



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research
Vol. 14, Issue, 12, pp.23000-23001, December, 2022
DOI: <https://doi.org/10.24941/ijcr.44421.12.2022>

INTERNATIONAL JOURNAL
OF CURRENT RESEARCH

RESEARCH ARTICLE

APPLICATION OF TANTRAYUKTI WITH SPECIAL REFERENCE YOGA TANTRAYUKTI

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ARTICLE INFO

Article History:

Received 27th September, 2022

Received in revised form

19th October, 2022

Accepted 10th November, 2022

Published online 30th December, 2022

Key words:

Tantrayukti, , Tantra, Yukti, Yoga
Tantrayukti.

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ABSTRACT

Fundamental principle of Ayurveda based on Bio-science and meant for *disease prevention and diseases curing*. All those principles are preserved under certain coding system like Tantrayukti, Kalpana, Vyakhya, Arthashraya etc and Tantrayukti is one important among them. Tantrayukti are the techniques to extract hidden, unexpressed, partially expressed meaning and making Ayurveda useful ; even in this era with those age old principles. Without decoding those critical words, epistemological derivation the meaning could not be applicable. This is the hierarchical ladder based on many concrete concepts. Explanation helps to understand Ayurveda Biology, Ayurveda pathology and Ayurveda pharmacology as well. This research article explains concepts of Tantrayukti, its importance and also the utility of Yoga Tantrayukti.

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Citation: Dr. Bishnupriya Mohanty, Dr. Jaysing Arjun Kalokhe and Dr. Sangram Keshari Das. 2022. "Application of Tantrayukti with special reference Yoga Tantrayukti". International Journal of Current Research, 14, (12) 23000-23001.

INTRODUCTION

The method of Tantra (Treatise) is used to protect and heal the body. By employing intelligence to analyze a variety of elements, Tantra Yukti are practical tools for proper planning, assessment, and knowledge acquisition. Tantrayukti is the name given to the teaching resources that are used to illustrate and evaluate the Textual principles. To convey the intended meaning, various phrases are arranged in various locations. For instance, the five-step technique (Pratijna, Hetu, Drishtanta, Upanaya, and Nigamana) is used to explain the relationship between Matrija (mother-engendered), Pitrija (father-engendered), and other variables that combined lead to the creation of the embryo.

MATERIALS AND METHODS

The classical works Charaka Samhita and Sushruta Samhita, as well as other ancient lexicons, essays on research methodology, and web sources, were used to create the current literary study material.

All relevant information was gathered from the aforementioned sources, thoroughly examined, and interpreted in order to determine yoga Tantrayukti.

Yoga Tantrayukti: Means the proper arrangement of two things together so as to convey the meaning correctly without giving any scope for misinterpretation. The term Yoga comes from the ancient Sanskrit word *Yuj* which means to unite. Yoga has three different meanings: Absorption (Samadhi *Yujyate*), connecting (*Yunakti*), and restraint (*yojyanti*). However, the key meanings commonly used are meditation (Dhyana) and unification (*Yukti*)¹. Acharya Charaka has given the example of Pratijna (proposition), Hetu (reason), Udaharana (example), Upanaya (application) and Nigamana (conclusion) while describing Yoga Tantrayukti. This example is applicable in research articles IMRAD (introduction methods, results, and discussion) pattern is followed usually to highlight the research work sequentially. The researcher after collecting the data should arrange or classify it in proper manner for the correct interpretation and conclusion²⁻³.

Importance of yoga Tantra Yukti: For proper understanding of Ayurveda; as only proper understanding helps for maintenance of health and curing diseases. Improper knowledge may be harmful. Tantrayukti enables to understand even the unsaid hidden meanings. By knowing Tantrayukti, not only Ayurveda, but one becomes capable of understanding other allied sciences also. Proper application of Tantrayukti serves the purpose of understanding the depth of knowledge of the classics and their Ayurvedic lexicons, Research Methodology⁴. The proper sequencing of events, arrangement of data, and interpretation Yoga in clinical medicine include organizing the patient's medical history, establishing the etiology, and prescribing the appropriate therapeutic strategy.

Utility of Yoga Tantrayukti: Yoga in clinical medicine includes organizing the patient's medical history, establishing the etiology, and prescribing the appropriate therapeutic strategy⁵. The proper sequencing of events, arrangement of data, and interpretation of that data are all aspects of research yoga. For scientific writing, it is very crucial.

In Rasashatra and Bhaishajya Kalpana:

- Yoga Tantra Yukti comes in use as combination of drug. This combination are according to Rasa, Guna ,Veerya ,Vipaka or based on specific action.

In Kayachikitsa:

- Proper arrangement of medicine and medication to break pathology in clinical success is Yoga Tantrayukti.

In Kriya Sharira

- Dosha together carry out the body metabolism.
- Rachana sharir:
- Combination of Dosha, Dhatu, mala together form a body.

Padartha Vijnana:

- Five Mahabhuta together from a Dravya \Padartha.
- Roga Nidana:
- Samprapti formation require the involvement of Dosha and Dushya .

DISCUSSION

The combination i.e., yoga of Dravya have always a new effect other than ingredient. Eg. Triphala. Tridosha Shamaka having Amalaka Pitta Shamaka, Haritaki Kapha Shamaka and Bibhitaki Vatashamaka.

As we see the Punarnava drug, it is wildly use in Shotha Chikitsa but not mention in Shothahara Mahakashaya. Here the Acharya use yoga of drug, Samskara, Kalpanas and Anupana of Punarnava to manifest Shothahara result⁵⁻⁶. Yoga has the potential that if thoughts and available material are joined together in proper manner then any one can achieve the desirable effect.

Conclusion

Tantrayukti mention in text is not only to get hidden meaning of the classical text but also written to use in day-to-day life to get desirable effect in clinic, teaching and research.

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