



Ayurveda

“AYURVEDA (THE ANCIENT HEALTH SCIENCE) IS NOW A DAYS GAINING MOMENTUM ACROSS THE GLOBE : A REVIEW”

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ABSTRACT Ayurveda is a 5,000-year-old system of natural healing that's truly stood the test of time. First originating in the Vedic culture of India, it's actually considered by many to be the oldest healing science there is. Ayurveda is not merely a system of medicine but a way of life. Its objective is to accomplish physical, mental, social and spiritual well being by adopting preventive and promotive approaches as well as treating disease with a holistic approach. According to allopathy, disease is a result of invading organisms, metabolic imbalances, tissue degeneration, etc. In the model of infectious disease, for example, the invading agent is to be tracked down and killed. While according to the ayurvedic tradition, disease is an imbalance in nature, there is no question of killing. Modern research in medical science is proving the facts which were written in our 5000 year old Ayurveda Classics. Ayurvedic treatment is cheap, it follows the nature hence its medicine (natural herbs, vegetables, spices, extracts of fruits, etc.) are easily absorbable by human body. Yoga, Kundalini Jagran, Bhasmas, Naturopathy & Panchkarma are also important in disease cure. Ayurveda is preventive as well as curative. It is an alternative treatment, which helps to cure certain chronic diseases that cannot be totally cured using allopathic medicines. Ayurveda medicines deal with permanently healing the person and effectively treating the patient. On the other hand, the objective of allopathic treatment is to provide instant relief by destroying the germs, bacteria, virus, etc.

Administration of medicines on our patients visiting our above referred centre showed significant results. Ayurveda Health Care Therapy is now-a-days validated by Modern Research and therefore gaining momentum because it has no side effects and completely eradicate the disease. Therefore Ayurvedic medicines are highly beneficial as they help to effectively cure our body and also revive our mind and soul.

KEYWORDS : Ayurveda, Yoga, Panchkarma, Kundalini Jagran, Naturopathy.

Introduction :

Ayurveda not merely being a system of medicine, but a way of life¹. Its objective is to accomplish physical, mental, social and spiritual wellbeing by adopting preventive and promotive approaches as well as treating disease with a holistic approach. Health is defined as “He/She in whom the doshas (body humour), agni (digestive power), dhatus (tissues), malas (waste product) and their activities are normal, his/her soul sense organs and mind are calm and clear, is called Savastha (Healthy Person). Ayurveda is a 5000 year old system of natural healing that's truly stood the test of time. Ayurvedic medicine is based on the premise that there are three energies : Vata, Kapha & Pitta and that disease and illness originate from an imbalance (doshas) in the three energies². The primary goal of Ayurveda medicine is to help people live long, lead a healthy and balanced liver without the need for prescription drugs, complicated surgeries or suffering through painful conditions³. It is actually “Science of Life”. A basic concept in Ayurveda is 'Prakriti' or the constitutional types of individuals, which is fixed at conception and determines one's pre disposition to diseases as well as response to treatment⁴. Ayurvedic medicines are preventive as well as curative. It helps to cure certain chronic disease that cannot be totally cured using modern medicines. It is primarily a spiritual and traditional way of curing a disease.

Western medicine also known as modern medicines and Allopathic medicines. Allopathic is the term originated from a Greek root where allopathic mean which brings different effects not related with the pathology of the disease. Allopathic is a disease care system and it seems that its job is to manage the disease. It is said that in allopathy, side effects of medicines are frequently observed. This has become a synonym for evidence base system of medicine or modern medicine. Through advancement of science, modern medicine is the perfect tool in cases of trauma and serious illness. Allopathic medicines are said to have incomplete approach towards health, inability to reach the root causes of chronic diseases and it seems failure to provide safety and affordability. Holistic approach is absent in this system. The system believes in chemicals and synthetic things.

Significance of Ayurvedic Medicines :

- Ayurvedic medicines deal with permanently healing the person and effectively treating the disease. Moreover, it also suggests a suitable lifestyle for improving our overall health;
- Its medicines are relatively cheaper as they are mostly produced from different types of readily available plants and herbs;
- These medicines consists of natural herbs and extracts of fruits, vegetables, spices, etc. Which help in curing the various diseases without any side effects. These are actually natural drugs and thus easily absorbable by human body;
- Ayurvedic treatment is a selfless service for developing a healthy lifestyle;
- These medicines are mostly prepared by natural organic products hence are environmental friendly;
- Ayurvedic medicines decontaminate our body;
- The treatment concentrate on the cause of the problem to cure the specific system of our body; and hence we can maintain good health for a long time;
- Ayurvedic medicines are highly effective in curing chronic illness, especially disease related with our liver;
- Ayurvedic successfully cure some serious ailments such as jaundice, piles, arthritis, blood pressure functionaries, diabetes, etc.; and
- It is known to be a complete medical system that comprised, physical, psychological, philosophical ethical and spiritual health, etc.

According to the World Health Organization, about 70-80% of the world populations rely on non-conventional medicines mainly of herbal sources in their health care public interest for the treatment with complementary and alternative medicine is mainly increased due to side effects in synthetic drugs, lack of curative treatment for several chronic diseases, high cost of new drugs, microbial resistance, and emerging diseases, etc.

According to a Report (2015) published by University of Maryland

Medical Center, Ayurvedic medicine can effectively treat inflammatory, hormonal, digestible and autoimmune conditions including:

- Alzheimer's disease;
- Anxiety or depression;
- Asthma;
- Cancer;
- Dementia;
- Dysmenorrhea (painful menstruation);
- Herpes;
- High blood pressure or cholesterol;
- Parkinson's disease;
- Perimenopausal problems; and
- Premenstrual syndrome (PMS) and cramps.

Ayurvedic herbs, practices and recommendations, including yoga and/or meditation, have also been shown effective as a home remedy for acne, relieving chronic constipation or IBS, fighting chronic fatigue syndrome, reducing pain and lowering obesity risk.

How does Ayurvedic Medicine Work :

Ayurvedic practitioners use a healthy diet, lifestyle changes, stress relief and various herbal remedies to heal all sorts of conditions by helping to bring the body back into balance. The overall belief is that disease and suffering results from an imbalance in the three doshas. According to Ayurvedic medicine, everyone is unique in terms of his or her individual balance between these three energy (or personality) types. Everyone has some vata, pitta and kapha to their personality, but usually one or two of the doshas are more dominant in a particular person and this ultimately governs body type, appetite, energy levels, moods and tendencies. Each dosha has both physical and emotional characteristics, so Ayurvedic practitioners use the three doshas to describe common traits of someone's body type and personality. Unlike the one-size-fits-all approach to western huge diversity among patients, Ayurveda takes into account individually when prescribing holistic treatments. Center for Rheumatic Diseases in Pune, India, described that every creation inclusive of a human being is a model of the Universe. In this model, the basic matter and the dynamic forces (Dosha) of the nature determine the disease and the medicinal value of any substance (plant and mineral). The ayurvedic practices (chiefly that of diet, lifestyle and the Panchkarma) aim to maintain the doshas equilibrium and this therapy is customized to the individual's constitution (known as Prakruti)."

Modern Research in Medical Science is proving the worthiness of Ayurveda Health Care System :

- Modern nanotechnology and nanoparticles are very well described in Ayurveda Classics as 'Bhasmas'. Bhasma preparation is similar to the present day nanotechnology having nano size (250-50 nm) particles⁵. Typical features of Ayurvedic Bhasmas (from both metallic and non-metallic materials) have been recently demonstrated through transmission Electron Microscopy and Atomic Force Microscopy. The nanoparticles are proposed to be delivered to the target through rapid cellular internalization.
- Recently Noble prize has been awarded to three USA Scientists⁶ who are working on daily Human Clock. In the Ayurvedic Classics, there is detailed description of daily Ayurveda Clock, how human body adopt itself daily (Dincharya), what kind of food should be taken in different seasons (Ritucharya), how body keeps balance with rotating earth and what are effects of moving planets on human body. Even there is detailed description about dietary patterns for intervening shorter seasons besides major rainy, summer and winter seasons⁶. Majority of people in our Indian sub-continent are following the Ayurveda, Dincharya and are leading to healthy life.
- 84 types of yoga practice are popular in our country. Even a few practices (Aasans, Pranayams) if being followed daily on individual will support a healthy life devoid of disease⁷. The simple body exercises for about 20 minutes daily was a pre-requisite routine in every school of India a few years back has been stopped largely is now-a-days major cause of obesity, diabetes, heart attacks, neurological disorders, etc.
- Kundalini Jagran although is a difficult task for common man but modern research validate that this old practice can control entire nervous system of human body and therefore one can control over various diseases if have watch over the sever chalanans of body as described in Ayurveda Classics.
- Naturopathy is another branch of Ayurveda which advocates

keeping good health avoiding use of any medicines.

- Panchkarma therapy is getting popularity in controlling so many diseases.
- Many anti-biotic, anti-malaria drugs have now been proved non-effective to human body hence were discarded but Ayurvedic health care therapy is effective since long and there is no change in the treatment.
- Acharya Charak-Father of Medicines (300 BC) has described medicinal qualities and functions of 100000 herbal plants and out of which large number are also used by modern medical science for treatment of various disease. He has described that influence of diet and activity on mind and body. He has proved the correlation of spirituality and physical health contributed greatly to diagnostic and curative sciences. Ayurveda emphasized that it is more important to prevent the occurrence of disease than to seek a cure¹⁰.

Analysis based on clinical Human Trial :

The first two authors (Vedacharyas) have lengthy experience and discussions held with patients daily visiting our centre concluded following. This outcome is based on OPD examination of patients and taking up periodical feedback from them :

- In case of Herpes (tusA jksx) : We Vedas prescribed Rasmanikya and Giloy extract in specific proportion. This medicine has given significant relief in 3 days and 100% relief in seven days. These Ayurvedic medicines are very cheap as compared to modern medicines given for this disease.
- High Blood Pressure (mPp jDrpki) : First two authors administered Sarpa Gandha with distilled cow urine. The Pak so prepared was given in specific quantity daily. Significant relief felt by the patient within 15 days and slowly patient(s) totally discontinued modern medicines which they were consuming from over a decade.
- Prostate Enlargement : At our centre, we have given Shiva (Chhota Harde), Tuth (Copper Sulphate and Astrila Herb) in specific proportion. The magnificent results reflected in 15 days. Few such patients are now regularly taking up the dose and we are sure that now they will not be required for future surgical process as laid modern medical science.
- Joint Pain (IfU/k 'kksFk&osnuk) : We are prescribing R.Pyrin and Reumatide tablets of specific manufacturers and these are giving fair results. However these medicines are being taken up for a longer period to keep up the relief in pain.
- Diabetes (e/kqesg) : We are giving Pari Pak consisting of karela powder, neem leaves, methi powder, bilva fruit, jamun guthali, Gudmal and distilled cow urine. The medicine is reflecting good results. The patients are regularly taking our medicines and their sugar level within 15 days have been controlled significantly.
- Chronic Cough (dkl) : We are administrating Haridre (Haldi) and distilled cow urine and the Pari Pak so prepared is given to patients. Within seven days significant relief was observed by the patients. This treatment has also been given and magical results come in Rata Vikar (Serosis) and also in allergic diseases.

Besides, we are examining and prescribing Ayurvedic medicines to large number of people at our centre daily and the repeated patients frequent presence reflect their confidence in Ayurveda. Now-a-days every daily news paper have 4-5 nos. of advertisement related to Ayurvedic drugs for skin care, etc. Moreover, Baba Ramdev have also launched hundreds of Ayurvedic products and people are preferring them to maintain their health. The yoga and pranayam exercises of Baba Ramdev are most popular. These also clearly indicate that Ayurveda is getting momentum and the modern research is validating the facts already written 5000 years before in our Ayurveda Classics.

Concluding Remarks :

In view of above, authors strongly advocate that interdisciplinary and integrative research that blends insights from Ayurveda and modern medicine is need of time. We all know that Ayurveda has no side effects and it cure the completely therefore this ancient Indian health science need to be popularized across the globe to serve the entire population of the Universe.

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