basis of the above findings, two following hypothesis have been arrived at,

(1) 6.38 should be included in kyc, not in kmbh.

(2) 6.38 should be placed in contiguously with the chapter of the male reproductive/urinary organ.
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In conventional printed editions and preceding studies, however, yonivyāpad (6.38) has been placed in the last part of kmbh,4) and these problems in particular have not been noted in its placement. This study shows Nepalese manuscripts supporting of this hypothesis. In manuscripts of SS, filmed by the Nepal-German Manuscript Preservation Project (= NGMPP),5) two manuscripts contain Ut; in kmbhs of Kesar Library acc. no. 699 (NGMPP C 80/7) and NAK 5–333 (NGMPP B 29/19) consist only of 6.27–6.37 and do not include 6.38. Furthermore, in these two manuscripts, there is a new chapter named “yonivyāpad” (with contents similar to 6.38) in the last part of kyc,

(6.38) yonivyāpad

This is original order of kyc in SS.7) The structure of the Nepalese manuscript locating chapters about the male and female reproductive organ in group E is authentic, and 6.38 was moved from the last part of kyc to kmbh for some reason at a later point,8) According to these Nepalese manuscripts, we should relocate 6.38 to between 6.59 and 6.60.

Closing Remarks SS clearly focuses on paying attention to the true form of diseases, and on describing their connections with physical functions. We conclude that the anatomical and physiological sequence of the chapters of SS was formed as a result of this. In each chapter of SS, diseases are classified according to both the tri-doṣa theory and as a result of detailed visual observation. Therefore, on the basis of the above findings, SS is a medical book with many pathomorphologic factors, and is based on a deep clinical viewpoint.

1) These five items are nidāna, pūrvarūpa, liṅga, upaśaya, and samprāpti. See Yamashita [2006].
2) See Yamashita [2006].
3) In addition, SS 2.1 vātavyādhi (vāta diseases), SS 2.8 mūdhagarbha (fetal malpresentation), SS 2.13 kṣudra-roga (minor diseases). These items are not in CS.
4) See Meulenbeld [1999–2002].
5) See Harimoto [2012].
6) Kesar Library acc. no. 699 (NGMPP C 80–7) ff. 197v–202v / NAK 5–333 (NGMPP B 29/19) ff. [93v–106v]. In NAK 5–333 (NGMPP B 29/10), Ut is numbered on the left edge by folios, and some folios have only this number. The number on the left edge is shown in [ ] here.
7) SS 6.58 and 6.59 have different titles. These two chapters seem to have altered their placing, while the text in itself is not really changed. Some text in the manuscript is different from in the printed edition.
8) An article by Harimoto Kengo in the same volume of this journal discusses the date of the manuscript. See also Harimoto [2012].
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**Abbreviations and References**


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**Key words**  Āyurveda, *Suśrutasamhitā*, Medical literature, Pathology, Nepalese manuscript

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