



AYUSH Systems of Medicine

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AYUSH encompasses Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy, with Ayurveda having a documented history of 5000+ years.

Ayurveda

Samhita Period (1000 BC):

Emerged as mature medical system

- Charaka Samhita: Oldest and most authoritative text
- Sushruta Samhita: Gives fundamental principles and therapeutic methods in eight specialties

Main Schools:

- Punarvasu Atreya - School of physicians
- Divodasa Dhanvantari - School of surgeons

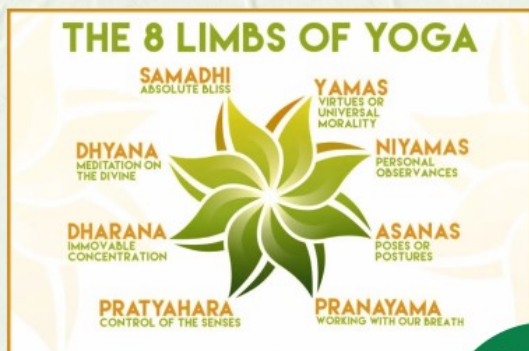
Branches of Ayurveda:

- Kayachikitsa (internal medicine)
- Shalya Tantra (surgery)
- Shalakya Tantra (disease of supra-clavicular origin)
- Kaumarabhritya (paediatrics)
- Agada Tantra (toxicology)
- Bhootavidya (psychiatry)
- Rasayana Tantra (rejuvenation and geriatrics)
- Vajikarana (eugenics & science of aphrodisiac)



Lord Brahma is believed to be the 1st proponent of Ayurveda

Yoga & Naturopathy



Naturopathy: Healing with help of 5 natural elements - Earth, Water, Air, Fire and Ether

- Based on theories of self-healing capacity of body and principles of healthy living
- Encourages a **person-centred approach** rather than disease-centred

Yoga first propounded by Maharishi Patanjali in systematic form Yogsutra

Unani

Pioneered in Greece, developed by Arabs as 7 principles (Umoor-e-Tabbiya)

- Based on the framework of teachings of **Buqrat** (Hippocrates) and **Jalinoos** (Galen)
 - Hippocratic theory of **four humors** viz. blood, phlegm, yellow bile, and black bile
- Recognised by WHO** and granted official status by India as an alternative health system

Siddha

Dates back to 10000 – 4000 BC; Siddhar Agasthiyar - Father of Siddha Medicine

- Preventive, promotive, curative, rejuvenative, and rehabilitative health care
- 4 Components:** Latro-chemistry, Medical practice, Yogic practice & Wisdom
- Diagnosis based on 3 humors (**Mukkuttram**) and 8 vital tests (**Ennvagai Thervu**)

Sowa Rigpa

Origin: Lord Buddha in India before 2500 years

- Traditional medicine in Himalayan regions of Ladakh, Himachal Pradesh, Arunachal Pradesh, etc.
- Recognised in India by Indian Medicine Central Council Act, 1970 (As amended in 2010)

Homeopathy

German physician Dr. Christian F. S. Hahnemann codified its fundamental principles

- Medicines prepared mainly from natural substances (plant products, minerals, animal sources)
- Brought in India by European missionaries - 1810; official recognition - 1948
- 3 Key Principles:**
 - Similia Similibus Curentur* (let likes be cured by likes)
 - Single Medicine
 - Minimum Dose



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