



Review of *Shashtra Gunas (Charak Samhita)* w.s.r. to Authors Guidelines by Different Journals

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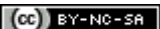
ABSTRACT

Writing a text on a scientific paper has been obscured as a difficult task since ages. In this paper the author revisited ancient text (*Charak Samhita*) guidelines in the context of *Shashtra Gunas*. Contemporary directions provided by different journals & publishers in their respective fields were also reviewed. The recommendations from both ancient and modern descriptions were analyzed. The purpose was to understand the depth of about ancient Indian knowledge, about writing and presenting empirical studies in front of the society and experts. Most of the matter was found similar or complimentary to each other. Some difference in expressions could be noticed like the contemporary instructions were focused on presentation of data in terms of diagrams and tables. The emphasis was mostly laid down by quantitative studies. However the ancient text described more about qualitative studies. Certain unique features like necessity of suitable examples and operational definitions were included in those times. The conclusion was drawn that *Shashtra Gunas* told in *Charak Samhita* can be practically followed even today with full authenticity and command. 5000 years back also the empirical studies were presented in a meticulous and disciplined manner.

Key words: *Shashtra Guna*, Empirical Study, Operational definitions, *Charak Samhita*.

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INTRODUCTION

Writing is a very important part of any ethology. It has many components which include documentation and communication of ideas; or activities or findings to be shared with society and the experts. It can be presented in many forms like a lab note book, a project report, or an academic paper for journal and also in the form of a book. Dissemination of findings or the research results is very significant for further positive or negative critics. That's why, science ages the task of scientific writing has been appreciated. In the light of above facts, the author decided to work upon the various guidelines provided by the contemporary journals or publishers as well as by the ancient text from *Vedic* legacy of India. In the following paper the author will first delineate *Shastra Guna (Charak Samhita)*; considering them as directions in the text out writing and presenting skills. Then the gist of modern day practices in this regard will also be listed. The third step will consist of comparing the two for positive critics. An attempt will be made to reach to a logical conclusion.

MATERIAL AND METHODS

The first step of this paper is to know about what *Shastra Gunas*¹ (*Charak Samhita*) were told. *Charak Samhita* had described these in the following manner –

1. *Sumadyashvidheerpurushaasevitam*: Means it should be followed by reputed and valued persons of society.
2. *Arth bahulam* – Meaningful
3. *Aptjanpujita* – Recommended by authentic sources.
4. *Trividhshishyubuddhihitam* – Easy to understand by lay men and experts.
5. *Apagatpunaruktosham* – non repetitive
6. *Aarsham* – Authentic (Abided by the ethics)
7. *Supraneetsutrabhashysangrahkaram* – Well organized content with a suitable explanation and compilation in a desired sequence.
8. *Swaadharam* – Original
9. *Anavpatitshabdham* – Devoid of disgraceful words.
10. *Akashtshabdham* – Accessible and uncomplicated words.
11. *Pushkalabhidhanam* – Full of synonyms
12. *Kramgatarthattvinishchayam* – Orderly description of concrete conclusions.
13. *Sangatartham* – Abided to the context
14. *Asankulprakaram* – Undoubted and non-contradictive matter.
15. *Ashuprabodhakam* – Effective insight provocation.
16. *Lakshanvatta* – Clarity on definitions
17. *Udaharanvatta* – Packed with suitable examples / evidence based literary reviews.

Step two was to explore the directions provided contemporarily for writing a book, or presenting evidence based empirical studies or case notes etc. To meet this aim the author scrutinized different sources like PRPR² (Population Research and Policy Review), Elsevier Journal,³ WJPS (World Journal of Pharmaceutical Sciences)⁴ and others.

Gist of the content was found to be more or less similar to the ancient text that will be further discussed in next section of the paper. Grossly the guidelines were –

1. The manuscript or the article is expected to meet scholarly expectations in both formatting and content.
2. The content should be thoroughly grounded on literature.
3. The content should follow the code of ethics.
4. These should be a well conceived design of the study.
5. Keep the presentation simple.
6. Sensible conclusion be drawn and it should not exceed the design's limits.
7. Language should be used with correct diction, syntax and grammar.
8. It is marked by clearly articulated research question.
9. Emphasis upon sequence should be given like abstract, key words, Introduction.....Conclusion, Suggestions etc.
10. Follow the code of ethics.

DISCUSSION

Considering the length of any review paper, some of the guidelines are being discussed here, like -

1. When it says it should meet scholarly expectations etc., it is *Sumadyarhvidheerpurushsevitam*.
2. The content should be thoroughly grounded matches *Swadharam*.
3. Code of ethics are similar to *Anavpatitshabdham* and *Aarsahm*.
4. Well conceived study design in *Asankulprakaram*.
5. Keeping the presentation simple is quite matching with *Akashtshabdham* and *Ashuprabodhakam*.
6. Sensible conclusion be drawn in described as *Kramgatarthattva – Vinishchayam*.
7. Language used should with correct diction etc. is very much closer to *Supraneetsutrabhashysangrahkaram*.
8. It should be marked by clear research question makes proximity with *Sangatartham*.
9. Emphasis or sequence be given is also *kramgatartham* etc.
10. Code of ethics be followed, it is similar to *Aarsham* and *Anavpatitshabdham*.

Above all, it was found while analyzing and discussing the matter that the ancient text emphasized upon the aesthetic aptitude. Like the text should not contain repetitions (*Apunaruktdosham*), should be full of synonyms and be prospered with proper definitions (*Lakshanvatta*) and examples (*Udaharanvatta*).

CONCLUSION

From the above discussion, it can be concluded that *Shartraguna* (*Charak Samhita*) contained all the guidelines which are even today for the purpose of presenting or writing the scholarly research work.

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Charak Samhita further drew attention toward using synonyms. It makes the text more attractive. Beauty of description also increases with operational definitions and suitable examples. The other distinctive feature was adding non repetitiveness in the text to make it more convincing. “*Ashuprabdhkam*” enlightens the path for applied aspect of the theoretical Principle loaded work. It proves helpful in immediate execution at the time of crisis.

Suggestions: The gold, rather platinum of Ancient knowledge heritage should be explored time to time for the service of Humanity.