



ORA- Literary Study

Critical Manuscript Study of *Gutikayogachintamani* with Special Reference to its Unique Formulation.

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ABSTRACT:

Background- Manuscripts literally means “Written by hand” which carried the personal touch and clinical understanding of scholars from past centuries. These Manuscript contain centuries of verifiable observations, unique therapeutic formulations, and surgical importance that remain largely unpublished. Despite their Standard and clinical significance, a vast majority of *Ayurvedic* manuscripts remain unedited and inaccessible to the modern scientific community. Due to environmental degradation, physical negligence and the lack of systematic digitization, this primary source of traditional medicine is at risk of permanent loss, creating a critical gap in our medical system. *Gutikayogachintamani* is untouched Manuscript present in Oriental Institute of Baroda. This is a truly unique manuscript. After searching other several manuscript centers, we discovered that this is the only surviving copy of the work in existence. The *Gutikayogachintamani* might have been a specialized manual used by a specific group of *Vaidya* in a particular region. It is a single folded sheet with 2 folios. **Aim & objectives:** To Systematically study and translate the manuscript “*Gutikayogachintamani*” and evaluate its therapeutic significance in the context of classical *Ayurvedic* literature. **Methodology-** Unpublished and complete Manuscript *Gutikayogachintamani* is collected from oriental institute of Baroda. **Observation:** In this Manuscript Two kalpas are given out of which first one is *Gutikayogachintamani* and other one is *Hemagarbhapottaliras*. In these *Dravya* of Formulation with *Matra*, Preparation method, Indications, Benefits and *Aushadhsevankala* have been mentioned in detail. **Conclusion-** This Manuscript includes *Gutikayogachintamani*, *Dravya* of Formulation with *Matra*, Preparation method, Indications and benefits. It is a collection of Two Kalpas. Formulations like *Gutikayogachintamani* and other should be further studied and clinically explored to see its efficacy. This manuscript represents an invaluable repository of traditional medical knowledge that warrants rigorous scholarly exploration to inform future clinical research and therapeutic practice.

KEYWORDS: *Gutikayoga*, *Gutikayogachintamani*, *Kalpa*, literary study, manuscript, *Yoga*

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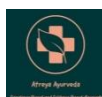
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1. INTRODUCTION

The art of writing emerged as a way of preserving knowledge that was previously transmitted orally from one generation to the next through recording thoughts and ideas, it became possible to transmit knowledge not only to the future generations but also distant land [1] Primary aim of Manuscript is to preserve knowledge hence; the Manuscripts were copied widely without any restriction in the script that was used, to avoid them being lost over time.[2] Initially preserved through the oral traditions of *Shruti* and *Smriti*, this medical knowledge was subsequently arrange into clinical treatise by *Acharya Charak*, *Acharya Sushruta* and *Acharya Vagbhata*. The vast collection of Ayurvedic manuscripts distributed across global repositories represent primary source of ancient pharmacological and clinical data. Despite the prominence of classical Ayurvedic literature specifically some manuscripts those recorded on palm leaves and paper.

This study presents a systematic critical edition of previously unexamined *Ayurvedic* texts, utilizing a technical philosophical approach to ensure accuracy. In India a huge collection of *Ayurvedic* manuscripts is available. *Ayurveda* being presented mainly in *Sanskrit* language, slight difference in reading due to its different script. A systematic and technical way of comprehensive edition of manuscript is followed in this research and the text was translated into English language with the help of digital and traditional sources and compared it with *Ayurveda Grantha*.

Gutikayogachintamani is one of the unpublished and complete Manuscript [3] available in the oriental Institute Baroda with accession number:30022 and 2 folios, in

Sanskrit language and *Devnagari* script. Formulation [4] in this Manuscript *Gutikayogachintamani* not available as same in any other *Ayurveda Grantha*, but *Hemagarbhapottali Rasa* available in *Bhaishajya ratnavali*, *Sharangdhar Samhita* and *Yog Ratnakar* but in this manuscript no detail explanation about *Hemagarbhapottali Rasa*.

Aim: To conduct a detailed analysis of the manuscript *Gutikayogachintamani* with special emphasis on its textual, linguistic and therapeutic significance.

Objectives:

- To deciphered the original manuscript into a standardized and readable textual format.
- To systematically study and analyze the contents of the manuscript "*Gutikayogachintamani*" and to compare its formulations and concepts with classical Ayurvedic texts.

2. MATERIALS AND METHODOLOGY

The *Gutikayogachintamani* manuscript, written in Old *Devnagari* script and in the *Sanskrit* language, was acquired in the form of digital copy from the Oriental Institute of Baroda. The Manuscript was collected from the Ayurveda section of oriental Institute (Accession No.30022).

Manuscript type: Paper manuscript

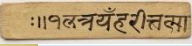

Manuscript Collected from-Oriental institute of Baroda Language-*Sanskrit*

Script-Old *Devnagari* Script No. of folios-2

Author Name-*Vaidya Harilal Place- Senapur*

- Unpublished Manuscript *Gutikayogachintamani* was deciphered.
- Unpublished Manuscript *Gutikayogachintamani* was translate.

Table no.1- Observation About Manuscript-Placed in Oriental Institute of Baroda. Editorial Signs are found in this manuscript is:

1.		In the First Folio, the first page of Manuscript begins with this editorial sign.
2.		In the First Folio, left side of the first page of this manuscript this editorial sign present.
3.	Accession Number	30022
4.	Extent	2 folios,18 lines in 1 st folio &5 lines in 2 nd folio. Numbering present on 1 st folio. 1 st <i>Shloka</i> - 16 letters in first line (<i>Anustup chanda</i>) and 17 letters in second line (<i>Ardhasamavrtta Chanda</i>)

	2 nd <i>Shloka</i> - 16 letters in both line. (<i>Anustup chanda</i>); 3 rd <i>Shloka</i> -16 letters in both line. (<i>Anustup chanda</i>)
	4 th <i>Shloka</i> -17 letters in both line. (<i>Ardhasamavrtta Chanda</i>); 5 th & 6 th <i>Shloka</i> -16 letters in both lines. (<i>Anustup chanda</i>); 7 th <i>Shloka</i> - 16 letters in first line (<i>Anustup chanda</i>) and 17 letters in second line. (<i>Ardhasamavrtta Chanda</i>); 8 th <i>Shloka</i> - First 2 line 16 letters (<i>Anustup chanda</i>) and third line 17 letters. (<i>Ardhasamavrtta Chanda</i>); 9 th <i>Shloka</i> - 16 letters in first line (<i>Anustup chanda</i>) and 17 letters in second line. (<i>Ardhasamavrtta Chanda</i>) 10 th <i>Shloka</i> - 16 letters in both lines. (<i>Anustup chanda</i>) 11 th & 12 th <i>Shloka</i> - 24 letters in both lines. (<i>Gayatri Chanda</i>); 13 th <i>Shloka</i> - 16 letters in a line. (<i>Anustup chanda</i>)
5. Style of writing	Steady
6. Blank spaces	In first folio second page and In Second folio first page also blank space present.
7. Marginalia	No marginalia in this Manuscript.
8. Interlinear Writings	No Interlinear Writings in this Manuscript.
9. Edition	In 1 st folio 4 th <i>shloka</i> first line adds प.(चतुः ली)
10. Erasures	In Second folio Second, Third and fourth line erase the one letter in each line.
11. It starts with	" <i>Pala Trayam Haritakya</i> "
12. Ends with	" <i>Shiv Pandurangsy Diyate</i> "
13. Description	Time period of author is not mentioned. Condition of Manuscript is Good. Bold and Readable handwriting. It is present in <i>Padya</i> form. In this Manuscript mainly 3 <i>Chandas</i> are present <i>Anustup chanda</i> , <i>Ardhasamavrtta Chanda</i> , <i>Gayatri Chanda</i> . No scribal error present in this Manuscript.

About The Formulation

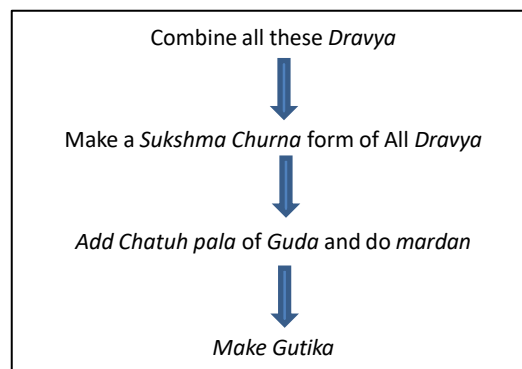
Gutikayogachintamani: The description of this formulation starts with its content followed by its month wise indication and its benefits.

Table no.2-Ingredients of *Gutikayogachintamani*:

Dravya (Ingredients)	Matra
1. <i>Haritaki (Terminalia chebula)</i> [5]	<i>Pala Traya</i>
2. <i>Chitraka (Plumbago zeylanica Linn.)</i> [6]	<i>Pala Tray</i>
3. <i>Ela (Elettaria cardamomum)</i> [7]	<i>Ardha pala</i>
4. <i>Twakpatra (Cinnamomum tamala)</i> [8]	<i>Ardha pala</i>
5. <i>Musta (Cyper rotundus Linn.)</i> [9]	<i>Ardha pala</i>
6. <i>Vyosha</i> (It contains Three <i>Dravya</i>) [10] a) <i>Shunthi (Zingiber officinale)</i> b) <i>Maricha (Piper nigrum Linn.)</i> c) <i>Pippali (Piper longum Linn.)</i>	<i>Karsha</i>
7. <i>Pippalimula (Piper longum rootpart)</i> [11]	<i>Karsha</i>
8. <i>Vatsanabh (Aconitum ferox)</i> [12]	<i>Karsha</i>
9. <i>Nagkeshar (Mesua ferrea)</i> [13]	<i>Karsha</i>
10. <i>Renuka (Vitex agnus- castus Linn.)</i> [14]	<i>Ardhapala</i>

Indication: Daily morning administration of *Gutika*, supported by a *Pathya Aahara* (standardized diet), For a month-Initial treatment was associated with Prevention of

Flow Chart no.1: Preparation method: *Gutikayogachintamani*



Palitya (premature greying of hair) (Reference in manuscript- 1st folio 5th *shloka*) For two month-Continuous administration of *gutika* it enhanced *Jatharagni* (Digestive fire). (Reference in manuscript- 1st folio 6th *shloka*) For three month-Continuous administration of *gutika* it improved physical strength and *Varnprasada* (Enhances complexion). (Reference in manuscript- 1st folio 6th *shloka*) This Formulation exhibited potent therapeutic activity against 18 types of *Kushtha* (Skin disease), *Visha* (toxicological conditions), *Meha* (Nephrological disorders) and *Mahakshaya* (degenerative conditions). (Reference in manuscript- 1st folio 6th *shloka*)

It is Effective in *Pliharoga* (spleen disorders), *Shwasa* (Respiratory distress), *kasa* (Cough), *Antra vrudhi* (Hernia) and *Arochaka* (Anorexia). (Reference in manuscript-1st folio 7th *shloka*) It is Indicated for 80 types of *Vataroga* (Vata disorders), *Janu roga* (Knee joint related disease), and *Unmada* (Cognitive disorders). (Reference in manuscript- 1st folio 7th *shloka*)

The long term effect of Drug mentioned in Manuscript,

"*Balen Rajatulyo va*" -enhanced physical strength and grace like a king. "*Vega like Turagopam*" -Enhance the physical ability like a horse.

"*Mayur like Agni*" -Digestive power (*Agni*) & Metabolism becomes potential like peacock. "*Varah like Shrotra*"-enhanced auditory perception like pig.

"*Hay tulyo bhavet strishu*"-Enhance the libido and ability in sexual performance like a horse. "*Drushti like a Grudhra*" -visual acuity like Vulchur/Eagle.

The person can live healthy life of 300 years by regular intake of this formulation for a period of one year is further believed to enhance vitality, maintain physiological balance and reduce the occurrence of disease.

It is the tablet named *Vijayagutika* indicated by God *Rudra*. This is mentioned in *Gutikayogchintamani* named *Grantha*. *Gutikayogachintamani* is described as a potent formulation believed to promote *Doshic* balance by pacifying the *Tridosha* (*Vata,Pitta,Kapha*). Maintenance of this equilibrium is considered essential for preserving overall health and preventing diseases. Traditionally, this formulation is indicated in the management of conditions such as *Dantabandha* (Restricted jaw movement), *Mahanidrata* (Excessive or abnormal sleep), *Shwasa* (respiratory distress) and *Kasa* (Cough).

In this Manuscript, *Hemagarbha pottali* is described as a potent formulation.it is traditionally suggested that when such rejuvenation is achieved, the occurrence of disease diminishes, its perceived role in enhancing strength and systemic balance of body.

3. DISCUSSION

The critical evaluation of the unpublished manuscript *Gutikayogachintamani* provides an important contribution to the preservation and scholarly interpretation of traditional *Ayurvedic* knowledge. Manuscripts represent primary historical evidence that reflects the evolution of medical thought, pharmacology and clinical practice in ancient india. The systematic deciphered and translation of this manuscript helped bridge the gap between classical *Ayurvedic* and contemporary academic understanding.

The manuscript of *Gutikayogachintamani* provides significant internal evidence regarding its origin. The text identifies *Vaidya Harilal* as the primary author, noting his residency in the region of *Senapur*. The subsequent passing the manuscript to *Pandurang Vaidya* from *Ahmadnagar* signifies the traditional *guru-shishya Parampara* whereby knowledge of medicine was traditionally preserved in written form.

The reference to to *Hemagarbha Pottali rasa* in the manuscript is particularly interesting, as it emphasizes only its therapeutic efficacy without providing any details regarding its composition. The text attributes an extraordinary rejuvenative and life-restoring potential to this formulation, stating that it can revive an apparently lifeless individual when administered orally and applied over the chest. The absence of ingredient details may suggest that the formulation was already well-known and widely practiced during that period, making its elaboration unnecessary for the intended scholarly audience. The period of authorship of this manuscript after the creation of the *Bhaishajya Ratnavali*(roughly 17th century).This hypothesis has been formulated on the grounds of the presence of *Hemagarbhapottali*, where in only its *prayoga* is mentioned while the preparation process and content is not mentioned.

The formulation described in *Gutikayogachintamani* contain a 9 herbal and 1 *Upavisha* ingredients known in *Ayurveda* for their therapeutic properties. The inclusion of

Vatsanabha (*Aconitum ferox*) highlights the necessity for cautious and expert preparation. *Vatsanabha* is traditionally recognized as a powerful *Rasayana* and tonic, yet it exhibits significant toxicity in its unprocessed state. The conventional practice of *Shodhana* (Purification) substantially diminishes its toxic properties and ensure the safety [15].

A salient feature of this Manuscript is the author's unique methodology in articulating clinical indications through *Upamana Pramana*. This stylistic choice prioritizes reader comprehension and clinical utility. The Manuscript highlights the importance of regular administration of the *Gutika* along with *Pathya Aahara*. A notable aspect of the formulation is its wide range of indications, including skin disease, respiratory conditions, metabolic diseases and neurological disturbances. The formulations potential role in pacifying *Tridosha* further supports its classification as specialized therapeutic preparation.

The reference to *Hemagarbha Pottali Ras* as a revitalizing preparation capable of restoring vitality in severely debilitated person in *Rasayana* tradition.

Despite the manuscript well preserved condition and absence of scribal errors, limitations include the lack of information regarding the author's time period and the small size of the text (2 folios). Nevertheless, the clarity of the script and the good preservation state enhance the reliability of the documented content.

4. CONCLUSION

The present study of *Gutikayogachintamani Ayurvedic* Manuscript as a foundational source of medical knowledge. The formulation described appears to support digestive function, promote systemic balance, enhance vitality and contribute to preventive healthcare when administered with appropriate dietary measures.

The research highlights the importance of critically editing, translating and analyzing unpublished manuscripts to ensure that valuable traditional knowledge is preserved and evaluated within a scientific framework. Exploration of

lesser-known Manuscripts not only strengthens the academic foundation of *Ayurveda* but also opens new avenues for integrative medical research.

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Data collection and literature search: HPM

Writing – original draft: HPM, AKP

Reviewing & Editing: AK, VPV, GM

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