



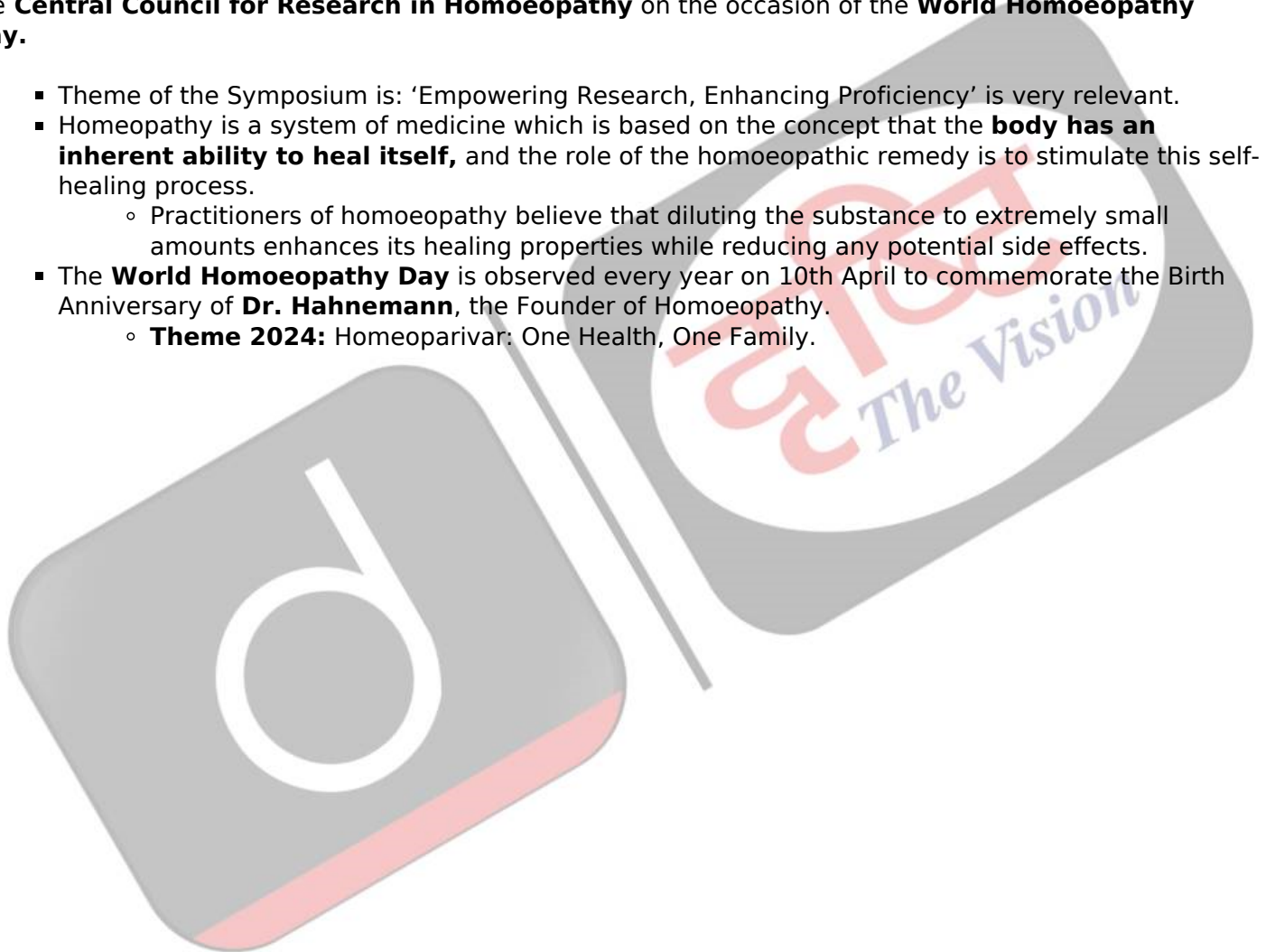
## Homoeopathy

[Source: PIB](#)

Recently, the President of India inaugurated a two-day **Homoeopathy Symposium**, organised by the **Central Council for Research in Homoeopathy** on the occasion of the **World Homoeopathy Day**.

- Theme of the Symposium is: 'Empowering Research, Enhancing Proficiency' is very relevant.
- Homoeopathy is a system of medicine which is based on the concept that the **body has an inherent ability to heal itself**, and the role of the homoeopathic remedy is to stimulate this self-healing process.
  - Practitioners of homoeopathy believe that diluting the substance to extremely small amounts enhances its healing properties while reducing any potential side effects.
- The **World Homoeopathy Day** is observed every year on 10th April to commemorate the Birth Anniversary of **Dr. Hahnemann**, the Founder of Homoeopathy.
  - **Theme 2024:** Homeoparivar: One Health, One Family.

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# AYUSH Systems of Medicine

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

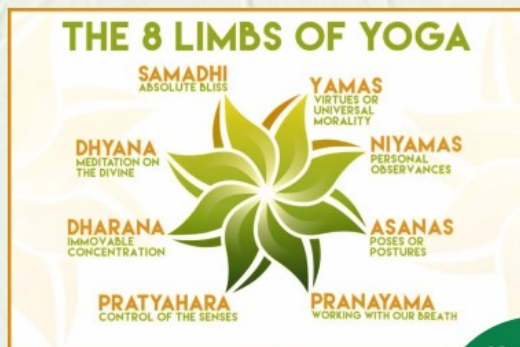
Lord Brahma is believed to be the 1<sup>st</sup> proponent of Ayurveda

### 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)



## 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



Drishti IAS

Read more: [Synchronising AYUSH and Modern Medicine](#)

