

# TRADITIONAL SYSTEM OF MEDICINE

° Traditional Medicine :- (TM)

According to WHO :-

Indigenous <sup>OR</sup> Folk medicine :- <sup>plant cultivated in its own country</sup>

" TM is the sum total of the knowledge, skill & practices based on the theories, beliefs & experiences endogenous to different culture used in the maintenance of health as well as in prevention, diagnosis, improvement & treatment of Physical & mental illness."

Ancient System of Medicine :-

- A → Ayurvedic System of Medicine
- Y → Yoga System of Medicine
- U → Unani System of Medicine
- S → Siddha System of Medicine
- H → Homoeopathic System of Medicine

\* Aromatherapy

# Ayurvedic System of Medicine

OR

# Indian System of Medicine

Consist of Two words -

Ayurveda: The Ancient Science of life

Ayur ⇒ Life

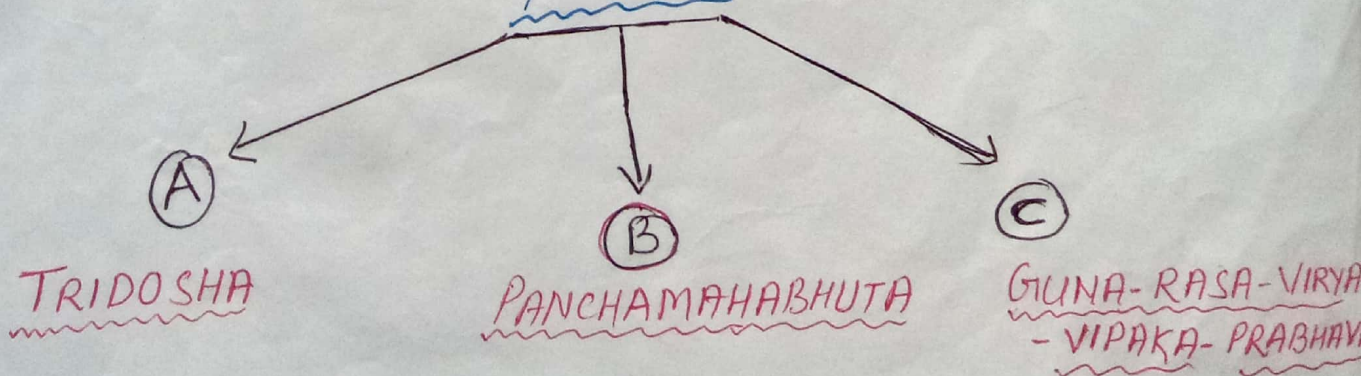
Veda ⇒ Science

} i.e. Science of life

- Ayurveda :- an ancient system of medicine.
- It originates in India more than 5000 years ago.
- Its concepts about health & disease promote the use of herbal compounds, special diets & other unique health practices.
- Written in Sanskrit language & based on Atharveda (≈ 3000yr old)

## ✓ Theory & Basic Concept :-

Ayurved is based on 3 fundamental principles

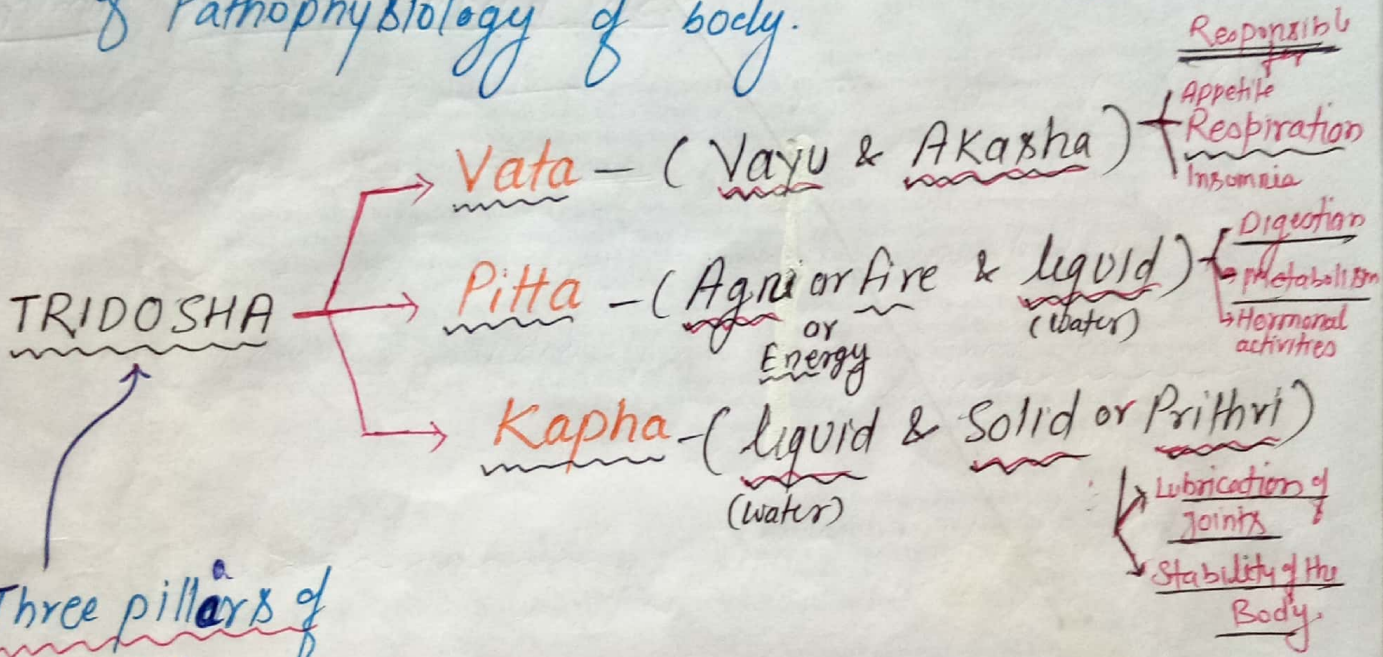


# (A) TRIDOSHA theory :-

Tri :- three

Dosa :- means impurities or imbalance of 3 elements.

ie Tridosha are the three basic governing factor of Pathophysiology of body.

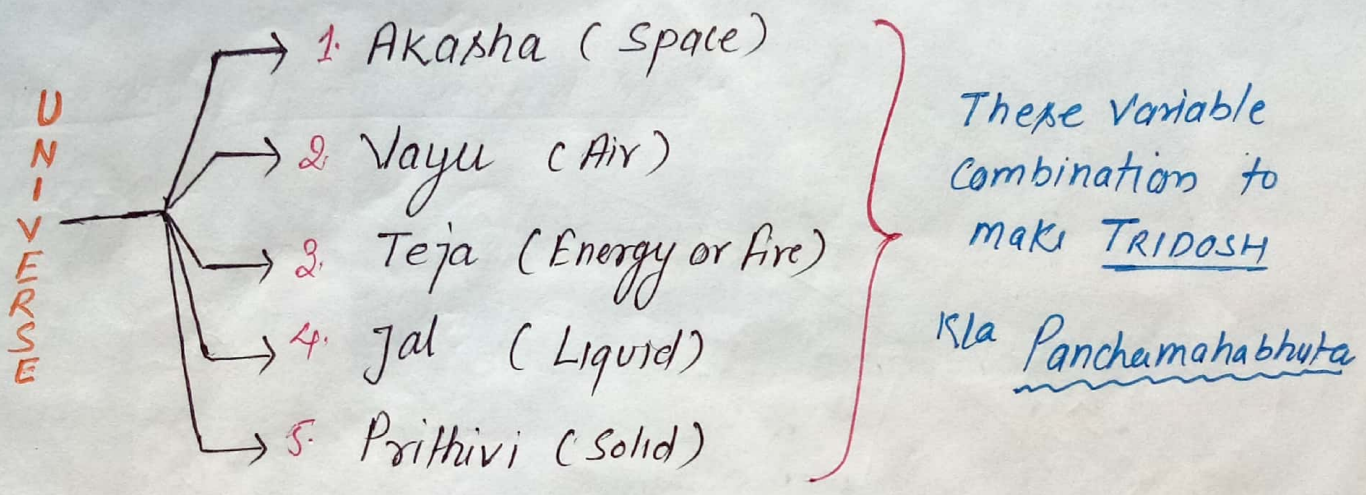


"Three pillars of life"

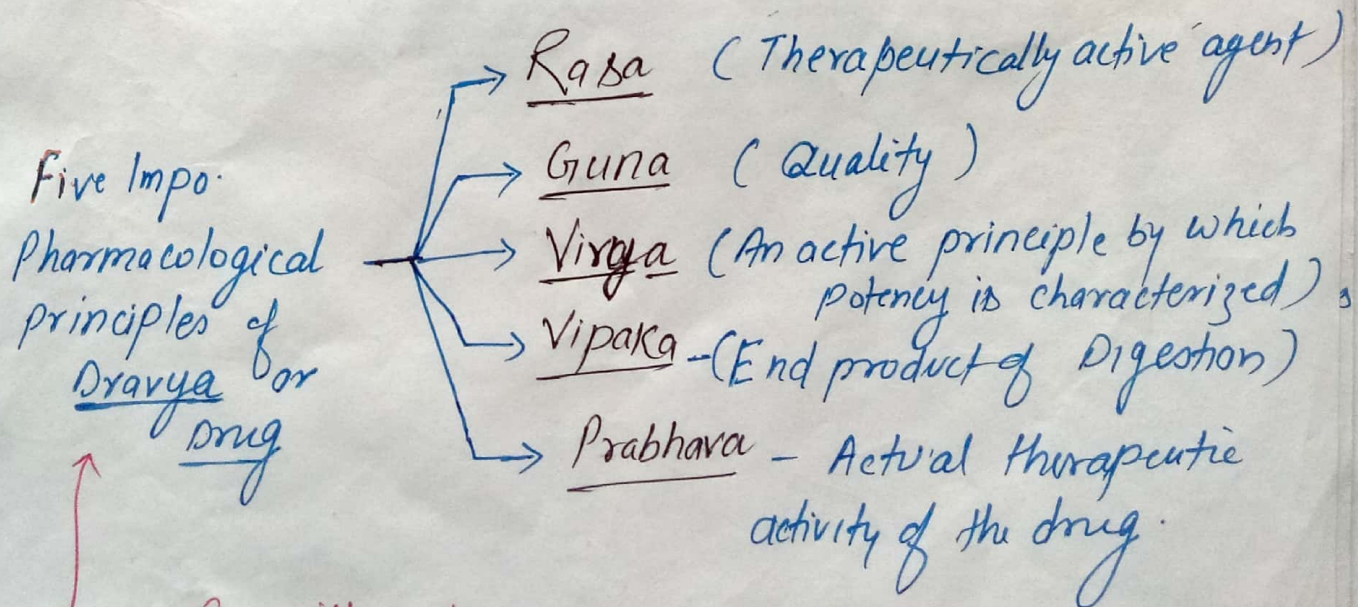
- ✓ It regulates the normal body function of human being.
- ✓ For healthy person Tridosha is in equilibrium. If equilibrium is disturbed, person suffers from disease.

### (B) Pancha-Mahabhuta Theory :-

According to Ayurveda, the entire Universe is composed of five Mahabhuta which are —

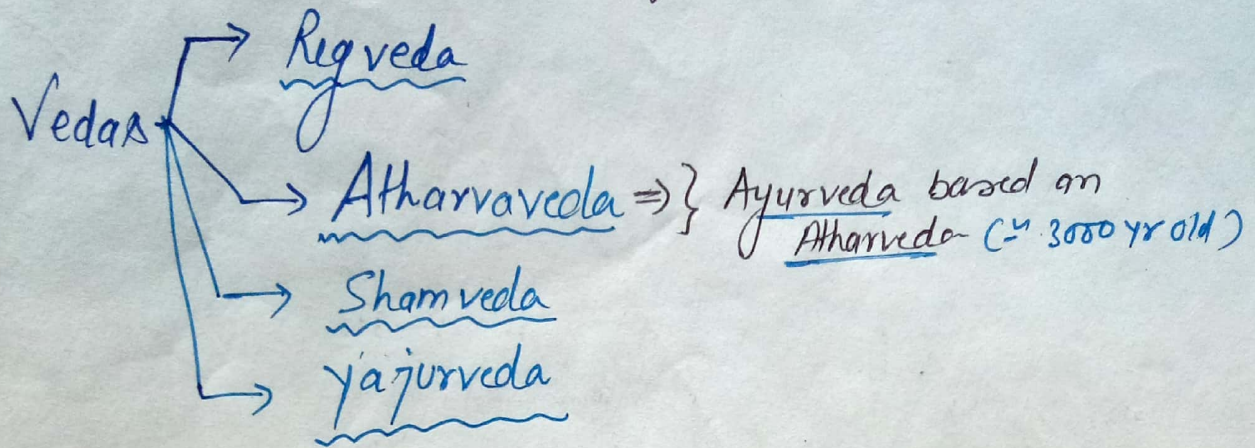


### (C) Rasa, Guna, Virya, Vipaka, Prabhava theory



K/a five pillars of Ayurvedic therapeutics is called as  
 ↓  
"PANCHSHEEL"

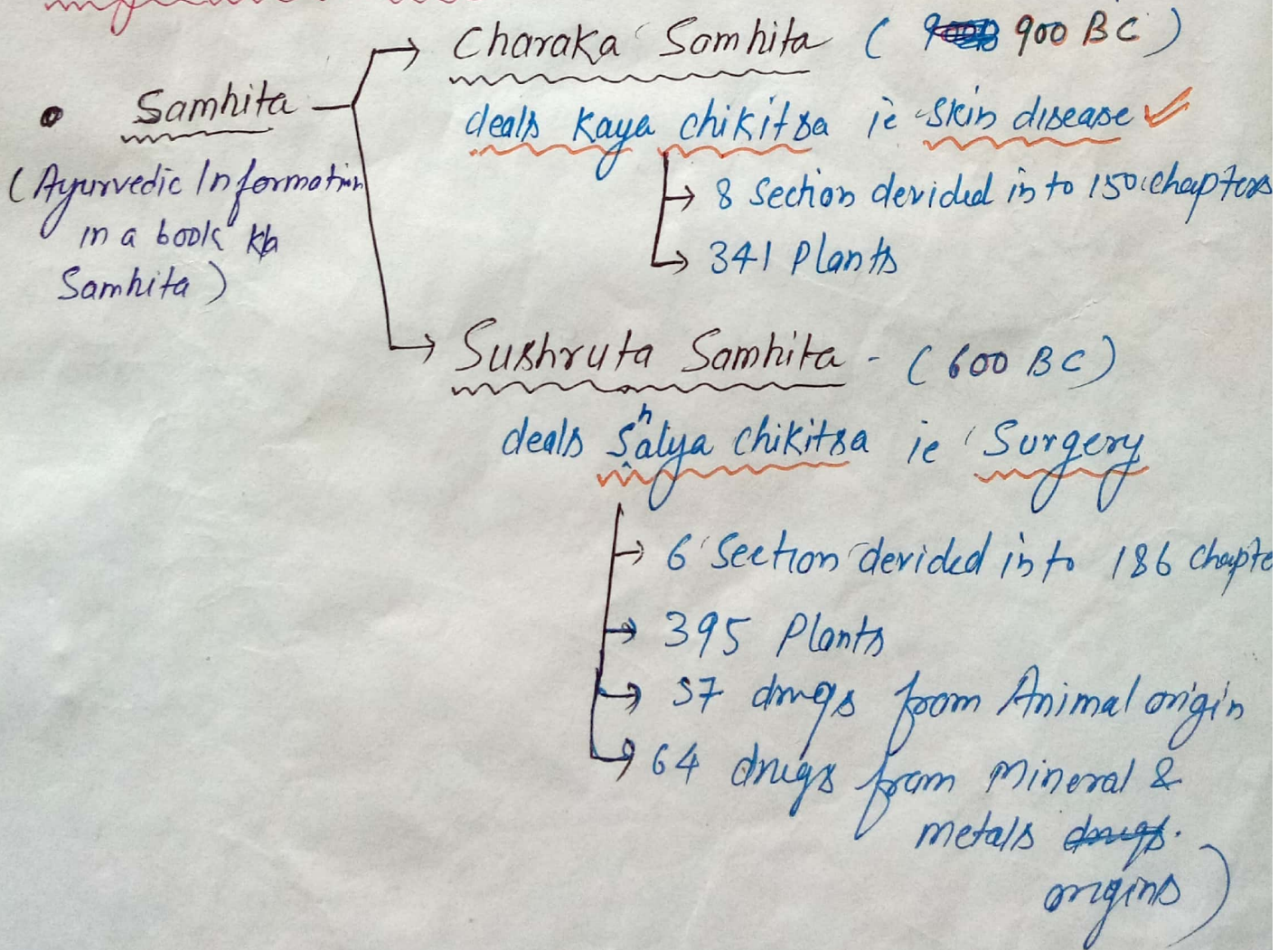
# Historical Background



\* In Rigveda & Atharvaveda, the Utilization of Plants are mentioned.

Before Crist

## Diagnosis & Treatment



Next Authority in Ayurveda after Charak & Sushruta is -

• Vagabhatta - most famous writers of Ayurveda

→ The name of His manuscript (Book) or work is Ashtangahrdaya

⇒ 7th Century A.D.  
→ Divided into 6 Section + 120 Chapter & contains 7444 Verses

✓ According to Vagabhatta, 85% of diseases can be Self-cured without a doctor, only 15% of diseases requires a doctor's.

• Madhava of Vijay Nagar (12th Century A.D.)

His work ⇒ "Madhava Nidan"

→ contains 69 chapters & 1552 Verses

Next

• Sarangdhara - (14th Century)

His work ⇒ Sarangdhara Samhita

Now it is systemised

Kla Ayurvedic Materia Medica

→ 3 parts  
→ 32 chapters  
→ 2500 Verses

Next

• Bhava Prakash - (1550 AD)

Contains → 10,831 Verses

→ Contains only 470 medicinal Plants

# Diagnosis & Treatment :-

(7)

## ✓ Diagnosis :-

- By Physical Examination
- Pulse examination
- Urine Examination
- Examination of Tongue & Eyes
- Examination of the Faeces.
- Examination of skin & ear.

## ✓ Treatment :-

(Pg. 121 gupta & Sharma)

- Kayachikitsa
- Śalya chikitsa
- Rasaayana therapy
- Nidan Paivarnan
- Bhutavidya
- Koumaryabhryatya (for Pediatric diseases)

pg-15  
Rangan  
Table 2.2  
2.3