chapter 1

The Sanskrit Sources

Note that in the English translations of Sanskrit passages I am using *italics* to indicate more or less direct textual correspondences with the Arabic.

a Ātreya (legendary)

Rṛ 8/206,2–6

From the book of Aṭrā, he says: ‘If you want (to take) an enema, then not on an empty stomach; lie down on (your) left side, place a cushion under (your) hip, and stretch out (your) left leg, lifting the right one until it touches the chest; be careful not to sneeze or cough whilst you have an enema, for it is released easily—if (this happens), (try to) hold back (the liquid) as soon as it appears; (but) once it runs it will come out, and you should not (try to) stop it from emerging’.

Rṛ 10/170,15 f.

Aṭraḥ the Indian: ‘Drinking milk resolves severe urinary retention’.

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1 Ātreya (legendary)

2 Rṛ 8/206,2–6

3 Rṛ 10/170,15 f.
From an Indian book: ‘If the tongue hangs out of the mouth, is (too) long and (too) difficult (to treat) with purgative and vomitive drugs, then take ginger, pepper, long pepper and white salt, grind these (ingredients) thoroughly, rub this (powder) over (the patient’s) tongue and adjacent (areas), and it will retreat; or take (one of) the popular, tasty fruits that contain acid, a peach or the like, slice it with a knife, and rub it over his tongue, for this will release a lot of phlegm from his (body) and shrink his tongue (so that) it retreats’.

SuSaṃ 2/323 no. 12

The tongue that protrudes should be rubbed with a powder (made from) long pepper, black pepper, ginger and salt, or pasted with (a mash of) sesame and grapes, and (then) pushed back inside; meanwhile others, who sit before the patient, should eat sour (stuff).

4 The idea is to whet the patient’s appetite and ‘water his mouth’, because increased salivation was supposed to soften the tongue, see commentary SuSaṃC 1/920.