

AYUSH

AYUSH is the acronym of the medical systems that are being practiced in India such as [Ayurveda](#), [Yoga & Naturopathy](#), [Unani](#), [Siddha](#) and [Homeopathy](#). These systems are based on definite medical philosophies and represent a way of healthy living with established concepts on prevention of diseases and promotion of health. The basic approach of all these systems on health, disease and treatment are holistic. Because of this, there is a resurgence of interest on AYUSH systems. Yoga has now become the icon of global health and many countries have started integrating it in their health care delivery system. Similarly there is great curiosity to understand the principles and practice of Ayurveda, Homeopathy, Siddha and Unani especially due to growing challenges in medicine in Non Communicable Diseases (NCDs), Life style disorders, long term diseases, multi drug resistant diseases, emergence of new diseases etc. In 1995, with the objective of optimal and focused development of these systems, the Department of Indian Medicine and Homeopathy (ISM & H) was created in the Union Ministry of Health and Family Welfare. In 2003, this Department was re named as Department of AYUSH.

India has a rich heritage of medical wisdom derived from the Vedas that prevailed as Ayurveda. This was further enriched by the ancient Saints (Rishi's) with Siddha system and Yoga practices. These were the principal medical practices of the country for centuries, forming part of Indian ethos and culture. Unani Tibb that was known from period of Hippocrates came to India during 8th Century A D. subsequently, the Western medicine that is based on biomedical concepts, commonly known as Allopathy, came to India and also got assimilated into the Indian medical practice. Homeopathy, a system developed in Germany in 18th century quickly gained popularity and has got blended with the Indian traditional medical practices due to similarity in its holistic medical philosophy and principles. Naturopathy, a drug less system of healthy living practices of all civilizations got organized and also become part of the medical pluralism of the country. Thus, there evolved a unique medical paradigm with traditional practices along with the Bio medicine. After Independence, the Government started supporting all the medical systems for their growth, thereby offering the public a choice for their routine health care need. Because of this as now there are public patronage and institutional support to widen the strength of these systems in curative, preventive, promotive aspects of health care.

The bio medicine based on experimental concepts has brought innovation with consistent research and updating knowledge. Due to that there are remarkable information on causation of diseases, their course, prognosis, diagnostics, management of diseases etc. Most of the infectious diseases that were the major cause of high mortality are now conquered. Management of high risk cases, surgical interventions, etc has brought in marvels in health sector. However, there is an increase in the incidence of Non Communicable Diseases. AYUSH medicines that come under the category of experienced medicine are cost effective, known for safety issues and time tested. AYUSH medicines are widely used as a standalone option or as adjunct with Bio medicine in the long term diseases. Therefore, the relevance of AYUSH has become more now because of this change in health paradigm. Keeping this fact in view the Government is encouraging a pluralistic approach in health care where every medical system is allowed to grow on the basis of its evident strength.

- [Ayurveda](#)
- [Yoga](#) and [Naturopathy](#)
- [Unani](#)

- Siddha
- Homoeopathy

Ayurveda

The word Ayurveda derived from *AYU* and *VEDA*. *AYU* means life *VEDA* means science or knowledge. Ayurveda means the science of life. Charaka defines "That science is designated as Ayurveda which deals with advantage and disadvantage as well as happy and unhappy states of life along with what is good and bad for life, its measurement and the life itself (Charaka Sutra 1 - 4)" Ayurveda embraces all living things, human and Non-human. It is divided into three main branches viz., Nara Ayurveda dealing with human life, Satva Ayurveda the science dealing with animal life and its diseases, Vriksha Ayurveda the science dealing with plant life, its growth and diseases. It is amply clear that Ayurveda is not only a system of medicine but also a way of life for complete positive health and spiritual attainments.

Ayurveda believes that positive health is the basis for attaining four cherished goals of life (*chaturvidh purushartha*) viz., Dharma, Artha, Kama, Moksha. All these four goals cannot be achieved without sound positive health.

Positive health is defined as

(a) Dosha Dhatu samya (*well balanced metabolism*)

(b) Prasanna Atma, Indriya, Manah (happy state of the soul, senses and the mind). Senses here mean the five organs of perception Gyanendriya viz., smell, taste, sight, touch, and hearing coupled with the organs of action - Karmendriya viz., mouth, hands, foot and organs of excretion and reproduction.

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YOGA

Yoga is an Art and Science of healthy living. It is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. The holistic approach of Yoga is well established and it brings harmony in all walks of life and thus, known for disease prevention, promotion of health and management of many lifestyle –related disorders. Today, Yoga is popular across the globe, not just because of its efficacy in the management of some diseases, but also of its strength in providing relief to the practitioner, from mental and emotional distress and providing a feeling of well-being. Hence, now-a-days Yoga is being practiced as part of healthy life style across the globe.

The term Yoga is derived from the Sanskrit root 'YUJ', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. The aim of Yoga is Self-Realization, to overcome all kinds of sufferings leading to 'the state of liberation'. This is one of the oldest sciences of the world, which originated in India. Yoga is very useful for preserving and maintaining one's physical and mental health and also for 'spiritual evolution'. The practice of Yoga is believed to have started with the very dawn of civilization.

Scheme for Voluntary Certification of Yoga Professionals:

This is a scheme mentored by Ministry of AYUSH and owned by Quality Council of India (QCI) for yoga professionals to get certified for their competence to be a Certified Yoga Professional for providing yoga lessons/ classes.

Visit following link for more information: yogacertification.qci.org.in/

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Naturopathy

Naturopathy is an art and science of healthy living and a drug less system, It has its own concept of health and disease and also principle of treatment. In today's age, Naturopathy is Recognized and well accepted as an independent System of medicine. Naturopathy 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. Nature is the greatest healer. The human body itself has the healing power to prevent itself from disease and regain health if unhealthy.

In Naturopathy, it is not the disease but the entire body of the patient which is caused and is renewed. Naturopathy cures patients suffering from chronic ailments in comparatively less time than any other form of medicine. Naturopathy treats all the aspects like physical, mental, social and spiritual at the same time. Naturopathy treats the body as a whole. According to Naturopathy, "Food is only the Medicine", no external medications are used.

Some important treatments of naturopathy are: Mud pack, Mud Bath, Spinal Bath, Spinal Spray Bath, Steam Bath, Sauna Bath, Sun Bath, Wet Sheet Pack, Chest Pack, Abdomen Pack, Magnet Therapy, Acupuncture, Acupressure, Reflexology, Physiotherapy Treatments - Exercise Therapy and Electro Therapy. Naturopathic doctors treat their patients holistically i.e. taking into consideration their individual biochemistry, bio mechanics and emotional predispositions.

Treatment

1. **Diet Therapy:** According to this therapy, the food must be taken in natural form. Fresh seasonal fruits, fresh green leafy vegetables and sprouts are excellent. These diets are broadly classified into three types which are as follows: i) Eliminative Diet (Liquids-Lemon, Citric juices) ii) Soothing Diet (Fruits, Salads, Boiled/ Steamed Vegetables) iii) Constructive Diet (Wholesome flour, pulses, Curd) These diets help in improving health, purifying the body and rendering it immune to disease.
2. **Fasting Therapy:** Fasting is primarily the act of willingly abstaining from some or all food, drink, or both, for a period of time. Methods of fasting are water, juices or raw vegetable juices. During fasting, the body burns up and excretes huge amounts of accumulated wastes.
3. **Mud therapy:** Mud therapy is very simple and effective treatment modality. Mud therapy is used for giving coolness to body. It dilutes and absorbs the toxic substances of body and ultimately eliminates them from body.
4. **Hydrotherapy:** It is the treatment of disorders using different forms of water. Hydrothermal therapy additionally uses its temperature effects, as in hot and cold baths, saunas and body wraps.
5. **Masso Therapy:** Massage is the practice of soft tissue manipulation with physical, functional, and in some cases psychological purposes and goals. If correctly done on a bare body, it can be highly stimulating and invigorating. Various oils are used as lubricants like mustard oil, sesame oil, coconut oil, olive oil, aroma oils , these oils also have therapeutic effects.
6. **Acupressure:** Acupressure is an ancient healing art that uses the fingers or any blunted objects to press key points called as 'Acu Points' (Energy stored points) on the surface rhythmically on the skin to stimulate the body's natural self-curative abilities.
7. **Chromo Therapy:** Seven colours of Sun rays have different therapeutic effects. Water and oil exposed to sun for specified hours in coloured bottles and coloured glasses, are used as devices of Chromo Therapy for treating different disorders.
8. **Air Therapy:** The advantage of air therapy can be achieved by means of Air bath. Everybody should take an air bath daily for 20 minutes or longer if possible. It is more advantageous when combined with morning cold rub and exercises.

9. **Magnet Therapy:** Magnet therapy is a clinical system in which human ailments are treated and cured through the application of magnets to the body of the patients. It is the simplest, cheapest and entirely painless system of treatment with almost no side or after effects. The only tool used is the magnet. Also, magnetic belts are available for different parts e.g. Abdomen, knee and for wrist.

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UNANI

Ibn-e- Sina popularly known as **Avicenna**, one of the greatest scholars of Unani Tibb (medicine), has defined Unani Medicine as "It is the science in which we learn various states of body in health and when not in health and the means by which health is likely to be lost and when lost, is likely to be restored".

Unani-tibb or **Unani Medicine** is a form of traditional medicine practiced in Middle- East and South-Asian countries. It refers to a tradition of Graeco-Arabic medicine, which is based on the teachings of Greek physician Hippocrates and Roman physician Galen and developed into an elaborate medical system in middle age era by Arabian and Persian physicians, such as Rhazes (al-Razi), Avicenna (Ibn-e- Sina), Al-Zahrawi, and Ibn Nafis.

It originated in Greece almost 2500 years back, which is herbo- animo- mineral in origin (Approximately 90% herbal, 4-5% animal and 5-6 % mineral). It is not only the original science of medicine but also a rich store house of principles and philosophies of medicine which can be of immense value to the medicine in particular and science in general.

It is a comprehensive medical system, which meticulously deals with the various states of health and disease. It provides promotive, preventive, curative and rehabilitative healthcare. The fundamentals, diagnosis and treatment modalities of the system are based on scientific principles and holistic concepts of health and healing. Accordingly it considers individual in relation to his environment and stresses on health of body, mind and soul. Temperament (Mizaj) of a patient is given great importance in diagnosis and treatment of diseases. Temperament is also taken into consideration for identifying the most suitable diet and lifestyle for promoting the health of a particular individual. In spite of continuous neglect, this healing art is not only surviving but also complimenting other systems of medicine.

The Unani System of Medicine offers treatment of diseases related to all the systems and organs of the human body. The treatments for chronic ailments and diseases of skin, liver, musculo-skeletal and reproductive systems, immunological and lifestyle disorders have been found to be highly effective and acceptable. The use of elatives, exhilarants, aphrodisiacs, organ-specific tonics and immunomodulatory drugs, temperament specific drugs, correctives for adverse effects, coctives and purgatives etc. are unique features of Unani System of Medicine. Cosmoceutics, Nutraceuticals, Aromatics and corresponding therapies are important parts of treatment in Unani System of Medicine.

Unani physicians give prime importance to diet and the state of digestion in a person, in both health and disease. Specific dietary regimens are recommended while treating patients according to their temperament. Proper diets are assumed to produce good humours (*Akhilā\Ṣāliha*) while improper ones produce bad humours

(*Akhlā\ Radiyya*). Thus, the humoral imbalance can be corrected by medication coupled with proper diet. The physician prescribes the drugs according to the temperament of patient, causative humour, faculty of organ involved and severity of the disease. These drugs are classified as per the specific temperament (*Mizāj*) and are graded in the first, second, third and fourth degree according to their potency. It is presently practiced in India, Bangladesh, Pakistan, Sri Lanka, Nepal, China, Iran, Iraq, Malaysia, Indonesia, Central Asian and Middle Eastern Countries. In India the system has been developed scientifically, nurtured and systematically integrated into healthcare delivery system over the years. Unani system of medicine also benefited from the native medical systems in vogue at the time in various parts of Central Asia. That is why this system is known, in different parts of the world, with different names such as Greco-Arab Medicine, Ionian Medicine, Arab Medicine, Islamic Medicine, Traditional Medicine, Oriental Medicine etc.

Siddha

INTRODUCTION

The Siddha system of medicine is mainly practised in the Southern part of India. It is one of the earliest traditional medicine systems in the world which treats not only the body but also the mind and the soul. The word Siddha has its origin in the Tamil word Siddhi which means "an object to be attained" or "perfection" or "heavenly bliss". India being the birth place of many traditional philosophies also gave birth to Siddha. The roots of this system are intertwined with the culture of ancient Tamil civilization.

"Siddhargal" or Siddhars were the premier scholars of this system in ancient times. Siddhars, mainly hailing from Tamil Nadu laid the foundation for Siddha system of medicine. Hence, it is called Siddha medicine. Siddhars were spiritual masters who possessed the ashta (eight) siddhis or unique powers. Agastya or Agasthya, is believed to be the founding father of Siddha Medicine. Eighteen Siddhars are considered to be pillars of Siddha Medicine. Siddha medicine is claimed to revitalize and rejuvenate dysfunctional organs that cause the disease. Kayakarpam, a special combination of medicine and life style, Varmam therapy, Vaasi (Pranayama) and Muppu the universal Salt are the specialities of Siddha system of medicine. Thus this system connects both spiritual and physical and treats the person as a whole i.e. it concentrates the physical, psychological, social and spiritual well being of an individual.

HISTORY

It is difficult to trace the beginning of this ancient system. It began with man and may end with him. Instead of giving the name of any of individual as the founder of this system our ancestors wisely attributed its origin to the creator. According to the tradition it was Shiva who unfolded the knowledge of Siddha system of medicine to his consort Parvati who handed it down to Nandhidevar and he in turn to the 18 siddhars. Therefore it is called 'Shiva Sampradayam, (tradition of Siva), or 'Siddha Sampradayam'.

Agasthiyar is the prominent one among the eighteen and some of his works are still standard books of medicine and surgery in daily use among the Siddha Medical practitioners.

Siddhars believed that a healthy soul can only be developed through a healthy body. So they developed methods and medications to strengthen their physical body and thereby their souls. They practiced intense yogic practices, including years of periodic fasting and meditation, and were believed to have achieved supernatural powers and gained the supreme wisdom and overall immortality.

The knowledge of Siddhars which was orally transmitted initially was later written in palm leaf manuscripts, fragments of which are found in many parts of South India. The methodology of siddha thought has helped decipher many causes of disorders and the formulation of curious remedies which sometimes have more than 250 ingredients. Till half a century back most of the practicing siddha medical practitioners were traditionally trained, usually in families, and by Gurus (teachers). When the guru knew martial arts he is also known as an asan. It is believed that some families may possess more knowledge written in palm leaves but keep them solely for their own use.

Over a period of time after Independence, Government in a way of promoting traditional systems of medicines opened schools for teaching indigenous systems of medicine including siddha. Today, siddha is taught in Government as well as in private siddha medical colleges in Tamil Nadu and Kerala. Siddha medicine is also taught in two universities of Srilanka...

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HOMEOPATHY

Introduction

Homeopathy is a distinct medical specialty being practiced across the world. It is a recognized medical system in India through the **Homeopathy Central Council Act, 1973**. The system has blended well into the ethos and traditions of the country that it has been recognized as one of the national systems of medicine.

Ancient medical wisdom as well as Hippocratic writings speaks of two diverse principles of treating diseases. One is **Contraria Contrariis Curantur** (Latin) which means opposites are cured by opposites. This principle teaches to treat disease by using remedies that produce opposite effects. The other principle is the **Similia Similibus Curentur** (Latin), which means let similar things take care of similar things. Hippocrates was known to have said, "Through the like, disease is produced and through the application of the like it is cured."

The word 'Homeopathy' is derived from two Greek words *hómoios* (similar) and *páthos* (suffering). This means in Homeopathy natural diseases are treated with substances that produce effects similar to the suffering. The key principle of this medical approach is *similia similibus curentur*. Homeopaths generally refer this as **Like be treated with likes**.

The system was propounded by a German physician Dr. Christian Friedrich Samuel Hahnemann (10th April, 1755 – 2nd July, 1843). The main principle of Homeopathy is *similia*. Another principle, namely, Individualisation speaks of holistic approach in health, disease and treatment by taking into consideration of the sick individual at physical, mental, social and spiritual levels. This concept is now emerging even in biomedicine as personalized medicine (theranostics) as an important factor of diagnostics and therapy of long term diseases. The concept of prescribing medicines having exceedingly low quantity of original medicinal substances is called theory of minimum dose. This is emerging as Nano pharmacology. Another major contribution of Hahnemann is his teaching on using only those medicines whose therapeutic efficacy has been verified on human beings safely. He named this as Drug Proving. This is gaining wider acceptability in the scientific fraternity and is now called Human Pathogenetic Trial. (HPT) Thus, the scientific validity of the principles postulated by Hahnemann in early 18th century are getting validation with the advancement of science. Therefore, it is said that Hahnemann was ahead of his time in terms of knowledge and wisdom.

Homeopathy can be defined as a “dynamic, holistic and vitalistic system of individualistic drug therapeutics, based on the law of similars, potentially capable to cure diseases that are curable and relieves symptoms of incurable nature”. The key principle of the system is *Similia Similibus Curentur*, while the crucial principles are doctrine of Drug-proving, doctrine of drug- dynamisation, theory of chronic diseases, totality of symptoms, direction of cure and the important supporting principles are vital force / dynamism, Single remedy, and Susceptibility / individualization.

Homeopathic remedies are used by the public for viral diseases, different forms of allergic conditions, skin disorders, behavioral problems and several chronic long term diseases. Its strength also lies in its effectiveness on certain clinical conditions for which there is less treatment in other medical systems. This medicine is used as a standalone treatment for various women and children diseases, hormonal disorders, pain and palliative care, infertility and so on. Similarly it is used as an adjunct/ adjuvant in Cancer, COPD, Diabetes and its complications. In preventive care, Homeopathic medicines are used on a unique concept of **Genus epidemicus**. The strength of Homeopathy in promotive health is its **constitutional** and anti-**miasmatic** approach