

## THE HEALING ARCHITECTS: A JOURNEY INTO THE SUPREMACY OF VISHAGA (DOCTORS) AND THE ART OF MEDICINE

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### ABSTRACT

This paper delves into the iconic legacy and present day relevance of Ayurvedic remedy, emphasizing the pivotal role of Ayurvedic doctors inside the holistic recovery paradigm. Ayurveda, a device of medicine with origins in historical India, is based on ideas that are seeking for to harmonize the frame, mind, and spirit through herbal and customized interventions. The text explores the philosophical underpinnings of Ayurveda, highlighting its emphasis on balance, prevention, and individualized remedy.

Valuable to this exploration is the position of the Ayurvedic health practitioner, whose understanding transcends mere prescription of herbal treatments. Those practitioners encompass the twin roles of healer and truth seeker, utilizing a deep know-how of human body structure, natural pharmacology, and diagnostic strategies specific to Ayurveda. The take a look at also contrasts Ayurvedic approaches with

the ones of modern allopathic medication, illustrating how Ayurvedic ideas can supplement cutting-edge scientific practices, especially in chronic and lifestyle-related ailments.

Moreover, the paper investigates the resurgence of Ayurveda in global fitness discourse, fueled with the aid of increasing hobby in alternative and complementary medication. This resurgence is framed within the broader context of integrative medication, wherein Ayurvedic practices are more and more identified for his or her ability to decorate properly-being and prevent sickness.

Thru case studies and empirical evidence, the paper showcases the efficacy of Ayurvedic treatments in dealing with conditions which include pressure, digestive problems, and metabolic syndromes. It also addresses the challenges faced by using Ayurvedic practitioners in a predominantly allopathic healthcare system, advocating for extra integration and recognize for various medical traditions.

In end, "The recovery Architect" underscores the supremacy of Ayurvedic doctors inside the artwork of drugs, advocating for a holistic method to fitness that honors ancient wisdom at the same time as embracing current clinical improvements. The paper requires a greater inclusive healthcare framework that recognizes the fee of Ayurvedic standards and the profound contributions of its practitioners to worldwide fitness and nicely-being.

**KEYWORDS:** Vishaga, Vaidya, Ayurvedadic physician.

## INTRODUCTION

Ayurveda, a 5,000 years old device of herbal healing that has its origins within the Vedic lifestyle of India, stays one of the global's maximum state-of-the-art and powerful thoughts-body health structures. more than a trifling device of treating illness, Ayurveda is a technology of lifestyles (Ayur = life, Veda = science or understanding). It offers a body of information designed to help humans live colourful and healthful even as figuring out their complete human ability. Ayurvedic doctors, frequently revered as "healing architects," play a critical position on this ancient exercise, skillfully mixing science, philosophy, and art in their technique to medicine.

In this article, we delve into the supremacy of Ayurvedic doctors, exploring their education, practices, and the profound effect they've at the art of medicine. we will journey through the standards of Ayurveda, the holistic tactics taken by means of those practitioners, and the way they integrate conventional information with modern clinical advancements to offer a completely unique and effective shape of healthcare.

The Philosophy and principles of Ayurveda is based totally at the notion that fitness and well being depend upon a sensitive stability between the mind, frame, and spirit. Its principal purpose is to promote true health, no longer combat ailment. but, treatments may be geared towards precise fitness issues. The standards of Ayurveda are derived from historical texts

consisting of the Charaka Samhita and the Sushruta Samhita, which give detailed descriptions of the idea and exercise of this scientific machine.

**The doshas:** Vata, Pitta, and Kapha on the center of Ayurvedic remedy is the idea of doshas, that are the essential physical bio-factors that govern the physical and intellectual strategies of every man or woman. The three doshas are Vata (air and area), Pitta (hearth and water), and Kapha (Earth and Water). anybody has a unique combination of those doshas, which outline their charter and have an impact on their fitness and persona.

Understanding one's dosha is crucial for Ayurvedic docs, as it publications the analysis and treatment technique. The balance of doshas may be disrupted through various factors which include food plan, life-style, and environment, main to contamination. Ayurvedic treatment targets to restore this balance via personalized strategies.

The position of ayurvedic medical doctors schooling and nurture turning into an Ayurvedic medical doctor requires rigorous schooling and training. In India, the look at of Ayurveda is formally dependent via institutions that offer ranges inclusive of Bachelor of Ayurvedic medication and surgical treatment (BAMS). The curriculum covers a huge range of subjects consisting of anatomy, body structure, pharmacology, and pathology, incorporated with Ayurvedic concepts and practices.

The schooling also emphasizes the importance of realistic enjoy. College students undergo internships and apprenticeships beneath experienced practitioners, mastering to diagnose and deal with sufferers with numerous situations. This holistic training equips Ayurvedic doctors with the expertise and abilities to cope with fitness problems from a complete perspective.

### **Diagnostic techniques**

Ayurvedic diagnosis involves a mixture of traditional methods and modern diagnostic equipment. One of the key diagnostic strategies is "Nadi Pariksha" or pulse prognosis, in which the medical doctor feels the patient's pulse to decide the stability of the doshas. other techniques include examining the tongue, eyes, and physical appearance, as well as expertise the patient's records and lifestyle.

Those diagnostic techniques permit Ayurvedic doctors to become aware of imbalances in the doshas and underlying fitness issues. the focal point is on understanding the foundation reason of the hassle instead of just treating the symptoms.

**Ayurvedic Remedies and Herbal, Mineral medication**

One of the cornerstones of Ayurvedic treatment is using herbal medicines. Ayurveda employs a giant array of herbs, each with specific restoration homes. Those herbs are used to prepare various formulations together with powders, drugs, oils, and decoctions. a few generally used herbs consist of Ashwagandha (*Withania somnifera*), Turmeric (*Curcuma longa*), and Neem (*Azadirachta indica*).

Ayurvedic doctors pick out herbs based totally on the patient's dosha and the character of their health condition. The purpose is to restore stability and enhance the body's herbal recovery strategies. unlike many cutting-edge drug treatments, Ayurvedic natural treatments often have fewer facet results and are designed to support basic fitness and well being.

**Panchakarma:** The 5 treatment options Panchakarma is a fixed of 5 healing tactics geared toward detoxifying and rejuvenating the body. These treatment plans encompass Vamana (Emesis), Virechana (Purgation), Basti (Enema), Nasya (Nasal management), and Raktamokshana (Bloodletting). Panchakarma is considered a cornerstone of Ayurvedic remedy, imparting profound cleaning and revitalization.

Each of those remedies is customized to the man or woman's dosha and fitness situation. Panchakarma not only facilitates in treating sicknesses but additionally promotes longevity and improves usual fitness. it is often used as a safety measure to preserve health and save you future illnesses.

**Dietary and life-style pointers**

Ayurveda places great emphasis on food regimen and lifestyle as key factors in keeping fitness and preventing ailment. Ayurvedic doctors provide personalised nutritional tips based at the patient's dosha and fitness condition. The eating regimen is designed to balance the doshas, beautify digestion, and help basic properly-being.

Further to weight-reduction plan, lifestyle modifications are an crucial a part of Ayurvedic remedy. This consists of guidelines on daily workouts, workout, sleep, and strain management. Practices together with yoga and meditation are often endorsed to assist mental and bodily health.

**Integrating Ayurveda with modern-day remedy****Complementary and Integrative strategies**

In latest years, there has been a developing hobby in integrating Ayurveda with cutting-edge medicine. This approach, called integrative medication, combines the satisfactory of both worlds to provide complete healthcare. Ayurvedic doctors collaborate with contemporary medical practitioners to offer holistic remedy plans that cope with the basis causes of infection at the same time as dealing with signs.

For example, Ayurvedic remedies can be used alongside conventional treatments for persistent situations which includes diabetes, arthritis, and cardiovascular diseases. This integrative technique now not handiest improves affected person effects however also enhances the overall great of lifestyles.

Studies and proof-based totally practice whilst Ayurveda is based on historical know-how, it's far increasingly being studied and verified through present day clinical research. severa studies have proven the efficacy of Ayurvedic remedies in coping with various fitness situations. As an instance, research has shown that Ayurvedic herbs such as Ashwagandha and Turmeric have mighty anty inflammatory and antioxidant houses.

Ayurvedic doctors also are engaged in scientific research to explore new treatments and validate traditional practices. This evidence-based totally approach enables to bridge the distance between conventional and contemporary medicine, making Ayurveda extra reachable and suitable to a much wider audience.

**The global effect of ayurvedic medicinal drug developing popularity worldwide**

Ayurveda is now not restricted to India; it has won popularity global. human beings from extraordinary cultures and backgrounds are turning to Ayurveda for its holistic approach to fitness and well-being. Ayurvedic spas, well-being centers, and clinics have sprung up in diverse parts of the world, providing remedies and therapies to a global clientele.

The arena health organization (WHO) has identified Ayurveda as a conventional device of drugs, and efforts are being made to integrate it into countrywide health systems. This worldwide reputation has paved the way for the standardization and law of Ayurvedic practices, ensuring first-class and safety.

**Demanding situations and opportunities**

Notwithstanding its growing reputation, Ayurveda faces numerous demanding situations. One of the important challenges is the lack of standardized guidelines and exceptional manipulate for Ayurvedic products and practices. There may be additionally a need for extra rigorous clinical studies to validate the efficacy and safety of Ayurvedic remedies.

But, those demanding situations also gift possibilities for increase and development. by addressing those problems, Ayurveda can retain to increase its reach and impact, providing a precious complement to fashionable medication. The collaboration among Ayurvedic medical doctors, researchers, and policymakers can pave the manner for a greater integrated and holistic approach to healthcare.

**AIMS AND OBJECTIVES**

1. To carry out the detailed study about Vishaga and to find out the speciality of the physician so that patient can be benefitted.
2. To Study and understand the importance of Vaidya in the society.

**Need of the study**

Though the concept of Vishaga has been introduced thousands of years ago, we find a gradual deterioration of ethical standards of Vishaga in the practice of medicine. In present time there are no exact guidelines in regards to Doctor patient relationship which is in fact one of the prime factor of the treatment. In such circumstances the ethical principles, as laid down in the ancient Indian system of medicine will serve as a guiding light. This may help to continue gaining the respect and patronage in the society as in the past.

**CONCLUSION**

Ayurvedic medical doctors, the "recuperation architects," play a pivotal role inside the historic and revered machine of Ayurveda. Their comprehensive training, diagnostic abilities, and personalized remedy techniques exemplify the artwork of medication. Through blending traditional wisdom with modern-day technological know-how, they provide a unique and effective form of healthcare that promotes basic nicely-being.

As Ayurveda maintains to benefit international popularity, the role of Ayurvedic doctors will become an increasing number of critical. Their ability to offer holistic, patient-centered care makes them worthwhile in the quest for health and well-being. the journey into the

supremacy of Ayurvedic medical doctors is a testament to the enduring relevance and transformative power of this historic restoration device.