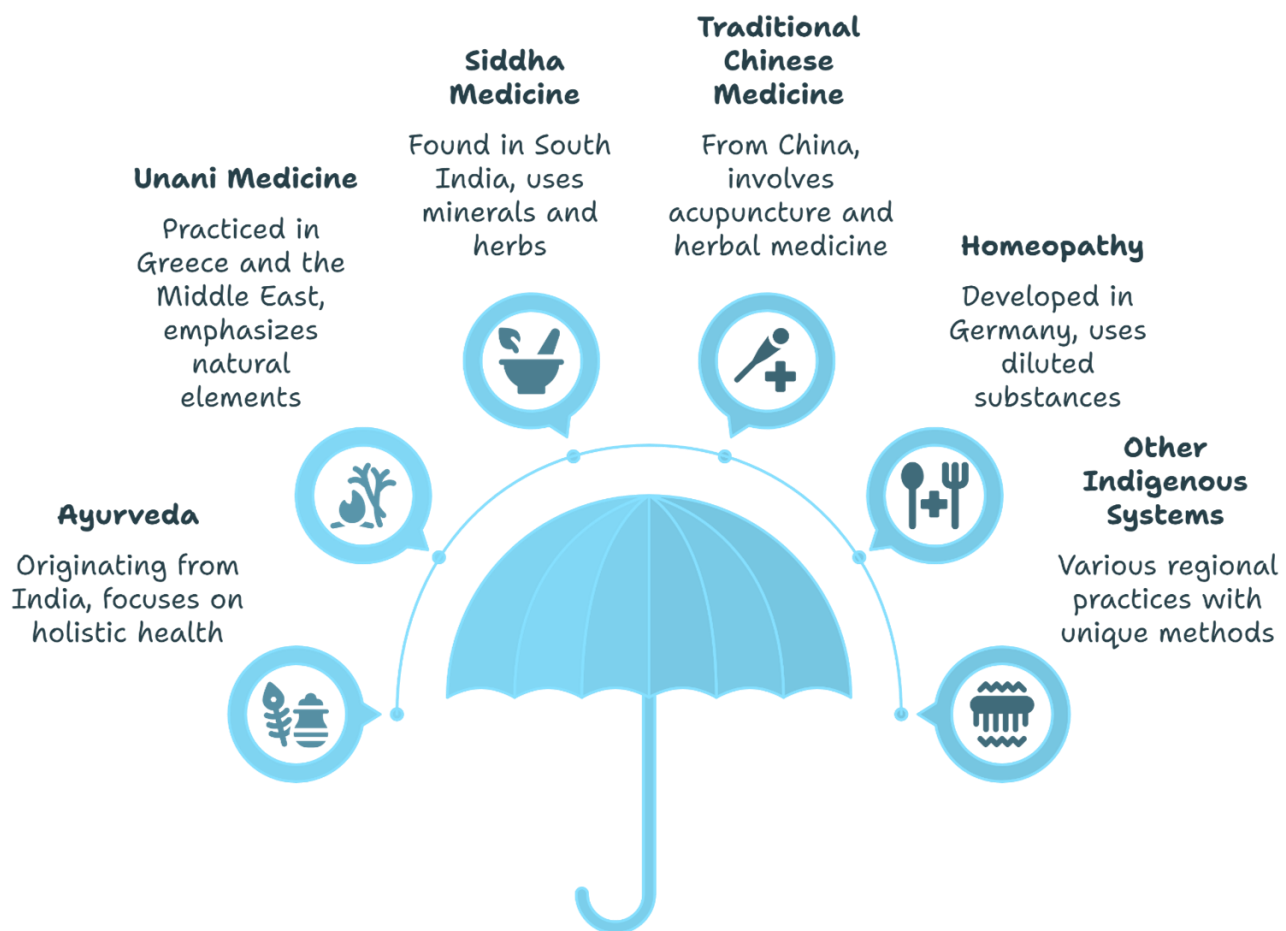


Pharmacognosy in Various Systems of Medicine

Traditional Systems of Medicine

- Traditional systems of medicine refer to healing practices that have been used for centuries in different cultures.
- These systems are based on natural remedies, including plant-based medicines, minerals, and animal products, to treat diseases and maintain health.
- They follow holistic approaches that focus on restoring balance in the body rather than just treating symptoms.

Major Traditional Systems of Medicine



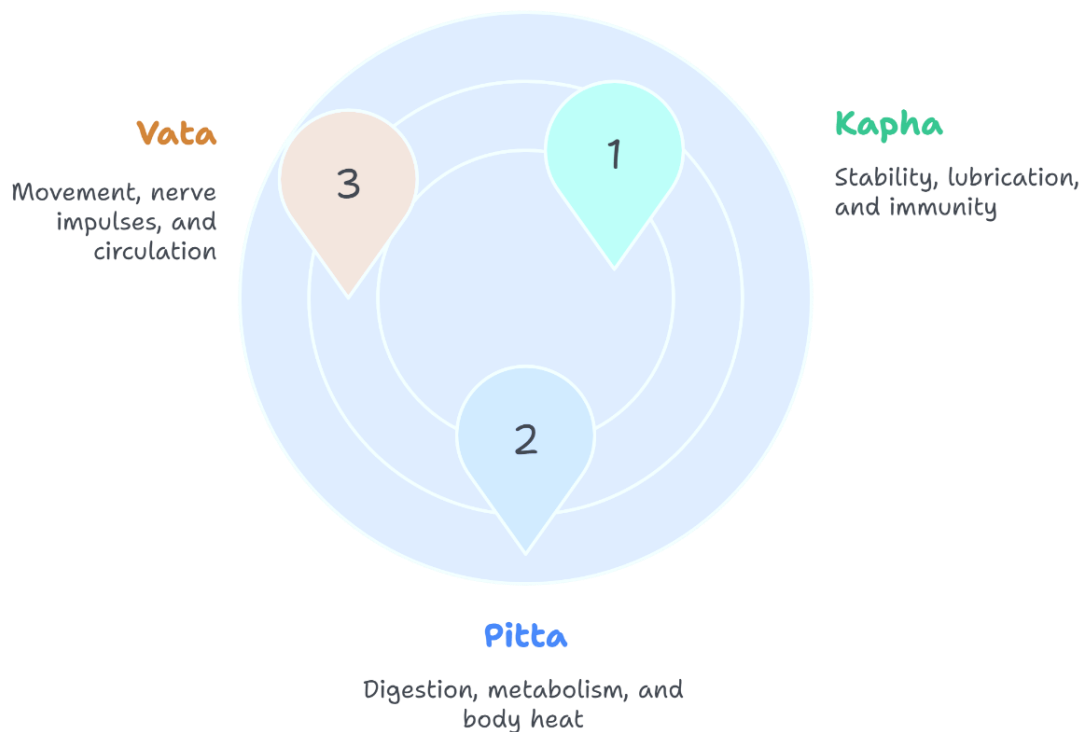
- Ayurveda (India)
- Unani Medicine (Greece & Middle East)
- Siddha Medicine (South India)
- Traditional Chinese Medicine (TCM) (China)
- Homeopathy (Germany)
- Other Indigenous Systems (Various Regions)

Ayurveda

- Ayurveda is one of the oldest holistic healing systems, originating in India over 5,000 years ago. The term "**Ayurveda**" is derived from Sanskrit words:
 - "**Ayur**" meaning life
 - "**Veda**" meaning knowledge or science
- Ayurveda focuses on maintaining the balance of bodily functions through diet, lifestyle, herbal medicine, and spiritual practices.

Principle

- The fundamental concept in Ayurveda revolves around the **Tridosha theory**, which states that the human body is governed by three doshas:



1. **Vata (Air & Ether)** – Controls movement, nerve impulses, and circulation.
 2. **Pitta (Fire & Water)** – Regulates digestion, metabolism, and body heat.
 3. **Kapha (Earth & Water)** – Maintains stability, lubrication, and immunity.
- A balanced state of these doshas leads to health, while an imbalance results in disease.

Diagnosis in Ayurveda

- Ayurvedic diagnosis involves a detailed understanding of the individual's constitution (**Prakriti**) and current imbalances (**Vikriti**).
- Diagnosis methods include:

- Nadi Pariksha (Pulse Diagnosis)
- Darshan (Observation)
- Sparsh (Palpation & Touch)
- Prashna (Questioning)
- Examination of Dosha, Dhatu (Tissues), Mala (Excretions), and Agni (Digestive Fire)

Role of Pharmacognosy in Ayurveda

1. **Herbal Drug Identification** – Pharmacognosy helps in identifying and authenticating Ayurvedic herbs like **Ashwagandha, Brahmi, Tulsi, and Triphala**.
2. **Quality Control** – Standardization of raw materials, ensuring purity and preventing adulteration.
3. **Phytochemical Analysis** – Understanding active constituents like alkaloids, tannins, flavonoids, etc.
4. **Formulation Development** – Developing traditional formulations such as Churna (Powders), Ghrita (Medicated Ghee), Asava & Arishta (Fermented Liquids), and Bhasma (Metal-based Preparations).

Unani Medicine

Overview

- Unani medicine, also known as **Greco-Arabic medicine**, originated from the teachings of **Hippocrates (Greece) and Galen (Rome)**, later developed by Arab and Persian scholars like **Avicenna (Ibn Sina)**.
- It is widely practiced in India, the Middle East, and South Asia.

Principle

- The Unani system is based on the **humoral theory**, which states that the human body contains four humors:
 1. Dam (Blood)
 2. Balgham (Phlegm)
 3. Safra (Yellow Bile)
 4. Sauda (Black Bile)
- The balance of these humors ensures good health, while an imbalance leads to diseases.

Diagnosis in Unani Medicine

- Nabz (Pulse Diagnosis)

- Urine Examination
- Stool Examination
- Observation of Skin, Eyes, and Tongue
- Detailed case history analysis (Temperament and Humoral Imbalance)

Role of Pharmacognosy in Unani Medicine

1. **Identification of Medicinal Plants** – Pharmacognosy helps in identifying key Unani medicinal herbs like Gilo (*Tinospora cordifolia*), Saffron, Aloe Vera, and Senna.
2. **Standardization of Herbal Drugs** – Ensures quality control through microscopic and chemical analysis.
3. **Development of Unani Formulations** – Used in making Sharbat (Syrups), Majoon (Confections), Hab (Pills), and Roghan (Oils).
4. **Safety and Efficacy Studies** – Validating the traditional claims of Unani herbs through phytochemical and pharmacological research.

Siddha Medicine

Overview

- Siddha medicine is one of the oldest systems of medicine, developed in **South India**, particularly in Tamil Nadu.
- It is attributed to **Siddhars (ancient spiritual scientists)** who had profound knowledge of medicine, yoga, and alchemy.

Principle

- Siddha medicine is based on the concept that human body functions are controlled by five elements (Pancha Bhoota) and three humors (Tridosha system):
 1. **Vatham (Air)**
 2. **Pitham (Fire)**
 3. **Kapham (Water & Earth)**

Diagnosis in Siddha Medicine

- Naadi (Pulse Diagnosis)
- Neerkuri (Urine Examination)
- Envagai Thervu (Eight-fold Examination)
- Tongue, Voice, and Eye Observation

Role of Pharmacognosy in Siddha Medicine

1. **Herbal and Mineral Identification** – Ensuring proper identification of plants like Karisalai (Eclipta alba), Thuthuvalai (Solanum trilobatum) and metals like Mercury and Sulfur.
 2. **Purification Methods** – Pharmacognosy helps in detoxifying minerals before use.
 3. **Phytochemical Standardization** – Chemical analysis of Kashayam (Decoctions), Lehiyam (Paste), and Mathirai (Tablets).
 4. **Quality Assurance** – Preventing contamination and adulteration in herbal and mineral preparations.
-

Homeopathy

Overview

- Homeopathy was founded by Dr. Samuel Hahnemann in the late 18th century in Germany.
- It is based on the principle of "Similia Similibus Curentur" (Like Cures Like).

Principle

- Homeopathy believes that substances that cause symptoms in a healthy person can treat similar symptoms in a diseased person when given in ultra-diluted doses.

Diagnosis in Homeopathy

- Detailed Case-Taking (Physical, Mental & Emotional Symptoms)
- Repertorization (Symptom Matching with Remedies)
- Constitutional Treatment Approach

Role of Pharmacognosy in Homeopathy

1. **Source Identification** – Most homeopathic remedies come from plants (Belladonna, Arnica), minerals (Sulfur, Arsenic), and animal sources (Apis, Sepia).
 2. **Potentization Process** – Ensuring the correct **dilution and succussion (vigorous shaking)** of medicines.
 3. **Standardization and Purity** – Ensuring homeopathic tinctures contain active ingredients.
 4. **Quality Control** – Avoiding contamination and maintaining the efficacy of homeopathic dilutions.
-

Traditional Chinese Medicine (TCM)

Overview



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