

Vāgbhaṭa Aṣṭāṅghṛdaya

Sūtrasthāna 2 – dinacaryādhyāya

brāhme muhūrta uttiṣṭhet svastho rakṣārtham āyuṣaḥ |
śārīra-cintāṃ nirvartya kṛta-śauca-vidhis tataḥ || 1 ||
arka-nyagrodha-khadira-karañja-kakubhādi-jam |
prātar bhuktvā ca mṛdv-agraṃ kaṣāya-kaṭu-tiktakam || 2 ||
kanīny-agra-sama-sthaulyaṃ praguṇaṃ dvā-daśāṅgulam |
bhakṣayed danta-pavanaṃ danta-māṃsāny a-bādhayan || 3 ||
nādyād a-jīrṇa-vamathu-śvāsa-kāsa-jvarārditī |
tṛṣṇāsya-pāka-hṛṇ-netra-śiraḥ-karṇāmayī ca tat || 4 ||
sauvīram añjanaṃ nityaṃ hitam akṣṇos tato bhajet |
cakṣus tejo-mayaṃ tasya viśeṣāc chleṣmato bhayam || 5 ||
yojayet sapta-rātre 'smāt srāvaṇārthaṃ rasāñjanam |
tato nāvana-gaṇḍūṣa-dhūma-tāmbūla-bhāg bhavet || 6 ||
tāmbūlaṃ kṣata-pittāsra-rūkṣotkupita-cakṣuṣām |
viṣa-mūrchā-madārtānām a-pathyaṃ śoṣiṇām api || 7 ||
abhyaṅgam ācaren nityaṃ sa jarā-śrama-vāta-hā |
drṣṭi-prasāda-puṣṭy-āyuh-svapna-su-tvak-tva-dārḍhya-kṛt || 8 ||
śiraḥ-śravaṇa-pādeṣu taṃ viśeṣeṇa śīlayet |
varjyo 'bhyaṅgaḥ kapha-grasta-kṛta-saṃsuddhy-a-jīrṇibhiḥ || 9 ||
lāghavaṃ karma-sāmarthyaṃ dīpto 'gnir medasaḥ kṣayaḥ |
vibhakta-ghana-gātra-tvaṃ vyāyāmād upajāyate || 10 ||
vāta-pittāmayī bālo vṛddho '-jīrṇo ca taṃ tyajet |
ardha-śaktyā niṣevyas tu balibhiḥ snigdha-bhojibhiḥ || 11 ||
śīta-kāle vasante ca mandam eva tato 'nya-dā |
taṃ kṛtvānu-sukhaṃ dehaṃ mardayec ca samantataḥ || 12 ||
tṛṣṇā kṣayaḥ pratamako rakta-pittaṃ śramaḥ klamaḥ |
ati-vyāyāmataḥ kāso jvaraś chardiś ca jāyate || 13 ||
vyāyāma-jāgarādhva-strī-hāsya-bhāṣyādi-sāhasam |
gajaṃ siṃha ivākarṣan bhajann ati vinaśyati || 14 ||
udvartanaṃ kapha-haraṃ medasaḥ pravilāyanam |
sthirī-karaṇam aṅgānām tvak-prasāda-karam param || 15 ||

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dīpanaṃ vṛṣyaṃ āyuṣyaṃ snānam ūrjā-bala-pradam |
kaṇḍū-mala-śrama-sveda-tandrā-tṛḍ-dāha-pāpma-jit || 16 ||
uṣṇāmbunādhaḥ-kāyasya pariṣeko balāvahaḥ |
tenaiva tūttamāngasya bala-hṛt-keśa-cakṣuṣām || 17 ||
snānam ardita-netrāsya-karṇa-rogātisāriṣu |
ādhmāna-pīnasā-jīrṇa-bhukta-vatsu ca garhitam || 18 ||
jīrṇe hitaṃ mitaṃ cādyān na vegān īrayed balāt |
na vegito 'nya-kāryaḥ syān nā-jitvā sādhyam āmayam || 19 ||
sukhārthāḥ sarva-bhūtānāṃ matāḥ sarvāḥ pravṛttayaḥ |
sukhaṃ ca na vinā dharmāt tasmād dharmā-paro bhavet || 20 ||
bhaktyā kalyāṇa-mitrāṇi sevetetara-dūra-gaḥ |
hiṃsā-steyān yathā-kāmaṃ paiśunyaṃ paruṣān-ṛte || 21 ||
saṃbhinnālāpaṃ vyāpādam abhidhyāṃ dṛg-viparyayam |
pāpaṃ karmeti daśa-dhā kāya-vān-mānasais tyajet || 22 ||
a-vṛtti-vyādhi-śokārtān anuvarteta śaktitaḥ |
ātma-vat satataṃ paśyed api kīṭa-pipīlikam || 23 ||
arcayed deva-go-vipra-vṛddha-vaidyā-nṛpātithīn |
vi-mukhān nārthinaḥ kuryān nāvamanyeta nākṣipet || 24 ||
upakāra-pradhānaḥ syād apakāra-pare 'py arau |
saṃpad-vipatsv eka-manā hetāv īrṣyet phale na tu || 25 ||
kāle hitaṃ mitaṃ brūyād a-visaṃvādi peśalam |
pūrvābhibhāṣī su-mukhaḥ su-śīlaḥ karuṇā-mṛduḥ || 26 ||
naikaḥ sukhī na sarva-tra viśrabdho na ca śānkitaḥ |
na kañ-cid ātmanaḥ śatruṃ nātmānaṃ kasya-cid ripum || 27 ||
prakāśayen nāpamānaṃ na ca niḥ-sneha-tāṃ prabhoḥ |
janasyāśayam ālakṣya yo yathā parituṣyati || 28 ||
taṃ tathaivānuvarteta parārādhana-panḍitaḥ |
na pīḍayed indriyāṇi na caitāny ati lālayet || 29 ||
tri-varga-sūnyaṃ nārambhaṃ bhajet taṃ cā-virodhayan |
anuyāyāt prati-padaṃ sarva-dharmeṣu madhyamām || 30 ||
nīca-roma-nakha-śmaśrur nir-malāṅghri-malāyanaḥ |
snāna-śīlaḥ su-surabhiḥ su-veṣo 'n-ulbaṇojjvalaḥ || 31 ||
dhārayet satataṃ ratna-siddha-mantra-mahausadhīḥ |
sātapa-tra-pada-trāṇo vicared yuga-mātra-dṛk || 32 ||

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niśi cātyayike kārye daṇḍī maulī sahāya-vān |
caitya-pūjya-dhvajā-śasta-cchāyā-bhasma-tuṣā-śucīn || 33 ||
nākrāmec charkarā-loṣṭa-bali-snāna-bhuvo na ca |
nadīm taren na bāhubhyām nāgni-skandham abhivrajat || 34 ||
saṃdigdha-nāvaṃ vṛkṣaṃ ca nārohed duṣṭa-yāna-vat |
nā-saṃvṛta-mukhaḥ kuryāt kṣuti-hāsya-vijṛmbhaṇam || 35 ||
nāsikāṃ na vikuṣṇīyān nā-kasmād vilikhed bhuvam |
nāṅgaiś ceṣṭeta vi-guṇaṃ nāsītokaṭakaś ciram || 36 ||
deha-vāk-cetasāṃ ceṣṭāḥ prāk śramād vinivartayet |
nordhva-jānuś ciraṃ tiṣṭhen naktam seveta na drumam || 37 ||
tathā catvara-caityāntaś-catuṣ-patha-surālayān |
sūnāṭavī-sūnya-gr̥ha-śmaśānāni divāpi na || 38 ||
sarva-thekṣeta nādityaṃ na bhāraṃ śirasā vahet |
nekṣeta pratataṃ sūkṣmaṃ dīptā-medhyā-priyāni ca || 39 ||
madya-vikraya-saṃdhāna-dānādānāni nācaret |
puro-vātātapa-rajasa-tuṣāra-paruṣānilān || 40 ||
an-rjuḥ kṣavathūdgāra-kāsa-svapnāna-maithunam |
kūla-cchāyām nr̥pa-dviṣṭam vyāla-damṣṭri-viṣāṇinaḥ || 41 ||
hīnān-āryāti-nipuṇa-sevām vighraṃ uttamaḥ |
saṃdhyāsv abhyavahāra-strī-svapnādhyayana-cintanam || 42 ||
śatru-sattra-gaṇākīrṇa-gaṇikā-panikāśanam |
gātra-vaktra-nakhair vādyam hasta-keśāvadhūnanam || 43 ||
toyāgni-pūjya-madhyena yānaṃ dhūmaṃ śavāśrayam |
madyāti-saktim viśrambha-svātantrye strīṣu ca tyajet || 44 ||
ācāryaḥ sarva-ceṣṭāsu loka eva hi dhī-mataḥ |
anukuryāt tam evāto laukike 'rthe parīkṣakaḥ || 45 ||
ārdra-saṃtāna-tā tyāgaḥ kāya-vāk-cetasāṃ damaḥ |
svārtha-buddhiḥ parārtheṣu paryāptam iti sad-vratam || 46 ||
naktan-dināni me yānti katham-bhūtasya saṃprati |
duḥkha-bhān na bhavaty evaṃ nityaṃ saṃnihita-smṛtiḥ || 47 ||
ity ācāraḥ samāsenā yaṃ prāpnoti samācaran |
āyur ārogyam aiśvaryaṃ yaśo lokāṃś ca śāśvatān || 48 ||

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