

A REVIEW STUDY - IMPORTANCE OF AYURVEDIC MEDICINE IN MODERN LIFESTYLE

^{*1}Dr. Ashwini Ankush Zanjad and ²Proff. Dr. Sanjeev Lokhande

¹Kayachikitsa Department BAMS MD Scholar.

²(BAMS MD Kayachikitsa) Department of Kayachikitsa Ashvin Rural Ayurvedic College,
Manchi Hill, Sangamner.

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***Corresponding Author**

**Dr. Ashwini Ankush
Zanjad**

Kayachikitsa Department
BAMS MD Scholar.

● ABSTRACT

The word “Ayurveda” meaning knowledge of life and longevity. Rather than frequent usage of Medicines in common disorders, Ayurvedic medicines are as good as food which serve role of the nutritional needs. Because of the changing in life style and carelessness towards sickness with respect to time as well as money, people are growing modernization some traditional ways. Now a days, There has Been increased global interest in traditional medicine Ayurveda is considered as one of the oldest traditional system of medicine accepted worldwide 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 ground they cases about viability and well being are not sponsored with proof and clinical information this review aims to bring into limelight the basic principle of ayurveda the paper briefly defines Ayurveda, Ayurvedic medicine, and it's function and key foundation of Ayurveda.

● **KEYWORDS:** Ayurveda, Ayurvedic medicine Health system.

● INTRODUCTION

All traditional medicines are of its own regional effects and dominant in the West Asian nations; India, Pakistan, Tibet, and so forth, East Asian nations; China, Korea, Japan, Vietnam, and so forth, Africa, South and Central America. The universal argument between modern medicine and traditional medicines exist in the market since long back, however therapeutic knowledge of Indian traditional medicine has propelled various traditional

approaches with various theories and methodologies, which are of regional significance. 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 along with fingerprints.

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.

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.

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. 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.

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 harmon.



Fig 1: Drugs used in Ayurvedic Medicine.

- **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.

● **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.

Indian traditional medicines available in Ayurveda

Medical Emergencies available in Ayurveda

There are certain embarrassing symptoms in

- Fever these conditions are
- Tandrika Sannipat Jwara Bhava
- Typhoid state
- Prelapaka Sannipat Jwara Bhava
- Febrile delirium
- Akshapaka Sannipat Jwara Bhava
- Febrile Convulsions
- Karnika Sannipat Jwara Bhava

- Infective Parotifisa Mumps
- Teevre Sannipat Jwara Bhava
- Hyperpyrekia
- Sheetanja Sannipat Jwara Bhava
- Subnormal Temperature or Crisis
- Swasa-santamaka or Pratamaka
- Dyspnea with fever
- Shoola
- Painful condition
- Anidra
- Sleeplessness
- Antarlohitā and many other

MATERIAL AND METHODS

Various ayurvedic classical text have been used for this study as source materials. main ayurvedic books used are charak samhita, sushrut samhita, Ashtang hrudya, Bhavpraksh, sharndhar samhita, yogratnakr, swasthavritta samuchchya and available commentaries on it. apart this relevant modern medical science books, various research / review article and websites are also been used for this.

RESULT AND CONCLUSION

Overall, this review provides a glimpse of the ayurvedic medicine function and benefits in modern lifestyle. 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.

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