



“SCOPE OF TRADITIONAL MEDICINAL SYSTEM IN INDIA”: AN OVERVIEW

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ABSTRACT

India has wealthy history of conventional framework of pharmaceutical based upon six frameworks, Out of which Ayurveda stands to be the foremost old , most broadly acknowledged, practiced and prospered inborn framework of medicine. Rig-Veda, considered as one of the most seasoned treatises of human information which was made amid 4500 BC to 1600BC. It is the establishment of age-old practice of pharmaceutical within the world and has played an imperative part in human wellbeing care benefit and welfare from its beginning. Prove of antiquated restorative frameworks in India has been followed back to the Indus Valley civilization. An broad writing study was embraced for compilation of data on the conventional framework of medication in India, and the cautious examination of data uncovers that Ayurveda is one of the most seasoned framework of pharmaceutical advanced in India. This paper gives an outline of Ayurveda, the Conventional Indian Medicine.

Introduction

- Traditional pharmaceutical, as characterized by the World Wellbeing Organization, is the whole add up to of the information, aptitudes, and hones based on the hypotheses, convictions, and encounters inborn to diverse societies, whether logical or not, utilized within the support of health as well as within the anticipation, determination, change, or treatment of physical and mental ailment. A few conventional medication frameworks are bolstered by tremendous volumes of writing and records of the hypothetical concepts and common sense abilities; others pass down from era to era through verbal instructing. To date, in a few parts of the world, the lion's share of the populace proceed to depend on their claim conventional medication to meet their essential wellbeing care needs. When embraced exterior of its conventional culture, conventional pharmaceutical is regularly referred as “complementary and elective medicine.” Among others, the foremost broadly utilized conventional medication frameworks nowadays incorporate those of China, India, and Africa. In this chapter, the Chinese, Indian, and African frameworks of conventional medication are described.
- Nourishment is the most source of giving wholesome needs. Wellbeing and ailment have continuously been a essential concern of human creatures. Each restorative framework points to re-establish those who are sick to wellbeing. In India, two parallel restorative frameworks (advanced and conventional) exist side by side. Present day medication is evidence-based, whereas conventional medication has not gone through basic assessment. India is favoured with an old legacy of conventional Indian pharmaceutical , which depends on deep rooted medicine on which patients can depend. conventional Indian pharmaceutical incorporates a wealthy history of its viability. Endeavors to direct conventional Indian pharmaceutical are continuous since of the expanding re-established worldwide intrigued in complementary and elective drugs.
- Pharmaceutical, insecticidal, and herbicidal significance have been driven shape Characteristic Products like: Natural Products (NPs) disclosure and been taken a noteworthy part after the disclosure of penicillin more than 85 a long time back. Since at that point, various NPs have been disconnected and characterized. What for the most part have captivated NP researchers the phytochemical diversities and their complication to discover out appropriate appearance in treatment and administration of infections. Be that as it may, all through the ages, people have depended on mother nature for the hone of home grown and phytonutrients treatment to battle against various maladies which are growing over the world and around 80–85% or approximately 6 billion individuals around the world believe home grown medicine for the treatment of different maladies
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- Plants, in specific, have been centered within the conventional pharmaceutical, dating from around 2600 BCE, recording 1000 plant- based item in Mesopotamia, which join the utilization of extricated oils of *Cupressus arizonica* Greene, *Commiphora acuminata* Mattick, *Cedrus libani* A. Wealthy., *Glycyrrhiza glabra* L., and *Papaver somniferum* L. are still utilized for the treatment of common colds and hacks to swelling and parasitic illnesses. Egyptian pharmaceutical which is around 2900 BCE ancient, claims the antiquated hone with respect to routine pharmaceutical. In spite of the reality that, “Ebers Papyrus” is the best-recognized record dating from 1500 BCE, selecting more than 700 drugs, regularly inferred from plant sources. The Chinese conventional medication has been broadly known all through the centuries, with the record from around 2000 a long time back (1100 BCE; *Wu Shi Er Bing* Tooth; containing 52 drugs), followed by the home grown *Shennong* (100 BCE; 365 solutions) and the home grown *Tang* (659 CE; 850

surgeon. On the other hand, the Romans and Greeks moreover included broadly to the coherent improvement of the utilize of conventional medication within the antiquated Western world (Dioscorides, a Greek doctor ~100 CE), archived the collection, capacity, and appropriate use of conventional pharmaceutical within theat that point “known world.” NPs that are sold as home grown and/or food supplements for solutions covers half of the most 50 drugs sold in European drug stores. Besides, cutting edge pharmacopeia contains not <25% drugs, coming about from various plants and numerous

manufactured analogs that are made based on the prime example or else subordinates from Common Items. The World Wellbeing Organization (WHO) moreover characterized conventional pharmaceutical as: The complete of the data, capacities, and hones in light of the theories, feelings, and encounters of inborn to distinctive societies, whether consistent or not, utilizes as a portion of the support of health-care benefit and in expansion within the avoidance, distinguishing proof, change, or treatment of physical and mental flimsiness. Various conventional frameworks of pharmaceutical are practiced around the world with various related convictions and social causes, of which the foremost antiquated hone is conventional Indian pharmaceutical. Ayurveda, the conventional Indian medication remains the foremost most punctual, with sound philosophical root.

- The hone of drugs which are thought to be Indian root or which have come to India from exterior and got retained into Indian culture is known as conventional pharmaceutical of India, exemplified in Fig. 1. India has the elite qualification of its claim recognized conventional medication; Ayurveda, Siddha, Unani, Yoga and Naturopathy, and Homeopathy. In spite of the reality that Homeopathy came to India within the 18th century, but it is completely retained into the Indian culture and got progressed like another conventional framework thus it is enhanced and got to be a portion of Indian conventional medication.

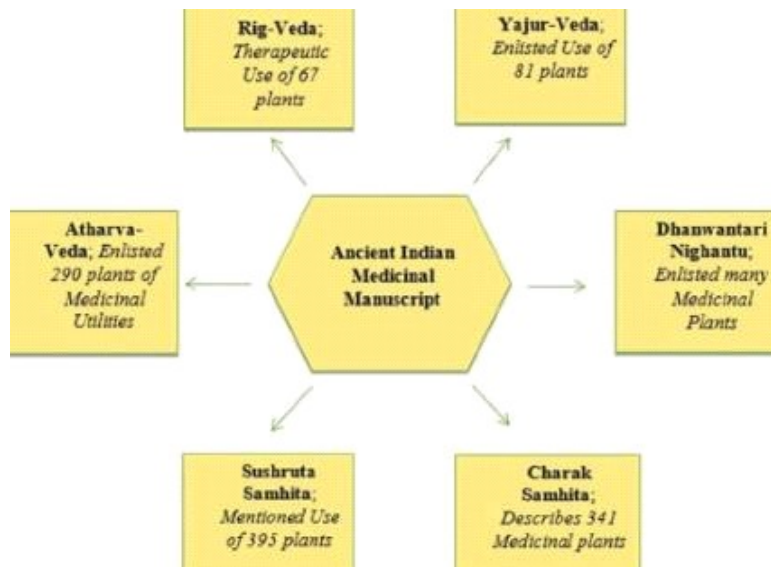


Fig. 1: Enlisted plants of the ancient Indian medicinal manuscript.

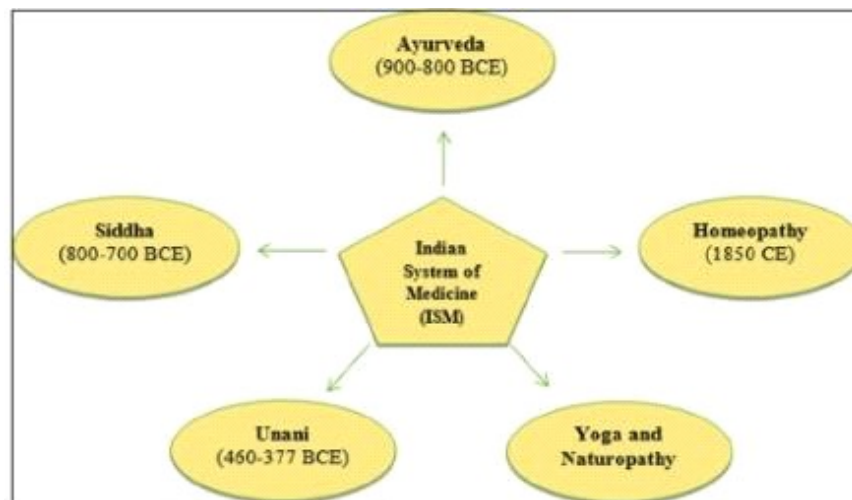


Fig. 2: Recognized systems of Indian medicinal practice

AYURVEDA

- The exacting meaning of Ayurveda is “The Science of Life;” the combination of two Sanskrit words “ayur” (life) and “veda” (science or information). Ayurveda includes a coherent tradition of concordant living, and its starting can be drawn from antiquated data in Rigveda and Atharvaveda. The source of Ayurveda has been misplaced in old antique, however its thoughts and strategies have been idealized in between 2500 and 500 BCE in India.
- Ayurvedic medicine is one of the world’s oldest medical systems. It is comparable to traditional Chinese medicine. Besides India, Ayurveda is also practiced in Sri Lanka.
- Ayurveda has eight ways to diagnose illness : Nadi (pulse), Mootra (urine), Mala (stool), Jihva (tongue), Shabda (speech), Sparsha (touch), Druk (vision), and Aakruti (appearance). The medicine can treat fever, cough, diarrhea, dropsy, seizures, diabetes, tumors, asthma, cancer, anemia, heart disease, leprosy, boils, skin disorders, ulcers, gout, diseases of the eye, headache, and wound.
- The central objective of ayurvedic treatment is “Ayurveda bargains with upbeat and despondent life. It clarifies what is suitable and what is improper in connection to the life, as well because it measures the life anticipation and the quality of life .” It may be a all encompassing arrangement of medical administrations with the thought, that the human body may be a organize of seven crucial tissues (“Rasa,” “Rakta,” “Mansa,” “Meda,” “Asthi,” “Majja,” and “Shukra”) and the squander comes about of the body, for case, excretion, pee, and sweat, which are inferred by the five principal components fire, water, discuss, ether, and soil and three energetic energies or utilitarian rationalities “vata, pitta, and kapha” (Tridosha). Any unevenness or unsettling impact in these principal measures of the body causes malady . Ayurveda treats a quiet in common and not the ailment alone. This framework of medicate highlights the uniqueness of each person with regard to social preservationist status, bio-personality, biosynthetic, and physiological conditions, which may provoke a particular kind of affliction. Assist, this encourages examination with present-day consistent techniques for tending to diverse human administrations issues. Ayurvedic arrangements are as often as possible poly-herbal blends of plant and/or animal-derived items, metals, and minerals. Be that as it may, antiquated original copy counting cutting edge Ayurvedic Pharmacopoeia appears the dominance of Common Items than other inferred products.
- There are two divisions of Ayurveda: Swasthavritta and Athuravritta.. Within Ayurveda there are eight specialties:
 - Kayachikitsa - internal medicine
 - Kaumarabhritya - paediatrics and gynaecology
 - Shalyatantra - surgery
 - Shalakyantra - ophthalmology and otorhinolaryngology
 - Grihachikitsa - psychiatry
 - Agatatantra - toxicology
 - Rasayanatantra - geriatrics / rejuvenation therapy
 - Vajekaranatantra - sexology / virilification

SIDDHA

- The Siddha framework of Medication is one of the conventional therapeutic framework, giving preventive, promotive, corrective, rejuvenative and rehabilitative wellbeing care by embracing logical and all encompassing approach. The word ‘Siddha’ is inferred from the root word ‘Citti’ meaning fulfillment of flawlessness, interminable delight and achievement. In Indian subcontinent, Siddha pharmaceutical has solid roots reflecting the culture, convention and legacy of India.
- The Siddha system has four main divisions:
 - Chemistry/Alrochemistry Alchemy (V₁ṭam / Iracav₁ṭam),
 - Treatment (Vaṭṭiyam),
 - Yogic Practices (Y^okam),
 - Wisdom (Nanam)
- Siddha system of Medicine is evolved based on Ninety-six tools otherwise called Tattuvam, which include physical, physiological, psychological and intellectual aspects of every human being. Among the ninety-six tools, the five elements are the fundamental units for everything in the human body and the Cosmos. There are three vital life factors responsible for good health. The three vital life factors are formed by the appropriate combination of elements even from intra uterine life. V₁ṭam is formed by the combination of the elements of air and space. Pittam is formed by the fire element and Aiyam (Kapam) by the combination of earth and water elements. There are seven physical constituents (similar to tissues) in our body, and the physiological and pathological features of these tissues have been detailed in Siddha literature and they are applied in practice.
- The Siddha system is believed to have evolved from 10000 - 4000 B.C. With its Dravidian origin, it serves mostly the people living in southern India, Sri Lanka, Malaysia, Singapore, Mauritius and some of the South- East Asian countries. The highly evolved consciousness, intellect and heightened intuition of Siddhars resulting from their Yogic powers enabled them to explore the world around them and utilise its natural resources for the wellbeing of humanity. Their findings on the characteristics of plants, minerals and animal products and their knowledge of the properties of drugs, their purification, processing, dosage, toxicity, antidote and clinical application have been preserved and handed down.
- Siddha medicines are less known toward the western world in light of the fact that a large portion of the literature is not interpreted from the Tamil language, but rather well recognized as an alternative biomedicine inside Tamil communities. Siddha philosophy is created in the therapeutic, profound, and scholarly perspectives, it gives equal importance to the inward soul and outer body, especially identifying methods of alchemy (converting base metals into gold), urine examination, and practice materia medica are the uniqueness in comparison to ayurvedic medicines. As of

now, Siddha medicines are acknowledged as being reasonable to treat all issue expect crisis cases. Likewise, herbo metal or herbo mineral preparations which certainly contain nanoparticles are more effective in chronic disorders.

The mineral and metal-based drugs in Siddha System are categorized under the following categories:

- Uppu (Lavanam)- drugs that are dissolved in water and get decrepitated when put into the fire giving rise to vapor.
- Pashanam : drugs that are water insoluble but give off vapors when put in to fire
- Uparasam: Similar to pashanam chemically but have different actions.
 - Ratnas and uparatnas, which include drugs based on precious and semi-precious stones
 - Loham - metals and metal alloys that do not dissolve in water but melt when put in to fire and solidify on cooling.
 - Rasam: drugs that are soft, sublime when put in to fire changing into small crystals or amorphous powders.
 - Gandhakam: sulphur is insoluble in water and burns off when put into fire. From the above basic drugs compound preparations are derived. From the animal kingdom thirty-five products have been included in the materia medica. It is much similar to preparations used in Ayurveda. Numbers of plant-based preparations are also used in Siddha system of medicine they are quite similar in profile to those mentioned in Ayurveda.

UNANI

- The Unani system of medicine pioneered in Greece, and it was urbanized by Arabs into an elegant medical science established on the framework of the Greek philosopher and physician Hippocrates (460–377 BCE); Hippocrates (Buqrat) and Galen (Jalinoos). Greek and Arab scholars such as Galen (131–212 CE), Raazes (850–925 CE), and Avicenna (980–1037 CE) enhanced the system significantly and is known as Greco-Arab Medicine. Unani practice of medicine is built on the four conditions of living such as hot, sodden, frosty, and dry and four humors of Hippocratic hypothesis, namely, blood, yellow bile, dark bile, and mucus. Unani solution of medicine was mixed with the Indian culture in Mughal Emperors and is utilized by an extensive segment of the population in India. Unani views the human body as made up of seven standards; Mizaj (temperaments), Anza (organs), Quo (resources), Arkan (components), Arawh (spirits), Aklath (humors), and Afal (capacities). These standards oversee prosperity and additionally disease condition .
- A doctor considers every one of these components before diagnosing and recommending treatment. The NP drugs utilized as a part of this framework are representative of life and are free from side effects. Such medications, which are lethal in unrefined shape, are prepared and purified before utilization .
- Types of medications recommended in the Unani system of medicine are diet therapy, regimental treatment, and pharmaco-treatment:
 - Diet treatment goes for treating certain illnesses, by the organization of particular diet control plans or by controlling the amount and nature of diet in a routine basis.
 - Regimental treatment incorporates diaphoresis, diuresis, Turkish shower, knead cleansing, etc. Pharmaco-treatment manages the utilization of NPs.
- Unani system of medicine is a comprehensive medication where single or in the formulation, in crude form is preferred, which miraculously deals with numerous states of health and disease. This system extends great solutions for gastrointestinal, nervous disorders, and cardiovascular disease. According to the basic principles of Unani the body is made up of four basic elements i.e. Earth, Air, Water, Fire which have different Temperaments i.e. Cold, Hot, Wet, Dry. They give raise, through mixing and interaction, to new entities. The body is made up of simple and complex organs. They obtain their nourishment from four humors namely- blood, phlegm, black bile and yellow bile. These humors also have their specific temperament. In the healthy state of the body there is equilibrium among the humors and the body functions in normal manner as per its own temperament and environment. Disease occurs whenever the balance of humors is disturbed.

YOGA AND NATUROPATHY

- Yoga is a Sanskrit word, composed and spoken limitedly in India. Sanskrit is popular fundamentally in mainstream Indian ceremonial settings, for example, Hinduism, Jainism, and Buddhism. The word yoga has changing interpretations yet is most usually comprehended as significance union. Yoga explores preventive and curative aptitudes as a training exercise for people to improve mindfulness. Dialectical behavior therapy has its underlying foundations in cognitive behavior therapy, a different model of mindfulness happens for cognitive therapy practices, known as care based subjective treatment.
- Nature cure and Yoga is a science of healthy living. Through yoga and naturopathy, we can live healthy & happily. It teaches us the right way of healthy living in all the planes of health (physical, mental & spiritual).
- Naturopathy believes that Body Heals Itself. It is a holistic way of approach. It helps us to realize the power of self-healing nature of our Body. It also teaches us, how we should live in a healthy way? What we should eat? How should be our daily routine?
- Utmost it teaches that nature is the greatest healer. The human body itself has the healing power to prevent itself from disease and regains the health.
- Yoga is the union of body, mind and soul. Yoga is a universal practice irrespective of culture, race, caste, religion, age and sex. Yoga helps find away to freedom.
- Yoga is a practice for self-realisation. It helps to improve one's inherent power in a balanced manner. Yoga brings tranquillity to our body and mind. It leads us to a balanced state of mind and health. It allows us to live happily. The continuous practice of yoga improves the health and prevents the diseases.

NATURE CURE

Nature cure is a way of healthy living, in which we learn the techniques of selfhealing with the healing powers of nature. Nature is the best healer. Body has its own capacity to prevent itself from disease and regain health if fallen sick. Naturopathy treats the body as a whole. Naturopathy believes that for all the diseases the causes and the treatment is one. Except from traumatic or environmental conditions, accumulation of morbid matter is the root cause of all diseases. Prevention and elimination of toxins is the route to health.

According to Naturopathy, Human body is comprised of five great elements called Panchamahabhutas. Imbalance in these elements in body leads to disease. Treatment in naturopathy are made with these five great elements i.e.

- ❖ Earth
- ❖ Water
- ❖ Space/Ether

Treatment modalities

- **Diet therapy**
- **Fasting therapy**
- **Hydrotherapy**
- **Acupuncture**
- **Acupressure**

Diet therapy

Diet is one of the fundamentals of natural therapy. This usually involves the modification of an existing dietary lifestyle to promote optimum health. The diet program is planned according to individual needs. According to yoga food is not only for physical fitness, but it also influences the mental and spiritual health.

Mainly for OBESITY, PCOS, MIGRAINE, INFERTILITY & all Life Style Disorders.

- ❖ Weight reduction with stomach full of food. NO Starving
- ❖ Eat healthy Eat happily Healthy weight loss

“When Diet Is Wrong, Medicine Is Of No Use. When Diet Is Correct, Medicine Is Of No Need”.

Fasting Therapy

Fasting is the supreme cure. Here we practice therapeutic fasting in which specific juices/soups are given as per disease condition. It helps in elimination of the toxins by giving rest to the digestive system and enhancing the healing properties within our system. Fasting is not starvation, it is systematic abstinence from food for specific period of time. Here we suggest fasting for the patients in a scientific way, according to the patient's condition and the will.

“Langanam parama oushadham”

ACUPUNCTURE

Acupuncture is an ancient Chinese traditional technique given by inserting the fine needles into the body.

It believes the principle of removing the blockage in the energy channels and allows the proper energy flow and balances the two energy forces.

In fact, Acupuncture is one of the most powerful drugless treatment tools which is being used to heal a variety of disease conditions by experienced doctors. Acupuncture is very effective in pain management, anxiety, depression, diabetes, hypertension, Migraine, sinusitis, sleeplessness, asthma, back pain, obesity, epilepsy, skin problems, spondylitis, arthritic conditions of all joints etc.

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. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force to aid healing.

Acupuncture and acupressure use the same points, while acupressure uses the gentle but firm pressure of hands or any blunted objects, but acupuncture employs needles, Acupressure has been practiced as a healing art for at least 5,000 years.

YOGA

Yoga is a comprehensive program including physical postures, breathing exercises and meditation. Yoga helps cultivate a sense of well-being and relaxation, perhaps by temporarily taking your mind off of your worries and the sources of your stress.

The urge to practice yoga is beyond the urge for fitness of body. There is an urge in every human being, regardless of mortality...religion...culture... the urge for bliss. For union. To be in a state of liberation. This is why we seek out knowledge and practice through which we can unify our beings and actively take steps to matter our own evolution.

Yoga the Most Powerful Tools To Beat Stress And Other Ailments, Combined With Kriyas And Pranayama (Meditation)

The government has set up a ministry to promote alternative therapies such as yoga and traditional ayurveda medicine, as Prime Minister Narendra Modi embarks on a mission to raise awareness and the appeal of home-grown health treatments.

Modi has repeatedly called for greater use of India's health remedies and exercises, part of a push to promote traditional learning. During his first address at the United Nations in September, he encouraged more people to take up yoga and called for an International Yoga Day.

"This is our system and it has not received enough prominence. We will take it to the masses," said Shripad Naik, who took charge of the ministry on Tuesday.

The formation of the ministry comes days after the government unveiled plans to set up a regulator for traditional drugs. The government wants to expand its presence in the estimated \$100 billion global market for alternative medicine.

Ayurvedic and other types of traditional medicine, called unani and siddha, are popular in smaller towns, and yoga has a huge following across India and in the West. Homeopathy also finds wide acceptance in India.

Use of traditional medicines is also promoted by country's most popular yogaguru, Swami Ramdev. He sells ayurvedic medicines and holds yoga camps attended by thousands in India and abroad.

But critics often question the effectiveness of traditional remedies over modern medicine. Modi said on Sunday ayurveda and mainstream drugs were not mutually exclusive.

"There is a need for larger awareness in ayurveda. It can't be limited to a doctor only. Our ancestors made good health a part of life," he said.

The success of the new ministry would depend on additional budgetary allocation, a government official told Reuters. The government allocated Rs 1,069 crore (\$174 million) to develop and promote traditional health systems in the 2014-15 financial year.

"We have not got the attention ... We are looking for a steep rise in our funding for next year," said the official, who declined to be identified because of the sensitivity of the matter.

So many patients and public get relieved from pain and suffering through yoga therapy. Basically and momentarily human development takes place on three different planes, called physical, mental and spiritual. Yoga keeps you healthy by upholding harmony. Optimum functioning in all three levels through complete self-control can definitely be achieved if Yoga is practiced on a regular basis in its proper and recommended form.



Nowadays Indian Government, Government of India under a leadership of **Honourable Prime Minister Shree Narendra Modi Ji** and **Yog Guru Swami Ramdev Ji Maharaj** founder of famous **Patanjali Yogpeeth** is promoting alternate medicine system in India because India is using alternate medicine system since long time due to their social economical status. Therefore, Ministry has been established for promoting, popularising the looking after alternate medicine.

The pandemic saw the world struggling with mental health issues including anxiety, depression and sleeping disorders. Covid19 not only made us physically vulnerable but the mental wellbeing of a large number of people was also impacted. It was during this time that Yoga came to the respite of many, who were locked away in their homes fearing the transmission of infection and cut off from the comfortable physical affinity of friends and family. Giving the much-needed pause from the hustle bustle of the daily life and time to introspect and contemplate. The breathing techniques offered by Yoga also helped in rejuvenation of lungs and increase in oxygen levels thus repairing the damage caused by the infection. The practices of yoga, meditation, and spirituality served as effective antidotes to the panic, fear, stress and grief that come with the pandemic. For many who were initiated into the tradition of Yoga during the lockdown, it was a rare opportunity to dive deep into self- discovery and nurture the meditative space for transformation within our existence.

As the pandemic pushed us into unprecedented waves of social isolation, Yoga helped in channelising it towards cultivating liberatory frameworks in mysticism and spirituality in order to heal and evolve as human species to live more harmoniously with nature and environment. It focussed on holistic well-being along with encouraging sensitivity towards society and fellow humans. If used effectively, spiritual traditions can help us look into the soul of humanity and transform the economic and societal systems disrupted by the pandemic hence Yoga can play an important role in the post pandemic recovery plans.

ASANAS

Steady and Comfortable Posture. Each and every asana is beneficial in maintaining good health and healing diseases and has important curative values. A thorough study on each of these methods would not only create awareness but also would help you to know and practice these postures in a proper way.

CURES...

Practice of regular yogasanas can relieve many common and life threatening illness such as arthritis, chronic fatigue, diabetes, asthma high blood pressure, back pain, weight reduction, obesity, common cold, constipation, epilepsy, skin problems and respiration problems. Yoga also helps in rehabilitation of new and old injuries.



“STHIRAM SUKHAM ASANAM”

PRANAYAMA

Pranayama is the breathing technique through which we control our Prana; the Vital Force. According to yoga, if there is any imbalance in the flow of Prana, it manifest as disease condition. To cure the disease, we balance the flow of Prana through the Nadis with the help of Prana Shakti. Pranayama further purifies the nervous system and vastly increases the quantity and quality of vital energy flow.

KRIYAS

Kriyas are cleansing techniques, which we used to purify our body and mind. According to tridosha theory, the human body is made of three basic constituents called Vata, Pitta and Kapha. If any imbalance in the constituents in the body leads to diseases. Yoga recommends six purification processes together and keep the equilibrium of these tridoshas. They are called as Shat kriyas (six purification processes). They are

- Neti - Nasal cleansing.
- Dhauti - Cleaning of digestive tract, stomach.
- Nauli - Abdominal massage.
- Kapalabhati - Purification of frontal lobes and lungs.
- Basti - Colon cleaning.
- Trataka - Blinkless gazing.

These six cleansing processes are excellent practises designed to purify the whole body, and to get good health. These sequence of practices very specifically prepares you to raise your vibratory frequency to that of a more shining, peaceful and joyous human being

Meditation/RELAXATION TECHNIQUE

Relaxation technique (also known as relaxation training) is any method, process, procedure, or activity that helps a person to relax; to attain a state of increased calmness; or otherwise reduce the pain, anxiety, stress or anger. Relaxation techniques are often employed as one element of a wider stress management program and can decrease muscle tension, lower the blood pressure and slow heart and breath rates, among other health benefits.

Various techniques are used to improve the state of relaxation. Some of the methods are performed alone; some require the help of another person (often a trained professional); some involve movement, some focus on stillness; while other methods involve different elements.

Types of relaxation techniques.

Yoga Nidra Meditation

Mind body relaxation Deep breathing Visualisation

Transcendental meditation Progressive muscle relaxation

HOMEOPATHY

- Homeopathy is an effective and scientific system of healing that assists the natural tendency of the body to heal itself. It recognizes that all symptoms of ill health are expressions of disharmony within the whole person and that it is the individual person who needs treatment, not the disease. The homeopathic principles constitute a unified hypothesis whose validity is tested empirically: cured patients confirm the hypothesis. Homeopathic medicines are prepared in a pharmacy or a laboratory, using a technique subject to precise and clearly stated controls. The preparation and administration of homeopathic medicines does not involve mysterious processes.
- The principle of Homeopathy stays one of the most debatable therapeutic practices and has been known since Hippocrates from Greece around 450 BCE. The present-day practice of Homeopathy is better recognized by a German doctor, Dr. Samuel Hahnemann (1755CE–1843CE). The word “Homeopathy” has been derived from Greek words, “Homois” which means similar and “pathos” which means suffering. Homeopathy is a therapeutic technique utilizing arrangements of substances whose impacts when regulated to healthy individuals match to the appearances of the illness in the individual patient. The methodology is believed to work on two main principles:
 - “Like cures like;” a healthy individual would manifest the same symptom with the drug, that particular drug is the cure for the same illness.
 - “Infinite dilution;” therapeutic activity is enhanced by repeated dilution and succession even when diluted beyond Avogadro’s number.
- Indian traditional medicine has its origin in India that evolved through a continuous process of transformation from its Vedic period and a single drug or blends in crude shape are favored over many fold formulations. In spite of the fact that the starting points and advancement times of these traditional medication processes are different, however, there is a common background through this foundation, is in their basic standards and practices by utilizing the plants and plant-based preparations in the medicinal services.

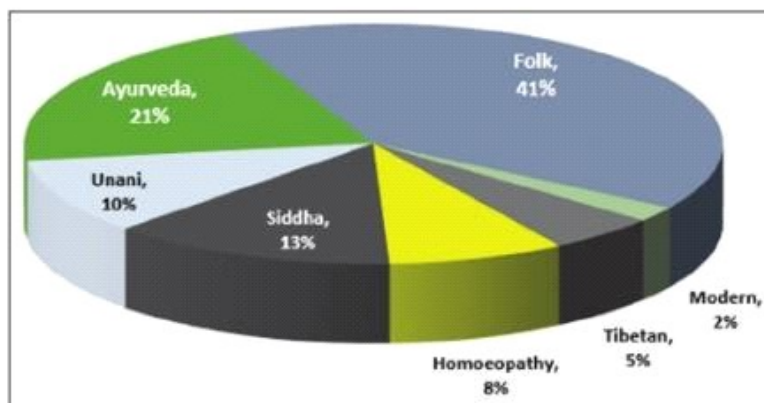


Fig. 3: Displaying the percentage of plants used in different systems of medicines in India

The extent of utilization of plants in a different system of medications appears in Fig. 3. Moreover, around 85–90%.

The homeopathic materia medica lists the symptom pictures of each remedy (as elicited in the provings and then confirmed through clinical experience). The professional homeopath works with a number of material medicas compiled by different homeopaths, each grounded in the provings with additions that reflect their own personal experience. Many midwives new to homeopathy start out with Boericke’s small but comprehensive materia medica, using it alongside Yingling’s small but specific materia medica aimed solely at those working with pregnant and birthing women. See Appendix A. From the vast amount of information ascertained, certain patterns emerge, and it is these patterns with which the homeopath becomes familiar. At first glance, remedies may seem to be inaccessible lists of apparently unrelated symptom data. The information has been organized as follows:

- The therapeutic (physical) symptoms relating to the breasts and nipples (i.e. abscess, mastitis, lactation, etc)
- Any pertinent accompanying symptoms (i.e. fever, exhaustion, headache)
- General symptoms (i.e. appetite, thirst, and response to temperature)
- Emotional symptoms (i.e. irritability, anxiety, weepiness, and so on)

CONCLUSION

Therapeutic knowledge of Indian traditional medicine has propelled various traditional approaches with similar or different theories and methodologies, which are of regional significance. After independence, in 1951, planning commission took birth. Much later, in 1995, a different department called Department of Indian System of Medicine and Homeopathy (ISM&H) was molded. The acronym, AYUSH, which stands for Ayurveda, Yoga and

Naturopathy, Unani, Siddha, and Homoeopathy was the new name of ISM&H in 2003 as a detached Department under Ministry of Health and Family Welfare, Government of India. Due to mastery of current pharmaceuticals notwithstanding open confidence and trust, Indian traditional medicines are in inimical hindrances. A need has developed to join the entire whole traditional medicinal system and systematize it with an extremely strong optimistic approach in spreading our own medical tradition is the need of great importance. Consequently, phytochemical and biochemical research with a continuous endeavor for the revival and spreading of Indian medical inheritance for the welfare of the society at large is needed.

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