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## Research Article

# IT NEEDS TO BRING ATTENTION TOWARDS AYURVEDA?

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### ABSTRACT

The Ayurveda is the traditional Medicine. It is said as the Science of Life. Instead of uttering this system as a traditional Medicine of India or second line of treatment of the Medicine or allied system of medicine, it is needed now to bring attention towards this system on primary basis or someone must consider as this system of medicine as basic life of Medicinal system or National System of Medicine.

**Ayurveda:** The science which imparts knowledge about, life with special reference to its definition & the description of happy & unhappy life, useful & harmful life, long & short span of life & such other materials along with their properties & actions as promotes & demotes longevity is described in Ayurveda as;

*"Heetaaheetam sukham dukkham ayusthasya heetaaheetam*

*Maanam cha taccha tatroktham ayurvedah sa yuchate"* Ch. Su. 1/41

#### Objective of Ayurveda:

1. *"Dhatu samya kriyachoktha tantrasyaasya prayojanam"* -Ch. Su. 1/53

The very object of this science is the maintenance of the equilibrium of tissue elements.

2. *"Prayojanam chasya swasthasya swaasthya rakshnam, aaturasya veekara prashamanam cha"* -Ch. Su. 30/26

The objective of this science is to help to maintain the health of a healthy individual & cure of diseases of patient.

Someone not only needed to study Ayurveda in the depth but also treat the patient as well as himself when he felt in ill, i.e. he should treat himself by Ayurveda. Then he will understand the standard of the Ayurveda Medicine as the basic life of Medicine. It will be explored over here briefly.

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### INTRODUCTION

The dimensions of health can encompass "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity", as defined by the United Nations' World Health Organization

The focus of public health intervention is to improve health and quality of life through the prevention and treatment of disease and other physical and mental health conditions, through surveillance of cases and health indicators, and through the promotion of healthy behaviors. Promotion of hand washing and breastfeeding, delivery of vaccinations, and distribution of condoms to control the spread of sexually transmitted diseases are examples of common public health measures.

#### History of Ayurveda

Ayurveda has an age old history since the 2nd Century BC. The Vaisheshik School preached about inferences and perceptions that should be obtained about a patient's

pathological condition for treatment. Whereas, Nyaya school propagated its teachings on the basis that one should have an extensive knowledge of the patient's condition, and the disease condition before proceeding for treatment.

The school of Vaisheshik, classifies the attributes of any object into six types: substance, particularity, activity, generality, inherence and quality called as Dravya, Vishesha, Karma, Samanya, Samavaya and Guna respectively, in Sanskrit language. Later, Vaisheshik and Nyaya schools worked together and jointly founded the Nyaya -Vaisheshik school.

The Naya – Vaisheshik school, in the later years brought glory to the ancient knowledge and helped in disseminating the knowledge about Ayurveda. The writings in *Rig Veda* and *Atharva Veda* are attributed to "Atreya" who is believed to have been conferred with this knowledge from Lord *Indra*, who initially received it from Lord *Brahma*. *Agnivesha* compiled the knowledge from the Vedas, and it was edited by *Charaka* and some other scholars and is presently

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called as “Charaka Samhita”. Charaka Samhita describes all aspects of Ayurvedic medicine and Sushruta Samhita describes the Science of Surgery.

Both these legendary compilations are still used by practitioners of traditional medicine. These ancient texts are available in various translations and languages like Tibetan, Greek, Chinese, Arabic and Persian.

There are several other allied minor compilations like Nighantu Granthas, Madhava Nidana and Bhava Prakasha from the contributions of various scholars, however Charaka Samhita is the most respected of all the records.

### **What is ayurveda?**

The science which imparts knowledge about, life with special reference to its definition & the description of happy & unhappy life, useful & harmful life, long & short span of life & such other materials along with their properties & actions as promotes & demotes longevity is described in Ayurveda.

“Heetaaheetam sukham duhkham ayusthasya heetaaheetam Maanam cha taccha tatroktham ayurvedah sa yuchate” - Ch. Su. 1/41

### **Happy & Unhappy Life**

It is explained by Acharya Charaka in Charak Sutrasthan 30/24, those who are not afflicted with physical & mental ailments, who are endowed with youth, enthusiasm, strength, virility, reputation, manliness, boldness, knowledge of art & sciences, senses, objects of senses, ability of the sense organs riches & various luxurious articles for enjoyment, who achieve whatever they want & move as they like, lead a happy life; others leads an unhappy life.

### **Useful & Harmful Life**

Those who are the well wishers of all creatures, who do not aspire for the wealth of others, who are truthful, peace loving, who examine the things before acting upon them, who are vigilant, who enjoy the three important desire of life (viz. virtue, wealth & pleasure) without one affecting the other, who respect superiors, who are endowed with knowledge of arts, science, & tranquility, who serve the elders, who have full control over the passion, anger, envy, pride, & prestige, who are constantly given to various types of charity, meditation acquisition knowledge & quit life (solitude), who have full knowledge of the spiritual power & devoted to it, who make efforts for both for the existing as well as the next life & are endowed with memory & intelligence, lead useful life; other do not.

### **Objective of Ayurveda**

1. “Dhatu samya kriyachoktha tantrasyaasya prayojanam” -Ch. Su. 1/53  
The very object of this science is the maintenance of the equilibrium of tissue elements.
2. “Prayojanam chasya swasthasya swasthya rakshnam, aaturasya veekara prashamanam cha” -Ch. Su. 30/26

The objective of this science is to help to maintain the health of a healthy individual & cure of diseases of patient.

### **Why it is Needed To Bring Attention Towards Ayurveda?**

Present scenario it is 21<sup>st</sup> century, someone well understands the importance of the health. Because COVID-19 was the

trigger to make aware the people by health & they were cured by some harbomineral drugs which was the part of the Ayurvedic system. At the same time people came to know about the concept of immunity for the same they were try to boost their immune system by intervene to harbomineral drugs. Old age people, history of Diabetic, History of Cardiovascular diseases, Thyroid cases, Obesity problems & many other metabolic disorders have got very worst impact by COVID-19, these things were well understand by the entire people of the globe. Even modern system of medicine also came to know because of the impact of Traditional Medicine in India Death rate during COVID-19 was much more helped to reduce.

The concept of the cell death is well known in the Modern system of the Medicine, for example, there is concept it says, that at the every 120 days senile RBC will get died. In the same way the child will grown up in to adult & Adult one day become the old person, eventually the old one come to an end with the concept of the Death. In other word we understand or convinced with the Death concept, that is the ultimate end of biological life & it is universal truth. Even no one denies it.

In Ayurveda, there is one objective that says, if someone will adopt the system of Ayurvedic way in their life it lives longer. i.e ‘swasthasya swastha rakshanam’. And in another objective it said that, if someone fall in to health issues he/she will be cured by Medicine of Ayurveda. i.e ‘aturasya vikaar prashaman cha’. It is the complete science which helps to prolong the cell death ration sustains life for longer period i.e. said in rasayan chikitsa. It does not mean this system of medicine should treat as the secondary system of medicine or allied system of medicine.

Some of above discussed of the metabolic diseases like, Diabetes, Cardiovascular ailment, Thyroid, Obesity & many others (they were worst ailment during COVID-19); could be prevented by adopting Ayurvedic life style (dincharya & ritucharya) without Medicinal interventions. For which at least common people must be aware the concept of the Dincharya & Ritucharya which explained in Ayurveda (as they are well aware of the concept of cell death by modern system & all).

In Ayurvedic system of Medicine they said as the ailments are of two type’s sharirik (physical) or Manashik (Mental) on the basis of it they also treated by dravyabhut & adravabhut chikitsa. These are the scientific concept; the mental disease could be treated by good counselling itself, which are now accepted by modern system they said the psychosomatic diseases.

Ayurveda has eight branches which are said at the very earliest time, that are kaya (Internal Medicine), bala (child care), grhah (infectious diseases), urdwanga (shalaykya), shalya (surgery), drustra (toxicology), Jara (Rasayan (aging)) & Vrushai (aphrodisiac).

By Ayurvedic formulation patient could be treated by two main concept of treatment i.e. shodhan & shaman these are totally scientific based medicine. i.e in shaman chikitsa patient can be treated by pacifying abnormal doshas. In shodhan panchakarma therapy can be given in which purification of the impurities, toxic elements, that are thrown out this impurities & toxic elements from the body by Vaman, Virechan etc. Panchakarma is unique concept which is not at all in modern medicine.

Panchakarma, is the speciality of Ayurveda, by which one could detoxify their body. Bloodletting therapy has its own

wattage along with kshar karma chikitsa are the unique therapy which is not there in the modern science.

A health issue was the always problem not only in India but also across the world. Present scenario there, there is lot more increasing population, lot more using land for industrialization, lot of cutting of the forest or trees; its consequence leads to pollution of land, pollution of water, pollution of air.

These are the burning issues in present scenario which may ultimate coursing bad impact on health like COVID-19. In this condition Aurveda will help to stabilize the health of the healthy one & sustain the life for longer period.

Someone not only needed to study Ayurveda in the depth but also treat the patient as well as himself when he felt in ill, i.e. he should treat himself by Ayurveda. Then he will understand the standard of the Ayurveda Medicine.

## DISCUSSION

Ayurveda has a rich history; however there were certain drawbacks in approaches towards it, which inhibited its growth like the western system of medicine. The active components of the herbal drugs prescribed were not known, and even today many drugs still need further exploration for their active constituent characterization and elucidation of the mechanism of action. Even after decades of applying advanced analytical techniques for drug analysis, herbal drugs still face some drawbacks.

The administration of combinations of several drugs adds to the complexity of study of the activity of these medications. A merit of traditional medicine systems as discussed earlier is that, they consider every individual as the prime focus of treatment rather than the disease. But this factor also possesses a hurdle to the applicability of medications on a general population basis.

Several issues like, the variation in the potency due to difference in species, absence of an integrated coding for every species used commonly, varying geographical location of growth, and incorrect identification and adulteration of drugs, non-uniform quality control standards, differences in processing methods, direct an alarming need towards comparative study of drugs used in both these system of medicine. Someone must come forward to bring the miracle of Ayurveda in the public notice or in common people notice This topic is discussed very shortly, by introduction of Ayurved, Aims or objectives of the Ayurveda, why it needed to bring attention on Ayurveda. Need some good research in Ayurveda etc.

## CONCLUSION

- The concept of Ayurvedic Medicine should reach at every corner of India and Globe; it must believe this Medicine on Primary Basis not the alternate science of Medicine.

- Burning problems over the globe are metabolic disease in short, thyroid, obesity, diabetes & cardiovascular problems, these are all certainly will be taking care by Ayurvedic system of medicine.
- Good research is needed in Ayurveda, for which ancient practitioners could come forward to help this system. Some of results of drugs will not become published as the ancient Vaidyas are treating the patient by their own generation or guru shishya parampara.
- This medicine is certainly cost effective; it will certainly help for the economics of India & Globe.

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