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Research Article

## Importance of Sutrasthana of Charaka Samhita: The Foundation of Ayurvedic Science


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Abstract	Manuscript Information
<p>The Sutrasthana of Charaka Samhita is regarded as the foundation of Ayurvedic knowledge. It presents the basic principles of health, disease prevention, dietetics, lifestyle, pharmacology, physician ethics, and treatment strategies. All subsequent sections of Charaka Samhita are based upon the concepts introduced in Sutrasthana. The present review aims to highlight the importance of Sutrasthana in understanding Ayurvedic philosophy and its relevance in modern healthcare. The study is based on classical Ayurvedic literature and contemporary scientific interpretations.</p>	<ul style="list-style-type: none"> <li>▪ ISSN No: 2584-184X</li> <li>▪ Received: 07-05-2026</li> <li>▪ Accepted: 25-06-2026</li> <li>▪ Published: 30-06-2026</li> <li>▪ IJCRM:4(6); 2026: 313-315</li> <li>▪ ©2026, All Rights Reserved</li> <li>▪ Plagiarism Checked: Yes</li> <li>▪ Peer Review Process: Yes</li> </ul>
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**KEYWORDS:** Charaka Samhita, Sutrasthana, Ayurveda, Tridosha, Dinacharya, Preventive Medicine, Swasthavritta.

## 1. INTRODUCTION

Charaka Samhita is one of the most authoritative classical texts of Ayurveda. Among its eight sections, Sutrasthana occupies a unique position because it introduces the fundamental concepts upon which the entire science of Ayurveda is built. It consists of thirty chapters covering the objectives of Ayurveda, principles of health, dietary regulations, seasonal regimen, pharmacology, ethics, preventive medicine, and therapeutic approaches.

Sutrasthana not only explains the theoretical framework but also guides physicians in practical clinical decision-making. Without understanding Sutrasthana, comprehensive knowledge of Ayurveda remains incomplete.

## 2. OBJECTIVES

1. To describe the importance of Sutrasthana in Charaka Samhita.
2. To explain its contribution to Ayurvedic principles.
3. To evaluate its relevance in present-day healthcare.
4. To highlight its significance in preventive and promotive medicine.

## 3. MATERIALS AND METHODS

The present study is a narrative review based on:

- Charaka Samhita
- Chakrapani Commentary
- Ayurvedic classical literature
- Standard Ayurvedic textbooks
- Published research articles

### Importance of Sutrasthana

#### 1. Foundation of Ayurvedic Philosophy

Sutrasthana introduces the basic concepts of Ayurveda, including:

- Panmahabhuta
- Tridosha
- Sapta Dhatu
- Mala
- Agni
- Ojas
- Prakriti

These principles form the basis of diagnosis and treatment.

#### 2. Concept of Health

One of the greatest contributions of Sutrasthana is the definition of health, emphasizing equilibrium of Dosha, Agni, Dhatu, Mala and mental wellbeing.

This holistic definition remains highly relevant in modern preventive medicine.

#### 3. Preventive Medicine

Sutrasthana emphasizes prevention before cure through:

- Dinacharya
- Ritucharya

- Sadvritta
- Proper diet
- Exercise
- Sleep
- Mental discipline

These principles correspond closely with modern lifestyle medicine.

#### 4. Dietetics

Detailed guidance regarding:

- Pathya
- Apathya
- Food combinations
- Quantity of food
- Time of eating
- Digestive capacity

is described extensively in Sutrasthana.

#### 5. Tridosha Theory

The physiological and pathological roles of:

- Vata
- Pitta
- Kapha

are explained systematically, providing the basis for diagnosis and treatment.

#### 6. Pharmacological Principles

Sutrasthana explains:

- Rasa
- Guna
- Virya
- Vipaka
- Prabhava

which are essential for understanding Ayurvedic pharmacology.

#### 7. Clinical Importance

The physician learns:

- Patient examination
- Disease examination
- Drug selection
- Treatment planning
- Rational therapeutics

#### 8. Ethical Practice

Professional ethics including:

- Physician conduct
- Student discipline
- Compassion
- Confidentiality
- Responsibility toward patients
- are emphasized.

#### 9. Public Health Importance

Concepts such as:

- Hygiene
- Seasonal adaptation
- Healthy lifestyle
- Community wellbeing

make Sutrasthana applicable even today.

#### 10. Relevance in Modern Healthcare

The preventive and holistic approach of Sutrasthana supports:

- Lifestyle disorder management
- Stress reduction
- Preventive healthcare
- Personalized medicine
- Integrative medicine

#### 4. DISCUSSION

Sutrasthana serves as the intellectual and philosophical foundation of Ayurveda. It integrates preventive, promotive, curative, and ethical aspects into a single comprehensive framework. The principles described thousands of years ago continue to guide clinicians in managing chronic diseases and promoting healthy living. Modern healthcare increasingly recognizes the importance of preventive medicine and personalized healthcare, making Sutrasthana highly relevant even today.

#### 5. CONCLUSION

Sutrasthana of Charaka Samhita is the cornerstone of Ayurvedic science. It establishes the theoretical and practical foundations of diagnosis, treatment, prevention, pharmacology, ethics, and healthy living. Every Ayurvedic scholar and physician must thoroughly understand Sutrasthana to practice authentic Ayurveda. Its timeless principles continue to provide valuable guidance for modern healthcare systems.

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