

The Review on Indian Systems of Medicine

Rutuja S. Suryawanshi¹, Nikita R. Vhalgade², Avirali B. Landge³, Pooja B. Mairal⁴

^{1,2,3,4} Swami Vivekanand Sanstha's Institute of Pharmacy, Mungase Malegaon

Corresponding Author: Pooja B. Mairal.

Abstract

Traditional systems of medicines based on medicinal plants are playing a dominant role in providing health care to large units of the population, principally in developing countries, the utilization of herbal products is increased so, as to obtain the most appropriate benefit & to understand the way these systems work. The Indian systems of medicine are one of the popular systems in this review, an aim has been made to provide general information pertaining to different outlooks & features of these systems, this review includes the basic introduction, History, Principles, diagnosis, and treatment of Indian systems of medicines with will help in the study of Ayurveda, Siddha, Unani & Homeopathy.

Keywords: Ayurveda, Siddha, Unani, Homeopathy, Indian Systems of Medicines.

Introduction

The traditional systems of medicine are a great source to health care for people, it is noted that the greater part of the world's population still, depends on various traditional systems of medicines India has the unique significance of having granted systems of medicine like Ayurveda, Siddha, Unani, Homeopathy and with exception of this systems there are lots of healers in the folklore stream who have not been organized under any category. So, in the present review set out would be made to provide a brief description of four systems to familiarize the readers with Indian systems of medicine.

The Indian System of Medicine is of great antiquity. It is the culmination of Indian thought of medicine which represents a way of healthy living valued with a long and unique cultural history, as also amalgamating the best of influences that came in from contact with other civilizations be it Greece (resulting in Unani Medicine) or Germany (Homeopathy) or our scriptures/sages which gave us the science of Ayurveda, Siddha as also Yoga & Naturopathy. Like the multifaceted culture in our country, traditional medicines have evolved over centuries blessed with a plethora of traditional medicines and practices. A separate Department of Indian Systems of Medicine and Homoeopathy (ISM&H) was set up in 1995 to ensure the optimal development and propagation of AYUSH systems of health care.

The Department of ISM&H was re-named the Department of AYUSH (an acronym for - Ayurveda, Yoga and Naturopathy, Unani, Siddha, Homoeopathy) in November 2003. With an increase in lifestyle-related disorders, there is a worldwide resurgence of interest in holistic systems of health care, particularly with respect to the prevention and management of chronic, non-communicable, and systemic diseases. It is increasingly understood that no single healthcare system can provide satisfactory answers to all the health needs of modern society. Evidently, there is a need for a new inclusive and integrated healthcare regime that should guide health policies and programs in the future. India has an advantage in this global resurgence of interest in holistic therapies as it has a rich heritage of indigenous medical knowledge coupled with a strong infrastructure and skilled manpower in modern medicine. Medical pluralism is here to stay and the AYUSH sector has a critical role to play in the new and emerging situation. The Department of AYUSH under the Ministry of Health and Family Welfare promotes and

propagates Indian systems of Medicine and Homoeopathy, and is committed to infusing the wisdom of traditional medicine with the methodologies of modern science, scientifically validating the systems and presenting them in the scientific idiom, relating their efficacy to modern lifestyles.

1) Ayurveda:

Introduction & History:

Ayurveda is a most ancient original system of Indian medicine from 5000 years. “प्रयोजनचास्यस्वस्थस्यस्वास्थ्यरक्षणंआतुरस्यविकारप्रशमनंच.” means the main aim of Ayurveda is to keep every living organism healthy Ayurveda is generally understood as ‘Science of Life’. Translating ‘Ayuh’ as life & ‘Veda’ as science. Its influence can be found in many ancient traditional methods of healing including Tibetan, Greek & Chinese medicines thus making it the mother of healing.

From the Vedas (Rugved, Atharvaveda, Samved & Yajurved) which are the four great bodies of Knowledge, we found that Ayurveda was first proposed by Brahma then it translated to Daksh Prajapati & further to Ashwini Kumar. Basically, Ayurveda is part of Atharvaveda. Chark is the father of Ayurveda.

Ayurveda classifies the body into three basic biological elements which are known as Vata, Pita, and Kapha. These elements originate from five basic elements air (Vayu), energy (Tej), space (Akash), Water (Jal), and Soil (Dharti). The biochemical combination of space and air forms Vata. Pitta is composed of energy and water and Kapha is derived from the combination of water and soil.

Ayurveda holds the strength to treat diseases from a holistic angle in accordance with the body-mind constitution and other physic psychological attributes of the patients and as such is proven to be effective in the treatment of chronic, metabolic and lifestyle diseases for which satisfactory solutions are not available in conventional allopathy medicine. Over the years, Kshar Sutra and Panchakarma therapies of Ayurveda have become very popular among the public. Panchakarma is a unique therapeutic procedure for the radical elimination of disease-causing factors and to maintain the equilibrium of tridosha. The Panchakarma 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 requiring excision of overgrown soft tissue like polyps, warts, non-healing chronic ulcers, sinuses, and papillae.

Principle:

Ayurveda includes three basic principles:

- a) Panchmahabhuta
- b) Tridosha
- c) Guna Rasa Siddhanta.

a) Panchmahabhuta:

It says that the whole universe is made up of five basic elements (Earth, Water, Fire, Air, and Sky) and the human body is organized from these five elements.

b) Tridosha:

This principle accounts that Panchmahabhuta exists in human body in three different form of Dosha that is:

- i) Vata – (Sky + Air)
- ii) Pitta – (Fire + Water)

iii) Kapha – (Water + Earth)

c)Guna Rasa Siddhanta:

This principle includes 5 Pharmacological properties of the disease & which are Guna(Quality), Rasa(Taste), Vipak(Digestive product), Virya(Active principle), Prabhava(Action).

Diagnosis:

- Pulse Reading (Nadi Parikshan)
- Urine Examination
- Tongue Examination
- Colour of Body
- Voice Study
- Status of Digestive System.

Treatment:

- Different Types of Herbs
- Dried Fruits
- Ghee
- Herbal Preparation (Vati, Ghutika, Churna, Asava, Arishta)

2) Siddha

Introduction & History:

This system says that “use of metal in treatment rather than herbs.” 7000 years ago in the pre-Vedic period with the civilization of Mohonzodaro & Harappa in the Indus river valley this system was developed. 2500 years ago it was transferred to Southern India by Dravidian Culture. Agastya – father of the Siddha system.

During the last six decades, there has been continuous development in Siddha medical education and this has led to the establishment of the National Institute of Siddha at Chennai as the apex Institute having six specialties in postgraduate teaching leading to the award of M.D(S) Degree. These are Maruthuvam (General Medicine), Sirappu Maruthuvam (Special Medicine), Kuzhanthai Maruthuvam (Paediatrics), Gunapadam (Pharmacology), Noi Nadal (Pathology) and Nanju Nool & Maruthuva Neethinool (Toxicology). For the development of focused research in the Siddha System of medicine Govt. has constituted Central Council for Research in Siddha (CCRS), an autonomous body by bifurcating Central Council for Research in Ayurveda and Siddha (CCRAS).

According to the tradition, eighteen Siddhars were supposed to have contributed to the development of Siddha medicine, yoga, and philosophy. However, the literature generated by them is not available in its entirety. In accordance with the well-known self-effacing nature of ancient Indian Acharyas (preceptors) authorship of many literary works of great merit remains to be determined. There was also a tradition of ascribing the authorship of one's work to his teacher, patron even to a great scholar of the time. This has made it extremely difficult to clearly identify the real author of many classics.

Principle :

The Siddha system is based on two basic principles :

- a)Tridosham – Vatham, Pitham, Kapha
- b)Panchmahabhutam – Munn(Earth), Thee(Fire), Vayu(Air), Akasha (Sky), Neer(Water).

Diagnosis :

- Same as Ayurveda.
- Pulse Reading

•Urine Examination

Treatment :

•Natural Drugs.

•Sindooram & Bhasma

Exa. i) Ratna Palam (Aloe – Barbadensis)

ii) Abini (Papaver Somniferum)

iii) Alari (Nerium Indicum)

3) Unani

Introduction &History :

The Unani medicinal system is also known as Tibb - e – Unani, Greek medicine, System, Arab medicine, and Islamic medicine. The objective of Unani systems of medicines is to treat the cause of disease & not its symptoms. Father of Unani system – Hippocrates (460-377 BC).

Unani medicine is largely based on principles proposed by such physicians as Hippocrates and Galen. In addition, a number of Arab and Persian scholars (including the Arab philosopher and physicist Avicenna) have contributed to the development of Unani medicine. The word "Unani" means "Greek" in Arabic. Unani medicine was introduced in India around the tenth century.

The Unani system of medicine offers various methods of treatment that are used for specific and complicated diseases. It emphasizes the use of naturally occurring, mostly herbal medicines and also uses some medicines of animal, marine, and mineral origin. During the last 50 years, eight Post Graduate specialties have been developed-

(i) Kulliyat (Basic Principles of Unani Medicine)

(ii) Ilmul Advia (Pharmacology)

(iii) Ilmul Saidla (Pharmacy)

(iv) Tahaffuzi-wa-Samaji Tibb (Preventive and Social Medicine)

(v) Moalijat (Medicine)

(vi) Jarahiyat (Surgery)

(vii) Ilmul Qabalat-wa-Amraz-e-Niswan (Obstetrics and Gynecology)

(viii) Ilmul Atfal (Paediatrics) National Institute of Unani Medicine is established in Bangalore to impart good P.G. education in Unani system.

Principle :

Unani system of medicine has two principles :

a)Hippocratic theory

b)Pythagorean theory

a)Hippocratic Theory :

This theory includes Dum(Blood), Black Bile(Souda), Phlegm(Balgam), Yellow Bile(Safra).

b)Pythagorean Theory :

This theory says that the entire universe is made up of four basic elements Khak(Earth), Atish(Fire), Bad(Air), and Aab(Water).

Diagnosis :

•Nabz (Pulse)

•Urine (Boul)

•Stool (Baraz)

Treatment :

- Diet therapy – using a special diet
- Regimental therapy – Detoxification of the body.
- Pharmacotherapy – use of medicines, and natural drugs.

4) Homeopathy:

Introduction &History :

On analog to other traditional systems of medicine. Homeopathy is a newly developed system. It has been developed in the 18th Century. Founder – Dr. Christian Frederick Samuel Hahnemann. He proposed that the cause of the disease itself can be used for the treatment of the disease.

Homeopathy is a method of treating diseases by administering drugs that have been experimentally proven to possess the power to produce similar symptoms in healthy human beings. Treatment in Homeopathy, which is holistic in nature, focuses on an individual's response to a specific environment. Homeopathic medicines are prepared mainly from natural substances such as plant products, minerals, and from animal sources. Homeopathic medicines do not have any toxic, poisonous, or side effects. Homeopathic treatment is economical as well and has a very broad public acceptance. Homeopathy has its own areas of strength in therapeutics and it is particularly useful in the treatment of allergies, autoimmune disorders, and viral infections. Many surgical, gynecological and obstetrical, and pediatric conditions and ailments affecting the eyes, nose, ear, teeth, skin, sexual organs, etc. are amenable to homeopathic treatment.

Homeopathy is an alternative medical practice in which extremely dilute amounts of certain natural substances are used to treat various ailments. Homeopathy is also known as homeopathic medicine and was developed in Germany more than 200 years ago. Homeopathic treatments are highly individualized, and there is no uniform prescribing standard for homeopathic practitioners. There are hundreds of different homeopathic remedies, which can be prescribed in a variety of different dilutions for thousands of symptoms.

Principle :

Homeopathy includes 5 principles :

- i) Individualization
- ii) Law of similar
- iii) Law of simplex
- iv) Law of proving
- v) Law of minimum dose

Diagnosis :

- Collection of case History & medicinal history of the patient.
- Investigation of symptoms & location of disease.
- Build up the symptoms picture of the patient.

Treatment :

- This system used medicines in the form of mother Tincture, Powder, and Small pills.

5) Yoga:

The word "Yoga" comes from the Sanskrit word "Yuj" which means "to unite or integrate." Yoga is about the union of a person's own consciousness and the universal consciousness. It is primarily a way of life, first propounded by Maharshi Patanjali in the systematic form Yogsutra. The discipline of Yoga consists of eight components namely, restraint (Yama), observance of austerity (Niyama), physical postures (Asana), breathing control (Pranayam) restraining of sense organs (Pratyahara), contemplation

(Dharna), meditation (Dhyan) and Deep meditation (Samadhi). These steps in the practice of Yoga have the potential to elevate social and personal behavior and to promote physical health through the better circulation of oxygenated blood in the body, restraining the sense organs and thereby inducing tranquility and serenity of mind and spirit.

The practice of Yoga has also been found to be useful in the prevention of certain psychosomatic diseases and improves individual resistance and ability to endure stressful situations. Yoga is a promotive, preventive rehabilitative, and curative intervention for the overall enhancement of health status. A number of postures are described in Yoga literature to improve health, to prevent diseases, and cure illness. The physical postures are required to be chosen judiciously and have to be practiced in the correct way so that the benefits of prevention of disease, promotion of health, and therapeutic use can be derived from them.

Conclusion:

Indian medicinal systems have a great history; however, there were many drawbacks in approaches towards it. Which reduces its growth like the western system of medicine basically, herbal plants are used as raw material for medicines of Indian traditional medicinal systems but still, they do not have proper formulation. So it needs much research work on it. Herbal medicines have lots of benefits over the new western systems of medicine. Indian systems of medicine have a great future scope, herbal, Unani or Siddha medicines do not have any side effects or any adverse drug reaction so it is beneficial to follow the Indian systems of medicine & this review gives a brief knowledge about the Indian systems of medicine and helps in further research work on Ayurveda, Siddha, Unani & Homeopathy.

References

1. Reference book of Pharmacognosy C.K. Kokate, A.P. Purohit, S.B. Gokhale, Nirali Prakashan page no. 1.4 - 1.7.
2. B. Ravishankar and V.J. Shukla, Indian Systems of Medicines: A brief profile. Afr. J. Trad. CAM(2007) 4(3), 319-337.
3. The Ayurvedic Pharmacopoeia of India. Part-I and Volume-I. New Delhi: Ministry of Health and Family Welfare, Govt. of India; 1989.
4. Blumenthal M, Goldberg A, Brinckmann J. Herbal Medicine 2000:379-384.
5. Curcuma longa (turmeric). Monograph. Altern Med Rev. 2001;6 Suppl:S62-S66.
6. Shagufta Farooqui. Assistant Prof. Dept. of Pharmacology, Indian systems of medicine <https://www.slideshare.net/Shaguftafarooqui1/indian-system-of-medicine>
7. Mr. Gadade Dipak, Siddha systems of medicine <https://www.slideshare.net/deepschn/siddha-system-of-medicine>
8. K. Sudhir Kumar, Unani system of medicine <https://www.slideshare.net/SudheerKandibanda/unani-system-of-medication>
9. Nithya Latchumy, Homeopathy <https://www.slideshare.net/nithu167/homeopathy-18117953>
10. The Ayurvedic Pharmacopoeia of India Part-I and Volume-II 1st edition. New Delhi: Ministry of Health and Family Welfare, Govt. of India; 1999.
11. Kurup PNV. Ayurveda- A potential Global Medical system. In: Mishra LC, editor. Scientific Basis for Ayurvedic Therapies. New York: CRC Press; 2004. pp. 1-15.
12. Narayanaswamy V. In: Introduction to the Siddha System of Medicine. T. Nagar, Madras (Chennai): Research Institute of Siddha Medicine; 1975.

13. Sivarajan VV, Balachandran I. Ayurvedic Drugs and their Plant Sources. New Delhi: Oxford and IBH Publishing Co, Pvt, Ltd; 1999.
14. Samal Janmejaya. ADVANCEMENTS IN INDIAN SYSTEM OF MEDICINE (ISM) INFORMATICS: AN OVERVIEW , Global j Res. Med plants & Indigen. Med. | Volume 2, Issue 7 July 2013 | 546–553, ISSN 2277-4289.
15. M. M. Pandey, Subha Rastogi, and A. K. S. Rawat ,Indian Traditional Ayurvedic System of Medicine and Nutritional Supplementation, Hindawi Publishing Corporation Evidence-Based Complementary and Alternative Medicine Volume 2013, Article ID 376327.
16. Gescher A J, Sharma R A, Steward W P. Lancet Oncol. 2001;2(6):371-379.
17. Hanai H, Iida T, Takeuchi K, Watanabe F, Maruyama Y, Andoh A, et al. Clin Gastroenterol Hepatol. 2006 Dec;4(12):1502-6.
18. Ashutosh Chauhan, Deepak Kumar Semwal , Satyendra Prasad Mishra, Ruchi Badoni Semwal, Ayurvedic research and methodology: Present status and future strategies, Website : www.ayujournal.org DOI:10.4103/0974-8520.190699 Review Article.
19. D.B. Anantha Narayana , Sharanbasappa Durg, Ayurveda: Where is the evidence <https://doi.org/10.1016/j.jaim.2020.07.001> Journal of Ayurveda and Integrative Medicine 12 (2021) 408 – 411.
20. Role of Ayurveda and Yoga-Based lifestyle in the COVID-19 pandemic A narrative review Chikkanna Umesh, Kishore Kumar Ramakrishna ,Nishitha Jasti, Hemant Bhargav, Shivarama Varambally, Journal of Ayurveda and Integrative Medicine 13 (2022) 300493.
21. Dr. Thomas M. Walter, In-silco Screening of selected Siddha medicines. Palayamkottai. <https://www.walters.res.in> October 2022.
22. Arthi G, Lakshmana kumar. V. Sushil Kumar P.N., Rathinam Ancient Siddha Approach Towards Mother and Child Health Care International Research Journal of Ayurveda & Yoga Vol. 5 (7),158-164, July, 2022 ISSN: 2581-785X: <https://irjay.com/> DOI: 10.47223/IRJAY.2022.572.
23. Rathinam J1, Arthi G, Lakshmanakumar V, Sushil kumar P , Significance of siddha traditional oil bath (ennaimuzhukku)-a review article <https://doi.org/10.53388/DCT20220121> Submit 2022 4 (3) :12.
24. Dr.B.Neethi, Dr.P.Shanmugapriya , Dr.G.Janaranjani , Dr.S.Gokila , Dr.B.Prathisha, Dr.J.K.Jayasree, A CASE REPORT OF MODERATE COVID 19 PATIENT MANAGED THROUGH INTEGRATIVE APPROACH (SIDDHA AND CONVENTIONAL MEDICINE) <https://www.researchgate.net/deref/https>. Journal of Ayurveda and Integrative Medicine.
25. Reesha Ahmed , Mohd. Wasim Ahmed, Asma Sattar Khan and Shoeb Ahmed Ansari. ROLE OF IMMUNOMODULATOR UNANI DRUGS IN PREVENTION OF COVID-19 .wjpmr, 2022, 8(10), 24-30 SJIF Impact Factor: 5.922 Review Article ISSN 2455-3301 Wjpmr .WORLD JOURNAL OF PHARMACEUTICAL AND MEDICINE RESEARCH.
26. Nagabhushan M, Bhide SV. J Am Coll Nutr. 1992;11(2):192-198.
27. Phan TT, See P, Lee ST, Chan SY. J Trauma 2001;51(5):927-931.
28. Pizzorno JE, Murray MT. Textbook of Natural Medicine. New York, NY: Churchill Livingstone; 1999:689-692
29. S. Choudhury a, A.R. Khuda-Bukhsh. Deep vein thrombosis cured by homeopathy: A case report. Journal of Ayurveda and Integrative Medicine 11 (2020) 181- 184.

30. Bonin, E., Brehove, T., Kline, S., Misgen, M., Post, P., Strehlow, A., & Yungman, J. (2004). Health Care for the Homeless Clinicians' Network, National Health Care for the Homeless Council, Retrieved September 29, 2007.
31. Komal K. Bajaj a, Vishal Chavhan a, Nishikant A. Raut a, Shailendra Gurav , Panchgavya: A precious gift to humankind. *Journal of Ayurveda and Integrative Medicine* 13 (2022) 300525.
32. L.Prasanna Venkatesha , VandhanaS Insights on Surya namaskar from its origin to application towards health , *Journal of Ayurveda and Integrative Medicine* Volume 13, Issue 2, April–June 2022, 100530.
33. Hongal Sudhir, Nilesh Arjun Torwane, Goel Pankaj, B.R Chandrashekhar, Abhishek Gouraha. Role of Unani System of Medicine in Management of Or official Diseases: A Review.DOI: 10.7860/JCDR/2014/8335.5018.
34. Z. A. Shaikh, S. S. Kamyab, M. M. Deshpande, G. J. Mulla, N. S. Bhatt and A. S. Moghe. A SYSTEMATIC REVIEW OF UNANI FORMULATIONS FOR POTENTIAL IN TREATMENT OF HEPATOCELLULAR CARCINOMA. ISSN (Online):0975-8232,ISSN(Print):2320-5148.
35. Ketkar, A. Y. and Ketkar, C. M., in *The Neem Tree: Source of Unique Natural Products for Integrated Pest Management, Medicine, Industry and Other Purposes* (ed. Schmutterer, H.), 1995, pp.518-525.
36. Khan, M. and Wassilew, S. W., in *Natural Pesticides from the Neem Tree and Other Tropical Plants* (eds Schmutterer, H. and Asher, K. R. S.), GTZ, Eschborn, Germany, 1987, pp. 645-650
37. Chakraborty K, Bose A, Pal S, Sarkar K, Goswami S, Ghosh D, Laskar S, Chattopadhyay U, Baral R. *International Immunopharmacology* 2008; 8(2): 330-40.
38. Peer-reviewed homeopathy study sparks uproar in Italy Homeopathy advocates have championed the paper, but scientists doubt its claims. BY GIORGIA GUGLIELMI.
39. Dinesh Kumar Meena, Devanand Upadhyay , Rani Singh , B. K. Dwibedy . A CRITICAL REVIEW OF FUNDAMENTAL PRINCIPLES OF AYURVEDA. *International Ayurvedic Medical Journal* ISSN:2320 509.
40. Kaushik Chattopadhyay , Haiquan Wang, Jaspreet Kaur , Gamze Nalbant , Abdullah Almaqawi , Burak Kundakci, Jeemon Panniyammakal , Michael Heinrich , Sarah Anne Lewis , Sheila Margaret Greenfield , Nikhil Tandon , Tuhin Kanti , Sanjay Kinra ,Jo Leonardi-Bee .
41. Effectiveness and Safety of Ayurvedic Medicines in Type 2 Diabetes Mellitus Management: A Systematic Review and Meta-Analysis. SYSTEMATIC REVIEW article *Front. Pharmacol.*, 08 June 2022 Sec. Ethno pharmacology
42. E Ernst. A systematic review of systematic reviews of homeopathy. *Bjcp*.