

AYURVEDA

- Ayurveda is the dominant herbal tradition in India. It still enjoys the faith of a large number of people of our country though it is perhaps , the oldest system of healing in the world.
- It is encouraged in many countries like Japan, Germany etc

Definition

- The term “ Ayurveda” is derived from two Sanskrit words , **Ayur** and **Veda** .
- **Ayur** means life and **Veda** means knowledge or science.
- Therefore Ayurveda means **science of life** or way of life.

- **Ayurveda incorporates science, religion and philosophy in it.**
- **Besides, dealing with principles for maintenance of health , it as also developed a wide range therapeutic measures to combat illness.**

Principle

- The principle of Ayurveda is based on the concept of five basic elements and tridoshas. According to Ayurveda, the whole universe made up of five basic elements (**Pancha mahabuthas**)

- The whole universe includes the material world, plant kingdom and all other living beings. In other words ,these five elements together form the basis of all matter. The five elements are – Akasha (ether), Vayu (air), Agni (fire), Jala (water), Prithvi (earth)

- There is a balanced condensation of these elements in different proportions to suit the needs and requirements of different structures and functions of the body matrix and its parts. The growth and development of **body matrix** depends on its **nutrition i.e.. on food**. The food, in turn, is composed of **above elements**.

- The health or sickness depends on the presence or absence of a balanced state of the total body matrix including the balance between its different constituents .
- The properties , location and manifestations of these elements are as follows

- **Ether** is non resistance, it is located in the body cavities like mouth, thorax, abdomen, lung cavity, digestive tract.
- **Air** is related to movements, vibrations and oscillations. They manifest movement of muscles, pulsation of heart, expansion and contraction of lungs, functioning of digestive and nervous systems.

- **Fire** concerned to radiation, it manifests digestion, metabolism, temperature, vision and intelligence.
- **Water** is related to force and cohesion. Located in cytoplasm, blood, salivary glands, gastric juice.

- **Earth** is concerned to resistance and solidarity. They manifests skin, nails, hairs and bones.
- These elements manifest in the functioning of our scenes.
- They are also closely related to our ability to perceive and interact with environment.

TRIDOSHAS

- The five elements combine to form “ **Tri Doshas**” i.e Vata, Pitta, and Kapha. They are the “ **Basic Forces** ” and also known as the “ **Pillars of Life**”
- Vata (Air principle) the elements ether and air
- Pitta (Fire principle) the elements fire and water
- Kapha (Water principle) the elements earth and water

- According to the Ayurveda , sickness is due to the imbalance of any one or more of the three doshas.
- Eg Aggravation of Pitta leads to indigestion, skin diseases and liver problems.

Factors

- Factors responsible for imbalance of doshas are physical, mental, spiritual and environmental may contribute for the imbalance of doshas

Diagnosis

- In Ayurveda diagnosis is always done of the patient as whole.
- Diagnosis is carried out to find out which dosha is aggravated. For this purpose, nadi (Pulse), tongue, skin, physical features, stool, urine etc are examined.

Treatment

- The importance of treatment is to restore the balance and harmony of doshas with proper diet and drugs
- **Selection of the drugs** –
- Based upon 1. Rasa (Taste), 2. Virya (Potency) and Vipaka (Taste after digestion)

RASA

- Rasa indicates the composition, properties and probable action of the drugs . There are six tastes. Each taste has one or more mahabuthas (elements) and each taste has its own influence on doshas.
- Eg Sweet (earth and water) , influences on doshas
– Kapha increases, vata and pitta decreases and promote antibiotic activities

- **Sour** - (Water and fire) – Pitta increases – stimulates enzymes
- **Saline**- (Fire and earth)- Pitta increases
- **Bitter** - (Air and fire) – Pitta increases
- **Pungent**- (Air and ether)- Kapha and pitta decreases
- **Astringent**- (Air and earth)- Pitta decreases and vatta increases

VIRYA

- On the basis of Virya, the drugs are classified into hot and cold drugs
- **Hot** (Ushna) drugs – Aggravates pitta and pacifies vata and kapha, garlic, drumstick
- **Cold** (Sita) drugs – Aggravates kapha and vata and pacifies pitta , Jeera, amla

Vipaka

- Food and medicine undergoes various changes during digestion (metabolism). The taste after digestion is known as vipaka. The three tastes described under vipaka, sweet, sour and pungent.

- **Sweet** – Aggravates kapha and alleviates pitta and vata
- **Sour** – Aggravates pitta and alleviates kapha and vata
- **Pungent** – Aggravates vata and alleviates kapha

Siddha SYSTEM OF MEDICINE

This system was practised in south India especially Tamil nadu. This system is believed to be older than Ayurveda and the latter was derived from Siddha system.

"Agastya" was believed to be the father of Siddha medicine and he wrote a book known as "Agattiyar Charkku".

Principles of siddha

Triguna

```
graph TD; Triguna[Triguna] --- Vata[Vata]; Triguna --- Pitta[Pitta]; Triguna --- Kapha[Kapha];
```

Vata

Pitta

Kapha

It is based on three principles **vata, pitta and kapha**, which are known as **"Trigunas"**.

Vata: People with predominant vata are characterized by stout, black, cold and inactive personalities. Increased

vata develops flatulence, acidity, obesity, heart attacks, etc

Pitta: People with predominant pitta are characterized by lean, whitish complexioned hot personalities. Increased pitta shows early greying of hair, reddish eyes, burning chest. mental derangement, anaemia.

Kapha: People with predominant kapha are characterized by well built, good complexioned, well behaved personalities. Increased kapha leads to jaundice, heart attack, high fever, anaemia, etc.

Note:

Triguna: Three qualities together (i.e. vata, pitta & kapha).

Pathya: It refers to diet planning in Siddha system.

A particular guna in the body increases according to the time.

- Vata is predominant at 6am - 10am & 6pm - 10pm.
- Pitta is predominant at 10am - 2pm & 10pm - 2am.
- Kapha is predominant at 2pm - 6pm & 2am - 6am.

Diagnosis in siddha system

During the diagnosis the physician studies eight things,
they are

1. Nadi (Pulse)
2. Dhvani (Speech)
3. Twaka (Tongue)
4. Deham (Body)
5. Neeram (Colour)
6. Malam (Faeces)
7. Mutram (Urine) and
8. Vizhi (Eyes).



SUFIPHARM

Treatment

Siddha physicians give knowledge of one thousand herbs and their effectiveness in specific composition and formulation. Commonly medicines are prepared freshly for specific diseases.

The formulations are prepared using plants, animals, minerals, metals like mercury, gold, silver, sulphur, zinc, copper, aluminium, borax and arsenic are used in small quantities.

UNANI SYSTEM OF MEDICINE:

- Unani name is derived from the word 'Ionian' which originated in Greece.
- Unani medicine, like any other form of medical science strives to find the best possible ways by which a person can lead a healthy life with the least or zero sickness.
- **ORIGIN:** Unani Medicine as a healing system was founded by Hakim Ibn Sina.
- It was introduced in India around 10th century with the spread of Islamic civilization.
- Now Unani-pathy has become a part of Indian system of Medicine and India is one of the leading countries so far as its practice is concerned.

Cont.....

Diagnosis:

- The diagnosis of a disease is done by feeling pulse , observation of urine ,stool color of skin and gait etc.

Cont...

Treatment:

- The treatment comprises of three components namely preventive and curative it seeks the restoration of the body as whole to its original state
- Treatment is carried out in the four form i.e. regimental therapy, pharmaco therapy dieto therapy and surgery.
- Regimental Therapy –
- It includes venesection, diaphoresis, diuresis, Turkish bath, massage, cauterization, exercise and leeching.
- These are the drugless therapies and are found to be effective in treating diabetes, high blood pressure, obesity, arthiritis and migraine etc.

Cont...

- Dietotherapy –
- It deals with certain ailments by administration of specific diets or by regulating the quantity and quality of food.
- Pharmacotherapy –
- It deals with the use of naturally occurring drugs mostly herbal drugs of animal and mineral origin.
- The drugs are used singly or in the form of infusion, powder and syrup
- Unani system of medicine specializes on rheumatic arthritis, jaundice, filariasis, eczema, sinusitis and bronchial asthma.

HOMEOPATHY SYSTEM OF MEDICINE

- Homeopathy is relatively a recent system of medicine. The word “**Homeopathy**” is derived from two Greek words ,
- **Homois** meaning **similar** and **pathos** meaning **suffering**.

- Homeopathy simply means treating diseases with remedies, prescribed in minute doses, which are capable of producing symptoms similar to the disease when they taken by the healthy people. It is based on the natural law of healing. “*Similia Similibus Curantur*” which means “Likes are cured by likes”

Principle

- The cause of the disease itself can be its treatment i.e. Law of similar. This is the basic principle of homeopathy.
- According to Hahnemann, diseases are congenital and caused by gene mutations.
- Toxic or poisonous substances are called **Miasms** are responsible for gene mutation

- Miasms are of three types
- Psora
- Psychosis
- Syphilis
- These exist in a suppressed or sleeping state in a person. As long as they are in that state, the person does not suffer from diseases due to resistance power.

- If any one of them stimulated , then the person loses his resistance power and suffers from diseases related to it. Therefore , Homeopathy is called a **Genetic medicine**

Diagnosis in Homeopathy



Collection of detailed case history and medical history.

Investigation of symptoms, location, sensation, etc.

Build up a symptoms picture of the patient.

Treatment

- The treatment is based on the concept of proving and prover
- **Prover** – The healthy person
- **Proving** – The symptoms (Physical, mental, emotional changes) that are caused by the various potencies of medicines in prover.

- For the treatment , the symptoms of the drug are compared with the symptoms of the patient. In other words the selection of the drug depends upon the symptoms of the drug and patient condition.