



Relevance of Ancient Ayurveda Treatment in Modern Era: An Insight

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Abstract:

Ayurveda is a significant medical system that has been a side-effect-free medical system from ancient times to modern times. It is a traditional herbal or plant-based medical system. First portion of this study deals with the sources of Ayurvedic treatment such as Atharvaveda, ancient sage Ancient sages and physicians, oral tradition, Ayurvedic scripture, philosophy and logic, Vaishesika and Nyay philosophy. Pancha Mahabhoota, Prakriti, Dosha- (Vata, Pitta, Kapha), Panchamahabhutas, saptadhatu as primary doctrine principles of ayurvedic treatment appears in second portion. Relevance of Ayurveda in modern times includes holistic wellbeing, natural remedies, stress reduction and mental health, Detoxification, prevention over cure, sustainability and environment, surgery free treatment etc. Forth section deals with the contribution ancient Ayurveda and further suggestion.

Keywords: *Ayurvedic Treatment, Panchakarma, Holistic Wellbeing, Natural Remedies.*

Introduction:

Ayurveda is a significant medical system that has been a side-effect-free medical system from ancient times to modern times. Its original source is ancient Indian medicine. Among sages, hermits, and itinerant medicos, medical information was shared. Vaidyas, who were either physicians or surgeons, were those who exclusively practiced this skill. The Indian Ayurvedic medical system was discovered by Charvaka. He authored the Charaka Samhita, a medical text that lists several illnesses and addresses how to treat them. It is a well-known herbal or plant-based treatment strategy. This medication dates back 5,000 years. In the past, plants were used to treat human illnesses. 'Herbal medicine' or 'alternative treatments' are the new names for this medication.

Ancient India is the birthplace of the well-established medical system known as Ayurveda. For ages, Ayurveda, the age-old traditional medicinal system, has been an essential component of many different cultures and civilizations. Ayurveda provides a wealth of ancient wisdom that can solve modern health issues

through its holistic approach to health and wellness. In order to support general well-being, it focuses on attaining balance in the body, mind, and spirit. “Veda” means wisdom, and “Ayu” means life. These two Sanskrit terms are the roots of the name “Ayurveda.” Ayurveda is a significant factor in the current situation because it offers long-term solutions for medical conditions with negligible or no negative effects. It can offer healthy lifestyle alternatives and enhance general well-being, and it is well-known for its “Prevention is better than cure” concept. As the “Sister Science” of yoga, Ayurveda is one of the most well-known and well-established medical systems that has developed into a comprehensive healthcare management system.

During the British occupation of India, it was extensively suppressed and was not openly practiced or taught. In India’s post-colonial era, Ayurveda was replaced by Western medicine and still continues to cross boundaries.

Source of Ayurveda

1. **Veda:** The Vedas, particularly the Atharvaveda, serve as the primary basis for Ayurveda. The use of herbs for medical purposes is also mentioned in the Rigveda, which served as the early basis for Ayurveda. In India, healing has been mentioned historically since the Vedic era. Fever, consumption, wounds, leprosy, heart illness, epilepsy and insanity, eye and ear disorders, and other medical subjects are covered in 114 hymns found in the Atharva Veda, the forerunner of Ayurveda.

2. **Ancient sages and physicians:** Ayurvedic diagnosis, therapy, and lifestyle were among the many topics covered in detail by Charaka, Sushruta, and other sages and doctors

3. **Oral tradition:** In the past, written writings and oral tradition were used to transmit Ayurvedic knowledge from one generation to the next.

4 **Ayurvedic scriptures:** Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya Samhita, and other classical texts lay the foundation of Ayurveda.

5 **Philosophy and Logic:** Ayurveda is based on ancient Hindu philosophical teachings and logic.

6. **Vaisheshika and Nyaya philosophy:** The long-standing Ayurvedic texts are based on these ideas.

Ayurveda is an ancient medical science that is still popular in the world today. Its main principles are an emphasis on nature and lifestyle, emphasis on disease prevention, and the use of natural herbs to treat diseases.

Fundamental doctrine Principles of Ayurveda

Pancha Mahabhoota: According to Ayurveda, there are five elements that make up the entire cosmos. The five elements, or Pancha Mahabhoota, are Teja (fire), Vayu (air), Jala (water), Aakash (space), and Prithvi (earth), according to Ayurveda. It is believed that these five elements combine in various ways to produce the three main body types and personality qualities, which are also known as doshas or tridoshas.

Prakriti: Prakriti is a person's natural constitution, which is determined by their dosha balance. According to Ayurveda, a person's "Prakriti" refers to their unique formation, a combination of physical and mental quality that shape their individual nature. This formation is determined at conception and remains comparatively stable throughout life, influencing everything from body type and digestion to emotional tendencies and disease susceptibility. Prakriti can be distinguished according to the prevalent Dosha or Doshas.

Tridoshas:

Vata: Generally Vata dosha controls the body's catabolism. It helps in eliminating toxins, maintaining electrolyte balance, and preserving transport between cells. The impact of this dosha is heightened by dryness.

Pitta: It is thought that the Pitta dosha controls the body's metabolism. Ayurveda uses the term "pitta" to describe one of the three doshas, or basic energies, that control mental and physical activities. Pitta, which is linked to the elements of fire and water, controls intelligence, digestion, metabolism, and body temperature. The body's heat intensifies this dosha.

Kapha: According to this theory, the Kapha dosha controls the body's anabolism. It lubricates the joints to enable appropriate operation. Sweet and greasy foods elevate this dosha. Doshas are of three types such as vata, pitta, or kapha, Vata-Pitta, Vata-Kapha, and Pitta-Kapha are examples of dual doshas. The proportions of all three Doshas are roughly equal. Any imbalance between them can lead to a condition of illness or disease.

Panchamahabhutas : Our Universe and human body made by Panchamahabhutas. They are fire, air, the atmosphere, water, and earth. Every dosha is linked to particular factors that have an impact on an individual's mental and physical well-being.

Saptadhatus: According to Ayurveda, the seven tissues that include the human body are known as saptadhatu. Saptadhatu includes Rasa Dhatu-Plasma/lymph-fluid, Rakta Dhatu-Blood, Mamsa Dhatu-Muscles, Meda Dhatu-Fat, Asthi Dhatu-Bone, Majja and Sukhra. The dominant element of rasa dhatu is water (water).

In Ayurveda, it is thought that the health of the saptadhatu is essential for overall health and well-being. Disease and other health concerns may arise if any of these tissues are out of balance. The goal of Ayurvedic treatment is to bring the seven elements back into harmony through natural treatments, dietary modifications, and lifestyle changes.

Relevance of Ayurveda in Modern Era

The contemporary lifestyle and healthcare ecosystem could be modernized by Ayurveda, which could also increase the sustainability of the medical system of the future. It is the oldest medical system in India and the world. From ancient times to the present day, the importance of Ayurveda has been increasing. During the

British era, Ayurveda was openly closed and this medical system was suppressed. It is a well-known, recognised, respected and accepted medical system that is one of the methods to cure mental health diseases and build immunity to alleviate disease and improve physical and mental well-being. History cannot destroy the benefits of Ayurveda, rather its importance is increasing today, perhaps more now than ever before.

Natural Remedies: Natural treatments are the foundation of Ayurvedic medicine. In order to treat illness, it mostly employs herbs and minerals in certain formulas. Natural treatments for pure adverse effects are superior to most synthetic medications used in contemporary medicine to avoid disease beginning through diet and lifestyle.

Detoxification: Usually, toxins accumulate due to various food intake, oxygen intake, and chaotic lifestyle. Which causes various physical and health problems such as fatigue, digestive problems, decreased immunity, create high blood pressure and sugar etc. There are several methods of detoxification, short-term and long-term methods, besides changing the diet, regular physical yoga and taking Ayurvedic medicines, our body can be eliminate these harmful substances and restore its natural balance. Detoxification can improve your general health and wellbeing and leave you feeling refreshed and invigorated.

Holistic Well being: It considers a person's physical, emotional, mental, and spiritual needs in order to create a comprehensive system for them. It stands in stark contrast to the compartmentalized strategy used in modern medicine, which focuses on separate bodily regions or certain problems at a time. Modern medicine has created concentrated agents that target particular symptoms or isolated bodily areas at once. Nevertheless, Ayurvedic medicine employs a holistic approach that focuses on healing the illness from its root rather than just curing it.

Prevention over Cure: In essence, Ayurveda is preventive medicine. It provides proactive methods to maintain good health and prevent disease by following dietary guidelines and panchakarma detoxification procedures. Most modern healthcare systems use this method to diagnose and treat illnesses after they have appeared which involves a cycle of medication and avoidable side effects.

Strengthen the Immune System: Ayurveda is a healthcare system that builds and strengthens immune system. Immunity is a force that prevents disease from attacking. This leads to frequent fevers, digestive problems, and attacks of various climate-related diseases, such as common colds, flu, rash, autoimmune diseases, and even cancer hence the immune system supporting and strengthening the immune system is essential to good health. Regular intake of protein-rich foods, increasing digestive power, regular exercise, walking, helps to boost the system. Digestion is the process of converting food into energy and nutrients that the immune system needs, as also other systems in the body. Actually proper nutrition, proper digestion, and regular elimination of waste increases immune system. It helps us healthy and wellbeing from chronic infections and diseases.

Sustainability and Environmental Harmony: The tenets of Ayurveda also encourage eco-friendly and sustainable living. Seasonal living and reliance on natural medicines bring life closer to nature. This runs

counter to some significant resource-based aspects of contemporary healthcare. It results in significant waste throughout the production process, as well as the depletion of pharmaceuticals and biomedical disposables.

Stress Management: Busy life, work overload, politics, economic problems, media, everything is the main reason for our stress. Stress creates painful experiences in our mind and heart due to which we forget again and again which is the cause of our heart disease and cancer. Ayurveda has shown that toxins are the main cause and the root cause of this disease. Ayurveda contends that stress is a significant source of toxins which are the underlying cause of illness. As a result, a large number of Ayurvedic medicines and herbal remedies are intended to reduce stress, lessen the harm that stress causes, and promote mental calm, relaxation, and rest.

Surgery Free Treatment: Most people undergo knee replacements, heart surgeries, gallstone surgeries, and tumor surgeries, which are allopathic treatments. Ayurveda always provides surgery free treatment such as Panchakarma, Yoga, Massage, Acupuncture, Herbal Medicine, Ksharasutra (for anorectal conditions), Raktamokshana (bloodletting), agnikarma (cauterization), Jalaukavacharana (leech therapy), Siravyadhana (venesection), all aimed at promoting overall health and well-being. It will help you heal more quickly and cleanse your body of all the medications you were given both during and after the procedure.

Free from Prescription Drugs: During seventh or eight decades, doctors have been advising patients to take pills for blood pressure control, cholesterol, headaches, allergies, and diabetes. We need more and more medication to control different diseases. Literally and symbolically, Ayurveda gives everyone the expertise to create their own prescriptions. Right when to eat, how much to eat, what to eat, when to take supplements, when to go to bed, when to work, when to exercise, and so forth are all things you can prescribe for yourself. You may write your own prescriptions and take total control of your life if you study, comprehend, and implement the Ayurvedic principles of healthy living.

Ancient Indian Medical science and contribution of Ayurveda

1. Ayurveda is a valuable surgery free treatment system for treating various diseases and leading a healthy life.
2. It uses natural and herbal ingredients to treat diseases, which can be an example for modern medical systems.
3. Ayurveda emphasizes on the mental and physical health of a person.
4. Ayurveda has enriched medical knowledge and its use is seen in different countries of the world.

Suggestions

1. Ayurveda can be integrated with modern science and medical methods.
2. It is a natural and healthy medical system, which can be beneficial for humans.

3. More diseases can be treated through research and development of Ayurveda
4. Presently deadly diseases cancer can be eradicated through Ayurvedic treatment

Conclusion:

Ayurveda is a philosophy and a way of life that is known for its medical practices for living a healthy and wholesome life. It promotes holistic living and helps people maintain their health. Ayurveda is a science that may readily be adapted to contemporary healthcare, combining its holistic, preventive, and natural practices with the best aspects of contemporary technology and medical science breakthroughs. A more balanced and sustainable society can benefit from the far more individualized and sustainable health care that this combined approach can offer.

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