CHAPTER 4.5.1:
Traditional Indian Medicine





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Introduction

- Indian Systems of Medicine are well known among the all global traditional systems of medicine.
- The system of medicines which are considered to be Indian in origin or the systems of medicine, which have come to India from outside and got assimilated in to Indian culture are known as Indian Systems of Medicine.

Historical Background

- Ayurveda (Ancient science of life) is believe to be prevalent for last 5000 years in India. It is one of the most noted systems of medicine in the world.

- Unani system of medicine was originated in Greece (Unan). During 12th century the Arabs came to India and brought with them physicians practicing this healing art and thereby introduced Unani medicine in India.

- The roots of this system go deep to the times of the well known Greek philosopher **Hippocrates** who is credited with it.
- Aristotle is also a Greek philosopher who was considered as father of natural history, made valuable contribution to Unani system of medicine.
- Yoga, Siddha and Naturopathy also related to Ayurveda and these are considered as a part of Ayurvedic system of medicine.

Examples of Indian Systems of Medicine

- In India, the Central Council of Indian Medicine (CCIM) a statutory body established in 1971 under Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health and Family Welfare, Government of India, monitors higher education in areas of Indian medicine including, Ayurveda, Unani and Siddha.

- India has the unique distinction of having **six** recognized systems of medicine in this category. They are- Ayurveda, Siddha, Unani, Yoga, Naturopathy and Homoeopathy.
- Though Homoeopathy came to India in 18th Century, it completely assimilated in to the Indian culture and got enriched like any other traditional system hence, it is considered as part of Indian Systems of Medicine.
- Apart from these systems- there are large number of healers in the folklore stream who have not been organized under any category.

Ayurveda: Science of Life

- Ayurveda is the system of medicine which relies mainly on **nature** to restore health. The word Ayurveda has been derived from the words Ayuh meaning **life** and veda meaning **knowledge.**
- Ayurveda may be regarded as "true knowledge of life" or "Science of life". Ayurvedic therapies use medicines of plant and animal origin as well as inorganic materials like metals, minerals, gems and jewels.

- Ayurveda is a comprehensive system that places equal emphasis on the body, mind and spirit, and it strives to restore the innate harmony of the individual
- Ayurveda is a Traditional East Indian Holistic Medical Science advocating natural methods to promote healing.

Principles of Ayurvedic Medicine

Tridosha Theory:

- The Ayurvedic system of medicine is based on Tridosha theory of Vata, Pitta and Kapha. These three are the primary forces of the body, which develop from **Panchbhoota** Prithvi (earth), Jal (water), Teja (fire), Vayu (air) and Akash (sky).
- Everything in the universe including food and the bodies we possess, is derived from these Panchbhootas.

- These Vata, Pitta and Kapha are responsible for different functions in human body.

  - **Pitta:** Digestion, metabolism, energy.
  - **Kapha:** Strengthening the stomach and the joints, providing firmness to the limbs and refreshing the sense organs.
  - **Vata:** Movement, physical and mental function, sensation in a single cell/whole body.
  - Imbalance in the doshas in human body is the main cause of disease or poor health. Treatment of Ayurveda is based on to retain equilibrium and

Aim of Ayurveda

- To promote and maintain health of healthy people
- To cure and remove illness and disease of Ill people
- To Restore Balance
- To Improve quality of life
- To prolong longevity

Health

- Health is not just absence of disease
- Balance is Health
- Imbalance is Disease
- Balance is maintained at all levels including Physical, Biochemical, Intellectual, Emotional, Behavioral, Spiritual, Social, Environmental

Ayurveda Individual Constitution

- Ayurveda considers each individual as a unique being with unique constitution.
- Constitution (**Prakruti**) is based on Dosha
- Constitution (Prakruti) is determined at the time of beginning.

Prakruti (Constitution)

- At the time of beginning the **proportion** in which three Doshas combine to form the embryo is your Prukruti.
- Prakruti is like your genetic code which is unique to you.
- This forms your constitution. It remains unchanged through your life.

Vikruti (Imbalanced State)

- Current state of proportion of Vata, Pitta and Kapha is called Vikruti. It is the state of Imbalance. This can lead to disease over a period of time if not corrected.
- So Prakruti is state of Balance and Vikruti is state of Imbalance.

Causes of Disease

- Improper Diet
- Improper Life style
- Environment
- Genetic Predisposition (Prakruti)
- Improper use of Sensory faculties
- Obstruction to flow of Prana (Life Force)
- Going against natural intelligence and wisdom (**Pragnaparadh**)

Ayurvedic Approach

- Healthy Diet
- Healthy Lifestyle
- Natural Herbs
- Supplements
- Cleansing and Detoxification (Panchkarma)

Effect of Proper Diet and Life style

- Improves Agni (**Digestion**)
- Improves Immunity (**Ojas**)
- Improves Health: Physical, mental and emotional
- Do not eat when you are not hungry (Means your Agni i.e. digestive fire is not kindled yet)
- Eat mindfully
- Do not over eat
- Eat according to your Doshas

Dietary Guidelines: Vata Dosha

- Avoid Cold, Old, Sour, Processed, Raw, Dry, Uncooked food
- Avoid cold carbonated beverages
- Eat Fresh, Warm, Moist, Cooked, Steamed or lightly cooked food
- Avoid Pungent, Bitter and Astringent food but eat Sweet, Sour and Salty food.
- Avoid food that cause cooling but eat food that cause heating.

Dietary Guidelines: Pitta Dosha

- Avoid very hot, spicy, oily food.
- Avoid sour, salty and pungent food but eat bitter, astringent and sweet food.
- Avoid food that are heating but eat food that are cooling.

Dietary Guidelines: Kapha Dosha

- Avoid cold, heavy, oily, fatty, fried foods
- Eat Warm, Light, Steamed or dry and raw foods
- Avoid Sweet, Sour and Salty foods
- Include Pungent, Bitter and Astringent foods
- Fasting once a week or so is good

Diet: Liquid & Water

- Don’t drink when you are hungry and don’t eat when you are thirsty.
- Drink warm liquids like herb tea and warm water
- Drink few sips of water along with your food but avoid drinking large quantity of water during or immediately after meal

Agni: Fire

- Agni is Biological Fire responsible for metabolism
- Healthy Agni is important for digestion, absorption, assimilation and transformation of nutrients into energy
- Agni transforms sensory perception into emotions
- Impaired Agni leads to disease
- Improper food digestion results into Ama (toxins)
- Ama clogs the Srotas (Channels) causing obstruction to flow of Prana (Life force)

How to Increase Agni

- Drinking Warm water
- Fasting
- Fresh ginger with a few drops of lime juice and pinch of salt just before meal
- Herbal Tea like Ginger, Tulsi, CCF (Equal parts of Cumin, Coriander and Fennel)
- Certain **Pranayama** (Breathing Exercises) like Bhastrika (Bellows breathing), Kapalbhati
- Physical Exercise

Useful Healthy Tips

- Drink one glass of warm water first thing in the morning before you eat or drink anything.
- Through out the day drink liquids slightly lukewarm or at room temperature
- Drink **CCF** (Cumin, Coriander, Fennel in equal parts) tea two or three cups a day.

Ojas

- Governs Immunity and Cellular Integrity
- Improves strength
- Nourishes tissues
- Ojas being essence of Kapha, diet that nourishes Kapha is to be consumed.
- Warm, slightly oily, Sweet, Sour and Salty food will nourish Kapha.
- **Dairy products**, Fresh Fruits, **Nuts, Whole Grains**, Meat are Kapha nourishing.

- Adequate Rest and Sleep
- Gentle exercise
- Pranayam Practices
- Meditation
- Panchkarma (Cleansing and Detoxication)

Life Style

- Plenty of rest
- Pace yourself
- Personal Hygiene
- Abhyanga or self massage with Sesame or Bala oil.
- Exercise
- Pranayam (Breathing Practices)
- Meditation for 10-15 min in morning and evening
- Cultivate Mindfulness
- Adequate Sleep

- Regularity and Routine (Balances Vata)
- Self-control (Balances Pitta)
- Variation and Stimulation (Balances Kapha)
- **Panchkarma** (Removes toxins, Improves Agni, Balances Doshas, Improves Ojas, Restores flow of Prana and **Rejuvenates**)

Daily Routine

- Wake up before sunrise. Vata people around 6:00 am, Pitta around 5:30 am and Kapha people around 4:30 or 5:00 am.
- Once you are out of bed look at your tongue in mirror to check for Ama (Coating on tongue) and think as to how your stomach feels and if previous night's food was properly digested
- Brush your teeth, scrape your tongue.
- Wash your face, spray cold water in your eyes, massage eyelid gently, blink eyelids and rotate eyes in all direction to feel more alert and fresh
- Drink one glass of warm water before drinking

- Hopefully this would encourage mass peristalsis and bowel movement.
- Do morning yoga, breathing exercise and meditation (15-30 mins), physical excercise.
- Do Abhayanga (oil message).
- Gently and lovingly rub warm oil all over your body, allow 20-30 min before showering
- Take a shower or bath with warm water.

- For Vata and kapha use Sesame oil and for Pitta sunflower oil. (Sesame oil should be organic, cold pressed and cold processed and food grade)
- Do mouth wash with sesame oil to improve your gums and chew handful of sesame seeds to improve your teeth and bones.
- Now you are ready to eat light breakfast.
- Go about your normal day having lunch around noon.
- If possible make this as your main meal
- Drink warm herbal tea like Ginger or Tulsi and ginger tea 30 mins before your meal to kindle Agni (Unless your Agni is very strong).

- By 6:00 or 7:00 pm you are ready for dinner. Have a light dinner according to your Dosha.
- Engage into some relaxing activity like reading or socializing with family or watching TV.
- Take Triphala half teaspoonful with warm cup of water before bed time (Preferably about 30 mins after evening meal).
- Avoid watching TV very late at night.
- Drink cup of warm milk before bedtime
- Bed time for Vata by 10:00 pm, for Pitta around 10:30 and Kapha around 11:00 or later.

Sleep

- Vata person about 7-8 hrs and may need some short snooze during the day to recharge.
- Pitta Person about 6-7 hrs
- Kapha person about 6 hrs or less. Avoid naps during the day

Exercise

- Exercise up to half your capacity.
- The endpoint should be when beads of perspiration appear on your forehead, armpits or along the spine
- Yoga is very good exercise for all
- Swimming is good for all but cold water swimming may increase Vata and Kapha. Also chlorinated water may affect all three doshas.
- Brisk walking good for all

- Vata people should avoid jumping, jogging
- Pitta person should exercise moderation and back off by thirty percent
- Kapha people should get motivated to exercise vigorously, regularly at least five days a week.
- Best time to exercise is either early morning or early evening.
- Pitta person should avoid exercise during noon hours when sun is bright and very heating

Seasons and Dosha

- Fall and Early Winter are Vata seasons
- Winter and Spring are Kapha seasons
- Summer is Pitta season
- Ayurveda teaches that we live in harmony with nature.
- We need to adjust our lifestyle and routine regarding diet, exercises, activities and clothing accordingly.

- **In summer:** Don’t drink hot liquids but room temperature or cool (not cold) liquids are good; Sweet, Bitter and astringent foods are good; Avoid strenuous exercise and too much exposure to sun
- **In Fall:** So more frequent oil massage, Less travel, Warmer foods, Avoid fasting, Drink warm liquids and herb tea, Dress warmly
- **In winter:** So eat warm food and drink warm heating herb tea, Maintain more vigorous exercise, Dress warmly.
- In Spring: Early spring is still Kapha season so follow Kapha balancing routine; Late spring Pitta starts building up so follow Pitta balancing regimen.

Nourishment of Mind and Soul

- Eat food that nourishes mind like Mango, Peach, Sweet Potato, Milk, Ghee, Mung Bean, Basmati Rice, Saffron, Almonds
- Pranayam Practices
- Cultivate attitude of kindness, Love, Forgiveness, non-violence etc.
- Meditation and spiritual practices

Methods and materials used in the healing process

- Ayurveda has **eight** branches or subdivisions to deal with various aspects of health.

  - **Kaya** Chikitsa (General medicine)
  - **Shalya** chikitsa (Surgery)
  - **Bala tantra** (Obstetrics, gynecology and paediatrics)
  - **Bhuta vidya** (Psychiatry)
  - **Shalakya tantra** (Ear, nose, throat, eye and mouth diseases)

- **Rasayana** tantra (**Rejuvenation**)
- **Agada tantra** (Toxicology)
- **Vajikarana tantra** (Aphrodisiacs)

- Diagnosis done by observation, touch, and questioning to the patient.
- Four components to disease management
  - Physician
  - Drug
  - Patient
  - Attendant (such as a nurse)

Clinical examinations in Ayurveda for diagnosis of disease includes:

- Pulse diagnosis
- Urine examination
- Stool examination
- Tongue examination
- Examination of body
- Sounds
- Eye examination
- Skin examination
- Assessment of total body appearance

Treatment in Ayurvedic system of medicine consisting of four main parts:

- **Shodan:** Cleansing (purgatives, emetics, enemas)
- **Shaman:** Palliation (Yoga)
- **Rasayan:** Rejuvenation (Dietary supplements)
- **Satwajaya:** Mental nurturing and spiritual healing

Ayurvedic Classification of Drugs

- In Ayurveda, drugs are obtained from different natural sources can be understand by **five** different properties.
  - Rasa
  - Guna
  - Veerya
  - Vipaka
  - Prabhava

- **Rasa:** Rasa means **taste** of **six** kinds sweet, sour, salt, pungent, bitter and astringent.
- **Guna:** Guna is the **quality** of various substances divided into **five** classes as heavy, light, oily, dry, keen-sharp.
- **Veerya:** Veerya is the **potency** of the drug. It is either **cooling or heating**.
- Vipaka: Vipaka is the consequence of change or action which the drug undergoes in the human organism and is of three kinds: sweet, sour and pungent.
- Prabhava: This is the dominating influence or the

Ayurvedic dosage forms

Ayurvedic dosage forms are available as:

- **Solid or powder** (Churnas, Bhasmas, Anjana, Vati and Gutika)
- **Semi solid** (Avaleha, Ghrita)
- **Liquid** (Araks, Asava, Aristas, Kvatha, Taila)
- **Vapors or gaseous**

Don't Eat:	With
Beans	fruit; cheese, eggs, fish, milk, meat, yogurt
Eggs	fruit, especially melons; beans, cheese, fish, kitchari, MILK, meat, yogurt
Fruit	As a rule, with any other food. (There are exceptions, such as certain cooked combinations, as well as dates and milk, which have the same rasa, virya and vipaka.)
Grains	fruit; tapioca
Honey**	With equal GHEE by weight (e.g. 1 tsp. honey with 3 tsp. ghee); boiled or cooked honey.
Hot drinks	mangos; cheese, fish, meat, starch, yogurt
Lemon	cucumbers, milk, tomatoes, yogurt
Melons	EVERYTHING – especially dairy, eggs, fried food, grains, starches. Melons more than most fruit should be eaten alone or left alone.
Milk	BANANAS, cherries, melons, sour fruits; bread containing yeast, fish, kitchari, meat, yogurt
Nightshades e.g., potato, tomato	melon; cucumber, dairy products
Radishes	bananas, raisins; milk
Tapioca	fruit, especially banana and mango; beans, raisins, jaggary
Yogurt	fruit; cheese, eggs, fish, hot drinks, meat, MILK, nightshades

Common Medicinal Plants Used In Ayurveda

- *Emblica officinalis* (Euphorbiaceae)
- *Rauwolfia serpentina* (Apocynaceae)
- *Asparagus racemosus* (Liliaceae)
- *Cassia angustifolia* (Leguminosae)
- *Sesamum indicum* (Pedaliaceae)
- *Holarrhena antidysenterica* (Apocynaceae)
- *Withania somnifera* (Solanaceae)
- *Aconitum napellus* (Ranunculaceae)
- *Piper longum* (Piperaceae)

- *Aloe vera* Linn. (Liliaceae)
- *Areca catechu* Linn. (Leguminosae)
- *Coriandrum sativum* Linn. (Umbelliferae)
- *Ranunculus sceleratus* (Ranunculaceae)
- *Ipomoea hederacea* (Convolvulaceae)
- *Aegle marmelos* Corr. (Rutaceae)
- *Andrographis paniculata* Penn (Acanthaceae)
- *Clerodendron serratum Moon* (Lamiaceae)
- *Butea monosperma* Kuntze*, etc.* (Fabaceae)

Clinical Trials, Current Scientific Investigations

- Ayurveda becomes one of the oldest system of health care dealing with both the preventive and curative aspects of life in a most comprehensive way and present a close similarity to the WHO's concept of health propounded in the modern era

- From an American legislative standpoint, herbal medicines are governed by Dietary Supplements Health Education Act (**DSHEA**) not by **FDA (Federal Drug Administration)**

- In India separate Central Council for Research in Ayurvedic Sciences (**CCRAS**) established under Ministry of AYUSH, Government of India, for controlling research and education in the field of Ayurvedic medicines.

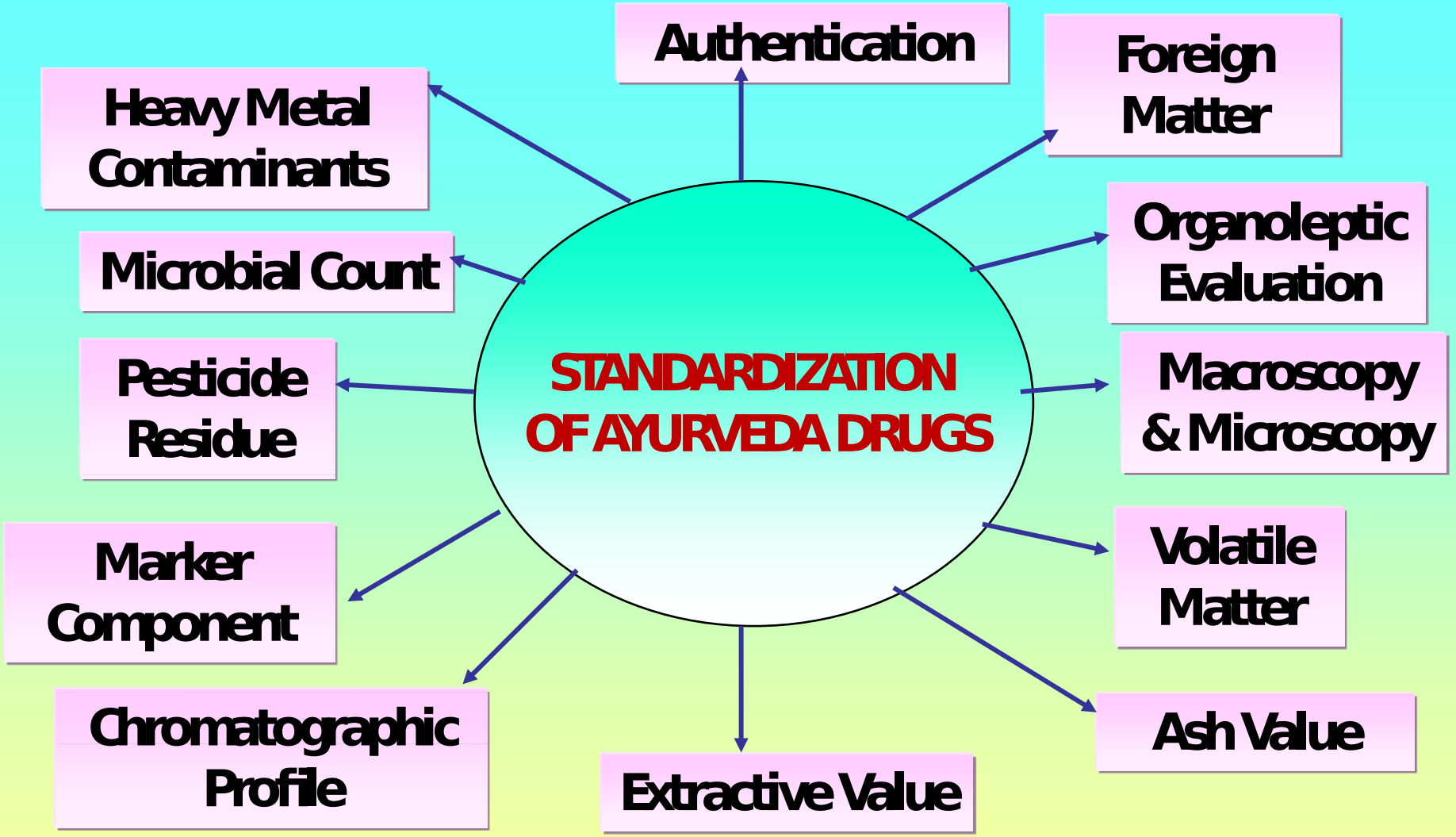
- There is 5.5 yrs degree course BAMS (Bachelor of Ayurvedic Medicine and Surgery) is running in different medical colleges and universities.

- Council is working for the development of Ayurvedic Pharmacopoeias of India.
- Different research programs are running for the preparation of monographs of herbal drugs and formulation development.
- Different research institutions are working and generating scientific data as well as patenting the scientific methods and formulation work on Ayurvedic drugs.

- The findings of ongoing research has included in the Ayurvedic Pharmacopoeia of India.
- The National **Formulary** of India (NFI) for Ayurvedic drugs has also been developed, which includes description of all Ayurvedic formulations with ingredients and preparation procedures.
- Different formulation development work can also be patented under the council guidelines.

- **CCRAS** is undertaking, co-ordinating, developing and promoting research on scientific lines in Ayurvedic sciences.
- The activities are carried out through its 30 institutes/Centres/units located all over India and also through collaborative studies with various universities, hospitals and institutes.

- The research activities of the Council includes
  - Medicinal Plant Research
  - Drug Standardization
  - Pharmacological Research
  - Clinical Research
  - Literary Research and Documentation
  - Reproductive and Child Health Programme
  - Trivial Health Care Research Programme



Authentication and Standardization of Herbal Raw Material



Panchakar
ma



Shirodhara:
Warm herbal oil/butter milk



Abhyanga: Oil



Nasyam:



Elakkhizi: Oil &



Kati Basti: Oil &
leaves



Tarpa
na

THANKS
FOR KIND ATTENTION!!