
UNIT 1 : INTRODUCTION TO AYURVEDA

UNIT STRUCTURE

- 1.1 Learning Objectives
- 1.2 Introduction
- 1.3 Understanding AYUSH and Alternative Medical Procedure
- 1.4 Meaning of *Ayurveda*
 - 1.4.1 Origin of Ayurveda
 - 1.4.2 Eight Limbs of Ayurveda
 - 1.4.3 Ayurvedic Healing
 - 1.4.4 Characteristics of Ayurveda
 - 1.4.5 Benefits of Using Ayurveda
- 1.5 Yoga and Naturopathy
 - 1.5.1 Yoga for Health and Wellbeing
 - 1.5.2 Benefits of Yoga
- 1.6 Unani
 - 1.6.1 Characteristics of Unani Medicine
 - 1.6.2 Unani Medical System
- 1.7 Siddha
 - 1.7.1 Basic Principles of Siddha
 - 1.7.2 Siddha Healing and Medicine
- 1.8 Homoeopathy
- 1.9 Let Us Sum Up
- 1.10 Further Reading
- 1.11 Answers to Check your Progress
- 1.12 Model Questions

1.1 LEARNING OBJECTIVES

After studying this unit, you would be able to-

- know about the origins of Ayurveda as well as about Ayurvedic Healing
- know about Unani, Siddha, and Homoeopathic Healing

1.2 INTRODUCTION

Ayurvedic Healing is mentioned in the Ayurveda. Ayurvedic Healing is a kind of natural healing. According to the Ayurveda, a person should take necessary steps in order to be healthy as well as physically and mentally fit. Ayurvedic medicines are not only used for curing particular diseases, but, also for strengthening the immune system of the whole body in order to prevent diseases. Unani medicine and Homoeopathy can also be used as alternative medical procedures for Ayurvedic Healing.

1.3 UNDERSTANDING AYUSH AND ALTERNATIVE MEDICAL PROCEDURE

It is better to know about AYUSH before discussing Ayurveda. The name 'AYUSH' is created by combining the initial letters of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy. With the help of these medical procedures, it is attempted to accept a lifestyle for medical philosophy and good health so as prevent diseases. In this system of therapy, health, disease, and medical procedures are mostly spiritual. This is the reason why, nowadays, the attraction towards AYUSH is increasing. Currently, Yoga is the becoming the prime centre of attraction for the global health and the citizens from many countries of the world are embracing Yoga as an inseparable part of their daily lives. Likewise, it is natural for many people to be interested to know about Ayurveda, Homoeopathy, Siddha, and Unani too. Many people get interested in these systems of therapy in case of Non-Communicable diseases, briefly NCD, a new type of diseases which is alarmingly increasing, eg., diseases occurring due to lifestyle, physical side effects of long-term use of medicine etc. Keeping in view the increasing popularity of these medical practices, the Ministry of Health and Family Welfare started the Department of Indian Medicine and Homoeopathy (ISM & H) in the year 1995. In November, 2014, the Government of India shaped the Department of AYUSH as a separate ministry – the Ministry of AYUSH.

India has a glorious history in Medical Science. Various topics of

Medical Science are included in the Atharvaveda, one of the four Vedas. Later on, the sages and saints from the ancient times studied Siddha and Ayurveda through Indian traditions and cultures. In India, the medical practitioners popularized Unani from the 8th century B.C. Afterwards, the Western Medical Practice or Allopathy, which is based on Bio-Chemistry, was put into practice in India. This medical practice also has similarities with Indian system of medicine. In the eighteenth century, Homoeopathy was invented in Germany and gradually it attained popularity. On the other hand, Naturopathy – which has gained popularity in our country – is a special technique for maintenance of health without medicine. In the post-Independence era, the Government of India is contributing in various ways for the advancement of these medical practices.

1.4 MEANING OF AYURVEDA

The word *Ayurveda* has originated from the words 'Ayu' and 'Veda'. 'Ayu' means Life and 'Veda' means Science or Knowledge. The meaning of Ayurveda is the science of life. The great scholar Charaka said, "This science named Ayurveda is a distinct science which discusses about happiness and sorrow, and physical wellbeing and sickness along with the welfare and misery of human beings." (Charaka Sutra – 1-4). Ayurveda encompasses human beings as well as all the other creatures. It is mainly comprised of three parts – Nara Ayurveda, associated with the physical state of human being, Satta Ayurveda, associated with the animals and birds, and Briksha Ayurveda, associated with the various plants. It is quite clear that Ayurveda not only gives explanations about physical state or therapy, but also provide ways and means for living a life with positivity and spirituality.

Ayurveda encompasses everything on this Earth, whether those are living or non-living. When the human mind, body, and the soul get dissociated from the universe, from oneself, or from one's own family or from the society, the following defects come onto the surface –

- Genetic or congenital defect
- Natural disaster or injury

- Weather or seasonal change
- Age
- Emotion

In Ayurveda, it is also described beautifully how a person can be helped in shaping the physical structure and nature by maintaining health and keeping him physically and mentally sound. It is assumed that a person's nature remains the same throughout his/her whole life. But, the daily food habits and the change in weather can create hindrances.

Each person is created from these five special elements –

- Sky
- Air
- Fire/Heat
- Water
- Land/Soil

Vital energy and the structure of the human body are constituted of these five elements. These elements control the functions of the human body. The relations between Tridosa with Pancha-Mahabhuta are as follows–

- Vata Dosha (Sky and Air)
- Pitta Dosha (Fire and Water)
- Kapha Dosha (Water and Land)

Vata energy is related to air and space, and it regulates various physical functions of the human body such as respiration, blood circulation etc. It works wonderfully in a cheerful, creative, and a thoughtful human body. Any defect in the joints or muscles leads to various physical and psychological problems such as pain in fibrous tissues, constipation, dry skin, anxiety etc.

Pitta energy is related to fire and water, and it regulates digestion and the stomach of the human body. Those who possess the Pitta energy tend to be very quick-witted, intelligent, and lovable. Any defect in the Pitta (bile) juice might lead to ulcer, acidity, indigestion, irritation, heart burn, arthritis etc.

Kapha energy is related to land and water, and it regulates the

physical growth as well as the physical strength. It is related with the chest, the body, and the back. The structure of the Kapha is very powerful and it is assumed that it is quite peaceful. According to Ayurveda, any defect in cough might lead to obesity, diabetes, sinusitis, gallbladder disease etc.

1.4.1 Origin of Ayurveda

First of all, we will discuss the origin of Ayurveda. The meaning of Ayurveda is the science of life. Ayurveda is an ancient medical science. The evolution of this medical science is called Ayurveda Avatarana. It has three characteristics – 1) Shashwat, 2) Nitya, and 3) Anadi. The word Ayurveda has come from 'Ayu' and 'Veda'. Ayu means life and Veda means science or knowledge. Hence, the meaning of Ayurveda is the science of life. Although Ayurveda is a medical science, it is a philosophy of life in the broader sense. Ayurveda encompasses human beings as well as all the other living creatures.

According to the Hindu Shashtra, the creator of the universe is Lord Brahma. After the creation of the living beings on earth, Brahma created Ayurveda in order to end their misery and diseases. Ayurveda is infinite and constant. Brahma offered this great piece of knowledge to Dakshya Prajapati. Daksha Prajapati presented these medical knowledge to Ashwini Kumardvaya. Ashwini Kumardvaya were very famous doctors amongst the gods and they were titled as Divine Healers (Deva Baidya). Afterwards, Indra, the King of the gods acquired this knowledge from Ashwini Kumardvaya.

Once upon a time, a great epidemic arose on Earth. This epidemic started engulfing both the animal world as well as the plant world. At that time, near Himalaya, the sages, saints, and the healers were discussing how this epidemic could be eradicated from the Earth. At the end of discussion, it was decided that Acharya Bharadwaj will go to Heaven to acquire the knowledge of Ayurveda from Indra and thus he will cure the diseases on the Earth with that knowledge. Thus, the knowledge of Ayurveda reached the Earth.

Creator Brahma	Prevedic
Daksha Prajapati	
Ashwini Kumardvaya	
Indra	Vedic
Bharadwaj	
Atreya Punarbasu	Post Vedic
Agnivesha Del Jatukarna Parashara Harita Khyarpani	

At that time, there was a great scholar named Atreya Punarbasu. Atrya Punarbasu acquired the knowledge of Ayurveda from Rishi Bharadwaja. Atreya Punarbasu had six disciples – Agnivesha, Del, Jatukarna, Parashara, Harita, and Khyarpani. Atrya Punarbasu offered the knowledge of Ayurveda to his disciples and advised each of them to write a book. Amongst those, the Agnivesha's book was declared as the best. Acharya Agnivesha's *Agnivesha Tantra* was re-edited by Acharya

Charaka and Drihabala which is now known as *Charaka Samhita*.

According to Sushroot Samhita, one of the famous treatises on surgery in Ayurveda, at first, Ayurveda was in the possession of the Brahma, the creator. From him, it came to the hands of Daksha Prajapati, and from Prajapati, the Ashwini Kumar duo received this knowledge. Thereafter, this lesson of Ayurveda was first received by surgeon Dhanvatari from Indra, the king of the Devas. From Dhanvatari, this knowledge was received by his disciple, Acharya Sushroot. Shushroot wrote the famous book Sushroot Samhita. Sushroot Samhita contains twelve thousand verses and there are hundred and five descriptions of instrumental machineries in them. Acharya Sushroot is known as the father of surgery around the world.

1.4.2 Eight Limbs of Ayurveda

Ayurveda is divided into eight limbs. The concept of Eight Limbs of Ayurveda was first developed by Dhanvatari.

According to Ashtanga Hridaya Sutrasthana, the eight limbs of Ayurveda are as follows –

- i) Internal Medicine
- ii) Pediatrics
- iii) Graharoga
- iv) Diseases of ENT
- v) Surgery
- vi) Toxicology
- vii) Geriatrics
- viii) Aphrodisiac

i) Internal Medicine: In Internal medicine, the healing is done while giving central importance to the organs of the body. Here, detailed descriptions of medicines are found which can cure several diseases such as – fever, blood pressure, diarrhea etc. Along with this, there are also detailed descriptions of some diseases such as – dropsy, hysteria, epilepsy, leprosy, gonorrhea etc.

ii) Pediatrics: In this part of Ayurveda, there are descriptions regarding the nourishment of new born babies, purification of mother's milk, the diseases caused by drinking impure milk from the mother and its cure. The gynecological diseases falls under this section, because the mother gives birth to a child and that child's treatment starts right from its unborn stage in the uterus. Along with this, childbirth and nourishment are also discussed in this section.

iii) Graharoga: In this limb of Ayurveda, there are descriptions of cures such as sacrifice, offering etc. for various diseases caused by poison, evil spirits etc. i.e. invisible powers or bacteria, virus etc. There are also detailed descriptions regarding different kinds of psychological diseases.

iv) Diseases of ENT : In this limb, there are discussions regarding the diseases in organs above the neck i.e. ear, nose, mouth, teeth etc. This limb is named as Shalakya Tantra because in

these sections, there are descriptions of diseases which are treated with Shalyaka (surgical instrument).

- v) **Surgery:** In this limb of Ayurveda, there are descriptions of diseases caused by grass, wood, stone, dust, metals, clad of soil, bones, hair, nail, discharge, wound, foreign body, dead fetus etc. as well as the descriptions of their cures such as instrument, alkali, fiery rituals etc.
- vi) **Toxicology:** In this limb, there are descriptions of the symptoms and cures of the diseases caused by various venoms formed by bile of different insects, snakes, scorpions, spiders, rats etc. There are also detailed descriptions of slow poison and animal poison in this limb. Along with this, there are also detailed descriptions of various diseases caused by different kinds of poisons.
- vii) **Geriatrics:** In this limb, there are descriptions of ways of attaining a long life. There are also descriptions of various chemicals which affect intellect, strength, and immunity. Geriatrics is the medical procedure which helps a person to stay out of diseases and to live a long life. “Labhopayohi sashtanang rasadinang rasayanam” which means that this limb is called Rasayan because this is the means to attain Rasadi Dhatu (chemical elements).

The result of the intake of chemical elements –

“Dirghamayu smriti medhamarogyang Tarunang

Bayax

Prabhabarna swaradaryo dehendriyo balang param.”

Sarak Chikitsthana Rasayanadhyaya

This translates as: “The consumption of chemical elements helps in the nourishment of life expectancy, memory, intellect, immunity, youth, radiance, colour, tune etc. and along with these, it also helps in strengthening the organs. Apart from the diseases, there are also other causes for which a person loses his/her chemical elements, and this is the reason why a

person should consume chemical elements in order to maintain good health

- viii) Aphrodisiac:** In this limb, the importance is given to contaminated semen (insufficient, thin, and weak) and their nourishment, purification, growth, and formation. There are also descriptions of several means to keep virility intact even in the old age. Along with this, the aim of this medical procedure is also procreation and sterility.

1.4.3 Ayurvedic Healing

Ayurvedic healing is performed on the basis of your nature, disease, and the relation between them. One of the central aims of Ayurvedic Healing is to clear out the indigestible food particles from the body which can cause diseases. This process is called Pancha Karma. This process is performed in order to remove the symptoms of any diseases to bring back good health.

The Pancha Karma is:

- Blood Purification
- Application massages or heat
- Inhaling of medicinal oil or medicinal substance through the nose
- Using medicines artificially in order to vomit
- Using a purgative in order to cleanse the digestive system

Under other medical procedures –

- Keeping harmony and balance
- Development of spiritual healing
- Growth of immune capacity
- Reducing symptoms of diseases

This healing will encompass –

- Aroma therapy
- Practice of breathing exercises
- Change in food habits
- Herbal medicines and vitamins, mineral, chemical medicines

found in nature

- Seed based oil and spices
- Change in lifestyle
- Yogasana
- Physical culture
- Pranayama
- Meditation

1.4.4 Characteristics of Ayurveda

Ayurveda is that kind of science which does not treat the disease, but makes arrangements for treatment of the patient so that he/she get fully cured and become physically sound and healthy. Without nature, within a few decades, it will be impossible for human beings to survive. Some of the characteristics of Ayurveda are given below –

- This is a health service provided naturally.
- The substances prepared from Ayurveda are completely safe.
- Ayurveda is a technique which keeps the health of our mind, body, and soul intact in order to lead a long and creative life.
- It heals the whole body and destroys the root of the disease entirely.
- It concentrates more on preventive medicines
- It is the most fruitful natural healing process for keeping the body disease free.
- It is a healing process consisting of prevention and cure.

According to Ayurveda, the human body is a mini universe. The rhythm of human body and the rhythm of the universe is the same. According to Ayurveda, the causes of the diseases are physical structure, age, food habits and life style, neglecting the age or the environment factor.

Human beings can avoid disease if there is a perfect control over body, mind, and soul in the external as well as the internal world.

There is sufficient amount of energy stored in a human body in order to cure itself from diseases.

1.4.5 Benefits of Using Ayurveda

Ayurvedic medicines can be digested quickly because these are manufactured quite analytically. Ayurvedic medicines contain not only the alternatives of protein, vitamins, and minerals, but, also contain energy which can freshen the mind and soul. These elements can help in increasing appetite.

These medicines are meant not only for a particular disease, they increase strength of the body as a whole also as they are used as preventive medicine. They also help in increasing immunity of the human body.

In case of contagious diseases, Ayurvedic medicines differ from person to person. Medicines are prescribed on the basis of the person's age, sex, propensity, nature, energy of the tissues of the body, digestive capacity, and the amount of toxins in the body.

These medicines work similar to the allopathic medicines and in many cases, grave illnesses like AIDS and cancer, it is possible to get cured with these medicines.

Ayurvedic medicines are not harmful for the body because they contain not only all the vital ingredients, but are also nutritious.

Ayurvedic therapy not only treats diseases, but, also affects the social, moral, psychological, and spiritual lives of human beings. The noteworthy benefit of Ayurvedic medicines is that these do not have any side effects.

1.5 YOGA AND NATUROPATHY

In this section, you will learn about Yoga, its prominence for good health, and its benefits. Yoga is a kind of fusion of art and science for leading a healthy life. Although it is a kind of spiritual practice, it is also a cent percent science which keeping the mind and body cheerful. Yoga is

fully spiritually oriented and it brings peace to human lives. That is why it can be termed as the means to prevent disease, to maintain health, and to get rid of the complications arising from the several life styles. Now-a-days, Yoga is popular all over the world. Not only that it helps to prevent diseases, it also fruitful in keeping the Yoga practitioners mentally sound. Yoga is suitable for getting relief from mental tiredness as well as in keeping the physical body healthy. That is why, now-a-days, Yoga is popular all over the world for maintaining a healthy life.

The word 'Yoga' is taken from the Sanskrit word 'Yuj'. The meaning of this word is 'to assemble' or 'to unite'. According to the Yoga treatises, Yoga practice is the union between mind and body, between the individual soul and the universal soul, and also between society and nature i.e. the union of the society, the nature, and the environment with the universe. The main objective of Yoga is to liberate man from all the complications faced in the walks of life. It is the world's oldest branch of science evolved in India. Yoga brings spiritual stability also, along with keeping physical and mental balance of a man intact.

1.5.1 Yoga for Health and Wellbeing

Health and wellbeing of a person is related to his lifestyle. A lifestyle is how a person leads his/her life and it serves a decisive role in maintaining a good health. As the lifestyle of a person gets its shape from his/her childhood, one should choose the correct lifestyle from his/her childhood itself. It is also important to practice it from childhood years. Various factors affect the lifestyle of a person. In case of poor persons, economic instability leads to malnutrition, and on the other hand, the economic affluence leads to obesity. The cultural values of a society also affect the food habits. Leading a life where a person has to sit most part of the day plays an important role in causing coronary diseases. In the same way, smoking and consumption of alcohol increase the possibility of heart diseases and liver cirrhosis. Physical exercises, balanced nutritious food rest etc. are very essential for a healthy lifestyle.

1.5.2 Benefits of Yoga

- Increases the capacity of body movements
- Increases the strength of muscles
- Helps in shaping the body
- Helps in safeguarding the bones and the joints
- Increases blood circulation
- Increases immunity
- Controls blood pressure
- Normalizes the adrenal gland
- Provides mental peace
- Increases the spirit to work
- Decreases the sugar level in blood
- Relaxes the body parts
- Increases stability
- Helps in smooth functioning the arteries and veins
- Increases memory power and ability to concentrate.

1.6 UNANI

Unani is a medical system which was invented in old Greece. Primarily, it is most practiced in India. Unani medicines are herbal. Apart from this, this medical system has provisions for dietary and alternative medicine for treatment of patients.

A great scholar of Unani Tibb medicine, named Ebon A. Cina, who is also known as Abicina, once said “Unani is a science which speaks of the physical health, its deterioration, and the means for recovery.”

That is why, the state of a person’s health, mind, and soul is assumed according to the environment of the area of his/her residence and his/her mental attitude. A person’s mental state is also studied while administering medicines for his/her treatment. The mental state is studied also for determining the person’s food habits and the lifestyle. In Unani medical system, every part of the body is treated. This medical system is proved to be very fruitful in treating chronic diseases, diseases of skin, liver, muscle,

bone or skeleton, procreation health, as well as diseases related to immunity and lifestyle. In this special medical system, there is provision for medicine to be smelt over and medicine to be orally taken. In terms of a person's health and diseases, Unani doctors emphasizes mainly on the food habits and digestive process. A patient is provided with medicines depending on his/her mental state. The proper food cheers the human mind, and on the other hand, spoiled food ends happiness. In this way, this medical system, also helps in building character of man.

1.6.1 Characteristics of Unani Medicine

According to the Unani doctors, the fluids of the body, also known as the four humors (blood, phlegm, yellow bile, black bile) determine the health of the human beings.

Another characteristic is that according to this system, a person falls sick due to land, water, air and fire. Moreover, this healing practice is also dependent on the environment (water and land).

1.6.2 Unani Medical System

In this medical system, the medicines are prepared by using several natural ingredients. For example, the medicine Khamira Abresham Hakim Arshad Wala is prepared by saffron, cardamom, Indian bay leaf, chitrana leaf etc. are used. This tonic named Khamira Abresham Hakim Arshad Wala safeguards the heart and also gives good results in the treatment of high blood pressure and Angina. Unani medical system has provision for Leech treatment and Surgery along with Dietary treatment.

This medical system is in use in India, Bangladesh, Pakistan, Sri Lanka, Nepal, China, Iraq, Malaysia, Indonesia, Middle Asia, and Middle East.

1.7 SIDDHA

Siddha medical system is popular in the southern parts of India. This system, which treats not only the body part but also the mind, is one of the oldest medical systems of the world. The word 'siddha' is derived from the Tamil word 'siddhi' which means gaining something, cleansing (suddhi) something, or receiving divine blessings. Siddha philosophy was invented in India which is the birthplace of several other philosophies. It is connected with the ancient Tamil civilization.

Siddha medical system is one of the ancient medical systems of the world which was invented almost ten thousand years ago. Siddha is a kind of science through which a relationship is established between the body and the nature. According to the lines written on palm leaves, once upon a time, Lord Shiva told Parvati about Siddha. Afterwards, Parvati narrated her experiences to her son Muruga. In turn, Muruga passed on this knowledge to his disciple Agastya. After that, Agastya carried forward this knowledge to his seventeen disciples and they passed on this knowledge to the world.

The word 'siddha' is taken from the Tamil word 'siddhi' which means gaining something, cleansing (suddhi) something, or receiving divine blessings. The person who receives this knowledge is known as Siddhartha. They wrote about this in Tamil literature and this practice is famous mostly in South India.

Siddha is an old medical system which is the contribution of the Dravidian culture. Dravidians are the first settlers in India and they have more similarities with the Tamils.

1.7.1 Basic Principles of Siddha

The basic principle of Siddha is to understand well about land, water, air, fire, and ether which represent the five sense organs of the human body and this is applicable to all the creatures on earth. The plants, animals, and minerals – everything on earth is included in this section. The physical structure of human beings, the

causes of diseases, its treatments etc. also falls under this section. It speaks of three *dasha* or hours.

According to Siddha medical system, there are seven kinds of elements in the human body –

- Saram (Plasma)
- Senir (Blood)
- Oun (Water)
- Koroppo (Fats)
- Oloomboo (Bones)
- Moolai (Veins)
- Inthiriyam (Semen)

These help in the physical movements of the body. These seven elements are kept active through three *dashas* – wata (air), pita (fire), and cough (water).

It is assumed that sufficient of these three *dashas* are stored in the human body. Whenever there is an imbalance in these elements, it creates disorders in the body. The inconsistencies in these three ingredients occur due to food habits, physical activity, environment, and mental stress.

1.7.2 Siddha Healing and Medicine

There are 4448 diseases mentioned in Siddha. 64 medicines are prescribed for each one of these diseases. There are 350000 laws in Siddha. For this, 4000 plants are used and other 2000 plants or vines are used in special instances.

In this medical system, the patient's pulse is checked and along with this, voice, body colour, eyes, tongue, faeces, urine etc. are also examined. In order to prepare Siddha medicines 11 kinds of elements, 64 kinds of pasanam (with mercury and without mercury), 120 kinds of uprasasha (Nigama and mineral), and ingredients received from animals are used. Amongst these, 32 kinds can be taken internally and the other 32 can be applied externally.

1.8 HOMOEOPATHY

Homoeopathy was invented in the year 1796 and its inventor was Friedrich Samuel Hahnemann (1755-1843) of Germany. He was a highly educated doctor and a chemist of the eighteenth and nineteenth century. He was also a linguist well versed in 14 languages including Greek, Latin, English etc. This medical system is a scientific, philosophical, and artistic medical practice which is dependent on the law of natural healing process which says that “a weaker dynamic affection is permanently extinguished by a stronger one, if both of them, while different in kind, are similar in their manifestations”. From this similarity law of nature, it can be determined that “similia similibus curentur” i.e. “Like Cures Like”. That is why in Homoeopathic healing, similar symptoms are cured with similar symptoms. The main philosophy of this medical practice is to treat the patient instead of the disease. That is why in Homoeopathic healing, instead of directly treating the disease, the patient is treated depending on the holistic concept derived from the combination of extraordinary symptoms shown in the patient which is the reason why Homoeopathy attained maximum popularity in a short span of time. When a high dose of a certain medicine is applied on a healthy person’s body, he/she shows some particular symptoms, and when a person who shows the similar symptoms is treated with the same medicine, the end result is fruitful. According to the philosophy of Homeopathic medical science, the concept of human health is similar to the concept provided by WHO, which encompasses all the factors such as physical, psychological, social, environmental etc. On the other hand, one of central theories of this medical science is vitality which controls our health. If there is an imbalance in the vital energy for certain reasons, the human body is attacked by disease. According to Homoeopathy, diseases are caused mainly by three kinds of disease-creating power or illusion. If our vital energy is attacked by this illusion, the body shows the symptoms of disease. Homoeopathic medicines are examined by applying on a healthy human body.

- The Source of the Medicines :
In this medical by, the medicines are prepared by using six different ingredients. For example, herbs, chemical elements, viruses of various diseases, ingredients extracted from healthy and diseased glands of animals and insects, moonlight, roentgen ray, electro-magnetic ray etc.
- Effectiveness:
This treatment has its own limits. Homoeopathic medical system treats every diseases caused by nature and along with this, it also treats diseases which can be cured by surgery. For example, tonsillitis, kidney stone, piles, warts, corn, gastric ulcer, peptic ulcer, ovarian cyst etc. Apart from this, small pox, chicken pox, malaria, psychosomatic disorder, migraine, epilepsy, IBS, sinusitis, menstrual diseases, allergies, childhood illness, various diseases of women etc. can be cured with this medical practice.
- Are there any side effects?
If the Homoeopathic medicines are used in the required quantity following prescribed manner, no side effects are seen. Be it a child or an old person, using these medicines provides a successful result.
- Prevention:
The effectivity of Homoeopathic medicines are seen in the case of various contagious diseases. These can also be used as preventive medicines.
- Validity and Conservation of the Medicines:
The validity of the homeopathic medicines are quite long as these are stored in alcoholic substances. If these are conserved in the correct manner, the quality of the medicines remains unchanged. For example, it should be kept away from strong odor, sunlight, damp places etc.
- Other benefits
Sweet globules or powders are mixed with Homoeopathic medicines and these are comparatively cheaper. Persons from all classes and all ages in the society can take these medicines. Even diabetic patients

can also take these medicines.

- Usage of Medicines:

After taking Homoeopathic medicines, no food should be taken at least for half an hour.

- Does it require examinations?

Although the Homoeopathic medical system is symptom-based, from time to time, examinations should be done in the laboratory in order to know about the state of the disease or the patient.

- Limitations:

In case of some patients, Homoeopathic treatment has its limitations. For example, advanced organic changes, optic atrophy, advanced pulmonary tuberculosis, patients who cause more complications in the disease by over-consumption of the medicines, surgical diseases like cracked skull etc.

- Comment:

Homoeopathic medicines are very effective, easy to use, cheap, and has no side effects. That is why Mahatma Gandhi said, "The practice through which the patients are treated with Homoeopathic medicines are a latest and pure practice."



1.9 LET US SUM UP

From this chapter, we discussed the following topics –

- Ayurveda means the knowledge of life. Ayurveda is an ancient medical science.
- According to Sushroot Samhita, one of the famous books of surgical treatise of Ayurveda, at first, Ayurveda belonged to the creator Brahma. From Brahma, it came to the hands of Dakshya Prajapati, and from him, this knowledge was passed on to Ashwini Kumar.
- The name 'Ayush' is created with the initials from Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy.

- The word *Ayurveda* is originated from the words “Ayu” and “Veda”. Ayu means Life and Veda means Science or Knowledge. The meaning of Ayurveda is the science of life.
- Ayurveda is divided into eight limbs. The concept of Ashtanga Ayurveda was invented by Lord Dhanvatari.
- Unani is a medical procedure which was invented in old Greece. It is mostly practiced in India.
- Siddha medical practice is popular in the southern parts of India. It is one of the oldest medical practices of the world which not only cures the body, but, also cures the mind and the soul.
- Homoeopathy was invented in the year 1796 and its inventor was Germany's Friedrich Samuel Hahnemann (1755-1843) who was a doctor and a chemist. He received a high education in the eighteenth and nineteenth century medical science and was also a linguist who knew 14 languages including Greek, Latin, English etc.



1.10 FURTHER READING

- 1) Narayanswamy, V. (1981). *Origin and Development of Ayurveda: A Brief History*.



1.11 ANSWERS TO CHECK YOUR PROGRESS

Ans to Q No 1: What is the origin of the word Ayurveda?

Answer: From ‘Ayu’ and ‘Veda’.

Ans to Q No 2: What are the constituents of a human body?

Answer: Sky, air, fire, water, and land.

Ans to Q No 3: What are the benefits of using Ayurveda?

Answer: a) Easy digestion, b) Contains certain power which can freshen up the mind and the soul, c) Strenthens the immune system of the

body

Ans to Q No 4: From what language the word Siddha has originated?

Answer: From Tamil language.

Ans to Q No 5: What is Siddha?

Answer: The word Siddha means gaining something, cleansing (suddhi) something, or receiving divine blessings.

Ans to Q No 6: According to Unani, how does a person gets sick?

Answer: According to Unani, a person gets sick due to land, water, air, and fire.

Ans to Q No 7: Homoeopathic medicines are prepared with six ingredient. What are these ingredients?

Answer: The ingredients are: herbs, chemical elements, viruses of various diseases, ingredients extracted from healthy and diseased glands of animals and insects, moonlight, roentgen ray, electro-magnetic ray etc.



1.12 MODEL QUESTIONS

A) Objective Questions

Q 1: What is Ashtanga Ayurveda?

Q 2: What are constituents through which human beings are created?

Q 3: What is *Tri Dosha*?

B) Short Questions

Q 1: Write briefly about Panchakarma in Ayurvedic healing.

Q 2: Write briefly about how Siddha is practiced.

Q 3: Write briefly about the characteristics of Ayurveda.

C) Essay Questions

Q 1: Write elaborately about Yoga and Naturopathy.

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