

Importance of ayurvedic medicine in modern lifestyle: A keynote review study

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Abstract

The developing enthusiasm for utilizing Ayurvedic medicine as a gentler, more secure alternative to utilizing advanced pharmaceutical medications with attendant side effects keeps on being ruined on the grounds that cases about viability and wellbeing are not sponsored with proof and clinical information. The paper briefly defines Ayurveda, Ayurvedic medicine, and its functions and highlights its benefits finally key foundations of Ayurveda.

Keywords: Ayurveda, Ayurvedic medicine, Health system

1. Introduction

Ayurveda has the distinction of being the “oldest medical system known to man and the oldest and most comprehensive spiritual teachings in the world”. Ayurveda is based on the principle of maintaining a balance between the interrelated relationships within the body and mind. It helps the patient to understand the benefits of knowing their body and mind and to live in intimate relationship with nature. Ayurvedic literature has remedies for age-related diseases like memory loss, osteoporosis, diabetic wounds, etc. for which no efficient medicine is available in modern therapy. Ayurvedic formulations should be standardized on the basis of active principle or major compound(s) along with fingerprints ^[1]. Ayurveda is a holistic system of medical science and is the oldest healing science which is almost 5000 years old. Ayurveda contains two Sanskrit words: *Ayu* which means life or lifespan and *Veda* meaning knowledge. Thus, Ayurveda means “the science of life.” This system of medicine was shaped in the ancient lands of India. Hindu Vedas consider Ayurveda as a gift of Gods to mankind which was communicated to the saints and sages of India through deep meditation. Veda Vyasa, one of the greatest sages of India is considered to have written the Vedas for the first time ^[2]. Ayurveda, recognized as new age medicine now, represents the science of life and longevity originating in the Vedic tradition of India. Based on the principle of eternal life, this medical system has a vast body of knowledge covering eight branches. Its major premise involves the symbiosis of mind, body and spirit. Any imbalance in this synthesis results in physical ailments. This ancient Indian science of healing seeks to re-establish the harmony between the body and its habitat by creating the optimum health environment. The entire science of ayurveda is based on the ‘Five Great Elements’ (Panchabhuta) theory. These five elements are earth (prithvi), water (jal), fire (agni or tej), air (vayu) and ether or space (akash). Ayurveda comprehends body, mind and spirit likewise and has specific methods for working on each. It divides the constitution of people into three humoral categories-Vata (ether/air), Pitta (fire) and Kapha

(water/earth). Vata rules mental mobility. Pitta or fire, governs digestion and assimilation on all levels from food to ideas and Kapha or water, governs form and substance and is responsible for weight, cohesion and stability. According to the concept of good management, ayurveda insists that the ‘Fault’ or Dosha, the ‘Tissue’ or Dhatu and the ‘Impurity’ or Mala should be in harmony with each other, with all the components properly balanced. These are basically therapeutic measures taken either to prevent diseases or cure them. Thus, ayurvedic procedures are done either to detoxify the body or as a prelude to strengthening the immune system ^[2]. Even today ayurvedic medicine maintains its holistic approach to health and treatment of diseases. The branches of modern ayurveda include:

- Principles of preventive healthcare for the entire family.
- Treatment of addictions.
- Purification and rejuvenation treatments.
- The ayurvedic approach to diet and weight loss.
- Musculoskeletal system treatments.
- Promotion of self-healing and resistance to disease.
- Male and female infertility.
- Beauty and cosmetic treatments for men and women ^[3].

Ayurveda objective is to help the healthy person to maintain good health and the diseased person to regain good health. The practice of Ayurveda is designed to promote human happiness at physical, mental and spiritual level. By the proper balance of all vital energies in the body, the processes of physical deterioration and disease can be reduced. This is accomplished through proper eating, thinking and living habits as well as the use of herbal remedies to treat illness.

1. In Ayurveda one is in good health when our inner and internal environment is in balance.
2. The Vata, Pitta and Kapha dosha are in balance.
3. Agni (the digestive fire) is balanced.
4. Dhatus (the 7 body tissues) are functioning normally.
5. Mala (the waste products) are produced and eliminated normally.
6. The Mana, Indriya and Atma (mind, senses and consciousness) are working in blissful harmony ^[4].

2. Ayurvedic Medicine



Fig 1: Ingredients used in Ayurvedic Medicine.

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 [5]. The aim of Ayurvedic medicine is to integrate and balance the body, mind, and spirit. This is believed to help prevent illness and promote wellness. Ayurvedic medicine uses a variety of products and techniques to cleanse the body and restore balance. Some of these products may be harmful if used improperly or without the direction of a trained practitioner. For example, some herbs can cause side effects or interact with conventional medicines [6].

Ayurvedic medicine also treats specific physical and mental health problems. A chief aim of Ayurvedic practices is to cleanse the body of substances that can cause disease, thus helping to re-establish harmony and balance [7].

3. Function of Ayurvedic Medicine

Ayurveda holds specific belief about general health and physical body. General quality of health is referred to as 'prakriti' or constitution in ayurveda. Praktiti consist three energies namely, vata, pitta and kapha.

- Pitta is made up of fire and water.
- Vata is made up of space and air.
- Kapha is made of water and earth.

Ayurvedic medicine helps to balance these doshas and increase body's ability to resist and recover from diseases [2].

4. Benefits of Ayurvedic Medicines

- Ayurvedic medicine aims at maintaining and restoring body's own capability to have balance and fight with ailments.
- Ayurvedic medicines can be safely used with other conventional medicines.
- They are non-toxic and non-invasive.
- Ayurvedic medicines are widely used to treat several physical as well as psychological conditions. Arthritis, obesity, hypertension, heart disease, nervous disorder, colds, colitis, constipation, obesity, skin problem, ulcer,

acne, allergies, asthma, anxiety, chronic fatigue syndrome, depression, diabetes, flu and immune problems.

- Ayurvedic practitioners claim that with ayurvedic medicines one can easily get relieve from stress and problem in metabolism.
- Since Ayurvedic medicines have natural ingredients, they do not have any side effects. These medicines make the person's body and mind disease free [2].

5. Key Foundations of Ayurveda

Ayurvedic medicines have several key foundations that pertain to health and disease. These concepts have to do with universal interconnectedness, the body's constitution (*prakriti*), and life forces (*doshas*).

5.1 Interconnectedness

Ideas about the relationships among people, their health, and the universe form the basis for how Ayurvedic practitioners think about problems that affect health. Ayurvedic medicine holds that:

- All things in the universe (both living and nonliving) are joined together.
- Every human being contains elements that can be found in the universe.
- Health will be good if one's mind and body are in harmony, and one's interaction with the universe is natural and wholesome.
- Disease arises when a person is out of harmony with the universe. Disruptions can be physical, emotional, spiritual, or a combination of these.

5.2 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.

The constitution is called the *prakriti*. The *prakriti* is a person's unique combination of physical and psychological characteristics and the way the body functions to maintain health. It is influenced by such factors as digestion and how the body deals with waste products. The *prakriti* is believed to be unchanged over a person's lifetime.

5.3 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.

6. Conclusion

Overall, this review provides a glimpse of the ayurvedic medicine functions and benefits in modern life style. This review also attempts to reveal the importance of Ayurvedic medicine in today's world. The hypothetical side of Ayurveda gives bits of knowledge into how to carry on with one's life in concordance with nature and regular laws and rhythms.

7. References

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