



The Necessity to Learn Ayurveda in the Posterity

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ABSTRACT

Ayurveda took its origin in India 3000 years ago and it developed significantly during the Vedic period. In Ayurvedic treatises, the Vata, the Pitta, and the Kapha are described as three elemental doshas. The disturbance in their balance causes diseases, and maintaining them in balance is the way to prevent disease. Bringing back the doshas to balance is the treatment method in Ayurveda. So, there is a treatment for all diseases. By the principle of Trividhabodhya sangraha, we can diagnose and do treatment of disease that was not known to us. For Example, Covid-19 which was unknown to us before. Ayurveda emphasizes the role of a healthy diet, a positive lifestyle, and nutraceutical medication. Ayurveda seems to adopt a positive holistic approach in contrast to the reductionistic approach of western modern science. As new diseases are popping up daily, Ayurveda has become a boon to mankind.

INTRODUCTION

Ayurveda, which originated in India more than 3000 years ago, has a long tradition behind it. Today it remains a favoured form of health care in a large part of the eastern world, especially in India, where a large part of the eastern world especially in India, where a large population uses this system of medicine exclusively or combined with allopathy. Survey says that about 77% of Indians use ayurvedic medicines. Ayurveda has been recognized as a medical system in Nepal, Sri Lanka, Pakistan, UAE, Oman, Saudi Arabia, Bahrain, Malaysia, Mauritius, Hungary, Serbia, Tanzania, Romania, Cuba, and Brazil.[1]

Ayurveda is a Sanskrit word having the meaning - (the science of life), considered Upaveda of Atharvaveda. Ayurveda's principles derived from universal laws of nature had changed little through time. It gives us an ideal way of living. Ayurveda draws its knowledge from Shad Darshanas (philosophy). Ayurveda is based on peculiar fundamental principles like Tridoasha Siddhanta- Vata, Pitta, Kapha, and Panchamahabhuta Siddhanta- ether, air, fire, water, and earth.

LITERATURE REVIEW

The Ayurvedic definition of health and the definition of health given by WHO are similar. WHO defines health as a state of complete physical, mental and social well-being and not merely the absence of disease.[2] In the Susruta Samhita, Acharya Susruta defines health, as a state of balance of doshas, equilibrium of Agni, proper formation of seven dhatus, proper elimination of the malas, and body processes functioning properly. A healthy person will also have a happy mind, soul, and senses.[3] This is the definition of health given by Acharya more than 1000 years ago and it is similar to the definition given by WHO. This proves that the Acharyas of Ayurveda had a clear-cut idea of health long ago.

As everyone knows, the purpose of Ayurveda is to protect the health of healthy individuals and to cure the disease of the diseased. Well-known Ayurvedic philosophy that prevention is better than cure, Ayurveda aims at providing a healthy lifestyle for the well-being of all. In the Ayurvedic treatises which were written centuries ago, certain Siddhantas are told to diagnose and treat diseases that are not known to us before. One such Siddhanta told to diagnose a disease is Trividha bhodhya sangraha.[4] Acharya Vagbhata has told the same principle in Ashtanga Hridaya also.[5]

This Trividha bodhya Sangraha describes the disease using three factors they are as follows :

1) Vikara Prakruti -Dosas are responsible for the production of diseases.

Jvara or raise in temperature is due to Vata dosa Pitta dosa and Kapha dosa vitiation. It is evident from the Lakshana seen in Vata Jvara Pitta Jvara and Kapha Jvara, that in all three there is a rise in body temperature.[6] The second symptom seen is a dry cough, which is seen in Vata Jvara.[7] The symptom of laziness and tiredness seen is seen in Kapha Jvara.[8] Pain seen in covid 19 disease is a symptom seen in Vata Jvara.[9] Sore throat and conjunctivitis are told as Pittaja Nanatmaka

Vikara.^[10] Loss of smell is Vata Nanatmka Vikara.^[11] Atisara (loose motion) is seen as Vata dosa vitiation ^[12]. Shvasa(shortness of breath) is seen as Kapha Jvara Lakshana.^[13]Hence all three dosha's are involved in causing Covid - 19. In the early stage, it's due to Kapha and Vata and in the later stage, it's due to Pitta and Vata.

2) Adhishtana of Vikara- The body part where disease manifestation occurs.

The site of origin is Kanta (throat), Vyakta Stana is Uras.

3) Samuttana Visesa-causative factor of Dosas.

The person getting in contact with SARS COV-2.

Our ancient traditional system was well known the fact of the epidemics is evident from the description of epidemic/pandemic in Charaka Samhita Vimana Stana.^[14]He under the broad term Janapadodhwamsa to describe epidemic /pandemic. Even though there is dissimilarity in the constitution of people, age, habits, and suitability people living in a region are getting affected by a disease with the same symptoms and they are dying. Acharya says this is due to factors common to all and those factors are air, water, place, and time. The root cause of vitiation of these factors is Adharma which is unrighteous deeds by rulers and people living in that country. The word Marak has been used by Acharya Susruta to describe epidemics.^[15] Acharya Charaka has told the methods to prevent Janapadodhwamsa as well as to manage it. Those who are not destined to die during an epidemic/pandemic should be made to undergo panchakarma – Vamana, Virechana, Anuvasna Basti, Asthapana Basti, Nasya. Then Rasayana therapy using herbs like Guduchi (*Tinospora cordifolia*), and ashwagandha (*Withania somnifera*) should be administered to increase immunity. Being truthful, having compassion towards all living beings, charity, sacrifice, worship of God, observance of good conduct, tranquillity, prophylactic protection of one's self, residing in a wholesome place, service to those observing celibacy and following celibacy, discussion of religious scriptures, great sages and those who have self-control and constant association with religious people and elderly persons.^[16]

In the chapter Tisraishaniyam of Charaka Samhita Sutra Sthana, three types of therapies are told.^[17]The first type, Daivavyapasraya chikitsa means recitation of mantras, wearing roots of some herbs and gems, auspicious acts, offerings, gifts, oblations, following religious preceptors, and atonement fasting, invoking blessings, respecting the elders, and pilgrimage.

The second type is Yuktivyapasraya chikitsa means rational therapy of administering drugs. The third type is Satvavajaya or psychotherapy, which is restraining the mind from unwholesome objects.

TRI DOSHA SIDDHANTA: This Siddhanta helps in treating any unknown disease by finding which Dosa has increased and giving medicine to decrease the increased Dosa.^[18]

SHAD RASA SIDDHANTA: By this Siddhanta, Dosa imbalance can be corrected. Madhura Rasa, Amla Rasa, Lavana Rasa decreases Vata Dosha. Katu Rasa, Tikta Rasa, Kashaya Rasa decreases Kapha Dosha. Tikta Rasa, Kashaya

Rasa, Madhura Rasa decreases Pitta Dosha. Hence, we can bring Doshas to a balanced state by bringing a change in diet.^[19]

Acharya Susruta had mentioned in Susruta Samhita in the context of the description of the eyeball that there are 5 Mandalas (subdivisions), 6 Sandhi(joints) and 6 Patalas (layers).^[20] But according to the allopathic system, there are only 5 layers. An eye professor a native of Punjab name Professor M S Duva at the University of California with the help of an electron microscope and computer technology discovered the 6th layer. This layer is named Duva's layer. The professor said that the description told in Susruta Samhita aroused interest in the study.^[21]

SUCCESS STORY OF AYURVEDIC TREATMENT : Former Kenyan President Raila Odinga's daughter Rosemary who had lost her eyesight after surgery for a brain tumour receives Ayurvedic treatment in India that helped her to regain her eyesight.^[22]

METHODOLOGY

Data collected from books, journals and internet media has been used.

RESULT AND DISCUSSION

Holistic medicine understands the root cause of the ailment and removes it to restore health. Ayurvedic medicines help in increasing the body's immunity to fight against all kinds of viruses and bacteria. Modern medicine works against only particular kinds of bacteria or viruses. Modern medicine treats only the symptoms, but Ayurveda physicians see the imbalance in dosha that caused the disease. As the diseases are the result of an imbalance of doshas like Vata, Pitta, and Kapha. It aims at bringing back the dosha to normalcy by prescribing medicine and diet. Ayurvedic medicine is herbal, cheap, and affordable. Allopathic medicine doesn't completely remove the ailment and also it produces serious side effects. Ayurvedic medicines are safe and produce no side effects. Ayurveda provides effective treatment for conditions like Asthma, Mental Tension, Spinal disorders, High blood pressure, Spondylosis, Fatigue, Obesity, Weight loss, Migraine, Arthritis, Gastric complaint, Hemiplegia, Facial palsy, Piles, Ptosis, Chronic constipation, Nervous disorder, Hair loss, Insomnia, Memory loss, Psoriasis, Premature greying, Gout, Back pain, Paralysis, and Sports injuries.^[23]

Ayurveda is having a cure for critical diseases like cancer, for which the treatment in the allopathic system produces adverse effects. A lady of 51 years was cured of blood cancer by the exclusive use of Ayurvedic Rasayana medicine alone at Pune's Rasayu cancer clinic. The patient is now free from cancer and has no adverse effects from treatment.^[24] Hence we can say that Ayurveda has proved its efficacy in treating incurable diseases. Evidence-based research is highly needed for acceptance and global recognition of Ayurveda. Due to a lack of scientific evidence, Ayurveda is lagging. Hence, it is required to validate basic principles and drugs used in the Ayurvedic system with the help of advanced research methodology.

CONCLUSIONS

Ayurveda treatments involve bringing those Dosas back to the equilibrium state. So, any disease can be treated by knowing which dosa is vitiated and where the dosa is located and by preventing the etiological factors. Ayurveda blends our modern lifestyle and health-oriented habits with the ancient wisdom of using natural substances, medicine, and herbs to help us lead a healthy, happy, stress-free, and disease-free. Ayurveda developed its comprehensive approach with quantum logic. It can be said that life is compressed of the physical, mental, and spiritual phenomena in a quantized spectrum. The base of knowledge of Ayurveda is drawn from different Darshanas like Nyaya, Vaisheshika, Sankhya, Yoga, Vedanta, and Mimasa. There is a great advancement in allopathy in emergency medicine, diagnostic techniques, and surgery in situations when Ayurveda can't do well. Even though there are a lot of references given in Ayurvedic books regarding emergency medicine, which shows that in ancient times emergency was managed well. But now that knowledge given in the book is not being properly utilized. Research should be done in respect of that too. Both systems of medicine have to complement each other for the benefit of ailing.

FURTHER STUDY

Further research studies are needed that could prove the efficacy of Ayurveda is needed.

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