

E-CONTENT

UDAI PRATAP COLLEGE, VARANASI

.....
Programme/Class: Diploma in Plant Identification, Utilization & Ethnomedicine

UG, Year: II, Semester: IV, Paper: I

Subject: Botany; Course Code: B040401T;

Course Title: Economic Botany, Ethnomedicine and Phytochemistry

Credits: 4, Course compulsory; Max Marks: 25+75

.....

Class: B.Sc. –Botany

Year: II, 3rd Semester, Paper: I, UNIT: V

Topic: Importance of Ethnobotany in Indian System of Medicines-Ayurveda

Name: Prof. Ajai Kumar Singh, Department of Botany,

Faculty of Science, Mobile No. 9450538149, E-mail: ajaiupcollege@gmail.com

.....

Ayurveda System of Medicine

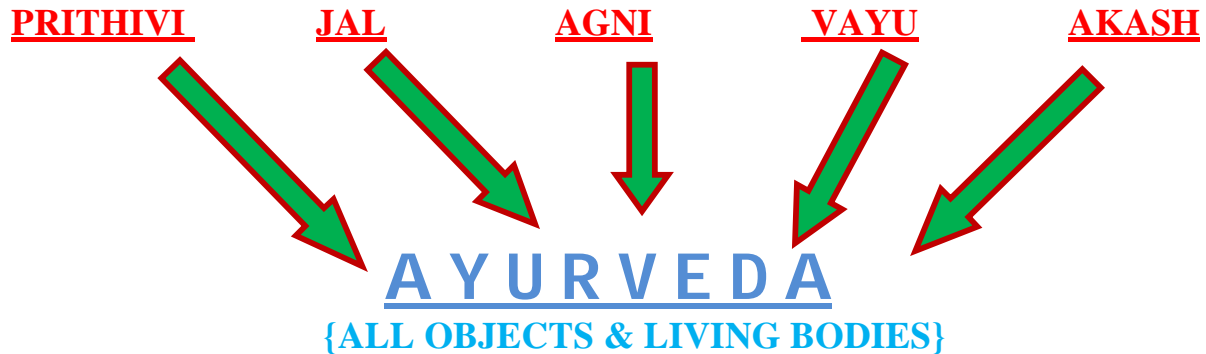
The doctrine of Ayurveda aims to keep structural and functional entities in functional state of equilibrium, when signifies good health. Any imbalance due to internal and external factors causes and restoring equilibrium through various techniques, procedures, regimes, diet and medicine constitute treatment. The philosophy of Ayurveda is based on the theory of panch bhootas (five element theory) of which all the objects and living bodies are composed of.

Ayurveda is the dominant herbal tradition in India. It still enjoys the faith of a large number of people of our country though it is perhaps, the oldest system of healing in the world.

Ayurveda is a classical system of healthcare originating from the Vedas, documented around 5000 years ago. Around 1000 B.C. the knowledge of Ayurveda was first comprehensively documented in the compendia called **Charak Samhita and Sushurat Samhita.**

As per fundamental basis of Ayurveda, all objects and living bodies are composed of five basic elements, called the **Panch Mahabhootas**, namely:

- i. **Prithvi** (Earth);
- ii. **Jal** (Water);
- iii. **Agni** (Fire);
- iv. **Vayu** (Air);
- and
- v. **Akash** (Ether).



Definition:

The term "Ayurveda" is derived from two Sanskrit words, **Ayur**, and **Veda**.

Ayur=Life + Veda=Knowledge/Science

Therefore, Ayurveda means **SCIENCE OF LIFE OR WAY OF LIFE.**

Principle:

The Principle of Ayurveda is based on the concept **five basic elements** and **tridoshas**. According to this system, the whole universe made up of five basic elements (**Panchmahabhuthas**).

The whole universe includes the material world. Plant kingdom and all other living beings. In other words, these five elements i.e. Prithivi, Jal, Agni, Vayu and Akash, together form the basis of all matter.

There is a balanced condensation of these elements in different proportions to suit the needs and requirements of different structures and functions of the body matrix and its parts. The growth and development of body matrix depends on its nutrition i.e. on food. The food, in turn, is composed of above elements.

The health or sickness depends on the presence or absence of a balanced state of the total body matrix including the balance between its different constituents.

TRIDOSHAS:

The five elements combine to form “**Tri Doshas**” i.e. **Vata, Pitta, and Kapha**. They are the “**Basic Forces**” and also known as the “**Pillars of Life**”



According to the Ayurveda, sickness is due to the imbalance of any one or more of the three doshas.

E.g. Aggravation of Pitta leads to indigestion, skin diseases and liver problems.

Diagnosis:

In Ayurveda diagnosis is always done of the patient as whole. Diagnosis is carried out to find out which dosha is aggravated. For this purpose, Ayurveda diagnosis is done by questioning and by undertaking 8 investigation including nadi(Pulse), tongue, skin, physical features, stool, urine etc. are examined.

Treatment:

Treatment includes preventive and curative measures. Preventive measures include personal hygiene, regular daily routine, appropriate social behavior. **The curative measures include three major measures including aushadhi i.e. drugs, Anna i.e. diets and vihar i.e. exercise and general mode of life.**

The curative treatment consists of Aushadhi (drugs), Ahara (diet) and Vihara (life style). Ayurveda largely uses plants as raw materials for the manufacture of drugs, though materials of animal and marine origin, metals and minerals are also used.

Ayurveda medicines are generally safe and have little or no known adverse side-effects, if manufactured properly and consumed judiciously following necessary Dos and DON'Ts.

Ayurveda is proven to be effective in the treatment of chronic, metabolic and life style diseases for which satisfactory solutions are not available in conventional medicine. Over the years, Kshar Sutra and Panchakarma therapies of Ayurveda have become very popular among the common citizens.

Panchkarma is a unique therapeutic procedure for the radical elimination of disease-causing factors to maintain the equilibrium of humors.

Panchakarma is unique therapeutic procedure for the radical elimination of diseases-causing factors and to maintain the equilibrium of humors.

According to Ayurveda the Panchkarma includes 5 detoxification processes, used to treat diseases.

- Vamana (Medical emesis);
- Virechana (Medicated purgation);
- Basti (Medicated enema),
- Nasya (Medication through the route of nose);
- Raktamokshana (Bloodletting)

The Panchkarma therapy minimizes the chances of recurrence of the diseases and promotes positive health by rejuvenating body tissues and bio-purification.

KSHAR SUTRA is a para-surgical intervention using an alkaline thread for cauterization, which is scientifically validated to be effective in the treatment of fistula-in-ano and such surgical conditions as require excision of overgrown soft tissues like polyps, warts, non-healing chronic ulcers, sinuses and papillae.

The importance of treatment is to restore the balance and harmony of doshas with proper diet and drugs. Selection of drugs Based upon

1. Rasa (Taste);
2. Virya (Potency);
3. Vipaka (Taste after digestion)

Declaration

This E-content is exclusively meant for academic purposes and for enhancing teaching and learning only. Any other use for economic/commercial purpose is strictly prohibited. The users of the content shall not distribute, disseminate or share it with anyone else and its use is restricted to advancement of individual knowledge. The information provided in this e-content is authentic and best as per knowledge.

THANK