

## 1.12.2. Department of AYUSH

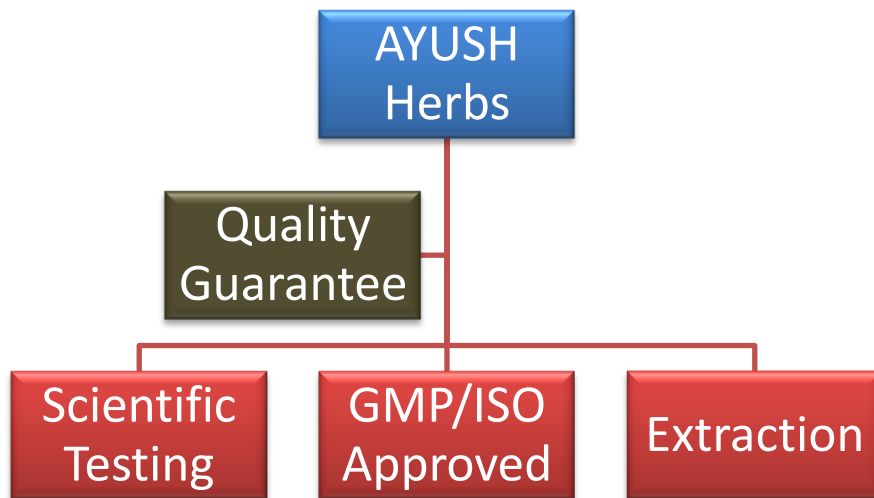
### 1.12.2.1. Introduction:

Department of Indian Systems of Medicine and Homoeopathy (ISM&H) was created in March, 1995 and re-named as Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) in November, 2003 with a view to providing focused attention to development of Education & Research in Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy systems. The Department continued to lay emphasis on upgradation of AYUSH educational standards, quality control and standardization of drugs, improving the availability of medicinal plant material, research and development and awareness generation about the efficacy of the systems domestically and internationally.

9. Reference: Department of AYUSH, Web: <http://indianmedicine.nic.in/index.asp?lang=1>

### 1.12.2.2. Objectives of the Department of AYUSH:

1. To strengthen existing research institutions and ensure a time-bound research programme on identified diseases for which these systems have an effective treatment.
2. To draw up schemes for promotion, cultivation and regeneration of medicinal plants used in these systems.
3. To evolve Pharmacopoeial standards for Indian Systems of Medicine and Homoeopathy drugs.



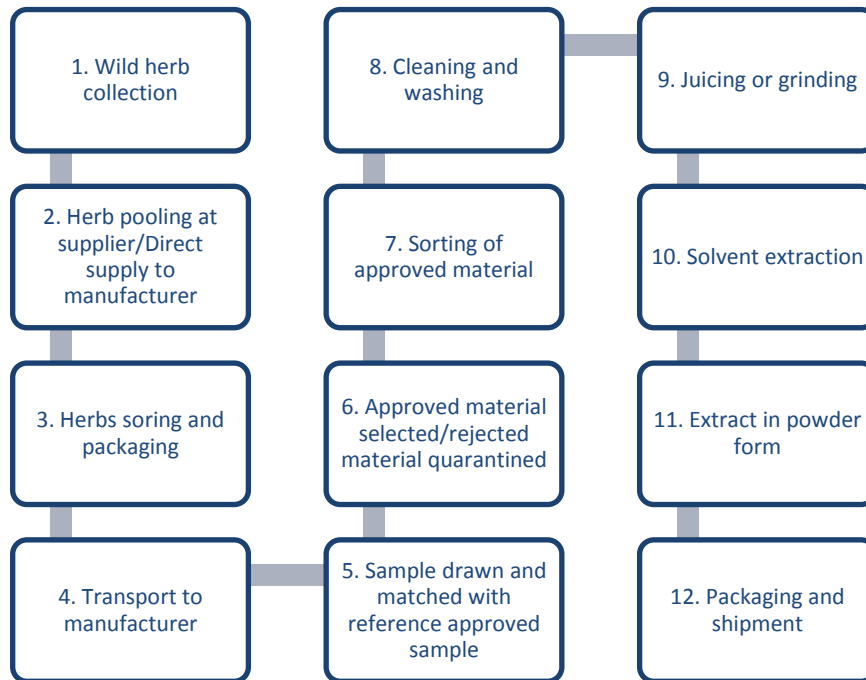
9. Reference: Department of AYUSH, Web: <http://indianmedicine.nic.in/index.asp?lang=1>

### 1.12.2.3. Raw Material Sourcing:

Following modes of the raw material sourcing-

- Own Farms
- Local farmers or collectors and local NGO's that meet or exceed the Ayush standards of excellence for raw materials.

#### 1.12.2.4. The AYUSH 12 Steps process of Medicine Preparation:



9. Reference: Department of AYUSH, Web: <http://indianmedicine.nic.in/index.asp?lang=1>

#### Green Commitment of AYUSH:

AYUSH Herbs is dedicated to making the world a better place, whether by the care given to the growing of our herbs, the treatment of the people working for us in the fields as well as the factory, or supporting the communities surrounding our growing efforts and throughout India in general.

Ayush Herbs has instituted a program to eliminate deforestation and encourage long-term sustainability of all resources indigenous to the region. Ayush has also introduced a program that educates the villagers about how to wildcraft without destroying the environment, making sure that harvesting indigenous plants remains sustainable for generations to come.

9. Reference: Department of AYUSH, Web: <http://indianmedicine.nic.in/index.asp?lang=1>

#### 1.12.2.5. Educational Institutions:

There are eleven educational institute working under the administration of Department of AYUSH for development of AYUSH Research:

#### EDUCATIONAL INSTITUTIONS

- IPGTRA, JAMNAGAR
- NIA, JAIPUR
- RAV, NEW DELHI
- NIS, CHENNAI
- NIH, KOLKATA
- NIUM, BANGALORE
- MDNIY, NEW DELHI
- NIN, PUNE
- NEIAH, SHILLONG
- NEIFM, PASSIGHAT
- CENTERS OF EXCELLENCE

10. Reference: Report of the Working Group on AYUSH for the 12<sup>th</sup> Five-Year plan (2012-2017), WG-7: AYUSH

#### 1.12.2.6. Main Achievements of AYUSH:

- ❖ Deputation of AYUSH experts and officers in 95 international events.
- ❖ 17 foreign delegations hosted to explore opportunities of international collaboration.
- ❖ Support provided to 38 experts for presentation of scientific papers in international conferences.
- ❖ AYUSH entrepreneurs were supported to participate in 17 international exhibitions/fairs, road shows etc.
- ❖ 12 conferences/research collaborations supported through Indian Missions.
- ❖ 16 fellowships granted to foreign students for studying AYUSH in India.
- ❖ One AYUSH Information Cell set up in Malaysia.
- ❖ 2 AYUSH books translated and published in foreign languages.
- ❖ Indo-US Centre for Research in Indian Systems of Medicine has been set up in the University of Mississippi, USA to undertake scientific validation and development of scientific information on ASU medicines through collaborative research and advocacy.
- ❖ MoUs drawn/entered in to with China, Russia, SAARC and ASEAN Countries.
- ❖ Eight community herbal monographs prepared and submitted to EU.

11. Reference: Report of steering committee on AYUSH for 12<sup>th</sup> five year plan (2012-2017); ST-2 AYUSH

#### 1.12.2.7. Traditional Knowledge Digital Library:

TKDL targets Indian Systems of Medicine (Ayurveda, Unani, Siddha and Yoga) available in public domain. This is being documented by sifting and collating the information on traditional knowledge from the existing literature existing in local languages such as Sanskrit, Urdu, Arabic, Persian and Tamil in digitized format, which will be available in five international languages which are English, German, Spanish, French and Japanese. Traditional Knowledge Resource Classification (TKRC), an

innovative structured classification system for the purpose of systematic arrangement, dissemination and retrieval was evolved for about 5,000 subgroups against few subgroups available in International Patent Classification (IPC), related to medicinal plants. (Reference: Website of TKDL)

### 1.12.2.8. Integrated Medicine

Integration means combination or unification.

“Integrated Medicine is defined as combination or unification of the modern and traditional medicine / system / healing together for its teaching, training, treatment, research and national implementation on possible scientific parameters.”

12. Reference: Basic Principles of Integrated Medicine, by Dr. Nagendra Prasad Dubey; World Association of Integrated Medicine, Revised Edition 2013

#### Drug Therapies:

These are the system of treatments where one or more than one drugs of various origins are used in treatment of various diseases or disorders. In western modern the drug is mainly comprised of chemical origin or chemical constituents of other resources as- herbs, minerals, marine, animal and other resources as active constituents while in traditional medicine the holistic purified constituents are used in treatment and healing.

#### Drugless Therapies:

Drugless therapies are natural ways of healing system. These therapies are in existence since the origin of life in the universe. The integration of traditional medicine with acupuncture has given a worldwide popular system known as Integrative Medicine. Integrative medicine is widely used as complementary/alternative medicine in developed and developing countries.

12. Reference: Basic Principles of Integrated Medicine, by Dr. Nagendra Prasad Dubey; World Association of Integrated Medicine, Revised Edition 2013

Drug Therapies	Drugless Therapies
<ul style="list-style-type: none"><li>• Morden Medicine</li><li>• Ayurvedic</li><li>• Siddha</li><li>• Unani</li><li>• Homeopathic</li><li>• Biochemic</li><li>• Herbal</li><li>• Amchi</li><li>• Batch Flower Remedies</li></ul>	<ul style="list-style-type: none"><li>• Naturopathic</li><li>• Yogic</li><li>• Meditation</li><li>• Acupuncture</li><li>• Acupressure</li></ul>

## Source of Drugs

- Plant Including Herbs
- Animals
- Mineral
- Chemicals
- Biological
- Marine
- Natural

Herbal Medicine:

Herbs are the unique gift of the nature as complementary to all the life in the universe. Animals and the herbs are the creation of Almighty GOD to help each other. Herbs are being use as medicine since the inception of life in the universe. Herbal medicines are derived from the non-toxic plants as whole or its part i.e. roots, stem, bark, leave, flower, fruit and seeds.

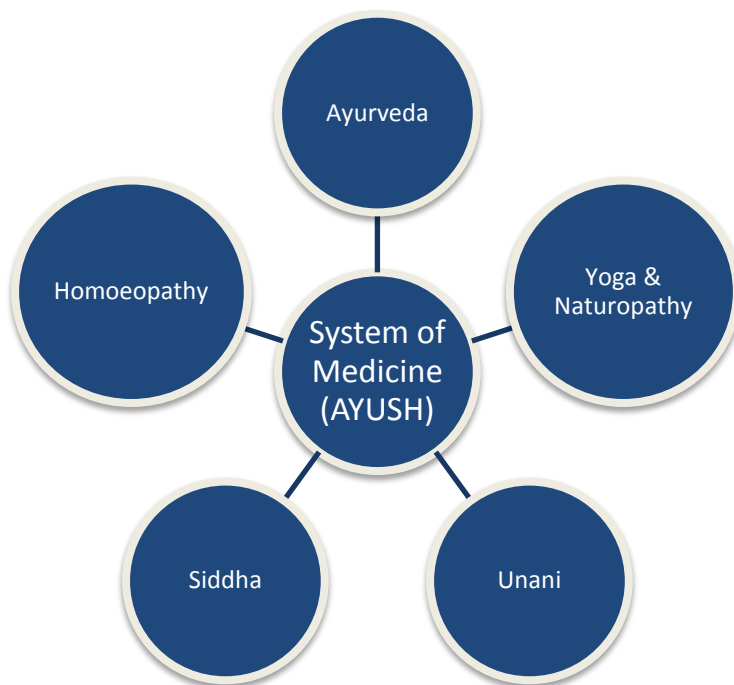
**12. Reference: Basic Principles of Integrated Medicine, by Dr. Nagendra Prasad Dubey; World Association of Integrated Medicine, Revised Edition 2013**

### **1.12.2.9. India's Strength in Medicinal Plants:**

About 2400 plant species are reported to be used in the codified Indian Systems of Medicines like Ayurveda (1587 species), Siddha (1128 species), Unani (503 species) and Sowa-Rigpa (253 species) - with overlap of species across systems. In addition, around 4000 species are used in local health care and tribal traditions.

**11. Reference: Report of steering committee on AYUSH for 12<sup>th</sup> five year plan (2012-2017); ST-2 AYUSH**

### **1.12.3. System of Medicine:**



Education in Traditional System of Medicine:

Traditional System	No. of College (Graduate)
Ayurveda	200
Siddha	02
Unani	34
Homeopathy	130

13. Reference: Indian Systems of Medicine: A Brief Profile; Ravishankar B. and Shukla V.J., Afr. J. Trad. CAM (2007) 4 (3): 319 – 337, Pharmacology Laboratory, Institute Of PG Teaching And Research In Ayurveda, IPGT and RA- Gujarat Ayurved University, Jamnagar, India. ISSN 0189-6016©2007

### 1.12.3.1. Ayurveda

Ayurveda is the oldest system of medicine and it is also called as "science of life". Ayurveda is an ancient Indian system of medicine founded on the immutable laws of nature. Ayurveda views each patient as a unique, complex individual. Unlike other medical modalities which focus on the treatment of symptoms of an illness, Ayurveda concentrates on the source of the patient's disease, supporting the body's innate wisdom to restore optimal health.

The basis of Ayurvedic philosophy is the belief that the intelligence of the natural world is within each of us. The five basic elements of the universe – ether, air, fire, water and earth – combine in the body into three characteristic humors (doshas): Vata (ether and air), Pitta (fire and water) and Kapha (water and earth).

9. Reference: Department of AYUSH, Web: <http://indianmedicine.nic.in/index.asp?lang=1>

### Ayurvedic Medicine: Background and Introduction

Ayurvedic medicine, also called Ayurveda, originated in India several thousand years ago. The term “Ayurveda” combines the Sanskrit words *ayur* (life) and *veda* (science or knowledge). Thus, Ayurveda means “the science of life.”

Ayurvedic medicine (also called Ayurveda) is one of the world’s oldest medical systems. It originated in India and has evolved there over thousands of years. In the United States, Ayurvedic medicine is considered complementary and alternative medicine (CAM)—more specifically, a CAM whole medical system. Many therapies used in Ayurvedic medicine are also used on their own as CAM—for example, herbs, massage, and specialized diets. This fact sheet provides a general overview of Ayurvedic medicine and suggests sources for additional information.

9. Reference: [https://nccam.nih.gov/sites/nccam.nih.gov/files/D287\\_BKG.pdf](https://nccam.nih.gov/sites/nccam.nih.gov/files/D287_BKG.pdf)

### Traditional Medicine

Ayurvedic medicine is a system of traditional medicine native to the Indian subcontinent and practiced in other parts of the world as a form of traditional medicine. In Sanskrit, the words Ayurveda consists of the words Ayur, meaning "longevity", and veda, meaning "related to knowledge" or "science".

Ayurvedic treatment of a disease consists of salubrious use of drugs, diets, and certain practices. Medicinal preparation is invariably complex mixtures, based mostly on plant products. Around 1,250 plants are cured used in various Ayurvedic preparations.

14. Reference: Yadav V, Jayalakshmi S, Singla RK. *Traditional Systems of Medicine- Now & Forever*, Webmed Central, Pharmaceutical Sciences 2012; 3(4):WMC003299. ISSN 2046-1690.

### Ayurveda in India

Ayurvedic medicine, as practiced in India, is one of the oldest systems of medicine in the world. Many Ayurvedic practices predate written records and were handed down by word of mouth. Two ancient books, written in Sanskrit more than 2,000 years ago, are considered the main texts on Ayurvedic medicine—*Caraka Samhita* and *Sushruta Samhita*. The texts describe eight branches of Ayurvedic medicine:

Internal medicine	Surgery	Treatment of head and neck disease	Toxicology
Gynecology, obstetrics, and pediatrics	Psychiatry	Care of the elderly and rejuvenation	Sexual vitality

Ayurvedic medicine continues to be practiced in India, where nearly 80 percent of the population uses it exclusively or combined with conventional (Western) medicine. It is also practiced in Bangladesh, Sri Lanka, Nepal, and Pakistan.

According to the 2007 National Health Interview Survey, which included a comprehensive survey of complementary and alternative medicine use by Americans, more than 200,000 U.S. adults used Ayurvedic medicine in the previous year.

15. Reference: [https://nccam.nih.gov/sites/nccam.nih.gov/files/D287\\_BKG.pdf](https://nccam.nih.gov/sites/nccam.nih.gov/files/D287_BKG.pdf)

**Constitution (prakriti):** Ayurvedic medicine also has specific beliefs about the body's constitution. Constitution refers to a person's general health, the likelihood of becoming out of balance, and the ability to resist and recover from disease or other health problems.

15. Reference: [https://nccam.nih.gov/sites/nccam.nih.gov/files/D287\\_BKG.pdf](https://nccam.nih.gov/sites/nccam.nih.gov/files/D287_BKG.pdf)

**Life forces (doshas).** Important characteristics of the prakriti are the three life forces or energies called doshas, which control the activities of the body. A person's chances of developing certain types of diseases are thought to be related to the way doshas are balanced, the state of the physical body, and mental or lifestyle factors.

15. Reference: [https://nccam.nih.gov/sites/nccam.nih.gov/files/D287\\_BKG.pdf](https://nccam.nih.gov/sites/nccam.nih.gov/files/D287_BKG.pdf)

Ayurvedic medicine holds the following beliefs about the three doshas:

- ✓ Each dosha is made up of two of five basic elements: ether (the upper regions of space), air, fire, water, and earth.
- ✓ Each dosha has a particular relationship to bodily functions and can be upset for different reasons.
- ✓ Each person has a unique combination of the three doshas, although one dosha is usually prominent. Doshas are constantly being formed and reformed by food, activity, and bodily processes.
- ✓ Each dosha has its own physical and psychological characteristics.

The doshas are also called by their original Sanskrit names: vata, pitta, and kapha.

- ✓ The vata dosha combines the elements ether and air.
- ✓ The pitta dosha represents the elements fire and water.
- ✓ The kapha dosha combines the elements water and earth.

15. Reference: [https://nccam.nih.gov/sites/nccam.nih.gov/files/D287\\_BKG.pdf](https://nccam.nih.gov/sites/nccam.nih.gov/files/D287_BKG.pdf)

### **Concerns about Ayurvedic Medications:**

Ayurvedic practice involves the use of medications that typically contain herbs, metals, minerals, or other materials. Health officials in India and other countries have taken steps to address some concerns about these medications. Concerns relate to toxicity, formulations, interactions, and scientific evidence.

15. Reference: [https://nccam.nih.gov/sites/nccam.nih.gov/files/D287\\_BKG.pdf](https://nccam.nih.gov/sites/nccam.nih.gov/files/D287_BKG.pdf)



### **Status of Ayurvedic Institutions in India**

- More than 225 Graduate colleges
- More than 60 Post Graduate level upgraded colleges
- 21 Post Graduate specialties of Ayurveda are available
- Nearly 15 universities are awarding Ph.D. degree in Ayurveda
- Yearly approximately 800 Post Graduate theses are submitted on various subjects of Ayurveda based on clinical and literary researches.
- Less than 50 PhD theses are being submitted in Ayurveda

**16. Reference: Issues in Publication of Ayurvedic Research Work – National & International Scenario – Shortcomings & Solutions, Prof. M. S. Baghel, International Center for Ayurvedic Studies Gujarat Ayurved University Jamnagar, India**

The concept of health in Ayurveda:

In India, Ayurveda is considered not just as an ethno medicine but also as a complete medical system that takes in to consideration physical, psychological, philosophical, ethical and spiritual well being of mankind. It lays great importance on living in harmony with the Universe and harmony of nature and science. This universal and holistic approach makes it a unique and distinct medical system. This system emphasizes the importance of maintenance of proper life style for keeping positive health. This concept was in practice since two millennium and the practitioners of modern medicine have now taken into consideration importance of this aspect. Not surprisingly the WHO's concept of health propounded in the modern era is in close approximation with the concept of health defined in Ayurveda.

**13. Reference: Indian Systems of Medicine: A Brief Profile; Ravishankar B. and Shukla V.J., Afr. J. Trad. CAM (2007) 4 (3): 319 – 337, Pharmacology Laboratory, Institute Of PG Teaching And Research In Ayurveda, IPGT and RA- Gujarat Ayurved University, Jamnagar, India. ISSN 0189-6016©2007**

Ayurveda Considered as a different or complete medical system:

## **Ayurveda: Complete Medical System**

- Ethno-medicine
- Physical
- Psychological
- Philosophical
- Ethical
- Spiritual

Forms of Ayurvedic Drugs:

Classical Forms	Morden Forms
<ul style="list-style-type: none"> <li>• Tablets</li> <li>• Powder</li> <li>• Decoction</li> <li>• Medicated Oil</li> <li>• Medicated Ghee</li> <li>• Fermented Products</li> </ul>	<ul style="list-style-type: none"> <li>• Capsules</li> <li>• Lotions</li> <li>• Syrups</li> <li>• Oinments</li> <li>• Liniments</li> <li>• Creams</li> <li>• Granules</li> </ul>

13. Reference: Indian Systems of Medicine: A Brief Profile; Ravishankar B. and Shukla V.J., Afr. J. Trad. CAM (2007) 4 (3): 319 – 337, Pharmacology Laboratory, Institute Of PG Teaching And Research In Ayurveda, IPGT and RA- Gujarat Ayurved University, Jamnagar, India. ISSN 0189-6016©2007

#### 1.12.3.2. Siddha

Siddha system is the oldest system of medicine in our country. The term Siddha means achievements and Siddhars were saintly persons who achieved results in medicine. Eighteen Siddhars were said to have contributed towards the development of this medical system. The Siddha System is largely therapeutic in nature.

The Siddha System also deals with the problems affecting the women's health and a lot of formulations are available in the Siddha classics which can counter the problems for a better living. The care for women's health starts from the first day of the girl child. The Siddha System is effective in treating chronic cases of liver, skin diseases especially Psoriasis, rheumatic problems, anemia, prostate enlargement, bleeding piles and peptic ulcer.

9. Reference: Department of AYUSH, Web: <http://indianmedicine.nic.in/index.asp?lang=1>

Siddha system is one of the oldest systems of medicine in India. The term Siddha means achievements and Siddhars were saintly persons who achieved results in medicine. Eighteen Siddhars were said to have contributed towards the development of this medical system. Siddha literature is in Tamil and it is practiced largely in Tamil speaking part of India and abroad. The Siddha system is largely therapeutic in nature.

14. Reference: Yadav V, Jayalakshmi S, Singla RK. Traditional Systems of Medicine- Now & Forever, Webmed Central, Pharmaceutical Sciences 2012; 3(4):WMC003299. ISSN 2046-1690.

History:

The original Home allotted to mankind by the Creator was in the temperate and fertile region of the East and pointedly in India. It is from here that the human race began its culture and career. India may, therefore, be safely stated as that the first country from which human culture and

civilization originated and spread. According to Indian history prior to Aryans migration, the Dravidian was the first inhabitant of India of whom the Tamilians were the most prominent. The Tamilians were not only the earliest civilized but also those who may more considerable progress in civilization than any other early people. The languages of India were divided into two great classes, the northern with Sanskrit as the pre-pondering element and the southern with Dravidian language as independent bases. The science of medicine is of fundamental importance to man's well being and his survival and so it must have originated with man and developed as civilization. It is, therefore rather pointless to try to determine the exact point of time to which the beginning of these systems could be traced they are eternal, they began with man and may end with him. The Siddha was flourished in south and Ayurveda prevalent in the north. Instead of giving the name of any of individual as the founder of these systems our ancestors attributed their origin to the creator. According to the tradition it was Shiva who unfolded the knowledge of Siddha system of medicine to his consort Parvati who handed it down to Nandi Deva and he the Siddhars. The Siddhars were great scientists in ancient times.

17. Reference: <https://www.karnataka.gov.in/ayush/Siddha%20system.pdf>

#### Strength of Siddha System:

The Siddha system is capable of treating all types of disease other than emergency cases. In general this system is effective in treating all types of skin problems particularly Psoriasis, STD, urinary tract infections, diseases of liver and gastro intestinal tract, general debility, postpartum anemia, diarrhea and general fevers in addition to arthritis and allergic disorders.

17. Reference: <https://www.karnataka.gov.in/ayush/Siddha%20system.pdf>

#### Siddha System and Siddhars:

Siddha system of medicine is practiced in some parts of South India especially in the state of Tamilnadu. It has close affinity to Ayurveda yet it maintains a distinctive identity of its own. This system has come to be closely identified with Tamil civilization. The term 'Siddha' has come from 'Siddhi'- which means achievement. Siddhars were the men who achieved supreme knowledge in the field of medicine, yoga or tapa (meditation).

13. Reference: Indian Systems of Medicine: A Brief Profile; Ravishankar B. and Shukla V.J., Afr. J. Trad. CAM (2007) 4 (3): 319 – 337, Pharmacology Laboratory, Institute Of PG Teaching And Research In Ayurveda, IPGT and RA- Gujarat Ayurved University, Jamnagar, India. ISSN 0189-6016©2007

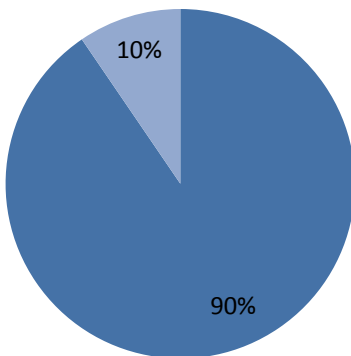
#### Siddha medicine use in renal stone disease:

Medicine Name	Family	Dose
Valmilagu ( <i>Piper cubeba</i> )	Piperaceae	300mgs powder with 350ml of tender coconut
Pathampicin ( <i>Terminalia catapa</i> )		50mg/kg o.d. for 5-7 Days

Total Patients	Stone Free	Percentage
21	19	90.47%

## Renal Stone Treatment Through Siddha Medicine

■ Achieved stone free    ■ Unachieved



18. Reference: The effect of the Removal of Renal Stone using a Siddha Medicine Protocol by Chellah Bala Sanker and Abraham Muthukumar, International Journal of Current Biotechnology, ISSN:2321-8371.

### 1.12.3.3. Unani

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.

After independence the Unani System along with other Indian systems of medicine received a fresh boost under the patronage of the National Government and its people. Government of India took several steps for the all round development of this system. It passed laws to regulate and promote its education and training.

9. Reference: Department of AYUSH, Web: <http://indianmedicine.nic.in/index.asp?lang=1>

Unani system of medicines originated in Greece and is based on the teachings of Hippocrates and Gallen. In India, Unani system of medicine was introduced by Arabs and soon it took firm roots. During 13th and 17th century A.D. Unani medicine had its hey-day in India. During the British rule, Unani system suffered a setback due to withdrawal of State Patronage, but continued to be practiced as the masses reposed faith in the system.

14. Reference: Yadav V, Jayalakshmi S, Singla RK. Traditional Systems of Medicine- Now & Forever, Webmed Central, Pharmaceutical Sciences 2012; 3(4):WMC003299. ISSN 2046-1690.

#### Unani System

Greece is the origin place of Unani system of medicine. It is introduced by the great physician and philosopher 'Hippocrates' (460-377 BC). The next phase of development took place in Egypt and Persia or Iran. The Egyptians had well evolved pharmacy; they were adept in the preparation of different dosage forms like oils, powder, ointment and alcohol etc.

**13. Reference: Indian Systems of Medicine: A Brief Profile; Ravishankar B. and Shukla V.J., Afr. J. Trad. CAM (2007) 4 (3): 319 – 337, Pharmacology Laboratory, Institute Of PG Teaching And Research In Ayurveda, IPGT and RA- Gujarat Ayurved University, Jamnagar, India. ISSN 0189-6016©2007**

### Basic Principles of Unani

According to the basic principles of Unani the body is made up of four basic elements i.e. Earth, Air, Water, Fire which have different Temperaments i.e. Cold, Hot, Wet, Dry. They give raise, through mixing and interaction, to new entities. The body is made up of simple and complex organs. They obtain their nourishment from four humors namely- blood, phlegm, black bile and yellow bile. These humors also have their specific temperament. In the healthy state of the body there is equilibrium among the humors and the body functions in normal manner as per its own temperament and environment.

**13. Reference: Indian Systems of Medicine: A Brief Profile; Ravishankar B. and Shukla V.J., Afr. J. Trad. CAM (2007) 4 (3): 319 – 337, Pharmacology Laboratory, Institute Of PG Teaching And Research In Ayurveda, IPGT and RA- Gujarat Ayurved University, Jamnagar, India. ISSN 0189-6016©2007**

### Unani Medicine is based on the Humoral Theory-

#### Humors:

The Humeral theory presupposes the presence of humors in the body.

- Regimental DAM - (Blood)
- BELGHAM - (Phlegm)
- SAFRA - (Yellow Bile)
- SAUDA- (Black Bile)

The temperaments of persons are expressed by the words sanguine, phlegmatic, choleric and melancholic according to the preponderance in them of blood phlegm, yellow bile, and black bile respectively. The Humors themselves are assigned temperaments:

- Blood - hot and moist
- Yellow bile - hot and dry
- Phlegm - cold and moist

Every person has a unique humeral constitution which represents this healthy state to maintain the correct humeral balance there is a power of self adjustment called Immunity (Quwwat-e-Mudabbira-e-Badan) in the body. If this power weakens, imbalance is bound to occur resulting disease.

**17. Reference: <https://www.karnataka.gov.in/ayush/unani.pdf>**

Unani system of medicine is popular in different part of the world in different names:

- ✓ Greco Arab Medicine
- ✓ Arabic Medicine
- ✓ Tibb-e-Sunnati.
- ✓ Traditional Iranian Medicine
- ✓ Eastern Medicine
- ✓ Uighur Medicine

Infrastructure of Unani Medicine in India:

Study Courses	UG College	PG College
<ul style="list-style-type: none"> <li>• Degree Course- 5.5 Years- (BUMS)</li> <li>• Post Graduate Course- 3 Years- MD/MS (Unani)</li> </ul>	37 Colleges <ul style="list-style-type: none"> <li>• Govt. College-09</li> <li>• Private College-26</li> <li>• Central University Managed-02</li> <li>• Admission Capacity- 1525</li> </ul>	07 Colleges <ul style="list-style-type: none"> <li>• National Institute of Unani Medicine, Bangalore.</li> <li>• Admission Capacity- 73</li> </ul>

19. Reference: Global status of Unani Medicine, Prof. Anis A. Ansari, Adviser (Unani Medicine), Ministry of Health & Family Welfare, Department of AYUSH, Government of India.

Available Disciplines for PG Education
<ul style="list-style-type: none"> <li>•Unani Pharmacology</li> <li>•Medicine</li> <li>•Basic Principles</li> <li>•Gynaecology</li> <li>•Community medicine</li> <li>•Paediatrics</li> <li>•Surgery</li> </ul>

19. Reference: Global status of Unani Medicine, Prof. Anis A. Ansari, Adviser (Unani Medicine), Ministry of Health & Family Welfare, Department of AYUSH, Government of India.

#### 1.12.3.4. Yoga and Naturopathy

Yoga is the traditional system of medicine and it is also a spiritual tool. However, by developing physical therapy programs and labeling them Yoga, and by focusing on one small aspect of Yoga (the physical), we find that the whole, greater, truer meaning of Yoga is lost to those who would seek the higher ground.

9. Reference: Department of AYUSH, Web: <http://indianmedicine.nic.in/index.asp?lang=1>

#### Yoga Therapy

Yoga is the Drugless therapy of the traditional medicine system. Yoga is a system of believe and practice. The goal of Yoga is to attain a union of the Individual Self with the Supreme Reality or Universal Self. In western world, it is an associated with physical postures and regulation of breathing.

12. Reference: Basic Principles of Integrated Medicine, by Dr. Nagendra Prasad Dubey; World Association of Integrated Medicine, Revised Edition 2013

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.



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.

20. Reference: <http://indianmedicine.nic.in/writereaddata/linkimages/3838812338-Introduction.pdf>

**Yoga Concept:**

<b>Annamaya Kosa</b>	Kriyas (Traditional voluntary internal cleansing techniques), body postures (Yogasanas) and Relaxation posture (Savasana).
<b>Pranamaya Kosa</b>	Five types of systematic regulated slow deep breathing practices with or without breath holding, called Pranayama.
<b>Manomaya Kosa</b>	Meditation (Dharana and Dhyan) and devotional session (Bhakti yoga).
<b>Vijnanamaya Kosa</b>	Understanding the nature of ones problems in the light of Indian thinking through self analysis (Jnana yoga).
<b>Anandamaya Kosa</b>	Practice joy under all circumstances (Karma yoga). Try to touch the inner core of one self in solitude and establish in the experience that Ananda is the basic fabric of this universe including the self.

21. Reference: Section 3: Medical Applications of Yoga, Yoga in Health and Disease, Dr Nagarathna R, Dr Nagendra H R, Dr Telles S, Vivekananda Kendra Yoga Research Foundation, Bangalore.

Naturopathy is an art and science of healthy living and a drugless system of healing based on well founded philosophy. It has its own concept of health and disease and also principle of treatment. Naturopathy is a very old science.

9. Reference: Department of AYUSH, Web: <http://indianmedicine.nic.in/index.asp?lang=1>

**1.12.3.5. Homeopathic**

Homeopathy, founded by a German physician Samuel Hahnemann in 1790, is based on the idea that 'like cures like'; that is substances that cause certain symptoms in a healthy person can also cure those same symptom in someone who is sick. This so called law of similar gives homeopathy its name 'homeo' for similar 'pathy' designating disease.

**14. Reference:** Yadav V, Jayalakshmi S, Singla RK. Traditional Systems of Medicine- Now & Forever, Webmed Central, Pharmaceutical Sciences 2012; 3(4):WMC003299. ISSN 2046-1690.

#### **Low and regulation of homeopathic medicine:**

Homeopathic medicines are made from a various sources, such as plants, minerals and animals. Medicines are prepared according to guidelines set out in international pharmacopoeias. Homeopathic medicines are considered safe and free from serious adverse reactions.

In Australia, all medicines come under the control of the Therapeutic Goods Administration (TGA). However, homeopathic preparations are not usually registered with the TGA and some may be exempt from the TGA good manufacturing practice (GMP) requirements.

**22. Reference:** [http://www.betterhealth.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Homeopathy/\\$File/Homeopathy.pdf](http://www.betterhealth.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Homeopathy/$File/Homeopathy.pdf)

#### **Homeopathic Medicines are not Vaccines:**

There is no such thing as a 'homeopathic vaccine'. Immunization is a medical term and refers to the process by which the body is stimulated to develop resistance to a variety of infections. Vaccines are made from germs and work by stimulating the body to form antibodies (specialized germ-fighting cells) to produce immunity.

**22. Reference:** [http://www.betterhealth.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Homeopathy/\\$File/Homeopathy.pdf](http://www.betterhealth.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Homeopathy/$File/Homeopathy.pdf)

#### **Points to remember in Homeopathic:**

- Homeopathy is an alternative medicine based on the theory of treating 'like with like'.
- Homeopathy claims to stimulate healing responses to diseases by administering substances that mimic the symptoms of those diseases in healthy people.
- The evidence on the effectiveness of homeopathy in treating medical conditions is limited.
- You should never stop taking conventional drugs without the knowledge and approval of your doctors.

**22. Reference:** [http://www.betterhealth.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Homeopathy/\\$File/Homeopathy.pdf](http://www.betterhealth.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Homeopathy/$File/Homeopathy.pdf)

#### **1.12.3.6. Acupuncture**

Acupuncture is ancient traditional Chinese method of about 5000 years ago. It consists of two words 'Acus' means needle and 'Pungus' means puncture. Thus, the Acupuncture is a method of treatment by pricking with the needle. This is performed in order to make the obstructed flow of energy into constant flow.

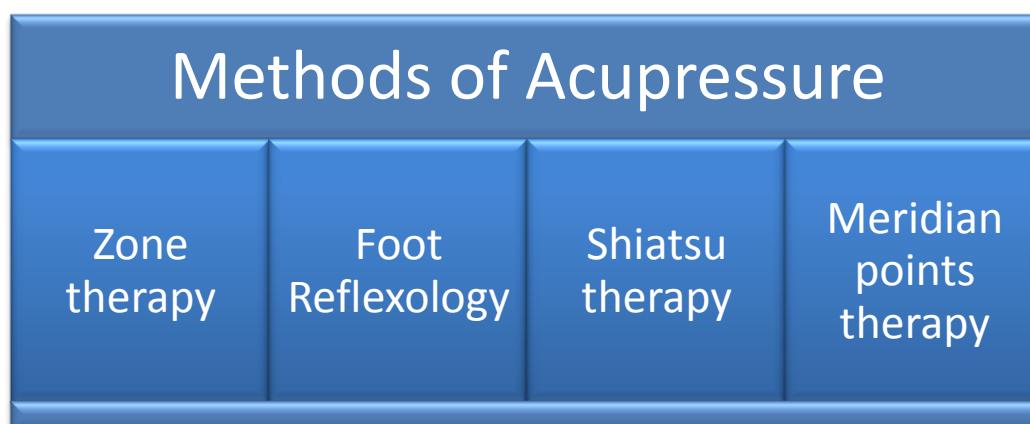
**12. Reference:** Basic Principles of Integrated Medicine, by Dr. Nagendra Prasad Dubey; World Association of Integrated Medicine, Revised Edition 2013

#### **1.12.3.7. Acupressure**

It is one of the simple, drugless, harmless and scientific method of natural therapy to the maintain health and treat the diseases. In this technique, the healer applies the pressure in order to allow



the proper circulation of blood, energy and vital forces. The pressure is applied with finger or palms of hand over certain key points. These points are called acupressure points and are located on various parts of the body. The points are mostly correspondence to the acupuncture points.



12. Reference: Basic Principles of Integrated Medicine, by Dr. Nagendra Prasad Dubey; World Association of Integrated Medicine, Revised Edition 2013

**1.12.4. Medicinal Plants for livestock Diseases and Indigenous Application Method:**

Biological Name	Common Name	Local Name (Africa)	Diseases	Uses
Azadirachta indica	Neem	Dogonrayo	Fever, Anorexia, skin diseases and wounds	The leaves are boiled and given to animal to drink. For skin diseases, two portions of leaves plus one portion of Ocimum leaves and oil are ground together and applied to skin.
Vernonia amygdalina	Bitter leaf	Ewuro	Ringworm, constipation and Bleeding	The juice from leaves is mixed with palm oil and ground pepper and applied to affected parts. To stop bleeding leaves are mashed and applied to wounds.
Elaeis guineensis	Palm Tree	Airan Ope	Lice and mange	Burn tree inflorescence in animal shed which gives a pungent odour that repels lice. To treat animals, scrub skin lesions with ground fibrous palm oil and apply to affected parts.
Carica papaya	Pawpaw	Ibepe	Anthelmintic	Dry and grind seeds and mix with animal feed.
Spondias mombin	Hog plum	Lyeye	Endoparasites, cancer, swellings and diarrhea	Apply the mashed leaves to the affected parts.
Chenopodium	Worm	Arunpale	Fractures and	To treat the affected parts, place

ambrosioides	wood	ewenal	swellings	crushed leaves on fractured part, bound with stick and rope.
Tridax procumbens	Coat Buttons	Mbuli	Cuts and wounds	Apply juice extracted from leaves to the affected parts.
Chromolaena odorata	Siam weed	Ewa akintola	Wounds	Apply juice extracted from leaves on wounds.
Nicotiana tabacum	Tobacco	Taba	Mange	Rub mashed tobacco leaves plus coconut oil the affected parts.
Cocos nucifera	Coconut	Agbon	Conjunctivitis	Apply by dropping unripe coconut water into the affected eyes.
Ficus exasperate	Sand paper	Eepin	Ectoparasites	Put in the animals resting place branches of plant stem and leaves. Replace regularly.
Newbouldia laevis	Boundary plant, African Border Tree	Akoko	Used as an anthelmintic and to treat dystocia.	Use leaves as animals feed.
Ocimum gratissimum	Tea bush, African basil	Efinrin	Diarrhea and bloat.	Apply by mixing squeezed leaves in animal's drinking water. For bloat, add juice from leaves to lime in animals drinking water.
Capsicum annum	Bell pepper, sweet pepper	Ata	Cold and anorexia	Apply by pounding fruit plus seeds and mix with animal feed or drinking water.
Azelia bella	Mahogany	Apa	Used as anthelmintic and treatment of constipation.	Use leaves as animal feed.
Dioscorea cayenensis	Yellow yam	Apepe	Ecto and endoparasites	To apply, add cooked leaves to gypsum and salt and give animal to drink.

**23. Reference: Organic Agriculture: African Experiences in Resilience and Sustainability, Edited by Raymond Auerbach, Gunnar Rundgren and Nadia El-Hage Scialabba, Natural Resources Management and Environment Department Food and Agriculture Organization of the United Nations Rome, May 2013, E-ISBN 978-92-5-107667-5 (PDF)**