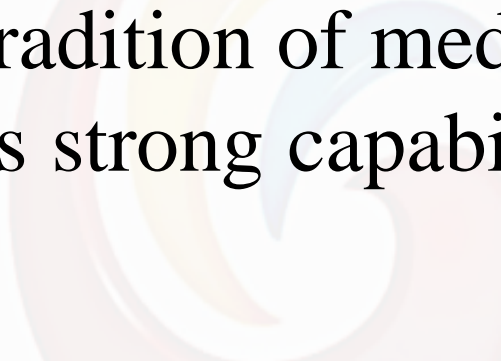


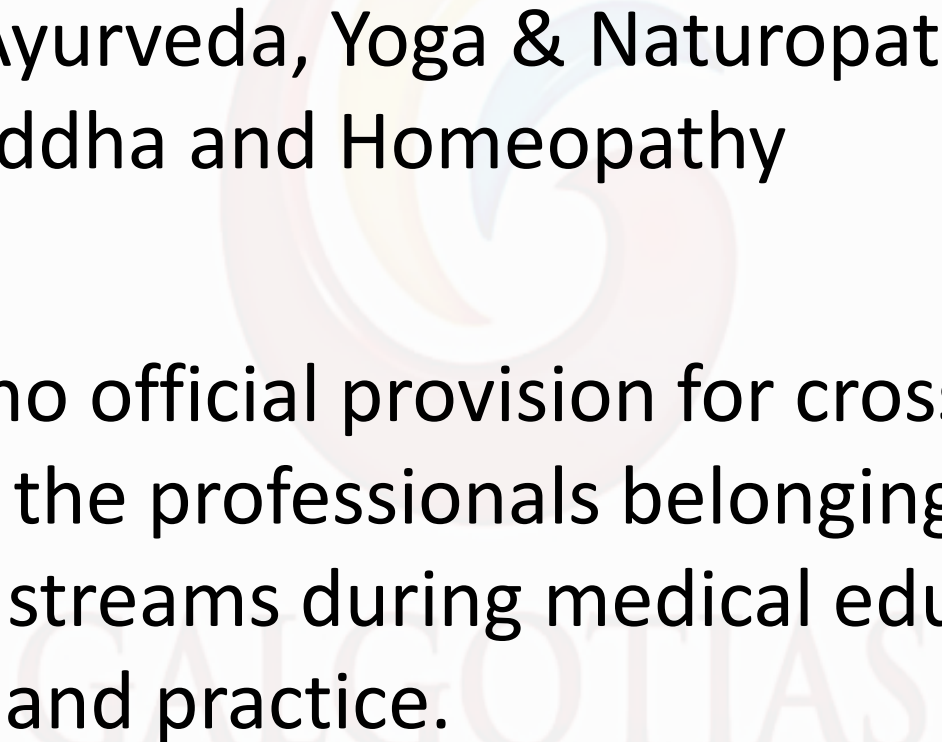
**AYUSH AND OTHER SYSTEMS**  
**OF MEDICINE**

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# Introduction

- Modern day stressful life-style have lead to a rise in life-style diseases all over the world.
- It has been realized that no single system of medicine can address the health care needs of modern society.
- Around 65-70% of the population in rural India use traditional system of medicine

- 
- The logo of Galgotias University is a circular emblem with a stylized 'G' shape in the center. The 'G' is composed of two overlapping curved lines, one in a light blue color and one in a light orange color. The background of the logo is a light purple or lavender color.
- India has rich tradition of medicinal wisdom coupled with its strong capability in modern medicine
  - A country where medical pluralism is officially recognized and encouraged
  - Currently, it recognizes six different healthcare systems

- 
- AYUSH: Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy
  - There is no official provision for cross-talk between the professionals belonging to these different streams during medical education, research and practice.

# What is meant by AYUSH ?

- ❖ AYUSH is an acronym that is used to refer to the non-allopathic medicinal systems in india.
- ❖ It includes the indian medicinal system of  
Ayurveda  
Yoga  
Unani  
Siddha  
Homeopathy

- ❑ Department of Ayurveda ,Yoga and Naturopathy, Unani , Siddha and Homeopathy was formerly called the Department of Indian systems of medicine and Homeopathy (ISM&H).
- ❑ AYUSH is the latest statutory effort in the series of attempts at receiving traditional medicine in India.

*AYUSH is synonymous with:*

- ISM&H
- Allied sciences
- Traditional health care
- Indigenous system of medicine
- Alternative medicine
- CAM (Complementary and Alternative Medicine)

# INTRODUCTION:

- ❑ Beginning of 20<sup>th</sup> century Imperial Legislative Council passed a resolution to investigate and recognise these systems and it was accepted in 1916.
- ❑ The Central Council for Ayurvedic Research as an advisory body was established in 1962 and finally the Central Council for research in Indian medicine and Homeopathy (CCRIM&H) was established in 1969.



- ❑ An independent identity under the Ministry of Health and Family Welfare was created for The Indian Systems of Medicine and Homeopathy (ISM&H) in 1995.
- ❑ It was renamed Department of AYUSH , Ayurveda ,Yoga and Naturopathy ,Unani ,Siddha and Homeopathy in November 2003.
- ❑ Department of AYUSH was upgraded to Ministry of AYUSH in November 2014.

## OBJECTIVES OF AYUSH:

- ❖ Upgrade the educational standards in the Indian system of Medicine and homeopathy colleges in india.
- ❖ Strengthen existing research institution.
- ❖ Promoting cultivation & regeneration of medicinal plants.

- ❖ Creating and spreading awareness by effective communication strategies to reach all sections of people.
- ❖ Supplementing state government effort in setting up speciality clinics of AYUSH in allopathic hospitals and AYUSH wing in district allopathic hospitals.

## *Background efforts to Integrate AYUSH*

- Swadeshi movement lead to demand for ISM-1938
- Chopra committee & Dave committee- 1960
- WHO & UNICEF - 1970
- National Health Policy of - 1983
- Separate department for AYUSH-March 1995
- National Policy on ISM&H -2002
- National Rural Health Mission-2005

- The **Ayurveda system** is popular mostly in the States of Kerala, Himachal Pradesh, Gujarat, Karnataka
- The **Siddha system** is widely acceptable in Tamil Nadu and Kerala.
- The **Unani system** is particularly popular in Andhra Pradesh, Karnataka, Tamil Nadu, Bihar.
- The **Homeopathy** is practiced all over the country but primarily popular in Uttar Pradesh, Kerala, West Bengal.

- **Why AYUSH system is lagging back?**

- ┌ AYUSH systems negated the necessary learning from modern medicine- not updated

- ┌ The growth of modern systems negated the footage and the legacy of existing systems

# Organization

The Department has

- 2 Subordinate offices
- 1 Public sector undertaking
- 2 Statutory organisations
- 4 Research councils
- 11 Educational institutions
- 1 National Medicinal plant board (with 35 State/ UT level boards)

## **Subordinate Offices :**

These include :

- The Pharmacopoeial Laboratory for Indian Medicine (PLIM), Ghaziabad
- The Homoeopathic Pharmacopoeial Laboratory (HPL), Ghaziabad
- Testing for identity, purity and quality of drugs.

### **Ayurved hospitals:**

- Sited at New Delhi
- Established in 1978
- Provides general & specialized therapies in Ayurveda.



## **Public Sector Undertaking:**

- The Indian Medicine Pharmaceutical Corporation (IMPCL), Almora, Uttaranchal
- Prime objective of manufacturing authentic Ayurvedic and Unani medicines

## **Statutory Regulatory Councils:**

- The Central Council of Indian Medicine (CCIM)
- The Central Council for Homoeopathy (CCH)

## ***Main responsibilities:-***

- To regulate education
- Practice of respective systems of medicine
- Advice the Government regarding education.

## **Research Councils:** (located in New Delhi)

- Central Council for Research in Ayurveda and Siddha (CCRAS)
- Central Council for Research in Unani Medicines (CCRUM)
- Central Council for Research in Homoeopathy (CCRH)
- Central Council for Research in Yoga and Naturopathy (CCRYN).
- Implement research and development activities related to AYUSH under their various intra and extra mural research programmes.

# NATIONAL INSTITUTES:

The following are the 11 national institutes under AYUSH established to promote excellence in ISM and Homeopathy education:

1. National institute of Ayurveda, Jaipur
2. National institute of Siddha , Chennai
3. National institute of Unani medicine, Bangalore
4. National institute of Naturopathy ,Pune
5. National institute of Homeopathy ,Kolkata

6. Morarji Desai National Institute of Yoga ,  
NewDelhi
7. The Rashtriya Ayurveda Vidyapeeth, NewDelhi
8. The All India Institute of Ayurveda , NewDelhi
9. North Eastern Institute of Folk Medicine,  
Pasighat
10. Institute of Post Graduate Teaching and  
Research in Ayurveda, Jamnagar
11. North Eastern Institute of Ayurveda and  
Homeopathy, Shillong

## NATIONAL MEDICINAL PLANT BOARD :

- Medicinal plants are a living resource, exhaustible if used with care and wisdom.
- About 960 species of medicinal plants are estimated to be in trade of which 178 species have annual consumption levels in excess of 100 metric tonnes.
- Domestic trade of AYUSH industry is of the order of Rs.80–90 billion.

## **Broad Goal of the Programme:**

- Mainstreaming of AYUSH in the health care service delivery system, with a view to strengthen the existing public health system.

The objective of integration of AYUSH

- To bring about an architectural correction and re-inforce the existing public health care delivery system
- To facilitate the use of natural, safe and friendly remedies which are time tested, accessible, acceptable and affordable.
- Wider utilization of AYUSH both domestically and globally

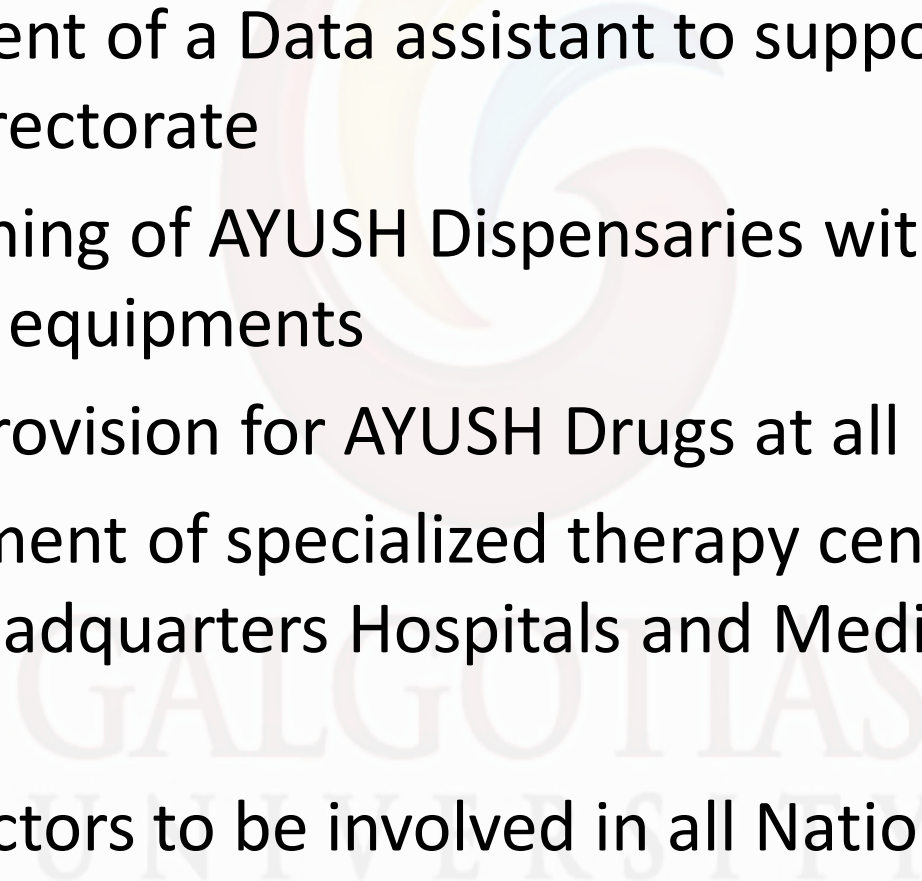


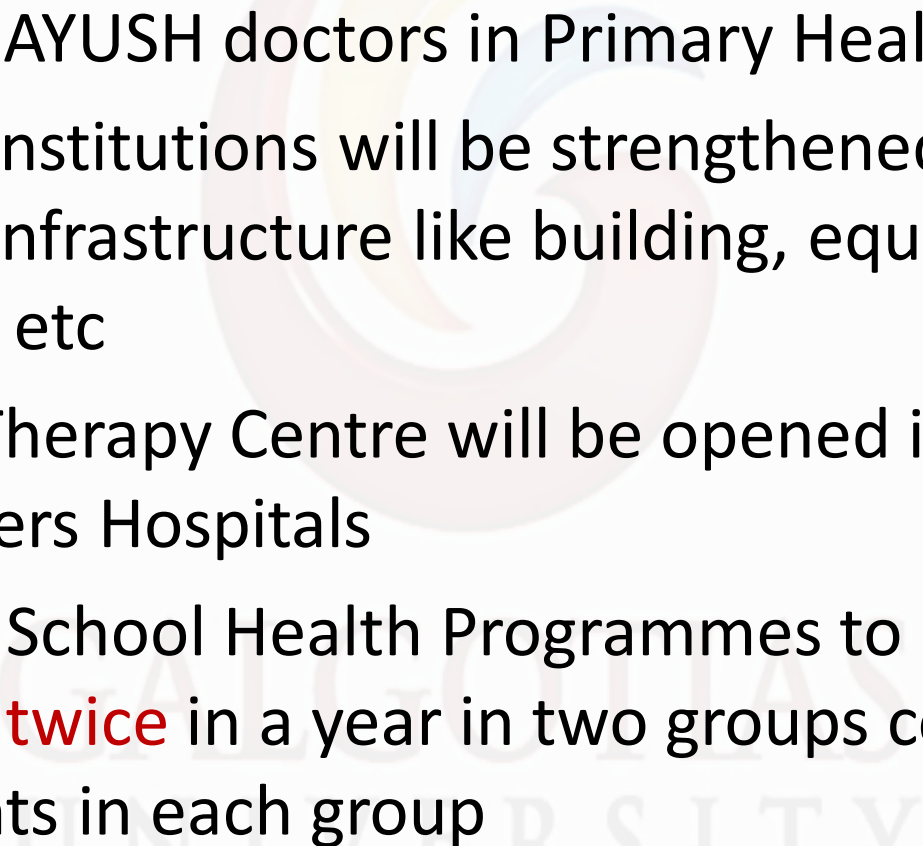
# Main strategies of this programme

- Integrate and mainstream ISM&H in health care delivery system including National Programme
- Encourage and facilitate in setting up of specialty centres and ISM clinics
- Facilitate and Strengthen Quality Control Laboratory
- Strengthening the Drug Standardization and Research activities on AYUSH
- Develop Advocacy for AYUSH
- Establish Sectoral linkages for AYUSH activities

# Main Activities

- (a) Improving the availability of AYUSH treatment faculties and integrating it with the existing Health Care Service Delivery System
- Integration of AYUSH services in various CHC / Block PHC with appointment of contractual AYUSH Doctors.
  - Appointment of paramedics where AYUSH Doctors shall be posted.

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- The image features a large, faint watermark of the Galgotias University logo in the background. The logo consists of a stylized 'G' with a flame-like or sun-like shape inside it, and the text 'GALGOTIAS UNIVERSITY' below it.
- Appointment of a Data assistant to support the ISM&H Directorate
  - Strengthening of AYUSH Dispensaries with provision of storage equipments
  - Making provision for AYUSH Drugs at all levels
  - Establishment of specialized therapy centres in District Headquarters Hospitals and Medical Colleges.
  - AYUSH doctors to be involved in all National Health Care programmes, in priority areas

- 
- Training of AYUSH doctors in Primary Health Care
  - All AYUSH institutions will be strengthened with necessary infrastructure like building, equipment, manpower etc
  - One Yoga Therapy Centre will be opened in district Headquarters Hospitals
  - Block level School Health Programmes to be conducted **twice** in a year in two groups consisting of **100** students in each group

- It is proposed to create necessary Managerial post in the State and District level
- Necessary vehicles with supporting manpower has also been proposed to strengthen the supervisory Joint monitoring visits to health centres

## (b) Integration of AYUSH with ASHA

- Training module for ASHA and ANMs have to be updated
- Training & capacity building to be undertaken
- Drug kit that will be provided to ASHA will contain one AYUSH preparation

## (c) Drug Management

- Priority will be given to manufacture of drugs in Govt. Sector Pharmacies, as per their capacity.
- Provision of Rs. 25,000/- to supply drugs per AYUSH dispensary
- Provisions of medicines for District AYUSH wings and Specialty Therapy Centres

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(d) Special Initiatives for Development of AYUSH  
Drugs.

(i) Strengthening the Quality Control Laboratory

(ii) Strengthening the Drug Standardisation and  
Research Activities on AYUSH

(iii) Development of Herbariums and crude drug  
museums



# Infrastructure(India)

As on 2010

S. No.	Facility	Ayurveda	Unani	Siddha	Yoga	Naturopathy	Homoeopathy	Sowa-Rigpa	Total
1	Hospitals	2458	269	275	4	24	245	2	3277
2	Beds	44820	4894	2576	35	661	9631	32	62649
3	Dispensaries	15353	1146	541	59	97	6958	135	24289
4	Registered Practitioners	478750	51067	7195		1401	246772		785185
5 (a)	UG Colleges	254	39	7		10	185		495
	Admission Capacity (UG)	11927	1757	350		385	12371		26790
5 (b)	PG Colleges*	64	6	3			33		106
	Admission Capacity (PG)	1110	75	126			1073		2384

Cont.

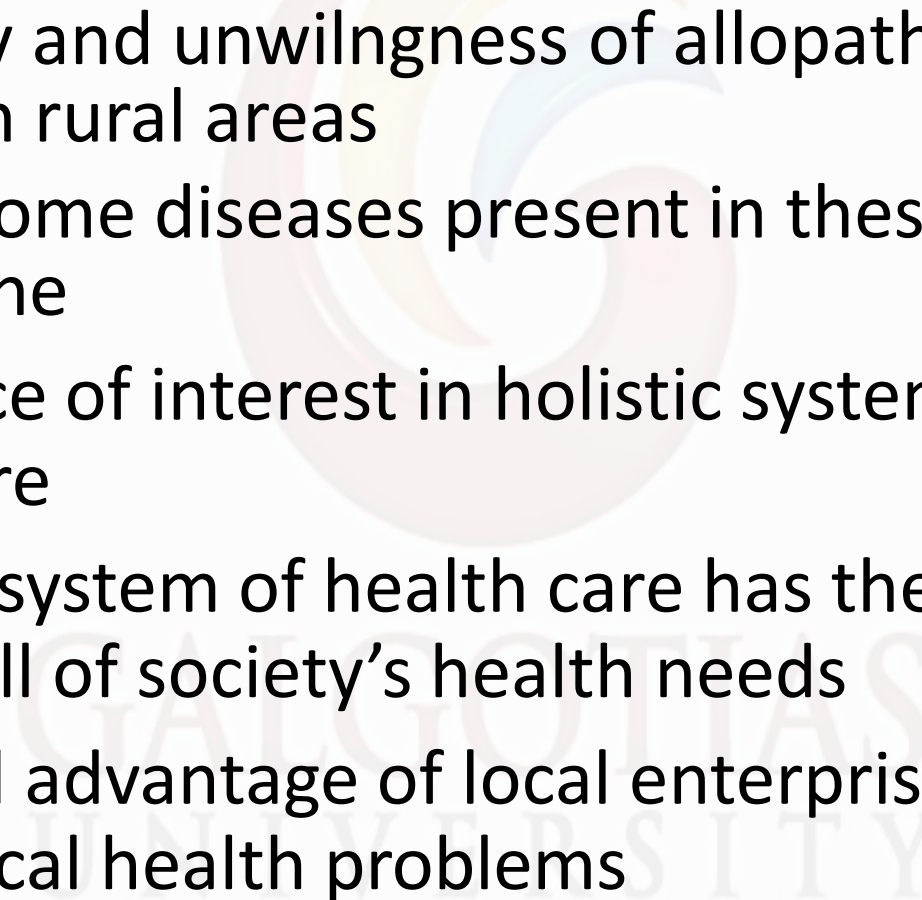
5 (c)	Exclusively PG Colleges	2	1	1			2		6
	Admission Capacity (Exclusive PG)	50	30	46			99		225
5 (d)	Total AYUSH Colleges	256	40	8		10	187		501
	Total Admission Capacity	13037	1832	476		385	13444		29174
6	Manufacturing Units	7494	414	338			398		8644

## Infrastructure

Total no. of hospital	-	3277
Total no. of beds	-	62649
Total no. of colleges	-	501
Total no. of registered practitioners	-	785185
Total no. of dispensaries	-	24289

## **Why mainstreaming/integration of AYUSH systems in National Health Care Delivery System under “NRHM”?**

- practices are well accepted by the community (rural areas)
- the medicines are easily available and prepared from locally available resources
- economical
- comparatively safe

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- The logo for Galgotias University is a large, faint watermark in the background. It features a circular emblem with a stylized 'G' shape in the center, composed of overlapping curved lines in shades of orange, yellow, and blue. Below the emblem, the words 'GALGOTIAS UNIVERSITY' are written in a light, sans-serif font.
- deficiency and unwillingness of allopathic doctors to work in rural areas
  - cure for some diseases present in these system of medicine
  - resurgence of interest in holistic systems of health care
  - no single system of health care has the capacity to solve all of society's health needs
  - taking full advantage of local enterprise for solving local health problems

# AYUSH Interventions under NRHM

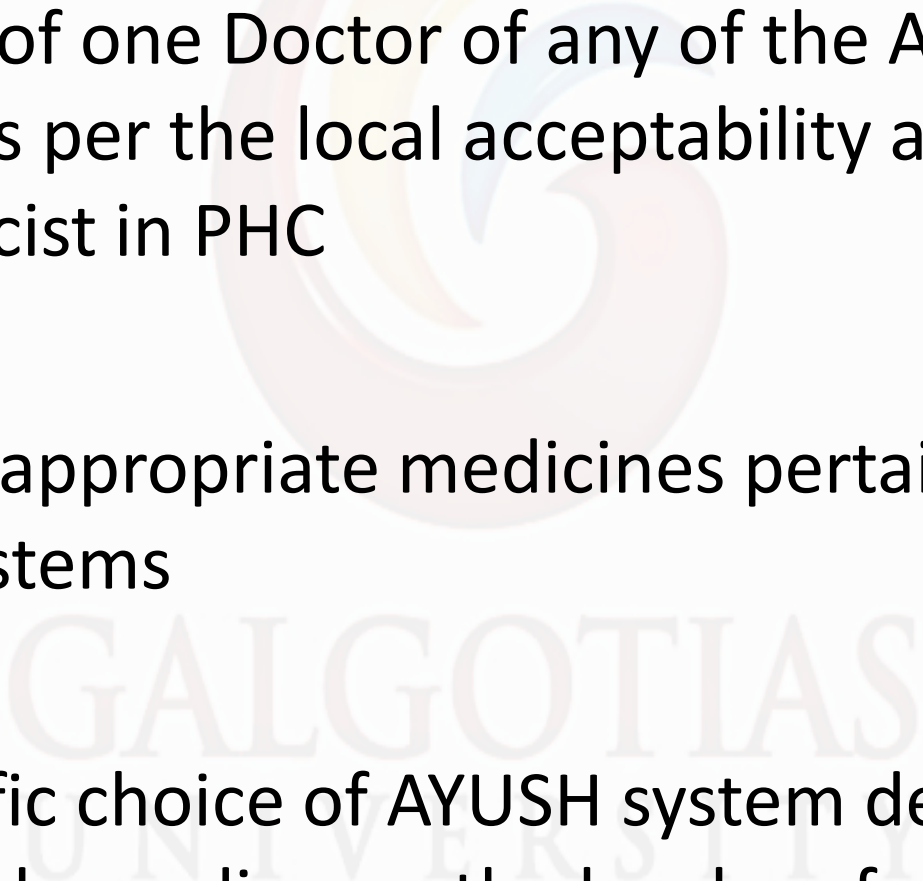
- Co-location of AYUSH dispensaries in 3528 PHCs in different States.
- Appointment of 452 AYUSH doctors and paramedics (pharmacists) on contractual basis in the primary health care system.
- Inclusion of AYUSH modules in training of ASHA.
- Inclusion of *Punarnavdi Mandoor* in the ASHA Kit for management of anemia during pregnancy.

- Inclusion of seven Ayurvedic and five Unani medicines in the RCH programme.
- Establishment of specialty clinics, specialized therapy centers and AYUSH wings in district hospitals

## Guidelines under NRHM regarding AYUSH

- Under the same roof of the Health Infrastructure, i.e., PHC, CHC, however, separate space should be allocated exclusively for them in the same building
- Appropriate Regulatory Authorities lays down the terms & conditions



- 
- Provision of one Doctor of any of the AYUSH systems as per the local acceptability assisted by a Pharmacist in PHC
  - Supply of appropriate medicines pertaining to AYUSH systems
  - The specific choice of AYUSH system decided by the State depending on the local preference

- The already existing AYUSH infrastructure should be mobilized
- Cross referral between allopathic and AYUSH streams should be encouraged based on the need for the same
- AYUSH Doctors shall be involved in IEC, health promotion and also supervisory activities
- It is decided that AYUSH medications shall be included in the drug kit of ASHA

## Areas of priority :

1. Education –standards upgradation
2. Drug standardization – Ghaziabad lab
3. Setting up of vanaspathi van (Herbarium)
4. Expansion of ISM&H treatment facility
5. Research & development
6. Intellectual property Rights
7. Grant-in- aid assistance

The Ayurvedic drugs are

- Saubhagya Sunthi
- Ksheerbala Taila
- Bal Rasayan
- Ark Pudhina
- Ark Ajawain
- Punarnavadi Mandoora
- Ayushgutti

Unani drugs are

- Hubbe Khubsul Hadeed
- Amjoone suhag shonth
- Rangane Labook saba
- Ark pudina
- Ark Ajawain

# AYURVEDA

- Ayurveda is the dominant herbal tradition in India. It still enjoys the faith of a large number of people of our country though it is perhaps , the oldest system of healing in the world.
- It is encouraged in many countries like Japan, Germany etc

# Definition

- The term “Ayurveda” is derived from two Sanskrit words, Ayur and Veda .
- ‘Ayur’ means age or Life and ‘Veda’ denotes knowledge or science, so Ayurveda defines knowledge about age or the knowledge which describe age. Or, Ayurveda means science of life or way of life.
- The knowledge of Ayurveda is claimed to have passed down to humans through a chain of supreme beings.
- Oldest references of Ayurveda are found in Atharvaveda that is last of four principals text of Hindu philosophy.

- Ayurveda is a classical system of healthcare originating from the Vedas documented around 5000 years ago.
- Around 1000 B.C. the knowledge of Ayurveda was first comprehensively documented in the compendia called **Charak Samhita** and **Sushruta Samhita**.
- Most ancient system(5000 years ago) which is still in practice
- Practiced in India, Nepal, Sri Lanka, Pakistan, Tibet, China, USA and European countries



- **Ayurveda incorporates science, religion and philosophy in it.**
- **Besides, dealing with principles for maintenance of health , it as also developed a wide range therapeutic measures to combat illness.**

## Principle

- The principle of Ayurveda is based on the concept of five basic elements and tridoshas. According to Ayurveda, the whole universe made up of five basic elements ( Pancha mahabuthas)

- The whole universe includes the material world, plant kingdom and all other living beings. In other words ,these five elements together form the basis of all matter. The five elements are – Akasha (ether), Vayu ( air), Agni (fire), Jala (water), Prithvi (earth)

- There is a balanced condensation of these elements in different proportions to suit the needs and requirements of different structures and functions of the body matrix and its parts. The growth and development of **body matrix** depends on its **nutrition i.e.. on food**. The food, in turn, is composed of **above elements**.

- The health or sickness depends on the presence or absence of a balanced state of the total body matrix including the balance between its different constituents .
- The properties , location and manifestations of these elements are as follows

- **Ether** is non resistance, it is located in the body cavities like mouth, thorax, abdomen, lung cavity, digestive tract.
- **Air** is related to movements, vibrations and oscillations. They manifest movement of muscles, pulsation of heart, expansion and contraction of lungs, functioning of digestive and nervous systems.

- **Fire** concerned to radiation, it manifests digestion, metabolism, temperature, vision and intelligence.
- **Water** is related to force and cohesion. Located in cytoplasm, blood, salivary glands, gastric juice.

- **Earth** is concerned to resistance and solidarity. They manifests skin, nails, hairs and bones.
- These elements manifest in the functioning of our scenes.
- They are also closely related to our ability to perceive and interact with environment.



# TRIDOSHAS

- The five elements combine to form “ **Tri Doshas**” i.e Vata, Pitta, and Kapha. They are the “ **Basic Forces** ” and also known as the “ **Pillars of Life**”
- Vata (Air principle) the elements ether and air
- Pitta (Fire principle) the elements fire and water
- Kapha ( Water principle) the elements earth and water

- The mental characters of human beings are attributable to **Satva, Rajas and Tamas**, which are the psychological properties of life collectively terms as **'Triguna'**.

- **According to the Ayurveda , sickness is due to the imbalance of any one or more of the three doshas.**
- **Eg Aggravation of Pitta leads to indigestion, skin diseases and liver problems.**

## Factors

- **Factors responsible for imbalance of doshas are physical, mental, spiritual and environmental may contribute for the imbalance of doshas**

## Diagnosis

- In Ayurveda diagnosis is always done of the patient as whole.
- Diagnosis is carried out to find out which dosha is aggravated. For his purpose , nadi (Pulse),tongue , skin, physical features, stool, urine etc are examined.

- The **preventive aspect** of Ayurveda is called **Svasth- Vritta** and includes personal hygiene, daily and seasonal regimens, appropriate social behavior and use of materials & practices for healthy aging and prevention of premature loss of health attribute.

- The **curative treatment** consists of **Aushadhi** (drugs), **Ahara** (diet) and **Vihara** (life style).
- Ayurveda largely uses plants as raw materials for the manufacture of drugs, though materials of animal and marine origin, metals and minerals are also used.
- Ayurvedic medicines are generally safe and have little or no known adverse side-effects, if manufactured properly and consumed judiciously following necessary DOs and DON'Ts.

## Treatment

- The importance of treatment is to restore the balance and harmony of doshas with proper diet and drugs
- **Selection of the drugs** –
- Based upon 1. Rasa (Taste), 2. Virya (Potency) and Vipaka (Taste after digestion)



## RASA

- **Rasa indicates the composition, properties and and probable action of the drugs . There are six tastes. Each taste has one or more mahabuthas (elements) and each taste has its own influence on doshas.**
- **Eg Sweet ( earth and water) , influences on doshas  
– Kapha increases, vata and pitta deceases and promote antibiotic activities**

- **Sour -** (Water and fire) – Pitta increases – stimulates enzymes
- **Saline-** (Fire and earth)- Pitta increases
- **Bitter -** (Air and fire) – Pitta increases
- **Pungent-** (Air and ether)- Kapha and pitta decreases
- **Astringent-** (Air and earth)- Pitta decreases and vatta increases

# VIRYA

- On the basis of Virya, the drugs are classified into hot and cold drugs
- **Hot** (Ushna) drugs – Aggravates pitta and pacifies vata and kapha, garlic, drumstick
- **Cold** (Sita) drugs – Aggravates kapha and vata and pacifies pitta , Jeera, amla

## Vipaka

- Food and medicine undergoes various changes during digestion (metabolism). The taste after digestion is known as vipaka. The three tastes described under vipaka, sweet, sour and pungent.

- **Sweet** – Aggravates kapha and alleviates pitta and vatha
- **Sour** – Aggravates pitha and alleviates kapha and vatha
- **Pungent** – Aggravates vatha and alleviates kapha

# Ayurveda

- Ayurveda is proven to be effective in the treatment of chronic, metabolic and life style diseases for which satisfactory solutions are not available in conventional medicine.
- Over the years, Kshar Sutra and Panchakarma therapies of Ayurveda have become very popular among the public.
- **Panchakarma** is a unique therapeutic procedure for the radical elimination of disease-causing factors and to maintain the equilibrium of humors.

# Ayurveda

- Panchakarma include **5 detoxification processes**, used to treat diseases, according to Ayurveda.
  - Vamana (Medicated emesis),
  - Virechana (Medicated purgation),
  - Basti (Medicated enema),
  - Nasya (medication through the route of nose),
  - Raktamokshana (Blood letting)

The Panchakarma therapy minimizes the chances of recurrence of the diseases and promotes positive health by rejuvenating body tissues and bio-purification.

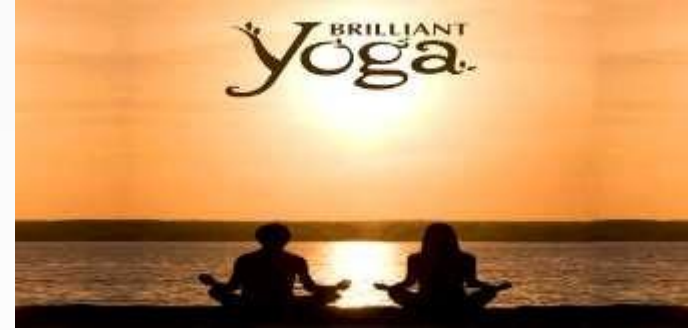
# Ayurveda

- **Kshar Sutra** is a para-surgical intervention using an **alkaline thread for cauterization**, which is scientifically validated to be effective in the **treatment of fistula-in-ano** and such surgical conditions as require excision of **overgrown soft tissue** like polyps, warts, non-healing chronic ulcers, sinuses and papillae.

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# Yoga



- The word "Yoga" comes from the Sanskrit word "yuj" which means "to unite or integrate."
- Yoga is about the union of a person's own consciousness and the universal consciousness.
- It is primarily a way of life, first propounded by **Patanjali** in systematic form.
- Yoga is a promotive, preventive rehabilitative and curative intervention for overall enhancement of health status.

# Yoga

- According to **Maharishi Patanjali (The Father of Yoga)**, Yoga is the suppression of five modifications of the mind.
- Yoga is one of the six systems of **Astik Vedic philosophy**. Maharishi Patanjali, compiled and refined various aspects of Yoga systematically in his "Yoga Sutras".
- He advocated the eight folds path of Yoga, popularly known as "Ashtanga Yoga" for all-round development of human beings.

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# Yoga

- Yoga is **universal** in character.
- Yoga is an **process** for the development of human consciousness.
- Types of yoga
- **Japa Yoga**-To concentrate one's mind on divine name or holy syllable, mantra etc.
- **Karma Yoga**-Teaches us to perform all actions without having any desire for their fruit.
- **Gyana Yoga**-Teaches to discriminate between self and non- self and to acquire the knowledge of one's spiritual entity.

# Yoga

- **Bhakti Yoga**- A system of intense devotion with emphasis on complete surrender to divine will.
- **Raja Yoga**-Raja Yoga popularly known as Ashtanga Yoga .
- **Swara Yoga**- Swara Yoga involves the systematic study of the breath flowing through the nostril.
- **Kundalini**-Kundalini Yoga is a part of Tantric Tradition. And it involves awakening of potential force residing in Muladhara chakra.
- **Nadi**- Nadis are flow of energy which we can visualize at the psychic level as high voltage channels conducting the energy to the chakras.

# Yoga

- It consists of **eight components** namely,
  - **Restraint (Yama),**
  - **observance of austerity (Niyama),**
  - **physical postures (Asana),**
  - **breathing exercise (Pranayam),**
  - **restraining of sense organs (Pratyahar),**
  - **contemplation (Dharna),**
  - **Meditation (Dhyan) and**
  - **Deep meditation (Samadhi).**

# Yoga

- These steps in the practice of Yoga have the potential **to improve social and personal behavior** and **to promote physical health** by better circulation of oxygenated blood in the body, restraining the sense organs and thereby inducing tranquility and serenity of mind.
- The practice of Yoga has also been found to be useful in the prevention of certain psychosomatic diseases and improves individual resistance and ability to endure stressful situations.

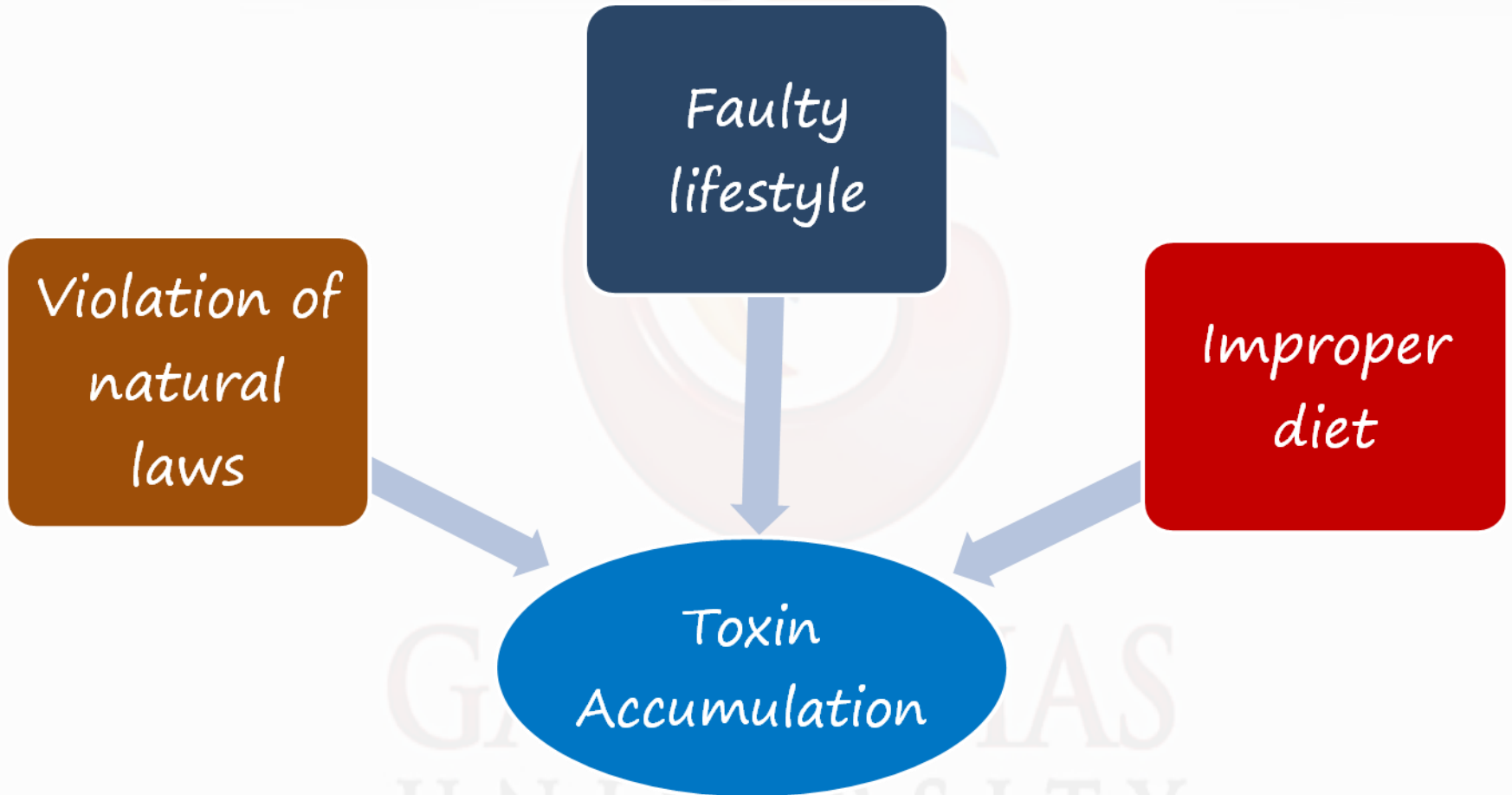
# Naturopathy

- Naturopathy is an art and science of healthy living and a drugless system of healing based on well founded philosophy
- Father of naturopathy is **Dr. Benedict Lust**
- The revival of Naturopathy started in India by translation of *Germany's Louis Kuhne's* book "New Science of Healing"

- *Shri D. Venkat Chelapati* Sharma translated this book in Telugu language in 1894.
- *Shri Shrotri Kishan Swaroop of Bijnor* translated this book into Hindi and Urdu languages in 1904.
- *Gandhiji* was influenced by the book *Return to Nature* written by Adolf Just and become a firm believer of Naturopathy



- The morbid matter theory, concept of vital force and other concepts upon which Naturopathy is based are already available in old texts.
- Naturopathy is a system of man building harmony with the constructive principles and forces of Nature.



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# Principles

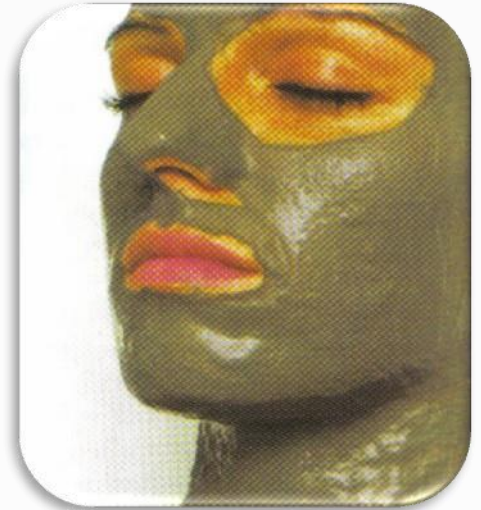
- All disease, their cause and their treatment are one.
- Acute diseases are our friends, not the enemies. Chronic diseases are the outcome of wrong treatment and suppression of the acute diseases.
- The basic cause of disease is not bacteria
- In Naturopathy patient is treated and not the disease.

# Naturopathy

- **The theory and practice of Naturopathy are based on a holistic view point with particular attention to**
  - **simple eating and living habits,**
  - **fasting,**
  - **hydrotherapy-body packs, baths**
  - **mud packs, massages,**
  - **Under Water Exercises,**
  - **Air therapy**
  - **Magnet Therapy, Chromo-therapy,**
  - **Acupuncture, Acupressure etc.**

# Treatment

- Hydro Therapy
- Air Therapy
- Fire Therapy
- Space Therapy
- Mud Therapy
- Sun therapy
- Food Therapy

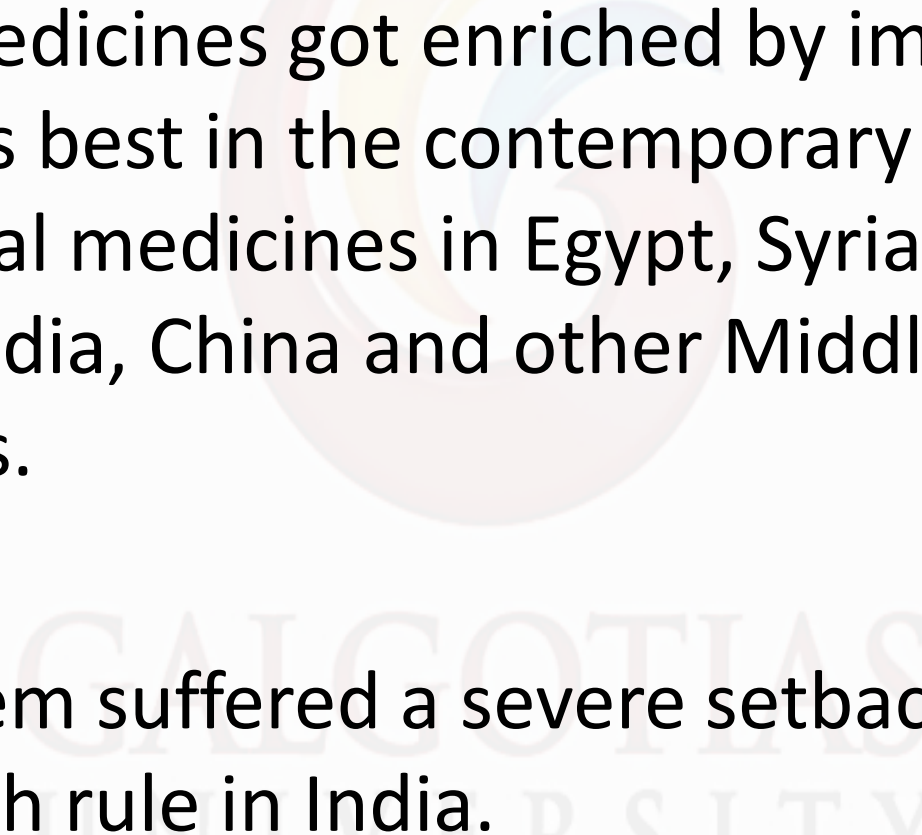


# **UNANI MEDICINE**

- The Unani System of Medicine has a long and impressive record in India.
- It was introduced in India by the Arabs and Persians sometime around the eleventh century.
- Today, India is one of the leading countries in so far as the practice of Unani medicine is concerned.
- It has the largest number of Unani educational, research and health care institutions.

# **Origin & Development of Unani System**

- Unani system originated in Greece
- The foundation of Unani system was laid by Hippocrates.
- Hakim Ajmal Khan IS UNANI physician but also one of the foremost freedom fighters in the country. He established an Ayurvedic and Unani Tibbia College and Hindustani Dawakhana – a pharmaceutical company – for Ayurvedic and Unani medicine in Delhi in 1916.

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- The image features a large, faint watermark in the background. It consists of a circular emblem with a stylized sun or flower-like design in the center, surrounded by the text 'CALICUT UNIVERSITY' in a circular arrangement.
- Unani Medicines got enriched by imbibing what was best in the contemporary systems of traditional medicines in Egypt, Syria, Iraq, Persia, India, China and other Middle East countries.
  - The system suffered a severe setback during the British rule in India.



- Today the Unani system of medicine with hospitals and educational and research institutions, forms an integral part of the national health care delivery system.

- **Principles & Concepts**

- According to the basic principles of Unani the body is made up of the four basic elements i.e. **earth ,air, water, fire** which have different temperaments i.e. **cold, hot, wet, dry**. After mixing and interaction of four elements a new compound having new temperament existence. i.e Hot wet, hot dry, cold wet, and cold and dry.

- The body has the simple and compound organs which got their **nourishment** ( The substances necessary for growth, health, and good condition ) through four humours i.e. *Dam* (blood), *Balgham* (phlegm), *Safra* (yellow bile) and *Sauda* (black bile).

- The humour (put into a good mood) is also assigned temperament as **blood is hot and wet**, **Phlegm is cold and hot**, **Yellow bile is hot and dry** and **Black bile is cold and dry**.



- **Phlegm is cold and hot** (Thick, sticky, stringy mucus secreted by the mucous membrane of the respiratory tract, as during a cold or other respiratory infection).
- **Yellow bile is hot and dry** (A yellow, or greenish, viscid fluid, usually alkaline in reaction, secreted by the liver. It passes into the intestines, where it aids in the digestive)

- **Black bile is cold and dry**
- (a humor that was once believed to be secreted by the kidneys or spleen and to cause sadness)

- **The human body is considered to be made up of the following seven components are:**
  - **i. Elements (Arkan)**
  - **ii. Temperament (Mizaj)**
  - **iii. Humors (Akhlal)**
  - **iv. Organs (Aza)**
  - **v. Spirits (Arwah)**
  - **vi. Faculties (Quwa)**
  - **vii. Functions (Afaal)**

## **Elements (Arkan)**

- The human body contains four elements.  
(earth ,air, water, fire)
- Each of the four elements has its own temperament as follows:
- **Element Temperament** Air Hot and Moist  
Earth Cold and Dry, Fire Hot and Dry, Water  
Cold and Moist



## **Temperament (Mizaj)**

- In the Unani system, the temperament of the individual is very important as it is considered to be unique. The individual's temperament is believed to be the result of the interaction of these four elements.

## Humors (Akhlāt)

Humours are those moist and fluid parts of the body which are produced after transformation and metabolism of the aliments; they serve the function of nutrition, growth and repair; and produce energy, for the preservation of individual and his species.

The humors are responsible for maintaining moisture of different organs of the body and also provide nutrition to the body.

## **Organs (Aaza)**

- **These are the various organs of the human body. The health or disease of each individual organ affects the state of health of the whole body.**

## **Spirits (Arwah)**

- **Ruh (Spirit) is a gaseous substance, obtained from the inspired air, it helps in all the metabolic activities of the body. It is the source of vitality for all the organs of the body.**
- **These are considered to be the life force and are, therefore, important in the diagnosis and treatment of disease.**
- **These are the carriers of different powers, which make the whole body system and its parts functional.**

## Faculties (Quwa)

- These are of three kinds:
- **Natural power** (Quwa Tabiyah)
- Natural power is the power of metabolism and reproduction. Liver is the seat of this power and the process is carried on in every tissue of the body. Metabolism is concerned with the processes of nutrition and growth of human

- **Nutrition comes from the food and is carried to all parts of the body, while growth power is responsible for the construction and growth of human organism.**

- **Psychic power** refers to nervous and psychic power. It is located inside the brain and is responsible for perceptive and motive power. Perceptive power conveys impressions or sensation and motive power brings about movements as a response to sensation.

- **Vital power (Quwa Haywaniyah)**
- Vital power is responsible for maintaining life and enables all the organs to accept the effect of psychic power. This power is located in the heart. It Keeps life running in the tissues.



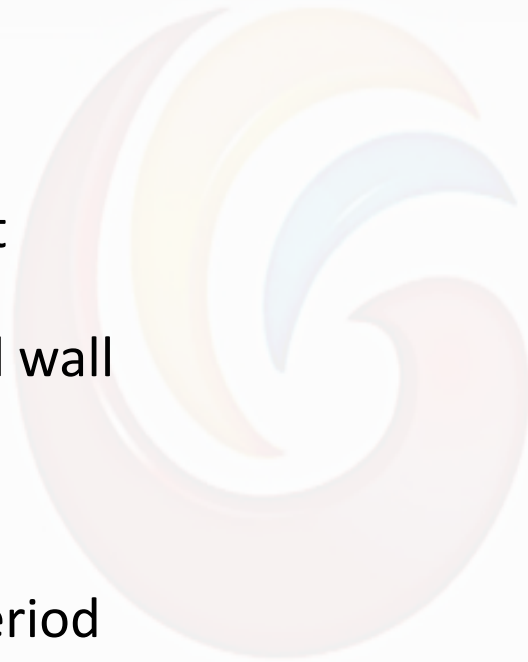
## **Functions (Afaal)**

- This component refers to the movements and functions of all the organs of the body.
- In case of a healthy body the various organs are not only in proper shape but are also performing their respective functions.
- This makes it necessary to have full knowledge of the functions of the human body in full detail

## **Diagnosis**

- The Diagnostic process in Unani system is dependent on observation and physical examination.
- Diagnosis involves investigating the causes of disease thoroughly and in detail. For this, the physicians depend mainly on **pulse reading and examination of urine and stool.**

- The ten conditions of pulse observed during the diagnosis are:
- i. Quantity
- ii. Force
- iii. Duration of movement
- iv. Condition of the vessel wall
- v. Volume
- vi. Duration of the rest period
- vii. Palpitation of the pulse
- viii. Equality and inequality
- ix. Balance of the pulse
- x. Rhythm



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- **Physical examination**

- Is carried out by the diagnosis of urinogenital disorders, pathogenesis of blood and other humors, metabolic disorders and liver diseases.
- The following observations of urine are made:
  - Colour
  - Consistency
  - Clearness and turbidity
  - Odour
  - Foam or froth
  - Precipitates
  - Quantity

- **The examination of stool**, its colour, quantity, consistency and the presence of foreign body help very much in the diagnosis of various diseases.
- Besides the means of pulse reading and physical examination of urine and stool, other conventional means such as inspection, palpitation, percussion and occultation are also used for diagnosis purposes.

- Unani medicine believes in promotion of health, prevention of diseases and cure.
- Health of human is based on the six essentials (Asbab-e-Sitta Zarooria)
- Atmospheric air
- Physical activity and rest
- Drinks and foods
- Sleep and wakefulness
- Excretion and retention
- Mental activity and rest

Unani medicine has the following main types of treatment.

- Dieto therapy (Ilaj-bil-Ghiza),
- Climatic therapy (Ilaj-bil-Hawa),
- Regimenal therapy (Ilaj-bit-Tadbir),
- Pharmacotherapy (Ilaj-bid-Dawa)
- Surgery (Ilaj-bil-Yad ) **Ilaj bil Jarahat**  
makes it a different and remarkable and popular system.

- **Regimental Therapy** is a special technique/ physical method of treatment to improve the constitution of body by removing waste materials and improving the defense mechanism of the body and protect health.
- Some of the special techniques are
  - **Fasd (Blood-letting)**- Withdrawal of often little quantities of blood from a patient to cure or prevent illness and disease.
  - **Dalk (Massage)**
  - **Riyazat (Exercise)**



- **Hijama (Cupping)**- A partial vacuum is created in cups placed on the skin either by means of heat or suction. This draws up the underlying tissues. When the cup is left in place on the skin for a few minutes, blood stasis is formed and localized healing takes place.
- **Taleeq-e-Alaq (Leeching)**- application of a living leech to the skin in order to initiate blood flow or deplete blood from a localized area of the body.
- **Hammame- Har (Turkish Bath)**
- **Amal-e- Kai (Cauterization).**

## **Strenght of Unani**

- Unani system of Medicine has very remarkable strength in the following disorders:
- Skin disorders
- Digestive disorders
- Mental disorders
- Sexual disorders
- Gynecological disorders
- Neurological disorders

# Siddha

- The Siddha System of medicine is one of the ancient systems of medicine in India having its close bend with **Dravidian culture**.
- The term Siddha means achievements and **Siddhars** are those who have achieved results in medicine.
- Siddha literature is in Tamil and it is practiced largely in Tamil speaking part of India and abroad.
- The Siddha system of Medicine emphasizes on the patient, environment, age, sex, race, habits, mental frame work, habitat, diet, appetite, physical condition, physiological constitution of the diseases for its treatment which is **individualistic** in nature.

- According to its tradition **it was lord Shiva who unfolded the knowledge of Siddha system** of medicine to his consort Parvati who handed it down to Nandi Deva and he then to Siddhas.
- This principles and doctrines of this system, have a close similarity to Ayurveda, with specialization in Iatro- chemistry.
- According to this system the human body is the replica of the universe and so are the food and drugs irrespective of their origin.



- The Siddha System is largely therapeutic in nature.
- use of metals and minerals is very much advocated.
- 25 varieties of water-soluble inorganic compounds called 'UPPU'
- 64 varieties of mineral drugs
- The Siddha system is capable of treating all types of disease other than emergency cases

# Siddha

- **Diagnosis** of diseases are done through examination of pulse, urine, eyes, study of voice, colour of body, tongue and status of the digestion of individual patients.
- System has unique treasure for the conversion of metals and minerals as drugs and many infective diseases are treated with the medicines containing specially processed mercury, silver, arsenic, lead and sulphur without any side effects.

# Siddha

- **The strength of the Siddha system lies in providing very effective therapy in the case of**
  - **Psoriasis,**
  - **Rheumatic disorders,**
  - **Chronic liver disorders,**
  - **Benign prostate hypertrophy,**
  - **Bleeding piles,**
  - **Peptic ulcer**
  - **Various kinds of Dermatological disorders of non psoriatic nature.**

# Homoeopathy

- The Physicians from the time of **Hippocrates (around 400 B.C.)** have observed that certain substances could produce symptoms of a disease in healthy people similar to those of people suffering from the disease.
- **Dr. Christian Friedrich Samuel Hahnemann**, a German physician, scientifically examined this phenomenon and **codified the fundamental principles** of Homoeopathy.
- Homoeopathy was brought into **India around 1810 A.D. by European missionaries** and received official recognition in 1948 by the Parliament.



# HOMEOPATHY SYSTEM OF MEDICINE

- Homeopathy is relatively a recent system of medicine. The word “**Homeopathy**” is derived from two Greek words ,
- **Homois** meaning **similar** and **pathos** meaning **suffering**.

- Homeopathy simply means treating diseases with remedies, prescribed in minute doses, which are capable of producing symptoms similar to the disease when they taken by the healthy people. It is based on the natural law of healing. “*Similia Similibus Curantur*” which means “Likes are cured by likes”

## ORIGIN AND DEVELOPMENT

- Homoeopathy is a system of medical treatment introduced by **Dr.Christian Friedrich Samuel Hahnenann**, a German physician. he had spread a long and useful life of 88 years during which he benefited the suffering humanity immense by introducing this new system of medicine.

## **DIFINATION & MEANNING**

- **Homoeopathy is a system of treatment (branch of medical science) works on the principle of “Similia similibus curenter”.**
- **Means like cures like , further explanation is that patient & medicine symptoms are similar, it also called LAW OF SIMILA**

## **ABOUT THE FOUNDER DR.HAHNEMANN**

The Founder of homoeopathy was born on 10<sup>th</sup> April, 1755 at Meissen in saxony of Germany.

He was basically a M.D Medicine allopathic doctor who turned in to Homoeopath.

He Died on 2<sup>nd</sup>july 1843.

## DISCOVERY OF HOMOEOPATHY

- Because some dissatisfaction on that time about their practicing way of treatment i.e. allopathy, he relinquished (to give up) the medical practice and devoted himself in translating the books, because Hahnemann had knowledge about the various language.

- In 1790, when Hahnemann was engaged in translating Cullen's materia medica his attention was arrested by the remark of author that cinchona bark cured malaria because of its bitterness and tonic effects of stomach. This explanation appeared unsatisfactory to him. Hahnemann himself ingested cinchona juice,

- He was attacked by symptoms very similar to malarial fever. This unexpected result set up in his mind a new train of thoughts and he conducted similar experiments on himself and other individuals with other medicines whose curative action in certain diseases had been well established.



- He found that in the healthy persons the medicine produce symptoms very similar to what they cure in diseases individuals.
- So he had led to the **inference that medicine cure disease only because they can produce similar symptoms in healthy individuals. The whole of homoeopathy derives from this Law.**


# FUNDAMENTAL PRINCIPAL OF HOMOEOPATHY

- **1. Law of Similia**
- **2. Law of Simplex**
- **3. Law of Minimum**
- **4. Doctrine of Drug proving**
- **5. Theory of Chronic disease**
- **6. Theory of Vital force**
- **7. Doctrine of Drug-dynamization**

- **First principle of Homoeopathy 'Similia Similibus Curentur'** - a medicine which could induce a set of symptoms in healthy human beings would be capable of curing a similar set of symptoms in human beings actually suffering from the disease.
- **Second principle of 'Single Medicine'** - Single medicine should be administered at a time to a particular patient during the treatment.
- **Third principle of 'Minimum Dose'** - bare minimum dose of a drug which would induce a curative action without any adverse effect should be administered.

## Principle

- The cause of the disease itself can be its treatment i.e. Law of similar. This is the basic principle of homeopathy.
- According to Hahnemann, diseases are congenital and caused by gene mutations.
- Toxic or poisonous substances are called **Miasms** are responsible for gene mutation

- 
- Miasms are of three types
  - Psora
  - Psychosis
  - Syphilis
  - These exist in a suppressed or sleeping state in a person. As long as they are in that state, the person does not suffer from diseases due to resistance power.

- If any one of them stimulated , then the person loses his resistance power and suffers from diseases related to it. Therefore , Homeopathy is called a **Genetic medicine**

## Discovery of drugs

- The drugs are discovered by testing on humans but not on animals . A drug is administered on healthy person to induce any one of the miasms and the symptoms of the drugs are discovered

## Treatment

- The treatment is based on the concept of proving and prover
- **Prover** – The healthy person
- **Proving** – The symptoms (Physical, mental, emotional changes) that are caused by the various potencies of medicines in prover.



- **For the treatment , the symptoms of the drug are compared with the symptoms of the patient. In other words the selection of the drug depends upon the symptoms of the drug and patient condition.**

# Homoeopathy

- Homoeopathy is based on the assumption that the **causation of a disease** mainly depends upon the **susceptibility or proneness of an individual** to the incidence of the particular disease in addition to the action of **external agents** like bacteria, viruses, etc.
- Homoeopathic medicines are prepared mainly from natural substances such as plant products, minerals and from animal sources.
- Homoeopathy has its own areas of strength in therapeutics and it is particularly useful in treatment for **allergies, autoimmune disorders and viral infections**.

# Homoeopathy

- **Many surgical, gynaecological and obstetrical and paediatric conditions and ailments affecting the eyes, nose, ear, teeth, skin, sexual organs etc. are amenable to homoeopathic treatment.**
- **Behavioral disorders, neurological problems and metabolic diseases can also be successfully treated by Homoeopathy.**
- **Apart from the curative aspects, Homoeopathic medicines are also used in preventive and promotive health care.**

# ***SOWA - RIGPA***

- “*Sowa-Rigpa*” commonly known as *Amchi* system of medicine
- Popularly practiced in Tibet, Magnolia, Bhutan, some parts of China, Nepal, Himalayan regions of India and few parts of former Soviet Union etc
- In India, this system of medicine has been popularly practiced in Ladakh and Paddar- Pangay regions of Jammu and Kashmir, Himachal Pradesh, Uttrakhand, Arunachal Pradesh, Sikkim, Darjeeling- Kalingpong (West Bengal) Sarnath (Uttar Pradesh).

- The majority of theory and practice of Sowa-Rigpa is similar to “Ayurveda”
- *Gyud-Zi* (four tantra) the fundamental text book of this medicine was first translated from India and enriched in Tibet

## **Amchi system is based on the following three Principle Energies –**

### **rLung (wind)**

- **manifests the nature of Air element.**
- **It is characterised as rough, light, cold, subtle, hard and mobile.**
- **It is responsible for the physical and mental activities, respiration, expulsion of urine, faeces, foetus, menstruation, spitting, burping, speech, gives clarity to sense organs, sustains life by means of acting as a medium between mind and body.**

## **mKhris-pa (Bile)**

- **basically has the nature of fire. It is characterised as oily, sharp, hot, light, fetid, purgative and fluidity.**
- **mKhris-pa is responsible for hunger, thirst, digestion and assimilation, maintains body heat, gives lustre to body complexion and provides courage and determination.**

## **Bad-kan (Phlegm)**

- **is cold in nature and is characterized as oily, cool, heavy, blunt, smooth, firm and sticky.**
- **Bad-kan is responsible for firmness of the body, stability of mind, induces sleep, connects joints, generates tolerance and lubricates the body.**



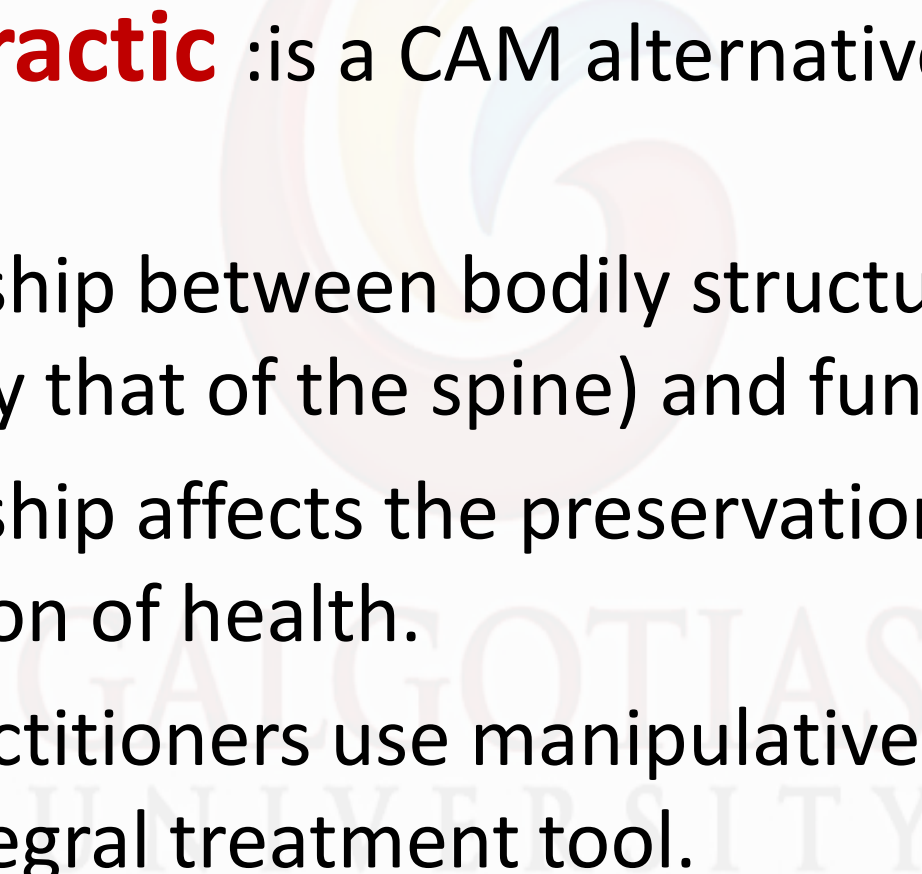
- The **diagnostic techniques** in Sowa- Rigpa include
  - visual observation (tongue & urine analysis),
  - touch (pulse, temp., smoothness etc.) and
  - interrogation.
- The **treatment** has 4 major sections-
  - diet,
  - behavior,
  - medicine &
  - accessory/ external therapies.

- **Minor ailments** can be treated with proper regulation of diet & behavior only.
- A patient with **medium state of condition** can be treated with medicine like decoction, powder, pills, purgatives, emetics etc.
- In **advanced stage diseases** can be cured by application of accessory/ external therapies like moxabustion, venesection, fomentation, massage, surgery etc.
- (Moxibustion is a traditional Chinese medicine technique that involves the burning of mugwort, a small, spongy herb, to facilitate healing.)

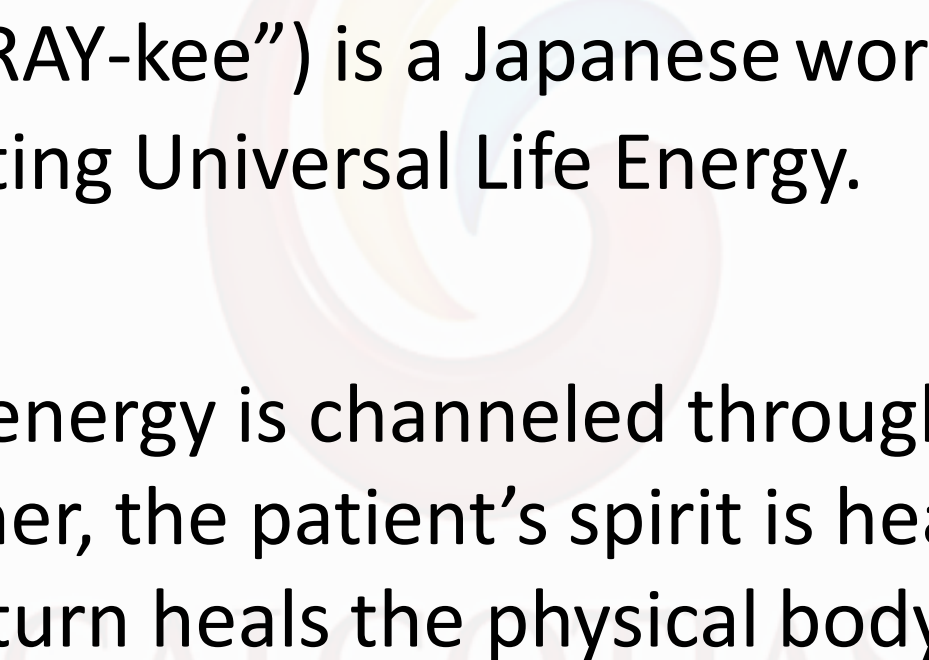
## Other systems

- **Acupuncture** is a method of healing developed in China at least 2,000 years ago.
- Stimulation of anatomical points on the body by a variety of techniques.
- Technique, studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation.

- **Aromatherapy** involves the use of essential oils (extracts or essences) from flowers, herbs, and trees to promote health and well-being

- 
- **Chiropractic** :is a CAM alternative medical system
  - Relationship between bodily structure (primarily that of the spine) and function
  - Relationship affects the preservation and restoration of health.
  - Chiropractitioners use manipulative therapy as an integral treatment tool.

- **Qi gong** (“chee-GUNG”) is a component of traditional Chinese medicine that combines movement, meditation, and regulation of breathing to enhance the flow of qi
- “qi” is vital energy in the body, improve blood circulation, and enhance immune function.

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- The logo of Gallopinas University is a large, faint watermark in the background. It features a stylized circular emblem with a spiral design in shades of yellow, orange, and blue. Below the emblem, the words "GALLOPINAS UNIVERSITY" are written in a light, sans-serif font.
- **Reiki** (“RAY-kee”) is a Japanese word representing Universal Life Energy.
  - Spiritual energy is channeled through a Reiki practitioner, the patient’s spirit is healed, which in turn heals the physical body.

- 
- The logo of Galgotias University is a stylized 'G' composed of three curved, overlapping bands in shades of yellow, blue, and red, set against a light background.
- Therapeutic Touch
  - Electromagnetic fields
  - Dietary supplements
  - Music therapy

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## Myths & Interesting facts

### **1) Myth : AYUSH systems are not rational**

*Fact : They are based on time-tested codified principles and concepts*

### **2) Myth : There is no standardization in AYUSH system of medicine**

*Fact : Regulated by Drug and Cosmetic Act 1940*

### **3) AYUSH systems use heavy metals**

*Fact : They use heavy metals but after detoxification and purification process*

### **4)AYUSH system have only placebo effect and can be used only as alternative system of medicine**

*Fact : They have holistic approach. Scientific studies have established therapeutic effect*

- **Myth : Homoeopathy is slow acting**

*Fact : False impression, usually they are approached for chronic diseases*

- **Myth : Homeopathy first aggravates the disease then cures it**

*Fact : not always*

# Public Health Importance of AYUSH

- **While the contribution of AYUSH is in preventive, promotive or curative care, its importance of 'public health' cannot be underestimated.**
- **AYUSH has presence in all parts of the country. In addition it has near universal acceptance, available practitioners and infrastructure.**
- **The AYUSH system is based on old traditions of Public service. It has huge pool of health workers (Dais, RMPs) who for hundreds of years have provided support and care to whole village and community.**

# Public Health Importance of AYUSH

- The proposed Public Health Cadre can utilize these ubiquitous health human resources both at the village and community levels.
- Its huge resource of hospitals beds and health workers can be used for safe delivery under the Janani Suraksha Yojana (JSY) scheme, early breastfeeding, ante & post natal care, growth monitoring of children, immunization and anaemia.
- AYUSH practitioners can be encouraged in taking up public health programs on project-basis at district, taluka or block level.

# Public Health Importance of AYUSH

- Public health schools in the country have opened their courses to AYUSH graduates.
- Services of AYUSH doctors with qualifications in Public Health to be utilized in national health programs, NRHM and public health functionaries as part of the public health cadre.
- It can play an important role in achieving the National Health Outcome Goals of reducing MMR, IMR, TFR, Malnutrition, Anaemia, Population Control and skewed child sex ratios.

# SWOT Analysis

- **Strengths:**

- }\ Safety

- }\ Efficacy

- }\ Traditional

- }\ Cost factor

- }\ Global demand



• **Weakness:**

- Statistical data
  - Research
  - Budget allocation
  - Quality of drugs
  - Dispensing
  - Diagnostic tools
  - Emergency management
- 





• **Opportunities** :

Specific areas-

Lifestyle diseases

Psychosomatic disease

Anorectal disorders

Rheumatoid arthritis

Mother and child health

Allergic diseases



• **Threats :**

┌ Most of AYSUH doctors practice allopathy

┌ Quacks – inadequately qualified persons

┌ Lack of knowledge/Updates



# Recommendations

- AYUSH graduates - receive instructions from qualified experts in the topics related to conventional medicine
- Involvement of biomedicine experts in AYUSH research
- MBBS graduates - introduced to the medical heritage of their own country

# Notable Issues with AYUSH therapies

- Absence of cross referral systems.
- Lack of acceptable Scientific evidences.
- Cross practice.
- Undemocratic pluralism.
- Mirrored growth despite parallel growth, with modern medicinal system.
- Pharmaceuticalisation of AYUSH and LHT (local health traditions).

## Conclusion

- The “MARRIAGE” of this Art of medicine and Science of medicine – requirement of HUMANITY
- Future of integrated medicine- Bright and promising.
- Future ‘**Megatrend**’ In Health Care System.

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