

**COALESCENCE OF TRADITIONAL AYURVEDA WITH MODERN
MEDICINE*****Pandey Nitin and **Srivastava Niraj**

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Technology as well as researches has risen the vitality of modern medicine in terms of numerous treatment to various diseases, claiming better than before, Irrespective of this we are suffering from various Lifestyle disorders, Chronic impending diseases, resistance as well as side effects of use of the modern medicines. Story is not ended here, as we all know that India is a vast country with full of diversity in form of race, religion, way of living and ofcourse beliefs, keeping in view with this diversity, we have to focus on a unique creation of a health care system that consists in fusion of ayurveda and modern medicines,

so that we can utilize the best of both the system and provide better treatment, disease prevention, protection and health rejuvenation in a holistic manner and surely this symbiotic system is more effective than either system used alone with high acceptability and less toxicity.

KEYWORDS: Modern medicine, Ayurveda, Holistic manner, Symbiotic system.**INTRODUCTION**

The present era has shown a significant change in the entire thinking about the problems of health and disease towards its preventive measures. At this stage, it will be of great help, if the measures ascribed in Ayurveda, in relation to prevention of diseases and induction of positive health are taken into consideration and employed at large in the society alongwith modern medicine. As we know that Ayurveda is a science of life. Its first and foremost aim is to preserve the good health and to prolong the life, and secondly to combat the diseases.^[1] Dealing with the aim of Ayurveda, it has been further said that the maintenance of homeostasis in the functioning of the body tissues is the main objective, of this science.^[2] The

classics consider Ayurveda as Holistic because it considers life process in totality encompassing the body, the mind and the soul all the three in one sweep. Now if we look towards modern medicine system there is complete ignorance of social, spiritual and environmental health aspects, what they assure is only physical and mental health and as per WHO definition, Health is not merely the absence of a disease or infirmity, but a state of physical, mental and social well being.^[3] This may be probably due to incomplete approach of modern medicine system towards health, inability to reach the root causes of chronic diseases and its general failure to provide safety and affordability.^[4] So to assure the complete health care in the society there is need of preserving, protecting and rejuvenating health along with effective, safe and economical approach and this can only be possible by collaboration of ayurvedic system of medicine and modern medicine as no medical system is complete in itself. This symbiotic interaction of allopathy and ayurveda,^[5] can be enhanced by the use of modern technologies to explore the traditional ayurvedic concepts so that they can be interpreted in the light of modern health care.

Novel Approach: Demand of Times

One can not deny the fact that with the advent of science and technology the life of man became easier and comfortable. Modern inventions and researches have given a new shape to modern medicine such as diagnostic tools, therapeutic formulations and identifying diseases at minutest levels along with its suppression. The basic aim of these discoveries was to full the life of man with happiness, peace and love. Interestingly enough, the result are totally opposite, as we are getting more diseases, mental instability, loneliness etc. The basic reason might be either we are going in wrong direction or there is incomplete approach towards health as well as incapability to find out the basic pathology of problem. Now if we see and study the available contents of ayurveda and modern medicine, it apparently reveals that ayurveda is an experiential science in contrast to modern medicine which is an experimental science .Secondly; Auyrveda makes holistic and synthetic approach to all problems of life, health, disese and cure, in contrast to modern medicine, which always makes analytical and reductionist approach to the understanding of the phenomenon of life, health and disease. Because of these fundamental distinctions between two sciences, the discriptions available, in their literature are highly divergent and many times conflicting making the interaction difficult. However, because the main objectives of both the science is one and same i.e. disease free society, healthy life and its welfare; so it may not be difficult to create a unique health care system that consist of both the sciences and their ideas, as it is demand of times

and also to get rid of from various lifestyle disorders, chronic diseases, aging etc. So an integrated approach is demand of times as by working together they can develop an understanding of the diverse healing traditions and enhance the communication skills in order to optimize the risk benefit profile of the medicines.^[6]

Uniqueness of Ayurveda

Ayurveda gained recognition since years ago. It deals not only with body but with mind and soul as well. It works by concept of tridosha i.e. Vata- Pitta and kapha and their qualitative disturbance leads to disharmony of doshas, resulting in the occurrence of various diseases.^[7] So the principle of treatment is mainly based on to restore the balance between these three doshas. According to ayurveda, origin of all the living and non-living things i.e. every substance in this universe is made up of five basic elements i.e. Pancha mahabhutas; hence, every substance in nature has the potential to be a medicine.^[8] It is unique in itself as it has set itself well to modern scientific parameters. It started with magico-religious practice but matured into a fully developed medical science with eight branches firmly established. Ayurveda works by defensive manner rather than offensive. It focuses on making the immune system of person so strong that it becomes capable of enduring any physical, mental or emotional stress (By the use of Rasayana Therapy)^[9]. Ayurvedic therapies like panchakarma (Detoxification therapy) is a special techniques related to rejuvenation, cleansing and healing practices. Ayurveda emphasizes the treatment of disease in highly individualized manner as it believes that every individual is unique in having different constitution and this concept has given a vision to the scientist to study the genetic makeup of a person deeply to mark an individual susceptible for predisposition to any disease, prediction of disease prognosis and also to govern the choice of therapy.^[10,11]

Need Of Integration

- The main intention of this integration is to derive the best from both streams, resulting in the welfare of the society, as no medical system is complete in itself. The main objective of this integration is to assume all aspects of health and safe management to acute as well as chronic and lifestyle disorders.
- Diagnostic tools of ayurveda when combined with evidenced based medical system will definitely be helpful to reach the confirmatory diagnosis.
- Individualized or Personalized health care is another important feature of classical ayurveda and that can be achieved by the fusion of both the sciences.

- Can minimize the adverse effect of allopathic drugs i.e. in form of prophylactic strategy.e.g.- use of *Tinospora cordifolia* can be added with allopathic medicine to reduce their hepatic toxicity.^[12,13]
- Herbal drugs can enhance the therapeutic efficacy of allopathic drugs by their synergistic action.e.g.- Use of *Terminalia arjuna* in heart failure.^[14]
- Rasayana therapy can be combined with allopathic drugs for rejuvenation as well as to increase the endurance in diseased person.
- Helpful for stress management by techniques such as Yoga, meditation and relaxation.
- Get ideal food habits as suggested in classical ayurveda to prevent from various seasonal as well as lifestyle disorders.

CONCLUSION

Successful integration will surely result in standard medical care system. This successful merging should aim at taking the best from both disciplines and neglecting the weaker areas. For this researches must study the detailed ayurvedic study and how to merge with modern medicine to produce best results for individual in concern and society on the whole. If this is successfully done, established and approved it too can seek for global recognition.

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