



A REVIEW ON HISYORY OF AYURVEDIC SYSTEM & USE OF AMLA

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ABSTRACT :

The Ayurvedic medical system is regarded as the oldest in the world. Throughout prehistoric times, several tribes utilised therapeutic plants. There is evidence that the Indus Valley Civilization's inhabitants used this medical method. Ayurveda developed quickly during the Vedic and post-Vedic eras, helped forward by the work of Susruta, Charaka, Vagbhata, and other figures. Monks who practiced Buddhism were instrumental in the spread of Ayurveda. Nevertheless, the country's flourishing Ayurvedic and Unani medical systems were devastated by the Muslim invasion that occurred after the tenth century. Ayurveda emerged once more during the pre-independence era. It reaches a new height following independence when it's included in the Drug and Cosmetic Act Standardising Ayurvedic medicine is aided by the creation of Ayurvedic Pharmacopoeia.

INTRODUCTION:

One of the oldest medical systems in recorded human history is the Ayurvedic one.

The medical system is founded on ancient writings that emphasise a natural and holistic approach to mental and physical health. This is the oldest medical system in existence, having originated over 5,000 years ago in India. There are six genuine medical systems in all, including those that originated in India and those that are imported from other countries. They are Siddha, Unani, Yoga, Naturopathy, and Homoeopathy; the most archaic of them is the Ayurvedic medical system.

Father Of Ayurveda :

CHARAKA

The 'Father of Ayurveda' is Charaka. He listed over 200 animal species and about 340 plant species in his work Charaka Samhita.

CONCEPT OF AYURVEDA:

The terms "Ayur" and "Veda" combine to form "Ayurveda." Meaning in Sanskrit of ayu spoken as Sarirendriya Satvatma Samyoga, which explains how the body, mind, and soul are united (shareena, satva, and atma). Since the word "Veda" refers to wisdom, Ayurveda is nothing more than the understanding of the unity of the body, senses, mind, and soul, which in turn lengthens the human body's lifespan.

BASIC PRINCIPLE OF AYURVEDA SYSTEM OF MEDICINE :

Principles of Samanya (Ordinary) and Vishesha (Special): When a person with dry skin applies moisturiser to replace the moisture lost from their skin, the moisture content of the skin is also boosted concurrently by a similar moisture-containing product known as Samanya. The vishesha of wetness counteracted dryness because it is the opposite of skin dryness; hence, both conventional and special principles are essential for the medicine to function. A dravya (substance) called samanya is responsible for an increase (union) in the amount or quality of dravya.

The Five Fundamental Principle (Panch Mahabhoota):

Five proto elements are components of all substances and comprise every single cell, organ, and dravya (stuff) in the universe. They are called Akasha (space proto element), Agni (fire proto element), Vayuu (air proto element), Prithvi (earth proto element), and Apa (water proto element). The predominance of the air proto element is responsible for various physical movements and transport, while the fire proto element is linked to the hollowness of various cavities, such as the lungs, and the digestion of food. Waste material known as Kitta, or the non-essential component, is created during the formation of seven datus known as Dhatu Mala. Waste items including as faeces, urine, hair, nails, and perspiration come out of Kitta in a

gross form, while three other datus, Vayu, Pitta, and Kapha, come out in a microfine state. When mala dattu contaminates the impact of sapta dhatu, resulting in illness or maladies, vayu, pitta, and kapha exist in needed or measured quantity and operate correctly, providing additional support for maintenance of human body; this is called dosha or Tridosha. Age, day, night, changing seasons, and amount of food consumed all have an impact on this tridosha.

THE HISTORICAL BACKGROUND / DEVELOPMENT:

According to Hindu mythology, Srila Vyasadeva penned the Vedas, which is how the ancient Indian system of medicine came to be. Its origins are attributed to the Hindu god Brahma, who is said to have created the universe³. Having produced 10 rishis, Brahma gave this knowledge to Prajapati, who then passed it on to the next generation of rishis, Indran and Athra. Agnivesa collected the knowledge from the Vedas; Charak is responsible for the descriptions of ayurvedic medicines in the Charak Samhita and the science of surgery in the Susruta Samhita. All four Vedas—the Rigveda, Samveda, Yajurveda, and Athurveda—mentioned topics pertaining to health. The Athurveda is subdivided into Ayurveda. The story of Ashwani Kumars curing Chyana of Senitivity and the life of Rudra, the first divine physician, are found in the Rigveda. The Athurveda and Yajurveda describe 293, 81, and 67 plants, respectively, whereas the Rig-veda mentions 1028 shlokas and 67 plants. Only the Athurveda offers a thorough and methodical approach to treating medicine, nevertheless.

PRE AND POST VEDIC PERIOD :

The Dravidian people of the Indus Valley used an ayurvedic medicinal practice around 5,000 years ago that involved the use of substances and utensils similar to bitumen⁹. The vedas were spread by the Aryans who invaded after civilization vanished around 1500 BC. Identified as the Kanmadan following a chemical test, they were expelled from Mohanjodaro and Harrapa. The yogmudra, which was found, provides evidence of yoga practice in the Indus Valley Civilization. There were two distinct schools of thought that emerged: the Brahma Sampradaya placed more focus on diagnosis, remedies, and other treatments, while the Shree Dhanvantri Sampradaya placed more emphasis on surgery. Natural causes now formed the basis of Ayurvedic treatment. The subsequent Ayurvedic journeys were contingent upon the samhitas being edited. These are the guiding principles and methods used by all medical specialties. The Charak Samhita was written in the fourth century BC. A superb physician, Charak also edited the Charak Samhita. The pharmacopeia-related Charak Samhita and Susruta Samhita were composed in approximately 900 and 500 BC, respectively. About 70% of the people living in India's 4752 communities, or 3228 communities, relied on traditional plant-based remedies. In the second century before the birth of Christ, Vagbhata published Ashtangasangraha. In it, he acknowledged the information he had learned from the writings of authors such as Charak, Susruta, Agnivesha, Bhela, and others. Birchbeg wrote in his book on Indian understanding of practical indigenous operations between 500 BC and 200 AD.

PERIOD FROM 10th CENTURY TO 15th CENTURY :

Between the tenth and the twelfth centuries, Muslim invasions, particularly in northern India, devastated Ayurveda, murdering 400 million Hindus and Buddhists, and imposed the Unani medical system. Three significant works on Ayurveda are Mahava Nidana, Raja Nighana, and Madanpala Nigantu.

MODERN PERIOD:

Beginning in 1835 and continuing until 1836, Madhusudanan performed Ayurvedic treatments on a deceased person. Susruta Samhita was published by him in 1836. On the Charak Samhita version, Jalpakalpatharu was written by Kaviraj Gangadharji. Sushruta Samhita was penned by Kaviraj Haryana Chandra Chakravarthiji. Because Ganathaji, the author of Prathiakshasarreram, was at ease with both the western and ayurvedic medical systems, he provided a combined system. In 1918, the Indian government established a committee to investigate the feasibility of cultivating medicinal plants in India and subsequently producing drugs on a large scale. Ayurvedic and Unani dwakhana in Delhi, as well as an Ayurvedic college in Bangalore founded by pandit Madan Mohan Malviya, were inaugurated by Mahatma Gandhi. The creation of indigenous medical systems like Ayurveda and Unani was one of the proposals made by the Bore committee, which the Indian government created in 1943. The Central Council for Research on Ayurveda and Siddha (CCRAS) was established upon independence. It was decided to create the Central Council of Indian Medicines (CCIM). CCIM has authority for the CCRAS. Drugs originating from traditional Indian medicine were added to the Drugs and Cosmetics (D & C) Act in 1959. Expert committees created criteria in 1993 regarding the efficacy and safety of herbal medicines, which were later included in the D & C Act and Rules. If a medicine is manufactured in accordance with any of the Ayurvedic classical books listed in Schedule 1 of the Drugs and Cosmetics Act, 1940, then it is considered a classical preparation. The GMP announcement also mentions Schedule 1 in relation to labelling, packaging, and limit. The Ministry of Health and Family Welfare founded the Department of Indian Systems of Medicine and Homoeopathy (ISM & H) in March 1995. The work below was completed in 1999–2000 by the Ayurvedic Pharmacopoeia Committee (APC). Part I and Part II (English Version) of the Ayurvedic Formulary of India, comprising 636 chemical formulations, has been prepared. Ayurvedic Pharmacopoeia of India, Part II 1 and Part IV, in three volumes prepared.

USE OF AMLA

Pharmacology and Clinical Studies

Phyllembin, which is extracted from the fruit pulp's ethanolic extract, has been shown to enhance adrenaline's effects both in vivo and in vitro. It made a few small movements.

Nutritive value

Amla is renowned for having high nutritional value. It is considered one of the finest sources of vitamin C (200–900 mg per 100 g of edible section), rich in minerals and polyphenols. The following are the main factors influencing nutritional importance:

Healing properties

Amla offers antioxidant defence and guards against harm from free radicals to cells. Amla is used to treat respiratory infections, skin conditions, and early ageing. Amla can be eaten in amounts of one teaspoon three times a day with milk. It helps with bleeding, diarrhoea, dysentery, and has therapeutic potential in treating diabetes.

Anti-aging Properties

The rejuvenating properties of Indian gooseberry stem from the presence of an essential component that helps delay ageing and preserve vigour as one ages. Enhances immunity to infection and fortifies the body. Heart, hair, and various bodily glands are strengthened by it.

Treatment of Scurvy

As a very abundant source of vitamin C. Scurvy can be effectively treated with Indian gooseberry. Three times a day, eat one teaspoon of dry gooseberry powder mixed with an equal amount of sugar with milk.

Natural Cure for Anemia

Amla is high in ascorbic acid, often known as vitamin C, which is necessary for the absorption of iron. Amla supplements can be extremely helpful for people with iron deficiencies in Anaemia.

Treatment Of Diarrhea In children

Twice daily in the morning and at bedtime, a compound powder containing emblic seed, chitrak root, chebulic myrobalan, pipili, and pallone is given in appropriate dosages based on age, along with warm water. Digestion and diarrhoea can be treated with tender shoots boiled in buttermilk. Fresh green leaves mixed with curds can also have a similar effect. The leaves are used as a bitter tonic and as an infusion with fenugreek seeds for chronic dysentery. Ten seeds should be soaked overnight in a tin container then ground. Include cow's milk and drink. This works well as a bilious treatment.

Some Other uses

It aids in blood sugar regulation. It is an excellent antioxidant, a potent anti-inflammatory herb, and a natural source of vitamin C. Amla aids in eliminating free radicals. Amla is an excellent source of brain nourishment. Research indicates that Amla reduces cholesterol. Amla also raises haemoglobin and red blood cell counts and supports healthy liver function. It helps with asthma, bronchitis, and cough. Amla fortifies teeth and cleans the mouth. The infusion is applied to excessive acidity and combined with honey to act as an anthelmintic. Increased antioxidant levels, reduced formation of free radicals, and improved cell survival are all brought about by the presence of Amla. Amla is a main ingredient in several traditional Ayurvedic medicines, like Chyawanprash. It enhances memory and intelligence. Since ancient times, amla has been employed in various traditional medicines such as triphala and Brahm rasayana.

CONCLUSION:

Ayurveda began as a magico-religious practice and over time grew into a fully fledged medical discipline with eight branches or specialities that are comparable to the modern Western medical system. Ashtanga Ayurveda is another moniker for Ayurveda that emerged from the expansion of these eight specialities. Because of its special ability to have relatively few negative effects, ayurveda has emerged as a promising safe choice in India, where it is currently governed by the AYUSH Ministry. One of the highest natural sources of vitamin C is amla juice, which has around twenty times the amount of vitamin C in fresh form compared to orange juice.

The vitamin C concentration of one little Amla is the same as that of two oranges. Clinical trials with pulmonary tuberculosis patients have demonstrated that this high concentrate is absorbed faster than synthetic vitamins. Since it eliminates spermatorrhoea, excessive salivation, nausea, vomiting, giddiness, internal

body heat, and menstrual abnormalities, it is a common element in Ayurvedic remedies and tonics. It boosts sattwa and is a great liver tonic because it is also cooling. Studies examining the impact of amla on memory and cognition as well as its anti-inflammatory properties have been conducted. The fruit is used to help prevent ulcers in diabetics. Would supplements containing amla extract preserve the cancer cells that radiation therapy is attempting to eradicate, or would they be beneficial for those receiving . Amla Tonic is a natural anti-aging remedy that relieves indigestion, balances acidity, and has a haematinic and lipalytic effect that is helpful in treating scurvy and jaundice.

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