

AYUSH form of Medicine

AYURVEDA

"AYURVEDA" is made up of two words-Ayuh and Veda. Ayuh means life and Veda means knowledge or science. Thus **"AYURVEDA" in totality means 'Science of life'**. It incorporates **all aspects of life whether physical, psychological, spiritual or social**. What is beneficial and what is harmful to life, what is happy life and what is sorrowful life; all these four questions and life span allied issues are elaborately and emphatically discussed in Ayurveda. **It believes the existence of soul before birth and after death too.**

About 20 years back, W.H.O. adopted Traditional Medicine programme in conjunction with the goal of health for all with the adoption of primary health care approach. W.H.O. has an open mind on Traditional Medicine. However, **it endorses only that therapy which has solid scientific evidence with no toxicity**. In view of this Ayurveda is duly recognised by W.H.O.

what is the origin of Ayurveda?

Ayurveda, the ancient most health care system originated with the origin of universe. With the inception of human life on earth Ayurveda started being applied. The antique vedic texts have scattered references of Ayurvedic Remedies and allied aspects of medicine and health. Atharva-veda mainly deals with extensive Ayurvedic information. That is why ***Ayurveda is said to be the off shoot of Atharva Veda.***

As per Ayurveda, 'Health' is a **state of equilibrium of normal functions of doshas, Dhatus, malas and Agni with delighted body, mind and soul**. It means that when Dosh-Dhatu-Malas and Agni are constantly in a state of functional equilibrium, then the health is maintained. Otherwise distortion of the equilibrium results into diseases. Erratic lifestyle is believed to be one of the basic causes behind the failure of mechanism of maintaining equilibrium.

Treatment either with or without drugs and application of specific rules of diet, activity and mental status as described, disease wise, brings back the state of equilibrium i.e. health.

Definition of Yoga

Yoga is a discipline to **improve or develop one's inherent power in a balanced manner**. It offers the means to **attain complete self-realisation**. The literal meaning of the Sanskrit word Yoga is 'Yoke'. Yoga can therefore be defined as a means of uniting the individual spirit with the universal spirit of God. According to Maharishi Patanjali, Yoga is the suppression of modifications of the mind.

Yoga is **one of the six systems of Vedic philosophy**. Maharishi Patanjali, rightly called **"The Father of Yoga"** compiled and refined various aspects of Yoga systematically in his "Yoga Sutras" (aphorisms). He advocated the **eight folds path of Yoga**, popularly known as **"Ashtanga Yoga"** for all-round development of human beings. They are:- **Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi**. These components **advocate certain restraints and observances, physical discipline, breath regulations, restraining the sense organs, contemplation, meditation and samadhi**. These steps are believed to have a potential for improvement

of physical health by **enhancing circulation of oxygenated blood in the body, retraining the sense organs** thereby **inducing tranquility and serenity of mind**. The practice of **Yoga prevents psychosomatic disorders** and improves an individuals resistance and ability to endure stressful situations.

Naturopathy

"Naturopathy is a system of treatment which **recognises the existence of the vital curative force within the body.**" It therefore, **advocates aiding human system to remove the cause of disease** i.e. toxins by expelling the unwanted and unused matters from human body for curing diseases.

Naturopathy is **an art and science of healthy living and a drugless system of healing based** on well founded philosophy. It has its own concept of health and disease and also principle of treatment. Naturopathy is a very old science. We can find a **number of references in our Vedas and other ancient texts**. The morbid matter theory, concept of vital force and other concepts upon which Naturopathy is based are already available in old texts. The revival of Naturopathy started in India by translation of Germany's Louis Kuhne's book "New Science of Healing". Shri D. Venkat Chelapati Sharma translated this book in Telgu language in 1894. Shri Shrotri Kishan Swaroop of Bijnor translated this book into Hindi and Urdu languages in 1904. All this gave a wide propagation to this system.

Gandhiji was influenced by the book Return to Nature written by Adolf Just and become a firm believer of Naturopathy. He not only wrote several articles in favour of Naturopathy in his newspaper Harijan but did its several experiments on himself too, on his family members and members of his Ashram. It may be noted here that Gandhiji used to stay at the Nature Cure Clinic of Dr. Dinshaw Mehta situated in Pune during 1934 to 1944. In his memory, the Government of India established National Institute of Naturopathy in 1986 at that place. Gandhiji included Naturopathy in his constructive programmes. Due to influence of Gandhiji, several National leaders joined this minority health movement. The names of Ex-Prime Minister Shri Morarji Desai, Ex-Governor of Gujarat Shri Shrimannarayanji, Ex-President Shri V.V.Giri, Acharya Vinoba Bhave and Shri Balkova Bhave need special mention in this regard.

Indian Naturopathy movement started mainly in the States of Andhra Pradesh, Uttar Pradesh, Bengal, Maharashtra and Gujarat. The Naturopaths who did foundation work in revival of Naturopathy in different States are Dr. Mahavir Prasad Poddar, Dr. Janaki Sharan Varma, Shri Sharan Prasad, Dr. Khushi Ram Dilkash, Dr. S.J. Singh, Dr. Hiralal, Dr. Vitthal Das Modi, Dr. Kulranjan Mukherjee, Dr. Sukhram Das, Dr.J.M. Jussawala,

Dr. M.M. Bhamgara, Dr. Vegi Raju Krishnam Raju, Dr. B. Venkat Rao, Dr. B. Vijaya Laxmi, Dr. Ganga Prasad Gaur Nahar, Shri Dharam Chanda Saravagi, Dr. Sukhbir Singh Rawat, Acharya K. Laxman Sharma etc.

Here, it may also be mentioned that modern Naturopathy movement was started in Germany and other western countries with Water Cure (Hydrotherapy) therapy. Water Cure was synonymous with Nature Cure in those early days. The credit of making Water Cure world famous goes to Vincent Priessnitz (1799-1851), who

was a farmer. Later on, other personalities also made their contribution in this work. The name of Louis Kuhne needs special mention, who propounded the Principle of Unity of Disease and Treatment and provided a theoretical base to this method. The book *New Science of Healing* written by him has been translated into several languages of the world.

The names of Dr. Henry Lindlahr, Dr. J. H. Kellogg, Arnold Ehrlich, D. D. Palmer, Rolier, E.D. Babbit, Bernarr Macfadden, Arnold Rickley, J.H. Tilden, Father Kneipp, Benedict Lust, Stanley Lief and Herry Benjamin etc. may also be mentioned among others who had their share of contribution to the development of Naturopathy.

As on today, Naturopathy is Recognised and well accepted as an independent System of Medicine. Presently there are 12 Degree Colleges, Affiliated to Universities and are imparting its five and a half years degree course of Bachelor of Naturopathy & Yogic Sciences (BNYS).

Some Important Treatments of Naturopathy

- Mud pack, Mud Applications
- Mud Bath, Underground Mud Bath, Mud Pool Bath
- Hip Bath
- Spinal Bath, Spinal Spray Bath
- Immersion Bath, Friction Bath
- Foot Bath, Arm Bath
- Steam Bath, Sauna Bath
- Sun Bath, Colour Sun Bath (Chromo Bath),
- Green Leaves Sun Bath
- Hot & Cold Fomentation
- Wet Sheet Pack, Chest Pack, Abdomen Pack, Trunk Pack
- Knee Pack, Neck Pack, Wet Girdle Pack
- Enema-Warm Water, Butter Milk, Tender Coconut Water etc.
- Circular Jet Bath
- Colon Irrigation
- Deluxe Hydro Massage, Jacuzi
- Hot and Cold Water Douches, Effusions
- Whirlpool Bath
- Under Water Exercises
- Magnet Therapy
- Colour Therapy
- Acupuncture
- Acupressure
- Reflexology
- Physiotherapy Treatments - Exercise Therapy, Electro Therapy

Unani System of Medicine

The Unani System of Medicine has a long and impressive record in India. It was introduced in India by the **Arabs and Persians sometime around the eleventh century**. Today, India is one of the **leading countries in so far as**

the practice of Unani medicine is concerned. It has the largest number of Unani educational, research and health care institutions.

As the name indicates, Unani system **originated in Greece**. The foundation of Unani system was laid by **Hippocrates**. The system owes its present form to the Arabs who not only saved much of the Greek literature by rendering it into Arabic but also enriched the medicine of their day with their own contributions. In this process they made **extensive use of the science of Physics, Chemistry, Botany, Anatomy, Physiology, Pathology, Therapeutics and Surgery**.

Unani Medicines got enriched by imbibing what was best in the contemporary systems of **traditional medicines in Egypt, Syria, Iraq, Persia, India, China and other Middle East countries**. In India, Unani System of Medicine was introduced by Arabs and soon it took firm roots. The **Delhi Sultans (rulers) provided patronage to the scholars of Unani System** and even enrolled some as state employees and court physicians. During 13th and 17th century A.D. Unani Medicine had its hey-day in India.

The system **suffered a severe setback during the British rule in India**. The **allopathic system was introduced and gained ground**. This retarded the growth of education, research and practice of Unani system of medicine. All the traditional systems of medicine along with Unani System faced almost complete neglect for about two centuries. The withdrawal of State Patronage could not harm much as the masses reposed faith in this system and it continued to be practiced. It was mainly **Sharifi family in Delhi, the Azizi family in Lucknow and the Nizam of Hyderabad due to whose efforts Unani Medicine survived** during the British period.

The Unani system of the Medicine, saw the beginning of its revival during the freedom struggle. **Hakim Ajmal Khan, was a renowned physician** and also one of the foremost freedom fighters in the country. He established **an Ayurvedic and Unani Tibbia College and Hindustani Dawakhana** a pharmaceutical company for manufacturing of Ayurvedic and Unani medicine in Delhi in 1916. Mahatma Gandhi inaugurated the college on February 13, 1921. Some of the Princely States also fully patronized this system.

After independence the Unani System along with other Indian systems of medicine received a fresh boost under the patronage of the National Government and its people. Government of India took several steps for the all round development of this system. It **passed laws to regulate and promote its education and training**. It **established research institutions, testing laboratories and standardized regulations** for the production of drugs and for its practice. Today the Unani system of medicine with its **recognized practitioners, hospitals and educational and research institutions**, forms **an integral part of the national health care delivery system**.

Drugs of Herbal, Mineral and Animal origin in single form or compound formulations are used. Drugs are used in the form of Tablets, powder, Majoon, Jawarish, Lauooq, Itrifal, Syrup, Arq, etc

Siddha system

Siddha system is one of the oldest systems of medicine in India . The term Siddha means achievements and Siddhars were saintly persons who achieved results in medicine. Eighteen Siddhars were said to have contributed towards the development of this medical system. Siddha literature is in Tamil and it is practised largely in Tamil speaking part of India and abroad. The Siddha System is largely therapeutic in nature.

The Siddha System of Medicine emphasises that medical treatment is oriented not merely to disease but has to take into account the patient, environment, the meteorological consideration, age, sex, race, habits, mental frame, habitat, diet, appetite, physical condition, physiological constitution etc. This means the treatment has to be individualistic, which ensures that mistakes in diagnosis or treatment are minimal.

The Siddha System also deals with the problems affecting the women's health and a lot of formulations are available in the Siddha classics which can counter the problems for a better living. The care for women's health starts from the first day of the girl child. The Siddha System strongly advocates breast feeding upto the first three months of the life. The Siddha System believes in the principle of Food itself is medicine and during this nursing period, lactating mothers are advised to take the food rich in iron, protein and fibre so as to prevent any nutritional disorders both to the child as well as the mothers. Once in 15 days, the mothers are advised to take simple remedies for de-worming so that they may not land up in anaemic conditions.

For any diseases due to infection or otherwise, the treatment is individualistic on examination of that particular patient. Once the girl child attained menarche, the Siddha System has got a variety of preparations which can strengthen her reproductive system so as to deliver a healthy child in future. And also, effective treatments are available to take care of the menopausal syndromes, especially problems related to the hormonal imbalance.

The Siddha System is effective in treating chronic cases of liver, skin diseases especially Psoriasis, rheumatic problems, anaemia, prostate enlargement, bleeding piles and peptic ulcer. The Siddha Medicines which contains mercury, silver, arsenic, lead and sulphur have been found to be effective in treating certain infectious diseases including venereal diseases. Practitioners have claimed that Siddha medicines are effective in reducing the highly debilitating problems that manifest themselves among patients of HIV/AIDS. More research into the efficacy of these medicines is presently in progress.

Homoeopathy

Homoeopathy today is a rapidly growing system and is being practiced almost all over the world. In India it has become a household name due to the safety of its pills and gentleness of its cure. A rough study states that about 10% of the Indian population solely depend Homoeopathy for their Health care needs and is considered as the Second most popular system of medicine in the Country.

It is more than a century and a half now that Homoeopathy is being practiced in India. It has blended so well into the roots and traditions of the country that it has been recognised as one of the National System of Medicine and plays a very important role in providing health care to a large number of people. Its strength lies in its evident effectiveness as it takes a holistic approach towards the sick individual through promotion of inner balance at mental, emotional, spiritual and physical levels.

The word 'Homoeopathy' is derived from two Greek words, Homois meaning similar and pathos meaning suffering. Homoeopathy simply means treating diseases with remedies, prescribed in minute doses, which are capable of producing symptoms similar to the disease when taken by healthy people. It is based on the natural law of healing- "Similia Similibus Curantur" which means "likes are cured by likes". It was given a scientific basis by Dr. Samuel Hahnemann (1755-1843) in the early 19th century. It has been serving suffering humanity for over two centuries and has withstood the upheavals of time and has emerged as a time tested therapy, for the

scientific principles propounded by Hahnemann are natural and well proven and continue to be followed with success even today.

Sowa-Rigpa

“Sowa-Rigpa” commonly known as **Amchi system of medicine** is one of the oldest, Living and well documented medical tradition of the world. It has been **popularly practice in Tibet, Magnolia, Bhutan, some parts of China, Nepal, Himalayan regions of India** and few parts of former Soviet Union etc. There are various schools of thought about the origin of this medical tradition, some scholars believes that it is originated from India, some says China and others consider it to be originated from Tibet itself.

The majority of theory and practice **of Sowa-Rigpa is similar to “Ayurveda”** . The first Ayurvedic influence came to Tibet during 3rd century AD but it became popular only after 7th centuries with the approach of Buddhism to Tibet. There after this trend of exportation of Indian medical literature, along with Buddhism and other Indian art and sciences were continued till early 19th century. India being the birth place of Buddha and Buddhism has always been favorite place for learning Buddhist art and culture for Tibetan students; lots of Indian scholars were also invited to Tibet for prorogation of Buddhism and other Indian art and sciences. This long association with India had resulted in translation and preservation of thousands of Indian literature on various subjects like religion, sciences, arts, culture and language etc. in Tibetan language. Out of these around twenty-five text related to medicine are also preserved in both canonical and non-canonical forms of Tibetan literatures. Many of these knowledge were further enriched in Tibet with the knowledge and skills of neighboring countries and their own ethnic knowledge. “Sowa-Rigpa” (Science of healing) is one of the classic examples of it. Gyud-Zi (four tantra) the fundamental text book of this medicine was first translated from India and enriched in Tibet with its own folklore and other medical tradition like Chinese and Persian etc. The impact of Sowa-Rigpa along with Buddhism and other Tibetan art and sciences were spread in neighboring Himalayan regions. In India this system has been practiced in Sikkim, Arunachal Pardesh, Dargeling (West Bangal), Lahoul & Spiti (Himanchal Pardesh) and Ladakh region of Jammu& Kashmir etc.

List of Central Sector Schemes

The Scheme of Development of AYUSH Institutions has been under implementation since the 10th Plan.

Central Sector Scheme

1. Central Sector Scheme for **supporting Re-orientation Training**, Continuing Medical Education and Exposure programs of AYUSH (related Information) Achievement cum-performance Report. Format for Institutions. UC Format. Application (Ann.A) of Scheme. ROTP-CME-Evaluation Format. Statement of Accounts. Calendar for 6day CME Programs. Calendar for 6day RoTP Programs. Feedback Form. Application _ann. B_of Scheme. Funding Patternn.
2. SCHEME FOR ACQUISITION, CATALOGING, DIGITIZATION AND PUBLICATION OF TEXT BOOK & MANUSCRIPTS
3. Scheme for upgradation to Centres of Excellence (Priority area of COE during 2011-12) (NEW)
4. Scheme for Public Health Initiatives scheme
5. Scheme for Revitalization Of Local Health Traditions, Midwifery Practices Etc .
6. Scheme for Extra Mural Research projects on Indian Systems of Medicine and Homoeopathy .
7. Central Sector Scheme for Promotion of International Co-operation (IC) in AYUSH.
8. Central Sector Scheme for Promotion of Information, Education, and Communication (IEC) in AYUSH
9. Assistance for Exchange Programme / Seminar / Conference / Workshop on AYUSH.
10. Scheme for development of AYUSH Industry clusters