

The Sun and the Medical Science Described in the Veda

Sanjoy Das

Research Scholar, Gauhati University, Guwahati, Assam, India

ABSTRACT

The Sun is the greatest power of nature and the main foundation of the world and the life. That is why since ancient times there has been immense reverence for the Sun in the heart of man. The Vedic people have praised the Sun god in the entire five hymns of the Ṛksamhitā. Along with other deities, the Sun god praised jointly in many hymns and the mantras. According to the Rgveda Surya is the deity who illuminates the world. So, in praise of the Sun god, the physical sun has its characteristics. In the celestial region the main god is Surya. Puṣā, Mitra, Savitā – these three gods are also described in solar deities. According to Vedic sages, the name of the Sun's nurturing power is Puṣā, the name of the protector is Mitra, the name of the person who gives power and inspiration is Savitā.

Vedas are the representative texts of the science of knowledge in the world. In them, the sublime knowledge of our forefathers and sages is safe, which is the result of their long term experience and experiments. If all-round and analytical study of Vedic tradition is done, it is known that there is a well-organized collection of all physical and spiritual knowledge disciplines. In this paper, a humble attempt has been made to throw light on the topic "Sun and Medical science described in the Veda."

KEYWORDS: Rgveda, Sun and Medical Science, Vedic tradition, etc

INTRODUCTION

In the Vedas, natural substances such as Sun, Fire, Water, Air, Moon, Electricity etc. have been considered as drugs of various diseases. Various diseases are cured by the seven rays of the Sun. The treatment of leprosy is cured by Sun rays. The disease goiter is also cured by the rays of moon. Even in these natural substances sunshine is an essential thing for human life. The sunrise removes the diseases, used in natural remedies and artificial methods and drains the poisons of diseases from the body. The four Vedas Viz, Rgveda, Yajurveda, Sāmaveda and Atharvaveda get enough mantras for natural medicine, but from the point of view of Sun-ray therapy, the Atharvaveda, book I, hymn 22, book VI, hymn 83, And book IX, hymn 8 have special importance.

In the subject of Surya-ray treatment, it has been said in the Vedas that there is a law to remove various types of diseases by the different colored rays of the Sun. This is also confirmed by scripture and science. In the light of the Sun which appears white present in the seven rays such as red, green, yellow, orange, violet, blue and dark blue. The modern scientists also confirm the fact that the five physical element of the structure of the human body have their own colours and effects and all these elements are microscopically present in the Sun-rays. Their presence can be seen in different parts and organs of the body such as blood, flesh, marrow, bone, lungs, heart, intestine, liver, kidney etc. as different characters. All these components on one hand continuously radiate one kind of energy waves, on the other hand, by attracting and observing various colored rays as per their requirement from the Sun, it helps in keeping the human body healthy. All life in our solar system proceeds from the Sun itself, which is why then Sun has always been

How to cite this paper: Sanjoy Das "The Sun and the Medical Science Described in the Veda" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-4 | Issue-4, June 2020, pp.1400-1402, URL: www.ijtsrd.com/papers/ijtsrd31309.pdf



Copyright © 2020 by author(s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



worshipped or venerated as either a god or a symbol of god. There is an entire school of natural healing chromo-therapy which is based upon the strengthening and curative powers of the seven colors of the Sun. The father of modern radionics, Dr. Benoytosh Bhattai also practices chromo-therapy in which he employed the two invisible colors infra-red and ultra violet as well as the seven.

In the context of the disease prevention and process of life enrichment, it has been said in mantra of the Atharvaveda – anusūryamudayataram hṛdayatoḥ harimāchate / go rohitasya varṇena tena tvā paridadhmasi //¹

That means, O Patient! May your yellowness (jaundice) and heart burn fly away by the Sun's compatibility. You have got the red colour of the lights and that light from all sides. The feeling is that in the light of the red and orange colours of the Sun rising, the patient of Jaundice and heart diseases should sit open and take sunbathe. It is said in the Atharvaveda that by putting the rays of the Sun on the body ear-disease, stomach- disease, leprosy, heart-disease, and many other diseases are also removed.² At one place, the Sun has been called the giver of healing, it has been told that " This Sun provides healing to our body, removes the all common diseases.³ At the end of the mantra it is said the same power has been illuminated in three ways. This is proving in such a way that the Sun's power is illuminated by sunshine in the celestial region, in the atmospheric region electrically and by the form of fire on the earth, the same thing is seen in the head, heart and body flourished in various forms and performs various works. Due to worthy results in these three physical places, the health of the body increases, the

intelligence increases faster and happiness increases. It has been said in a mantra that “This Sun remains in every body part as it is blood, it should be bowed down.”⁴ The information has been given in the Veda to remove the diseases occurred from three elements of the body such as Vāta, Pitta and Kafa.

In the Veda it is voiced that the Sun destroys all kinds of poisonous toxins by its light and methodically ejects these from the patient’s body.⁵ To get longevity, body and mind are absolutely necessary to be free from disease, the Sun god has been praised--- “sūryaḥ kṛṇatu bheṣajam”, that means “let the Sun god cure us”.⁶ The healing qualities of the Sun are described everywhere in the Vedas- “O inspirational truths of the world, O the great Sun destroy my disease, you are the destroyer of diseases, you are visible to everyone, propagator of all. O Sun prolong our age, the rising Sun cuts my deathbeds, may the Sun purifies us with his rays. The Sun god should give us eyesight”.⁷

In the Vedas the Sun is the soul of the animated world- ‘sūrya ātmā jagatstasthusascha’.⁸ The Sun is the stabilizer of this world and the protector of the universe.⁹ The Sun, with its energy, destroy the germs of diseases and gives life to the living beings.¹⁰ The Sun enters every corner of nature with its rays, so the Veda has also called it very observant.¹¹ With reference to physiology in the Vedas, it has been said at many places that human should become longevity by making their body strong and firm like a stone.¹²

The Sun is an inexhaustible reservoir of energy for us. The existence of humans, animals, birds, flora etc. without the sun is impossible, so in the Vedas- “udyanta tvā mitramaho dive dive jyogjivāḥ prati paśyema sūrya”.¹³ That means the cause of the all beings, the Sun has been rising continuously in the sky for many years.

Again “jyok cha sūrya dṛṣe”,¹⁴ that means keep on seeing the Sun.

Again “sūryaḥ te tanve sam tapati”,¹⁵ that means the Sun heats itself to provide happiness to humans.

In the Atharvaveda 1/22, it is said that sunrays not only in the form of self, but also remove the diseases used by artificial method. Sunrays can be taken on the sick limb by filtering it with colored glass or cloth at different times of the day according to the condition of the body. There is a prescription to drink milk, water etc. beverages keep in the sunlight in the vessels of red and orange colored glass etc. Similarly, in 6/83 hymn of the Atharvaveda, it has been indicated to consume food items cooked in solar energy to destroy the toxins of goiter glands found in the blood for blood purification.

It is said in the Yajñamīmāṃsā that for the retirement of all sins, one should sacrifice the Sun.¹⁶ This sacrifice eliminates all sins of human beings and provides all the desired fruits. Ringworm, scabies, itching etc. are skin-diseases destroyed by the solar energy. Meningitis, ophthalmology and tuberculosis are also disappear. Fever, colic and decay are instantly destroyed by the ritual of surya-sacrifice.

There is a great life power in the Sun. By storing it in self, one can get sickness and long life. It has been said in the

Atharvaveda that just as the Sun god associates with all his power, thus I stay away from all diseases and sins and live long.¹⁷

In the 1/191/10th hymn in the R̥gveda, the Sun is called the antidote for the diseases.¹⁸ The Atharvavedic hymn 9/8 mentions the power of the Sun to destroy the poisons of almost all diseases. The sunrays destroy headache, ear pain, blindness, deafness, seasonable fever, colic in stomach, urinary diseases and skin diseases. Therefore, the Sun is said to be the one to cut away the death-rope of the human being and purify the world with its rays. In the Vāstuśāstra, it has been emphasized on this principle of building that such buildings and houses should be constructed in which sunlight is possible from all around.

The scientific treatment process to remove various types of diseases from sunrays is known by the names of chromo therapy, color-healing, photon-therapy etc. Western medical scientist Hippocrates was famous for treating patients with solar rays. He was the father of western medicine lived in ancient Greek. Hippocratic therapy focused on simply easing the natural process. In the thirteenth century the Danish physician Dr. Nicephisen had proved after extensive research that the control of deadly diseases like tuberculosis can be found by light. In this context, Dr. P. Gottiyal, Dr. Alfred, Dr. Rolier, Dr. R.D. Stucker, Dr. Benit Marie Anderson are notable person who have highlighted the principles of Sun-therapy in the western country.

In the R̥gveda, instructions are given about the thousands of sun-signs. Out of the thousand rays of the Sun, seven rays are very excellent. Apart from these seven rays, instructions of other important and influential solar rays are received in the R̥gveda,¹⁹ in the Kauśitakī Brāhmaṇa,²⁰ in the Śatapatha Brāhmaṇa,²¹ in the Taittirīya Brāhmaṇa etc. The instructions for Sun’s healing have been made in the context of Āyurvedic medicine similar to ray therapy found in the Mahābhārata.²² For this keeping water in the sunrays called ‘sucikiraṇa’ for eight months becomes a powerful medicine.²³ The first touch with substances in the Sun’s energy flow is ultraviolet rays, miraculous achievements are attained wherever these are touched. These rays have the power to provide abundant of vitamin D, B and A to the body. Red, yellow and blue are the three main colors in Sun’s seven rays, all others are counted in mixed colors. Red colored lights are used in cold-borne diseases, blood disorders and skin diseases. Yellow colored rays have special digestive qualities. Blue color is considered to be beneficial in diseases arising from heat due to being a supplier of coldness. It is also beneficial in diseases like headache, ophthalmia, high blood pressure etc. Similarly orange color composed of mixture of red and yellow color is famous for vitality enhancement. The vermilion rays keep the kidneys active. In this way different colors have their own rule and treatment element in human health.

The Sun is the ultimate motivator and evocative, hence he is known as Svīṭṛ. The praise of the Sun’s yearly form, which is available in all the eulogies from the R̥gveda to the

Atharvaveda has a detailed description of Sun’s energy which is scientifically proved. He is the sucker of the earthy water, giver of water, producer of the food, digester of the food. By offering the Sun in the form of preceptor of the time, guide of the seasons, administrator of the vitality, the utility

and importance of the Sun in natural world and human life is out lined as “ in your absence people’s lives cannot last even a day”. Of course, not only the Sun for the creatures, but also the flora whose life is in the Sun. Familiar with the imperative of sunlight for balance in natural and for purity in environment, the Mahārṣis have imagined the horse, chariot etc. of the Sun god. Due to the scientific view of the importance of the sunlight for healing, it is in the praises that they have been called destroyer of many diseases. Even today, the Sun is considered as a healer. Signs of scientific know ledge and awareness of the sages are scattered in the Vedic sun- praises. Despite being penned in different periods, the fundamental similarities are visible in the scientific facts found in them. The sages have praised the Sun’s many forms, qualities and deeds based on scientific experience and natural articulation.

Thus it can be said in the end that Vedas do not contain only rituals or spiritual worship, but the contain the know ledge and science of the whole life. The beliefs of the Vedas should be presented to the world by tightening the test of modern science and logic so that humanity can get maximum benefit from it. Because light is life and darkness is death. This light of life was accumulated in the Vedas thousands of crore of years ago and still is today. So, it is necessary that this knowledge is used properly and get benefits forever.

REFERENCES:

- [1] Atharvaveda,1/22/1
- [2] ibid,9/8/22
- [3] ibid,1/12/2
- [4] ibid,1/12/3

- [5] yakṣmānaṁ sarveṣāṁ viṣaṁ niravocamaḥaṁ / ibid, 9/8/10
- [6] ibid,6/8/3
- [7] udyastva surya sapatnā nava me jahi / ibid, 13/1/32
- [8] Ṛgveda,1/115/1
- [9] viśvasya sthāturjaṁ tasca gopā / ibid,7/60/2
- [10] urcakṣā, ibid,7/35/8
- [11] viṣvacakṣā, ibid, 1/50/2
- [12] i) aśmānaṁ tanvam kṛdhi / Atharvaveda, 1/1/2
ii) aśma bhavatu te tanuḥ / ibid, 2/13/4
- [13] Ṛgveda, 10/7/7
- [14] Atharvaveda, 12/1/18
- [15] ibid, 8/1/4
- [16] Yajñamīmaṁsā, volume I, Gaud, Pt. Veniram, p. 461-462
- [17] Atharvaveda, 3/31/7
- [18] yuktā hāsya harayaḥ satadāya / Rgveda, 6/47/18
- [19] suryaraśmirya harikeśa / ibid, 10/131/9
- [20] asou vai viśvakarmā yoasou tapati / Kauśitaki Brāhmaṇaṁ, 5/5
- [21] asou vāadityo viśvatyacāḥ yadā hayevaiṣa udetyayeda sarvaṁ tvaco bhavati // Śatapatha Brāhmaṇaṁ, 8/1/2/1, 6/1/18
- [22] Mahābhāratam, Śāntiparvan, chapter, 332.
- [23] ibid, Śāntiparvan, chapter, 350

