

CONCEPT OF PREVENTIVE MEDICINE IN AYURVEDA**Dr. Shivani Patkar^{1*}, Dr. Pulsi Paday², Dr. S. N. Tiwari³ and Dr. Pravanjan Acharya⁴**¹Md Scholar, ²Assistant. Prof., ³Associate Prof., ⁴Hod- Dep. of Sam Siddhant

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(M.P.).**ABSTRACT**

Thousands of years ago the Indian sages described a healthy way of life style for human being. Ayurvedic preventive medicine is called swasthavritta i.e. establishing oneself in good habits to stay healthy and fit. Despite modern medical science has declined the threat of death and disability from infectious disease through vaccination and antibiotics but all these things having their side effect as well as costly. Ayurveda is the science of life with the primary aim of maintaining the health. In today's time various govt. programs are being promoted to Ayurvedic therapies.

KEYWORDS: Prevention, health, achar- rasayana, din chrya, life.**PREVENTION**

- The goal of medical fraternity is to promote health, to preserve health, to restore health when it is impaired and to minimize disease and distress. These goals are embodied in the word "PREVENTION"
- In Ayurveda scriptures, the whole healthy circle however is described as preventive medicine.

INTRODUCTION

Ayurveda is believed to be the oldest medical science of human civilization. The real value of Ayurveda lies in its basic principles including panchmahabhuta, dosh, dhatu mala, ras, guna, agni, srotas etc and its personalized approach to nidan (etiology), chikitsa (treatment), rasayana (macrobiotics/life lengthening drug).

Contemporary Ayurveda has been formalized and institutionalized on aspects such as education, clinical approach, pharmacopeia, and product manufacturing starting from late 19th

century. in the post independent periods in india. It has been recognized and legitimized as one of the formal healthcare system of the country.

CONCEPT OF HEALTH IN AYURVEDA

SWASTH – तस्मादात्मवता नित्यमाहाराचार भेषजं |
धीमता तदनुष्ठेयं स्वास्थ्यं ये यानुवर्तते || वृन्द माधव 81/2

Health

Definition of health is proposed by WHO 1948

- Health is a state of complete physical, mental, and social well being and not merely the absence of disease or infirmity.
- The state of being well and fresh from illness.

The definition of health as encompassing all 3 dimension of health similarly shusrut samhita by aacharya shusrut.

समदोषः समाग्निश्च समधातु मलक्रिया

प्रसन्नात्मन्द्रिय मनः स्वास्थ्य इत्यभिधीयते || (सु.सू. 15/48)

SAMDOSHA – balanced humour

SAMAGNISCH- balanced enzyme and metabolites

SAMDHATU – balanced tissue system

MALAKRIYA- state of excretory system

PRASANNA - ecstasy

ATMENDRIY MANA- soul some organ and mind

SWASTHY ITIBHIDHIYTE- called healthy state.

COMPONANTS OF HEALTH AND THEIR IMPOTENTS

PHYSICAL – triupstambh, dinchrya, rituchrya

MENTAL - Achar rsayan, sadvritta

SOCIAL – Dharniy vega, Adharniy vega

SPRITUAL – Yoga and pranayam

ENVIROMENTAL – janpdodhwansh

MENTAL – eshnaye etc.

For example

Dincharya

- ब्रम्ह मुहूर्त उत्तिष्ठेत स्वस्थो रक्षार्थमायुषः॥ (अ.ह.सु 2)

✓ Wake up 90 minuts before in sunsine

✓ In this time NASCENT OXYGEN →MIX HB →OXY- →HB MUSCLE & TISSU NOURISMENT.

✓ BRIGHT LIGHT EXPOSURE →SEROTNIN RELEASE WHICH CONTRIBUTES



TO FEELING OF WELL BEING ,HAPPINESS,KEEP PERSON ACTIVE AND ALERT.

- **Ushna jalpana**

✓ 1-2 glass water kept for whole night should be taken before sunrise.

✓ Not drinking enough water in a day is also triggering factor for renal stone, haemorrodesand constipation.

- **Dantdhavan**

✓ It stimulates tast perception and increase the salivation

✓ In ayurvedic text it is mentioned to clean the teeth by chewing twings of certain medicinal plants.

- The **sauviranjana** is good for the eyes should be apply to eye daily.by this eyes become beautiful, capable of seeing even minuts object.

- Anutaila should be put in the nose.persone who uses the nasya daily will have their skin neck shoulders face chest strong and good looking.

- Udwartn, dhumpan, snan, abhyng. food intake etc are include in dinchrya.

- Ritucharya, sadvritta, achar rasayana, dharniya adharniya veg, yog eshnaae etc are included in components of health.

- many components of health can be effected by other component. if one component is weak it can effect your overall health.

PRESPECTIVE OF MODERN MEDICINE

- Medicine is the applied science or practice or diagnosis treatment and prevention of disease. it encompasses a verity of health by the prevention and treatment and illness in human beings.

- Modern medicine is mainly evidence based. In contrast with the traditional healthcare provider.
- Modern medicine with its continued on going research in various field has led to remarkable achievement in understanding various disease process their causative agent and developing newer drug and technology to deal with them. has successfully reduced the prevalence of infectious disease and significantly improve the quality of life of patients with chronic ailments. so we can't think of holistic health without the help of modern medicine.

CONCEPT OF COMPLETE LIFE

According to Vedas a human being should strive for four basic instincts in life example- dharma (the code of conduct), artha (money etc), kaama(desire), moksha(spiritual end). acquiring these instincts in a fair way means living a complete life. for a person need complete wellness which is provide with the help of ayurveda. the basic motto of ayurveda are “**SWASTHASYA SWASTHYA RAKSHNAM**” means to maintain the health of a healthy individuals and “**ATURASYA VIKAR PRASHMANM**” is to cure the disease of a patient. complete health refers to physical and mental health.

Health and disease in Ayurveda

Ayurveda considers the human being as a combination of two basic elements: consciousness (chetana) and inert matter (jada). The relationship between these two entities makes a human being. The realms within, therefore, consist of not only the physical and physiological aspects, but also the mind and subtler levels of awareness/consciousness. Ayurveda connects these realms and adopts a comprehensive view of life and health. It says that the subtler levels within influence the physiology. Susruta defines a healthy individual as

samadosha: samagnischasamadhatumalakriya.

prasannatmaindriyamana: svasthaitiabhidheeyate

(su.15/48)

In essence, “a healthy person is one whose dosha, dhatu(structural entities) and metabolic end products are in equilibrium. Further, there must also be clarity in consciousness, senses and mind for a healthy state.”

Health is that state in which the functions and parameters under the tridosha (vata, pitta and kapha), exist in fine balance; and disease occurs when there is an imbalance in

these. Dosha, thus, represents a different perspective of the human body and provides a conceptual framework very different from that of western medicine. Ayurveda does not adopt a structural view like that of western medicine, but considers life as a complex and dynamic interaction of various functions and parameters, thus giving it a distinct approach in dealing with the human body in an integrated and holistic way. Everything from medicines and diet to mental, physical and emotional activities, and even seasons are classified and understood in terms of the changes they cause in the dosha, i.e. various functions and parameters in the body.

PRACTICAL GUIDELINE

Guideline have a range of purpose intended to improve effectiveness decrease and quality of care to decrease variation in clinical practices and to decrease costly and preventable mistakes and adverse event. they generally include statements of expected practices provide benchmarks or standard against which individuals can audit, compare and potentially improve their practices or guidance regarding undertaking particular task.

- ✓ Good clinical practices is a set of guideline in ayurveda.
- ✓ drug and cosmetic **act 1940** and the rules made there under.
- **And its protocol is-** general information
- Objectives and justification
- Ethical consideration
- Study design
- Inclusive exclusive and withdrawal of subjects
- Handling of the ASU drug /patient or proprietary medicine
- Assessment of efficacy
- Assessment of safety
- Statistics
- Data handling and management
- Quality control and quality assurance
- Public policy etc.

Medical ethics in classical Ayurveda

The Ayurvedic physician is entrusted with both the physical and mental well-being of the individual and the community, is considered the most important factor for successful treatment, and is expected to maintain a high level of personal and professional integrity

when dealing with patients. The code of ethics embodied in Ayurveda sets out the criteria for good physicians, teachers and medical students. Compassion, integrity, respect, honesty, courage and conscientiousness are considered the cornerstone of medical ethics. There is emphasis on the doctor's need to transcend the needs of the physical body and connect to the self of the patient. In order to evolve to this state, the physician has to lead a life of integrity and renounce material wealth. Ethics is taught not merely for its own sake but because it is considered essential on the path to the final goal in life. The same is conveyed to the patients as well.

AYURVEDA AS A COMPLEMENTARY SYSTEM OF HEALING

- The basic difference of ayurveda and western medicine is important to understand. Western medicine currently tends to focus on symptomatology and disease ,and primarily uses drug and surgery to rid the body of pathogens or disease tissue. many life have been saved by this approach. in fact surgery is encompassed by ayurveda.
- However drug because of their toxicity, often weaken the body. Ayurveda does not focus on disease rather ayurveda maintains the life must be supported by energy in balance. The body natural defense system will be strong and can more easily defend against disease.
- It Must be emphasized that ayurveda is not a substitute for western allopath medicine. Ayurveda can be used in conjunction with western medicine to make a person strong. and less likely to be afflicted with disease and/or to rebuild the body after being treated with drug and surgery.

EVALUTION AND TREATMENT OF IMBALANCES

- Ayurveda encompasses various techniques for assessing health. the practitioner carefully evaluates key signs and symptoms of illness. especially in relation to the origin and cause of an imbalances. they also consider the patient suitability for various treatment.
- The practitioner arrived at diagnosis through direct questioning observation and a physical exams. as well as interference basic techniques such taking the pulse, observing the tongue, eye and physical form, and listening to the voice are employed during assessment.

Model healthcare plan by goverment in ayurveda that is

- Ayushman bharat yojna
- CCRAS (central counseling of research in ayurveda)
- Ayush gram yojna

- More ayurvedic hospital in urban areas and rural areas
- CHC, PHC, NRHM etc
- Several camp organized by govt.
- Free body chekup like- diabetes,CBC, hb etc
- Properly delivery doing by ayurvedic method(some time give mixed treatment)

FUTUER STRATIGES FOR ORESERVATION OF HEALTH

- Improvement of research and methodology
- Validation of ayurvedic drug with reverse
- Active involvement of government
- Development of ayurvedic pharma sector
- Resolution of controversies of ayurvedic drug
- Improvement in personalized medicin with modern technology
- Revalidation of clinical trials
- Upgradation of ayurvedic literature
- Encouragement of research on ayurvedic fundamentals
- Evidence based benefits of traditional approaches.
- Improvement of quality of herbal drug.
- Encouragement of interdisciplinary research

DISCUSSION

In India like any other developing country. more than 90% of the population relies on complementary and alternative medicine for primary care, particularly ayurvedic medicine and yoga. Ayurveda collages around 20 thousand physicians every years to meet this soaring demands. Many of them practices modern medicine as per the need of patients although medical council of India. Has not include any of the ayurved aspect in the MBBS curriculum.this has m major rift between practitioner of modern and ayurvedic medicine.recently government has also allowed ayurvedic physicians to practice modern medicine. this has again created debate and widened the gap between these 2 healthcare physicians practicing traditional system still form the backbone of rural health care in India. Even in urban areas ayurvedic treatment e.g.- panchkarma and various dietary and health care products are gaining popularity.

CHALLENGES

- ✓ To make ayurvedic key concepts like prakruti and panchkarma more scientific and evidence based.
- ✓ Drug trials about the safety and efficacy of ayurvedic drug.
- ✓ Publication of ayurvedic studies in good quality peer reviewed journals.
- ✓ Collaborative effort in providing treatment by modern and ayurvedic physicians.

Thus on one hand we have modern system of medicine with all the glamour as well as attention from higher authorities but lacking holistic approach and on the other hand our thousands of year old tradition healthcare system having holistic approach but seems to be in a pathetic conditions. We feel that this is the right time to build the bridge between these two healthcare system to achieve the goal of complete health to all lead globally in medical science.

CONCLUSION

Every healthcare system has its own limitations and advantage. there condition where one system many work better than the other depending upon the nature and course of illness. Aggressive effort are need by govt. bodies, ayush. MCI to follow an integrate approach which will be based upon need assessment. Moreover extensive collaborative research using multispeciality is also the need of tiem. Modern medicine with its advanced technology and ancient ayurved with is age old techniques.if go hand then the day is no longer when India will become a global leader in complete health solution.

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