

Signs of Buddhism illustrated in *sadvṛtaya* in Ayurveda

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Abstract

Ayurveda is the discipline that describes the cause, symptoms and medicine for mental, physical and spiritual well-being which is known as healthy life. It evolved in India since 10th century B.C. Buddhism is stirring the life towards the well-being of physical, mental and spiritual status and to attain the nibbāna to overcome the rebirth to prevent from all *dukkhas*. The origin of Buddhism was in 6th century B.C. in India. Though Ayurveda evolved earlier than Buddhism, contents of Ayurveda were documented in 4th century B.C. When the documents were reviewed, it was observed that the factors described in Ayurveda show similarities with those of Buddhism. With this background, a review was carried out and factors were compared to identify the signs of Buddhism in *sadvṛtaya*. The set of doctrine described in *sadvṛtaya* has to be practiced for a healthy life. So, one who observes these principles simultaneously fulfill both the objectives which maintain positive health and the control of sense faculties. These illustrated factors highlight the signs of *trividha puṇya kriyā* which are helpful to improve *śīla*, *samādhi* and *prajñā* in a person according to Buddhism. Further to this is the comparison of doctrine of *sadvṛtaya*. The factors described in *brahmacarya*, *pañca śīla*, *dasa akusal*, *satara brahma viharāṇa* and *dhammapadaya* demonstrate the interlace of Buddhism with Ayurveda. When exploring *sadvṛtaya* and contents of *mahā maṅgala*, *parābhava*, *mahā kāśyapa bojjanga*, *girimānanda*, *vasala*, *karaṇīya metta*, *mettānisaṃsa suttas* together with comparable doctrine to improve physical, mental and spiritual well being in human could be identified. The review leads to identify the signs of Buddhism in *sadvṛtaya* which has been described in Ayurveda.

Key words: Buddhism, Ayurveda, *Sadvṛtaya*

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