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An Introduction To Charak Samhitokta Rishi Balakhilya and Evaluation of Their Contribution To Ayurveda

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Abstract

Rishi Balakhilyas were born to the mother named 'Sannati' who was the daughter of ancient king Daksha Prajapati. Their father named 'Kratu' was the son of lord Brahma. Theirs is the earliest example of human cloning in which sixty thousand human clones were made from single embryo. But they could not grow much and remained short of the size as much as to the size of big toe. Though they remained short but they were brilliant and inquisitive. Rishi Balakhilyas were sixty thousand in number and they all used to stay together and observe the penance. They had a dialogue with lord Brahma regarding 'Brahma Vidya'. Rishi Balakhilyas were present in the conclave of *rishis* conducted beneath the mountains of Himalayas, some 7000 years ago. This not only shows their interest in the medical science but also put them as the caring persons for the sufferings of mankind. Hence, it becomes essential to explore the life of sage Balakhilyas to know about his contribution to the Ayurveda.

Keywords: . Rishi Balakhilyas, Daksha Prajapati, Ayurveda

Introduction :

The reference of sage Balakhilyas apart from Ayurveda is found in Skanda Purana, Mahabharata and Maitreya Upanishada. Rishi Balakhilyas were born to the mother named 'Sannati' who was the daughter of ancient king Daksha Prajapati. Their father named 'Kratu' was the son of lord Brahma. The hermitage of Balkhilya rishis was at 'Chandra teertha' in the mountain called 'Archika' with three peaks along the river 'Yamuna (area somewhere in Uttarakhand state of India). They interacted with lord Bramha regarding the principle that runs the body and make it lively and how even when it is not desired, the soul gets stabilized in the body and how it instigates the body. They were always engaged in observing the penance. Rishi Balakhilyas were present in the conclave of *rishis* conducted beneath the mountains of Himalayas, some 7000 years ago to discuss the health problems prevalent in the society and the ways to address it.

[1]

Material & Method:

Literary method of research is followed in this article. All the available Ayurvedic and Indological literature is explored to find the maximum information about the sage Balakhilya.

Review Of Literature :

Balakhilya Rishi's Birth:

Kratu was the son of lord Brahma and one among the seven Brahma rishis. He married to the daughter called 'Sannati' of Prajapati Daksha. Sannati the wife of Kratu, gave birth to 60 thousand Balkhilya Rishis who were glowing with the *Bramhateja* and were of the size of thumb of leg (toe). [2][3]

Balakhilya Rishi's personality:

They were of the size of thumb only. They were living on the air only. They use to observe the *Bramhachari Vrata* (celibacy regulations). They were not taking any food. They were always engaged in observing the penance. [4]

Balkhilya's Ashrama (Hermitage):

As per the story told by sage Lomasha to the Pandavas, the ashrama of Balkhilya rishis was at 'Chandra teertha' in the mountain called 'Archika' with three peaks. There were 3 water falls. The river 'Yamuna' flows from there. Lord Krishna observed penance there. The famous Nara and Narayana and Dhata and Vidhata rishis also lived there. Balakhilya rishis use to observe the penance with 'Vaikhanas' method i.e. by inhaling the air only they use to survive. [5]

Dialogue Between Bramha And Balakhilya

Rishis About Brahavidya:

Once upon a time, Balakhilya Rishis, out of curiosity asked lord Bramha about the principle that runs the body and make it lively. To this query of Balakhilya Rishis, lord Bramha replied that, it is the eternal soul runs the body and make it lively. On this, Balakhilya Rishis, again questioned the lord Bramha that how even when it is not desired, how the soul gets stabilized in the body and how it instigates the body. To this query of Balakhilya Rishis, lord Bramha replied that, the universal soul (*Jivatma*) with its fraction (*Bhutatma*) keeps on entering the body making it lively and inspiring it to become functional. This soul in body is called as '*Purusha* or *Kshetragya* (observer)'. The soul resides in heart and receives information through the sensory motor organs. Although it is actionless but appears to be the initiator of the action (*Karta*).

On this, Balakhilya Rishis, again questioned the lord Bramha that why the soul gets trapped in the auspicious or inauspicious deeds and moves in different species (*yonis*). To this query of Balakhilya Rishis, lord Bramha replied that, pure universal sole (*Jivatma*) is without any oddity but gets vitiated on becoming the individual sole (*Bhutatma*) because of factors like greed, anger, fear, jealousy, ungratefulness, will to earn wealth, will to possess the materialistic things and the subjects of pleasing sensations etc. Getting beaten by these ill factors, the individual soul keeps on changing the bodies to balance the deeds of past life. To avoid this, one should control the mind and align it with the universal energy of the God. Balakhilya Rishis got pacified with this answer of the lord Bramha.^[6]

Dialogue Between Bramha And Balakhilya Rishis About Turyawastha:

Once upon a time, Balakhilya Rishis, out of curiosity asked lord Bramha about the Gods of *Turyawastha* and *Jagrutawastha*?, Who controls this world?, What is the duration of the time?, Who brightens the Sun and Moon?, Who is great like sky? To this query of Balakhilya Rishis, lord Bramha replied that, *Matruka vidya* runs the universe. It is composed of the '*Omkar*' *Pranava*. Bramha is the only boss of the universe. Whole word is in his control. Time factor due to day and night is because of him. The brightening light in the stars is his form. Sky is also is his form. Getting merged in mind is *Turyawastha*. *Yagyopavita* (sacred thread in the body) is the *Brahma Sutra* and men wear it for *Brahma Upasana*. Balakhilya Rishis, again asked lord Bramha about the number

of Hansa sutras and its proportion. To this query of Balakhilya Rishis, lord Bramha replied that, centre of the sun has 96 rays which are sutras. The *Brahma* principle mentioned in the Vedas and Upanishadas is prayed by the *Brahmagyanis*. Self-realization makes individual like the *Brahma*.^[7]

Balakhilya Rishi's Blessing To Garuda:

Once upon a time, Balakhilya Rishis were observing penance on a tree in a hanging down position. Unknowingly the vulture broke the branch of the tree. But seeing that Balakhilya Rishis are hanging on it and anticipating their fall, Vulture Garuda took the branch of the tree in its beak and flew away to the safe place. On the way he met his father Kashyapa and took his blessings. Maharshi Kashya, requested Balakhilya Rishis to forgive his son Garuda and go to the safe place. On his request, Balakhilya Rishis not only went to mountain Himalaya from there but also blessed the Garuda for taking care of them.^[8]

Balakhilya Rishi's Revenge on Indra:

Once upon a time, Prajapati Kashyapa was performing the Yagya for the progeny. To bring the woods for the fire (*Samidha*), he appointed God king Purandara Indra and the Balakhilya Rishis. Indra because of his power use to bring the huge number of woods. Whereas, Balakhilya Rishis were unable to bring the larger woods because of their tiny size. Since they were of the size of thumb only, bringing the small dried wood was also the difficult task for them. God king Indra while bringing the woods, uses to cross the Balakhilya Rishis and uses to laugh at them. Getting hurt with the insulting behaviour of the Indra, Balakhilya Rishis started paying the oblation for the creation of the more

powerful person than the God king Indra. Knowing this, God king Indra took the shelter of the Prajapati Kashyapa and narrated him the incident. Prajapati Kashyapa took Indra with him and approached the Balakhilya Rishis. He requested them to forgive the Indra as divine trinity have appointed him as Indra and it will be unfair to dethrone him. Balakhilya Rishis requested to Kashyapa to make such an arrangement that Purandra does not lose his post of Indra and their wish of getting more powerful person than Indra also gets materialized. Accordingly, Prajapati Kashyapa told to the Balakhilya Rishis that Indra will remain as God king and the more powerful person who will born from his daughter Vinita will turn as the vulture and become the Indra of the birds and both will cooperate with each other in future. This assurance of Prajapati Kashyapa, assured the Balakhilya Rishis.^[9]

Denial of False Charges by Balakhilya Rishis:

Once upon a time, someone theft the lotuses of sage Agasti. Accordingly sage Agasti inquired to many rishis. All they denied on oath. Similarly, Balakhilya Rishis while denying said to the sage Agastya that who so ever had theft his lotus should stand on one foot while begging and should remain away from following the ethics and norms of the society.^[10]

Planning with Gods To Defeat Daityas:

According to Markandeya Purana, Daitya king Jambha defeated Gods in the war and became dull. To defeat the demons again rishi Balkhilyas discussed with *Devaguru* Brihaspati and chalked the plan. As per this planning Gods met lord Dattatreya and requested to help. Lord Dattatreya

assured them and guided them. As per this planning Gods met lord Dattatreya and requested to help. Lord Dattatreya assured them and guided them. As per this planning, Gods challenged the demons and when demons attacked them, they ran out towards lord Dattatreya for help. Demons while chasing the Gods, came towards lord Dattatreya and saw his beautiful wife seated beside him. To possess her, they took her on their head and ran away. Lord Dattatreya asked Gods to attack the running demons. Thus, Gods defeated demons and acquired the land of heaven again.^[11]

Rishi Dhaumya in Mahabharata, mentioned that Balakhilya rishis have performed Yaga on the bank of river Saraswati.^[12]

Contribution To Ayurveda:

Though there are no any evidences to show the direct contribution of sage Balkhilya to the Ayurveda. But as they were present in the famous conference that held almost 5000 years ago beneath the mountain Himalaya in which sages discussed about the diseases in society. In this conference, all the sages unanimously selected sage Bharadwaja as their leader to bring Ayurveda from the God king Indra. After bringing the knowledge of Ayurveda from the Indra, sage Bhardwaja taught it to all the *Rishis* and *Munis* present in the first conference as mentioned by acharya Charaka. Hence, it is likely that as like other rishis, Balkhilya rishis may have created their own treatise on Ayurveda which is not available today.

Observation :**Table no. 1 Rishi Balkhilya In Nutshell**

01	Grand father	Bramha
02	Father	Kratu
03	Mother	Sannati
04	Father-in-law	Daksha Prajapati
05	Mother-in-law	Aksini
05	Contemporary sages	Agasti, Gautama, Brihaspati
06	Educational interest	Brahma vidya & Participation in Ayurvedic conference

Discussion :

Balkhilya rishis were the sons of sage Kratu. Their mother's name was Sannati who was the daughter of king Daksha. They were of the size of thumb only. They were living on the air only. They use to observe the *Bramhachari Vrata* (celibacy regulations). They were not taking any food and observed great penance by inhaling the air only. They were always engaged in observing the penance. Since Balkhilya rishis took oath before the sage Agasti for not stealing his lotus, it can be said that Balkhilya rishis were contemporary to sage Agasti and also as they were present in the famous conference that held almost 5000 years ago beneath the mountain Himalaya in which sages discussed about the diseases in society, they were contemporary to all the sages present there. They taught lesson to the God king Indra. Hence, they appear to be determined for protecting the self-pride. When the Vulture saved the tree on which Balkhilya rishis were sitting, they obliged it by bestowing their blessings. This shows their

gratefulness. They were instrumental in defeating the evil demons. Their dialogue with lord Brahma regarding Brahavidya put them as the curious and inquisitive person to search for the intricacies of life on metaphysical basis.

Summary & Conclusion:

Balkhilya rishis were present in the conclave of rishis conducted beneath the mountains of Himalayas, some 7000 years ago and they learnt the wisdom of Ayurveda from rishi Bhardwaja.

Declaration :

Conflict of Interest : None

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