

ROLE OF PHARMACOGNOSY IN ALLOPATHY AND TRADITIONAL SYSTEMS OF MEDICINE (UNIT-IV)

The Pharmacognosy and Traditional Medicine train is interesting because it gives a concentration to merging of advancements. Its uniqueness normally characterizes its part and directs its expanding significance in a few orders and present-day practices and methods. Pharmacognosy manages the regular medications got from life forms, for example, most plants, microorganisms, and creatures. Breakthrough, numerous vital medications including morphine, atropine, galantamine, and so forth have begun from characteristic sources which keep on being great model atoms in sedate disclosure. Conventional medication is additionally a piece of pharmacognosy and the greater part of the underdeveloped nations still rely upon the utilization of natural pharmaceuticals. Thus, pharmacognosy dependably keeps its prevalence in pharmaceutical sciences and assumes a basic part in medicate revelation.

India is known for its traditional medicinal systems—Ayurveda, Siddha, and Unani. Medical systems are found mentioned even in the ancient Vedas and other scriptures. The Ayurvedic concept appeared and developed between 2500 and 500 BC in India [1]. The literal meaning of Ayurveda is “science of life,” because ancient Indian system of health care focused on views of man and his illness. It has been pointed out that the positive health means metabolically well-balanced human beings. Ayurveda is also called the “science of longevity” because it offers a complete system to live a long healthy life. It offers programs to rejuvenate the body through diet and nutrition. It offers treatment methods to cure many common diseases such as food allergies, which have few modern treatments. However, one should be aware that Ayurvedic nutrition is not a “magic bullet” system but requires the full participation of the patient to succeed. It is an interactive system that is user-friendly and educational. It teaches the patient to become responsible and self-empowered. Ayurveda is not a nutritional system for those seeking an escape or excuse to further abuse their body or mind. It is a system for empowerment, a system of freedom, and long life.

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

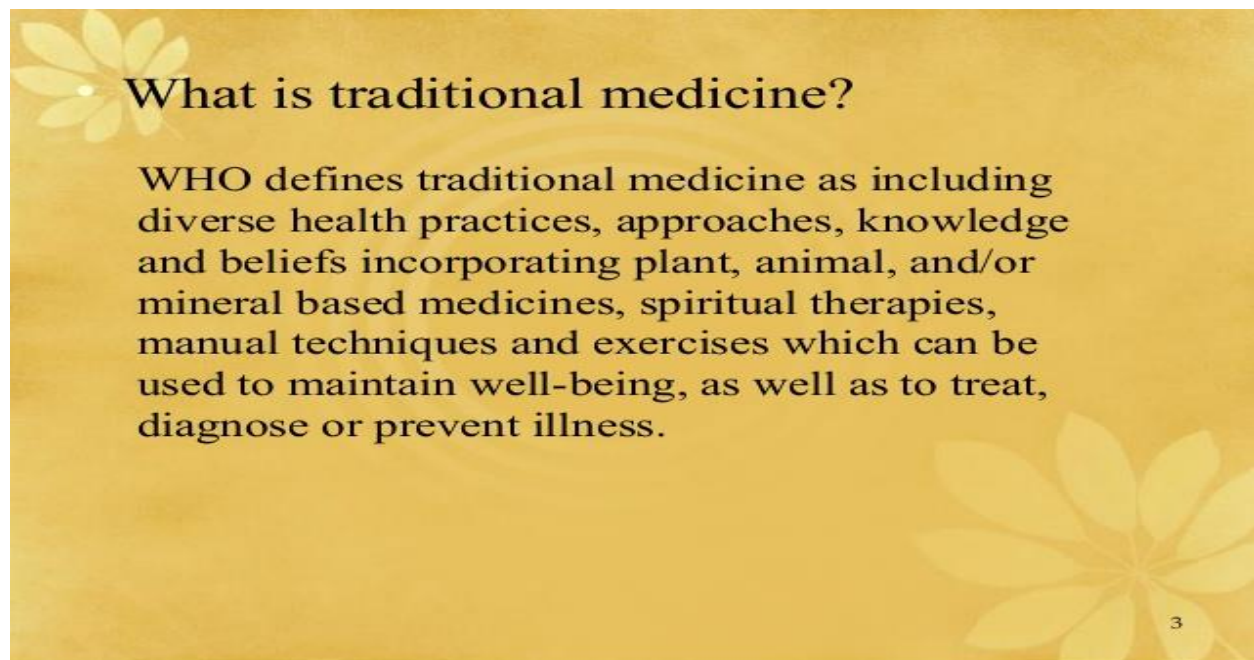
Siddha: Siddha system of medicine emphasize that medical treatment is oriented not merely to disease, but also has to take into account the patient, environment, age, habits, physical condition. Siddha literature is in Tamil and it is largely practiced in Tamil speaking parts of India and abroad.

Unani: Unani System of medicine is based on established knowledge and practices relating to promotion of positive health and prevention of diseases. Although Unani system originated in Greece, passed through many countries, Arabs enriched it with their aptitude and experience and the system was brought to India during Medieval period. Unani System emphasise the use of naturally occurring, most herbal medicines, though it uses ingredients of animal and marine origin.

Homeopathy: Homeopathy is a system of medicine, which believes in a specialized method of treatment of curing diseases by administration of potency drugs, which have been experimentally proved to possess the power of producing similar artificial systems on human beings.

Yoga and Naturopathy: Yoga is a way of life, which has the potential for improvement of social and personal behavior, improvement of physical health by encouraging better circulation of oxygenated blood in the body, restraining sense organs and thereby inducing tranquility and serenity of mind. Naturopathy is also a way of life, with drugless treatment of diseases. The system is based on the ancient practice of application of simple laws of nature. The advocates of naturopathy focus on eating and living habits, adoption of purification measures, use of hydrotherapy, baths, massage etc.

SOME SLIDES FOR REFERENCE:



• **What is traditional medicine?**

WHO defines traditional medicine as including diverse health practices, approaches, knowledge and beliefs incorporating plant, animal, and/or mineral based medicines, spiritual therapies, manual techniques and exercises which can be used to maintain well-being, as well as to treat, diagnose or prevent illness.

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AYURVEDA- THE INDIAN SYSTEM OF MEDICINE

“Ayur” means life and “Veda” means science

This system of medicine came into existence in about 900BC ago.

Ayurveda system of medicine is the oldest written medicine system and in certain cases, it is even assumed to be the most effective than modern medicine.

Ayurveda system of medicine developed an extensive use of medicine from plant origin.

Basic principles in Ayurveda

Doshas

Doshas	Representatives
Vata	Factors responsible for movements and sensations (ANS, CNS)
Pitta	Factors responsible for digestion, metabolism, heat production, blood pigmentation, endocrine function, energy
Kapha	Factors responsible for strengthening stomach, joints, limbs and refreshing sense organs



Basic principles in Ayurveda

Pancha Bhuta

According to ancient Indian philosophy, universe and everything in this universe (e.g. food & bodies) are composed of five elements (Pancha Bhuta);

- Earth
- Water
- Fire
- Air
- Space



Basic principles in Ayurveda

Dhatus (basic structures of body)

Dhatus are seven in number;

- 1- Food juices
- 2- Blood hemoglobin
- 3- Muscle tissues
- 4- Fat tissues
- 5- Bone tissues
- 6- Bone marrow
- 7- Semen

Basic principles in Ayurveda

Malas (by-products of Dhatus)

Malas are classified as;

1. Urine
2. Faeces
3. Perspiration

The Doshas, Dhatus and Malas should be in equilibrium state to assure health and any imbalance leads to disease.

Ayurveda – The Indian System of Medicine

- Composed of five basic elements – space, air, energy, liquid and solid.
- They exist in the human body like vata(space & air), pitta(energy) and kapha(liquid and solid).
- These three together are called the Tridosha.
- Some important drugs are Cassia angustifolia, Piper longum.

Homoeopathic System of Medicine

- This system of medicine had been developed by Samuel Hahnemann – a German physician.
- This system of medicine uses a concept of **prover & proven**.
- The drugs are extracted in mother tincture, then further diluted in terms of decimal potencies.
- Viz- Arnica, Lycopodium, Nux – vomica.

Siddha System of Medicine

- The term ,”Siddha” means achievement.
- This system is practised through **bhakti & yoga**.
- The literature of this system is mostly in tamil.
- Viz- Papaver somniferum , Strychnos nuxvomica

Unani System of Medicine

- Based on the Hippocratic theory of four humours and the Pythagorean theory of four proximate qualities.
- The Greek ideas were put by Arabian physicians as seven working principles (Umur –e- Tabia).
- This systems aims at treating the cause of disease and not its symptoms. Eg, Madar, Kabab chini etc.

Naturopathy & Yoga

- It is a system of medicine based on the laws of nature.
- This include physical exercise, contemplation , meditation, samadhi.
- This also includes hydrotherapy, baths, mud packs, massage etc.