



ALTERNATIVE SYSTEMS OF MEDICINE

Ayurveda—The Indian System of Medicine

1. Ayurvedic system of medicine is accepted as the oldest written medical system that is also supposed to be more effective in certain cases than modern therapies
2. The word Ayurveda means **Ayur meaning life** and **Veda meaning science**. Thus, Ayurveda literally means science of life. The Ayurveda is said to be an Upaveda (part) of Atharva Veda
3. **Basic principles of Ayurveda** : According to ancient Indian philosophy, the universe is composed of five basic elements or **pancha bhutas: prithvi (earth), jal (water), teja (fire), vayu (air) and akash (space)**
4. The pancha bhutas are represented in the human body as the **doshas, dhatus and malas**.
5. **Doshas** There are three doshas in the body, **tridoshas**. They are vata, pitta and kapha.
6. **Dhatus** are seven in number: rasa (food juices), rakta (haemoglobin portion of the blood), mamsa (muscle tissue), medas (fat tissue), asthi (bone tissue), majja (bone marrow) and shukra (semen)
7. Malas are the by-products of the dhatus, partly used by the body and partly excreted as waste matter. The chief malas are mutra (urine), shakrit (faeces) and sweda (perspiration).

The doshas, dhatus and malas should be in a state of perfect equilibrium for the body to remain healthy. Any imbalance among these constituents results in ill health and disease

Diagnosis: Ashta sthana pariksha (eight-point diagnosis)

1. Nadi pariksha (pulse diagnosis)
2. Mutra pariksha (urine examination)
3. Vata/ sparsha (nervous system assessment)
4. Pitta/drik (assessment of digestive fire and metabolic secretions)
5. Kapha/akriti (mucous and mucoid secretions assessment)
6. Mala pariksha (stool examination)
7. Jihva pariksha (tongue examination) and
8. Shabda pariksha (examination of body sounds)

Treatment:

1. Drugs are prescribed based on patient's body type as well as on what disturbance of the doshas.
2. Everything that might affect the patient's health, including their activities, the time of the day, and the season should be taken into consideration.

SIDDHA SYSTEM OF MEDICINE

Siddha medicine is practised in Southern India. The origin of the Tamil language is attributed to the sage Agasthya, and the origin of Siddha medicine is also attributed to him

1. The tridoshas are involved in all functions of the body, physical, mental and emotional
 - a. Vatham
 - b. Pitham
 - c. Kapam
2. The therapeutics of Siddha medicines consists mainly of the use of metals and minerals

3. There is mention of mercury, sulphur, copper, arsenic and gold used as therapeutic agents
4. Mercury occupies a very high place in Siddha medicine. It is used as a catalytic agent in many of its medicines
5. The common preparations of Siddha medicines are:
 1. Bhasma (Calcined metals and minerals)
 2. Churna (powders)
 3. Kashaya (decoctions).
 4. Lehya (confections)
 5. Ghrita (ghee preparations) and taila (oil preparations)
 6. Chunna (metallic preparations which become alkaline)
 7. Mezhugu (waxy preparations)
 8. Kattu (preparation that are impervious to water and flames)

UNANI SYSTEM OF MEDICINE

- Unani system of medicine is originated in Greece by the Greek philosopher, physician Hippocrates (460–377 B.C.) The theoretical framework of Unani medicine is based on the teachings of Hippocrates.
- In India, Arabs introduced Unani system of medicine
- Basic Principles of Unani: the body is made up of the four basic elements, i.e. Earth, Air, Water and Fire, which have different Temperaments, i.e. Cold, Hot, Wet and Dry

Diagnosis : Diseases are mainly diagnosed with the help of pulse (nabz), physical examination of the urine and stool

Treatment : Diseases are treated in the following ways:

1. Ilajbil Tadbeer (Regimental Therapy) : Some drugless regimens are advised, i.e. exercise, massage
2. Ilajbil Ghiza (Dietotherapy)
3. Ilajbil Dava (Pharmaco therapy)
4. Ilajbil Yad (Surgery)

HOMEOPATHIC SYSTEM OF MEDICINE

- Homoeopathy is a specialized system of therapeutics, developed by **Dr Samuel Christian Friedrich Hahnemann** (1755–1843), a German physician, chemist and a pharmacist.
- Based on natural law of healing: **Similia Similibus Curantur**, which means ‘Likes are cured by likes’.
- Homois means like (similar) and pathos means treatment

- This law of similar for curing diseases has been in use since the time of Hippocrates. But it was Dr Hahnemann who developed it into a complete system of therapeutics enunciating the law and its application in 1810
- In this art of healing, the medicine administered to a diseased individual is such that if given to a healthy person it produces same sufferings (diseases) as found in the diseased individual
- No two individuals are alike in the world, so the diseases affecting individuals can never be the same assuming the unique individual picture in each diseased individual. Thus, medicines can never be prescribed on the basis of the name of the disease without individualizing each case of disease

AROMATHERAPY

- The word aromatherapy means treatment using scents.
- It refers to the use of essential oils in Holistic healing to improve health and emotional well being, and in restoring balance to the body.
- Essential oils are aromatic essences extracted from plants, flowers, trees, fruit, bark, grasses and seeds.

- There are more than 150 types of oils that can be extracted. These oils have distinctive therapeutic, psychological and physiological properties that improve health and prevent illness.
- All essential oils have unique healing and valuable antiseptic properties. Some oils are antiviral, anti-inflammatory, pain relieving, antidepressant, stimulating, relaxing, expectorating, support digestion and have diuretic properties too.
- They enter the body in three ways: by inhalation, absorption and consumption
- Essential oils get absorbed into our body and exert an influence on it. They can also affect our mind and emotions.