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## The Review on Indian Systems of Medicine

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### ABSTRACT:

Traditional medicinal plant-based drug systems play a dominant role in providing health care to large segments of the population, mainly in developing countries. Herbal products are being increasingly used to achieve the most appropriate benefits and understand how these systems work. The Indian healthcare system is one of the most popular systems in this overview. The purpose was to provide general information on various views and characteristics of these systems. This overview contains a basic introduction, history, principles, diagnosis and treatment of the Indian system, including Ayurveda, Siddhas, Unani and his remedies that aid in the study of homeopathy.

**Keywords:** Ayurveda, Siddha, Unani, Homeopathy, Indian Systems of Medicines.

### Introduction

Note that the traditional medicine system is an excellent source of health care for people and a large portion of the world population relies on various traditional medicine systems such as Ayurveda, Siddha, Unani, Homeopathy was not assigned to any category. Therefore, in order to familiarize the reader with the Indian healthcare system, he briefly describes the four systems in this review. India's healthcare system is very old. It is the culmination of Indian medical thought, representing a healthy lifestyle valued with a long and unique cultural history, but also combining the best influences that have come from contact with other civilizations. I'm here.) or Germany (homeopathy) or our scriptures/sages who gave us the sciences of Ayurveda, Siddhas, and yoga and naturopathy. Blessed with a wealth of traditional medicines and practices, the natural medicine has evolved over the centuries. In 1995, an independent Indian Medical System and Homeopathy (ISM&H) Division was established to ensure optimal development and dissemination of the AYUSH Health System. ISM&H Division was renamed to AYUSH Division (Ayurveda, Yoga and Naturopathy, Unani, Siddha, Homeopathy) in November 2003. With the increase in lifestyle-related disorders, there is a global resurgence of interest in holistic health care systems, especially with regard to the prevention and treatment of chronic, non-communicable, and systemic diseases. It is increasingly understood that no single healthcare system can provide satisfactory answers to all the health needs of modern society. Clearly, we need a comprehensive and integrated healthcare system to guide future healthcare policies and programs. India has a rich heritage of indigenous medical knowledge, coupled with a strong infrastructure and a skilled workforce of modern medicine, and therefore has the advantage of a global resurgence of interest in holistic therapies. Medical pluralism will survive and the AYUSH division will play a key role in his newly emerging situation. His AYUSH Department under the Department of Health and Family Welfare promotes Disseminate the Indian system of medicine and homeopathy, combine the wisdom of traditional medicine with the methods of modern science, validate the system scientifically, present them in scientific terms, and relate their efficacy to modern lifestyles. I am working on it.

### 1) Ayurveda:

#### *Introduction & History:*

Ayurveda is the oldest proprietary system of Indian medicine dating back 5000 years. "प्रयोजनचास्यस्वस्थस्यस्वास्थ्यरक्षणंआतुरस्यववकारप्रशमनंच." means that the main goal of Ayurveda is that all living organisms are commonly understood as the "Science of Life" and healthy Ayurveda. Means Translated "Ayuh" as life and "Veda" as science. Its influence is found in many ancient traditional healing methods, including Tibetan, Greek and Chinese medicine, making it the mother of healing. was first suggested by Brahma, then translated into Daksh Prajapati, and further into Ashwini Kumar. Basically, Ayurveda is part of Atharvaveda. Chark He is the father of Ayurveda. Ayurveda divides the body into his three basic biological components: vata, pita and kapha. These elements come from the five basic elements: wind (vayu), energy (tej), space (akash), water (jal) and earth (dharti). The biochemical connection between space and air forms vata. Pitta is composed of energy and water, while kapha is derived from the combination of water and earth. Ayurveda has the power to treat disease from a holistic point of view according to the patient's physical constitution and other physical and emotional characteristics, and is effective in treating chronic, metabolic and lifestyle diseases. has been proven to be No solution is available for conventional symptomatic therapy. Over the years, the Ayurvedic kushar

sutras and panchakarma therapies have become very popular among the masses. Panchakarma is a unique therapeutic procedure to fundamentally eliminate the causative factors of disease and maintain the balance of tridoshas.

***Principle:***

***Ayurveda includes three basic principles:***

- a) Panchmahabhuta
- b) Tridosha
- c) Guna Rasa Siddhanta.
- a) Panchmahabhuta:

It says that the whole universe is made up of five basic elements (Earth, Water, Fire, Air, and Sky) and the human body is organized from these five elements.

- b) Tridosha:

This principle accounts that Panchmahabhuta exists in human body in three different form of Dosha that is:

- i) Vata – (Sky + Air)
- ii) Pitta – (Fire + Water)
- iii) Kapha – (Water + Earth)
- c) Guna Rasa Siddhanta:

This principle includes 5 Pharmacological properties of the disease & which are Guna (Quality), Rasa (Taste), Vipak (Digestive product), Virya (Active principle), Prabhava (Action).

***Diagnosis:***

- Pulse Reading (Nadi Parikshan)
- Urine Examination
- Tongue Examination
- Colour of Body
- Voice Study
- Status of Digestive System.

***Treatment:***

- Different Types of Herbs
- Dried Fruits
- Ghee
- Herbal Preparation (Vati, Ghutika, Churna, Asava, Arishta)

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## **2) Siddha**

***Introduction & History:***

The system states that "metals, not herbs, are used for treatment." This system was developed with the civilizations of Mohonzodaro and Harappa in the Indus Valley during his epoch before the Vedas, 7000 years ago. It was brought to South India by the Dravidian culture 2,500 years ago. Agastya -, father of the Siddha system. Over the past 60 years, Siddha medical education has developed continuously. This led to the establishment of the Siddha National Institute in Chennai and the conferment of a Doctor of Medicine degree as the premier institute with his six specialties in postgraduate education. S) degrees. These are Maruthuvam (General Medicine), Sirappu Maruthuvam (Special Medicine), Kuzhantai Maruthuvam (Pediatrics), Gunapadam (Pharmacology), Noi Nadal (Pathology), Nanju Nool & Maruthuva Neethinool (Toxicology). For the development of intensive research in the Siddha system of medical government. He founded the Central Council for Siddha Studies (CCRS) in, a municipality formed by a branch of the Central

Council for Ayurvedic and Siddha Studies (CCRAS). According to the Tradition, 18 Siddharians contributed to the development of his Siddha medicine, yoga and philosophy. However, the literature produced by them is not fully available. In keeping with the well-known and reserved nature of the ancient Indian acharya (teacher), the authorship of many literary works of great merit remains to be determined. There was also the tradition of attributing the authorship of one's work to's mentor, the great scholar of his time. This made it very difficult for to definitively identify the true authors of many classics.

#### ***Principle :***

The Siddha system is based on two basic principles :

- a) Tridosham – Vatham, Pitham, Kapha
- b) Panchmahabhutam – Munn(Earth), Thee(Fire), Vayu(Air), Akasha (Sky), Neer (Water).

#### ***Diagnosis :***

- Same as Ayurveda.
- Pulse Reading
- Urine Examination

#### ***Treatment :***

- Natural Drugs.
- Sindooram & Bhasma

Ex. i) Ratna Palam (Aloe – Barbadensis)

ii) Abini (Papaver Somniferum)

iii) Alari (Nerium Indicum)

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### **3) Unani**

#### ***Introduction & History :***

The Unani medical system is also known as Tibb-e-Unani, Greek medical system, Arabic medicine, and Islamic medicine. The goal of the Unani drug system is to treat the terms of disease, not the symptoms. Father of the Unani system - Hippocrates (460-377 BC).Unani medicine is based primarily on principles put forth by physicians such as Hippocrates and Galen. In addition, many Arab and Persian scholars (including the Arab philosopher and physicist Avicenna) contributed to the development of Unani medicine. The word "Unani" means "Greek" in Arabic. Unani medicine was introduced to India around his 10th century. The Unani Medicine System offers a variety of treatments used for certain his diseases and complex ailments. Emphasizing the use of naturally occurring, primarily herbal medicines, also uses medicines of animal, marine and mineral origin. 8 postgraduate specializations have been developed in the last 50 years - (i) Kuliyat (Basic

#### ***Principles of Unani Medicine***

- (ii) Ilmul Advia (Pharmacology)
- (iii) Ilmul Saidla (Pharmacy)
- (iv) Tahaffuzi-wa-Samaji Tibb (Preventive and Social Medicine)
- (v) Moalijat (Medicine)
- (vi) Jarahiyat (Surgery)
- (vii) Ilmul Qabalat-wa-Amraz-e-Niswan (Obstetrics and Gynecology)
- (viii) Ilmul Atfal (Paediatrics) National Institute of Unani Medicine is established in Bangalore to impart good P.G. education in Unani system.

#### ***Principle :***

Unani system of medicine has two principles :

a) Hippocratic theory

b) Pythagorean theory

a) Hippocratic Theory :

This theory includes Dum(Blood), Black Bile(Souda), Phlegm(Balgam), Yellow Bile(Safra).

**b) Pythagorean Theory :**

This theory says that the entire universe is made up of four basic elements Khak(Earth), Atish(Fire), Bad(Air), and Aab(Water).

**Diagnosis :**

•Nabz (Pulse)

•Urine (Boul)

•Stool (Baraz)

**Treatment :**

•Diet therapy – using a special diet

•Regimental therapy – Detoxification of the body.

•Pharmacotherapy – use of medicines, and natural drugs.

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#### **4) Homeopathy:**

**Introduction &History :**

Like any other traditional medical system. Homeopathy is a newly developed system. Developed in of the 18th century. Founder - Dr. Christian Frederick Samuel Hahnemann. He suggested that the cause of disease itself could be used to treat disease. Homeopathy is a method of treating disease by administering drugs that have been experimentally proven to have the power to cause similar symptoms in healthy individuals. It focuses on an individual's response to a particular environment. Homeopathic medicines are primarily made from natural substances such as plant products, minerals and animal sources. Homeopathic medicines have no toxicity, toxicity, or side effects. Homeopathic remedies are also economical and very widely accepted among the population. Homeopathy has its own strengths in therapy and is particularly useful in treating allergies, autoimmune diseases, and viral infections. Many surgical, gynecological, Obstetric and pediatric diseases and conditions are amenable to homeopathic remedies. Homeopathy is an alternative medicine that uses extremely diluted amounts of certain natural substances to treat a variety of ailments.

**Principle :**

Homeopathy includes 5 principles :

i) Individualization

ii) Law of similar

iii) Law of simplex

iv) Law of proving

v) Law of minimum dose

**Diagnosis :**

•Collection of case History & medicinal history of the patient.

•Investigation of symptoms & location of disease.

•Build up the symptoms picture of the patient.

Treatment :

•This system used medicines in the form of mother Tincture, Powder, and Small pills.

## 5) Yoga:

The word "Yoga" comes from the Sanskrit word "Yuj" which means "to unite or unite". Yoga is about the union of personal consciousness and cosmic consciousness. It is primarily the way of life that Maharshi Patanjali first proposed in the systematic form of Yogstra. The Yoga discipline consists of his eight elements. These are: restraint (yama), adherence to austerity (niyama), posture (asana), breath control (pranayama), sensory restraint (pratyahara), and contemplation (Dharma), Meditation (Dhyan) and Deep Meditation (Samadhi). These steps in the practice of yoga improve social and personal behavior, improve the circulation of oxygenated blood throughout the body to promote physical well-being, calm the sense organs, thereby calming the mind and body.

Yoga has also been shown to help prevent certain psychosomatic disorders and improve an individual's resilience and ability to cope with stressful situations. Yoga is a nurturing, preventive, rehabilitative and therapeutic intervention for improving overall health. Yoga literature describes many poses to improve health, prevent disease, and cure disease. Postures must be carefully selected and properly practiced for disease prevention, health promotion, and therapeutic benefits.

## Conclusion:

The Indian healthcare system has a wonderful history. However, the approach to do so had many drawbacks. Essentially slow growth like western medicine, the herb plant is used as a source of medicine in the traditional Indian system of medicine, but there is still no proper his formulation. Therefore, it requires a lot of research work. Herbal medicine has many advantages over the new Western medical system. Indian healthcare system has great potential and it is beneficial to follow Indian healthcare system as medicinal herbs, unani or siddha medicines have no side effects or adverse drug reactions. Further research on Ayurveda, Siddhas, Unani and Homeopathy.

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