ALTERNATIVE SYSTEM OF MEDICINES

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INTRODUCTION

There are so many alternatives ways of treatment in

medicine include various healing approaches and therapies that originate from around the world. Alternative medicine include therapies and health care practices However many such practices are popular, and some are used in hospital Patient are most likely to seek alternative medicine for conditions such as chronic low back-pain, stress, migraine, headaches, menopausal symptoms, cancer and arthritis.

DEFINITION

Alternative medicine are intervention that differ from the conventional bio-medical treatment of disease.

ANOTHER DEFINITION

These pathies which are widely used for the treatment of diseases in very natural way other as than allopathy is known alternative system of medicine.

TYPES OF POPULAR HEALTH ALTERNATIVE SYSTEM OF MEDICINE

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INTRODUCTION

A   Comprehensive   system   of   medicine, originates in ancient India. The term Ayurveda is derived from the Sanskrit word "Ayu"which stand for relation of Body, Sense,Mind,and the Soul. Thus Ayurveda can be translated to "life science" .

Ayurveda is an ancient system of medicine in India. Its documentation dates to Veda

- (5000B.C.)
- The word **"Ayurveda"**(Ayur+veda) implies
- **THE SCIENCE OF LIFE**.
- The **Ayurveda** has been used and transmitted from one generation to another. The oldest healing science in existence, from all other system emerged. Ayurveda is the oldest Medical System of Medicine.

DEFINITION

- Ayurveda is a science dealing not only with treatment of some disease but is a complete way of life.

PRINCIPLES

- **A**yurveda's fundamental approach to well-being is that you must reach your unique state of balance in your whole being—body, mind, and spirit.

- Ayurveda views the world in light of 3 constitutional principles:
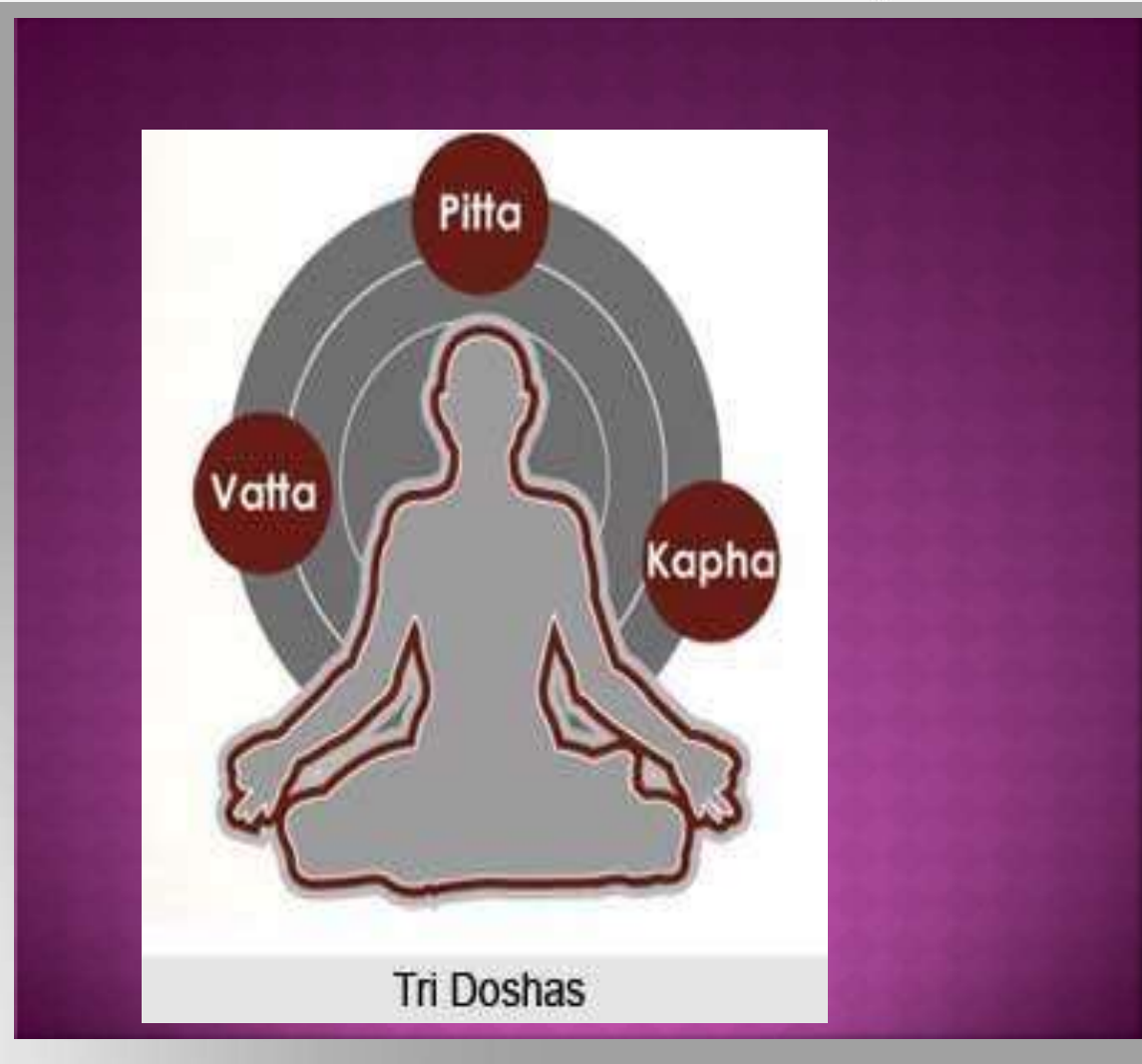
  - **Vata**

  - **Pitta**

  - **Kapha**

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VATTA PITTA KAPHA

Tri Doshas

DIAGNOSIS

- Diagnosis of Ayurveda system is done on the basis of history taking and examination of pulse, urine, faces, tongue and eyes etc.

TREATMENT

The treatment in Ayurveda is individualized. It requires not only diagnosis of disease to prescribe medicine but also study of various factors such as: Age and sex ,temperature ,sleep and rest ,Work pattern ,diet ,metabolic fire. Treatment include preventive curative measures. Preventive measures include personal hygiene. The curative measures including Aushadi i.e. drugs, Anna i.e. Diets,Vihara i.e. exercise and general mood of life.

PRACTICES AND DRUG STANDARDS

- ⦿ Ayurveda is popular in most of the states but it is more popular in the states of Kerala, Himachal Pradesh, Gujarat, Karnataka, Madhya Pradesh, Rajasthan, Uttar Pradesh. It mainly deals with problems related to nervous system ,respiratory system, gastrointestinal tract, integumentary system, musculoskeletal system. Some of the Vedas even treat cancer, AIDS.

- ⦿ The Ayurvedic drugs are available as raw drugs and manufactured drugs. There are 5000 licensed pharmacies and 13 Government assisted pharmacies which manufacture Ayurvedic drugs. Research institutions and laboratories and Universities are being involved in standard of drugs.

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Thank You!