

# A GLANCE IN AYURVEDA—THE HIDDEN PAST AND CONCEPTS OF WESTERN INDIAN MEDICINE

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**ABSTRACT:** *Ayurveda is considered to be one of the oldest orthodox forms of medicine (TSM) recognized worldwide. Ancient wisdom in this ancient method of medicine is not yet thoroughly known. The junction of rich knowledge from various traditional systems of medicine will lead to new avenues in the process of exploration of herbal medicines. The lack of awareness of discrepancies and parallels between the scientific doctrines of these systems is a significant barrier to their integration, aside from other barriers to the discovery of plant-based medicines. The purpose of this analysis is to illustrate the era of Ayurveda and the fundamental concepts of Ayurveda.*

**KEYWORDS:** *Ancient, Ayurveda, Doctor, Framework, Yoga, Health care, Medicine.*

## INTRODUCTION

India has a rich history of customary arrangement of medication based upon six frameworks, out of which Ayurveda stands to be the most ancient, most broadly acknowledged, rehearsed and flourished indigenous system of medication. The other unified frameworks of medication in India are Unani, Siddha, Homeopathy, Yoga and Naturopathy. Ayurveda is the most prevailing framework among the other Indian frameworks of medicine and finds its predominance all around the world since hundreds of years. In this paper, we have confined the nitty gritty conversation of different aspects of Indian frameworks of Medicine (ISM) to Ayurveda alone, and just comprehensive diagram of different frameworks is given in the text. After Ayurveda, the Siddha, Homeopathy and Unani framework of medicine are broadly utilized. Naturopathy is as yet creating and in future it might arise as flourished arrangement of medication.

Yoga, is a system of united medication that manages physical, mental and spiritual condition of an individual. The Siddha system of medication depends on the principles similar to Ayurveda thinking about that the human body is constituted from the five components of the Universe like the panchamahabhootas. Alongside these components Siddha framework considers that the physical, good and physiological prosperity of an individual is governed by 96 elements. These 96 variables incorporate insight, speech, diagnosis of heartbeat and so on. Discernment is regularly utilized determinant for treatment of psychosomatic framework with the assistance of minerals, metals and less significantly some plant items. Siddha system uses numerous arrangements of plant and mineral birthplace in powder form, arranged [1] through different

methods including calcinations. Unani system of medication began in Greece and was introduced by Hippocrates; an acclaimed scholar and doctor during the 460-366 BC period. Hippocrates set down the "humoral theory" for treatment of sicknesses and portrays the wet and dry characteristic of each humor that establishes the human body [2]. This system of medication was presented in India by the Arabs and it grew more grounded when a few researchers and doctors of Unani system fled to India after intrusion of Persia by the Mongols.

Ayurveda [3] is perhaps the most prestigious customary frameworks of medicine that has endured and flourished from ages till date. With the huge information on nature based medication, the connection boat of human body constitution and capacity to nature and the elements of the universe that demonstrate in coordination and influence the living creatures, this framework will proceed to flourish in ages still to come [4]. There are numerous roads still to be investigated by the re-researchers, professionals and specialists in the field who convey the responsibility of keeping the customary frameworks of medication (TSMs) alive and adding to their development later on. Be that as it may, due to numerous boundaries, for example, absence of writing sources in different languages and deficiency of mindfulness about the essential principles and accounts of the frameworks from various ethnic beginnings, there is a lacuna of trade of data from frameworks around the globe. Knowledge of frameworks from various ethnic birthplaces would bring about exchange of information and increment the comprehension of different frameworks, and this can eventually add to integration and headway of home grown medication research when went with by collaborative work of specialists from various nations [5]. These futuristic objectives can be refined when one adds bits of knowledge about the frameworks, the standards and chronicles and works after the strengthening viewpoints basic between the different TSMs.

In this review, we have made an endeavor to advance the essential principles of precept and history of Ayurveda to add to the above said perspectives [6]. To date, there have been a few surveys specifying Ayurveda. However, not many audits detail the modalities of the basic principles and history of Ayurveda. Through this audit the authors wish to give perusers a comprehension of the age old history and the fundamental standards of Ayurveda [7]. Ayurveda distinguishes three essential kinds of energy or utilitarian rules that are available in everybody and everything. Since there are no single words in English that pass on these ideas, we utilize the first Sanskrit words vata, pitta and kapha. These standards can be identified with the fundamental science of the body.

Energy is needed to make development so liquids and supplements get to the cells, empowering the body to work. Energy is additionally needed to utilize the supplements in the phones, and is called for to grease up and keep up the structure of the phone. Vata is the energy of development; pitta is the energy of processing or digestion and kapha, the energy of oil and structure. All individuals have the characteristics of vata, pitta and kapha, however one is generally essential, one optional and the third is normally least unmistakable. The reason for sickness in Ayurveda is seen as an absence of appropriate cell work because of an overabundance or inadequacy of vata, pitta or kapha. Infection can likewise be brought about by the presence of poisons.

In Ayurveda, body, brain and cognizance cooperate in looking after equilibrium. They are basically seen as various features of one's being. To figure out how to adjust the body, psyche and awareness requires a comprehension of how vata, pitta and kapha cooperate. As indicated by Ayurvedic reasoning the whole universe is an interchange of the energies of the five incredible components—Space, Air, Fire, Water and Earth. Vata, pitta and kapha are mixes and stages of these five components that show as examples present in all creation. In the actual body, vata is the inconspicuous energy of development, pitta the energy of absorption and digestion, and kapha the energy that shapes the body.

### BASIC CONCEPTS OF AYURVEDA COMPRISING

1. The Tri-Gunas-Three Basic Universal Energy: Viz-Satva, Rajas and Tamas.
2. The PancaMahabhutas-Five essential elements viz.-Akasha (Space), Vayu (Air), Teja or Agni (Fire), Jala (Water) and Prithvi (Earth)
3. The TriDosas-Three Body Humors Viz.-Vata, Pitta and Kapha
4. The SaptaDhatus- Seven types of body tissue: viz.-Rasa (fluid) Dhatu, Rakta(blood)Dhatu, MamsaDhatu, Meda(fat)Dhatu, AsthiDhatu, MajjaDhatu and SukraDhatu.
5. The TrayadosaAgni-Thirteen kinds of digestive fires: viz.-Jatharagni (gastric fire), SaptaDhatvagni and PancaBhutagni
6. The TriMalas-Three forms of body waste: Viz.-Purisa (faeces), Mutra (urine) and Sveda (sweat)

There are some elements of this system of medication that differentiate it from other alternatives to healthcare services:

1. Ayurveda defines three basic universal forces that control all natural phenomena at both macrocosmic and microcosmic levels. That is, the same energies that generate results in the different universes and star systems work at the level of human physiology—in our own physiology [8]. These three fundamental energies are known as the Tridosas.
2. Ayurveda is a full medicinal philosophy that acknowledges that essentially all intelligence and wisdom flows from one Absolute root (Paramatma). Health expresses itself by the grace of the Absolute, working by the laws of Nature (Prakriti). Ayurveda assists Nature by maintaining equilibrium between the person and Nature by leading a life of peace in accordance with its laws.
3. It reflects on creating and preserving the equilibrium of life resources within us, rather than relying on particular symptoms.
4. Accepts the particular constitutional distinctions of all citizens and thus proposes different policies for all groups of persons. While two individuals may seem to have the same external signs, their energetic constitutions may be very different and thus call for very different remedies[1].

5. Finally, the ancient Ayurvedic doctors recognized the need to maintain the alliance between mind and body, and presented human beings with instruments to remember and cultivate the more complex facets of our humanity. Ayurveda seeks to cure the fragmentation and imbalance of the body-mind structure and to restore dignity and peace to all beings[9].
6. There are numerous medications, medicines, and exercises available to regulate the elements and the dosages of the body and the senses. Meditations, mantras, and drills are also used to balance the elements of the subconscious. Massage and rasayana therapies, along with visualization, pranic breathing, and other techniques, allow personal access to intuition, and intuitive wisdom.

### LITERATURE REVIEW

Ayurveda is perhaps the most prestigious customary frameworks of medicine that has endure and flourished from ages till date. With the huge information on nature based medication, the connection boat of human body constitution and capacity to nature and the elements of the universe that demonstration in coordination and influence the living creatures, this framework will proceed to flourish in ages still to come[10].

### CONCLUSION

Ayurveda has a rich history; anyway there were certain drawbacks in methodologies towards it, which repressed its growth like the western arrangement of medication. The dynamic parts of the herbal drugs endorsed were not known, and even today many drugs still need further investigation for their dynamic constituent characterization and explanation of the system of activity. Even after many years of applying progressed insightful strategies for drug analysis, home grown medications actually face a few downsides. The administration of mixes of a few medications adds to the intricacy of study of the action of these drugs. A value of traditional medicine frameworks as examined before is that, they consider every individual as the great focal point of treatment as opposed to the disease. But this factor likewise has an obstacle to the relevance of prescription on an overall public premise. A few issues like, the variation in the intensity because of distinction in species, nonattendance of an integrated coding for each specie utilized regularly in TSMs, varying topographical area of development, and wrong identification and corruption of medications, non-uniform quality control standards, contrasts in preparing techniques, direct a disturbing need towards near investigation of medications utilized in both these arrangement of medication.

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