Preface:

Very recently a survey has been reported in the newspaper in which it is stated that if doctors are on strike death rate decreases. Do you neglect it by merely considering it as a caprice of one's own mind or accept it as a fact of present era? This problem touches not only A or B person but it affects the entire human race. Health is wealth is an universal fact and we can't neglect it.

It is thoughtful consideration that man kind is entering into another dimension of physical diseases and mental sufferings. Our life has become so mechanical and commercial that we have lost the capacity to understand the real nature of body and mind with the result that we are suffering from physical and mental ailments of various types like tensions, blood pressures etc.

How our body and mind become victim of diseases? Modern science has coined bacteria, virus etc. as causes of disease. Indian Science of medicine, Ayurveda has a different view regarding this. In the words of Carak, all diseases originate from the

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1. The Times of India, Sunday, July 4, 1982 "Can Doctors Cause Diseases?" by Dalal Mergis.
foibles of human thinking. They are namely grief, fear, anger, lust etc., which are at the root of diseases. This also reflects that in disease not only body but mind also plays prominent role. This fact has been wonderfully worked out by seers thousands of years back, which at present, we know as psychosomatic diseases in modern medical terminology. For Tantra health means harmony between vital forces (prāṇa s'akti) and mental forces (citta s'akti) which control body and mind respectively. Hence for Tantra, disease means disharmony between these two types of forces.

This is about the origination of disease. Now something about remedy. Human race has worked out many remedies. Some of them give instant cure while others take time. The patient, in this age, is in a hurry that he is always in search of rapid relief. So he expects from doctors instant cures. Sometimes some doctors, at the cost of patient's health and just for money, prescribe the cheaper and of lower quality of drugs

2. Prajñāparādhama hi mālam rogānāmak|
Irṣya S'oka bhaya krodha mana dveśā
divyas'ca ye sarvāhā prajñāparādhhetu.
Caraka - S'ārira Chap.1-99-100.
known as pain killers. Patient feels relief for sometime but
the side effects of the lower quality drugs re-appear in a
worst form of new diseases. For curing, that new disease again
he has to go to doctor for inviting new diseases. This vicious
circle diminishes the power of resistance of body with the
result that body becomes weaker and weaker and more susceptible
to disease. So very often malpractice of doctors and inefficiency
of drugs increases death rates when doctors are present. In their
absence, i.e. when they are on strike, the malpractice on the
part of doctors and inefficiency of drugs being absent both work
together in bringing down the death rate.

Is drug therapy is the only remedy for disease? If it
is so then how our ancient seers had lived healthy and happy
life while staying on the peaks of ice mountains without having
any kind of antibiotic drugs?

Two possibilities can be inferred from this situation:
Either their bodies must have been so developed as to make them
full proof against all attacks of diseases or they must have
found out powerful panacea for all ailments. The first possibility
can not be accepted on the ground that the nature of body is
mortal, subject to decay which also occurs through the medium
of disease. Of course, the quality and quantity of disease might
not be so dreadful as that of present era. So there is now second possibility regarding the powerful panacea. For curing the ailments they found out the techniques of cultivating inner natural power of resistance of body against diseases.

It is maintained and rightly so by physiologists that human body retains within itself an inbuilt system of resistance against any attacks of disease on the body. Addiction to frequent drugs reduces the inherent power of the body to resist any attack of disease. It is, therefore, advised by traditional practitioners of medicine especially Indian system of Ayurveda not to resort to any medication unless it is badly so required. Instead we must help body to resist itself with its own inherent powers. Ancient fathers had cultivated these powers and with the help of them they preserved the pure and perfect body and enjoyed prolonged life.

Who does not desire to be healthy throughout the whole life span? Every one of us wishes to possess healthy life. A healthy body is the first and foremost requisite for happy life. A single remedy which every one of us can have is prescribed by Tantra and that is cultivation of strong will power which can fortify our body against any attacks from outside as well as inside.
Tantric techniques are especially designed for cultivation of will power. What Tantra is, is it a black magic? If it is so then how it helps positively, such questions can be asked. Tantra has always been generally misunderstood as a black magic or sorcery not only by lay man but sometimes by scholars also. In reality Tantra is that system which deals with the cultivation of inner powers. For this, purified and perfect body is required. Tantra has prescribed Mantra, Yantra, meditation and also various forms of practices for this purpose. All these have their therapeutic value and to explain this aspect of Tantra is the objective of this thesis.

In our humble capacity and ability, it is our approach to focus on the details of Tantra, Mantra and Yantra with a special reference to their therapeutic aspect.

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