D.PHARM • FIRST YEAR

Pharmacognosy

CHAPTER 7

Traditional Systems of Medicine



ENGLISH CHAPTER NOTES

DIPLOMA IN PHARMACY

TRADITIONAL SYSTEMS OF MEDICINE

MEANING

Traditional systems of medicine are organized healing practices developed within cultures over long periods. They may use plant, animal or mineral materials together with diet and lifestyle practices.



IMPORTANT

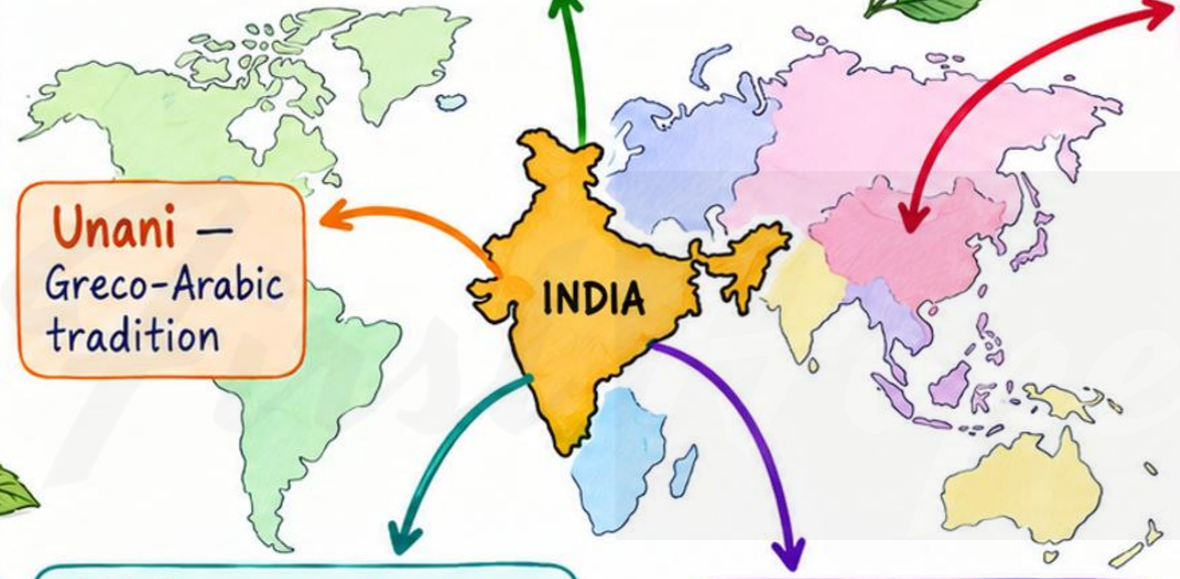
Traditional use is historical evidence, not automatic proof of clinical effectiveness. Quality, dose, interactions and safety still require scientific evaluation.

MAJOR SYSTEMS IN THIS CHAPTER

Ayurveda — India

Traditional Chinese Medicine (TCM) — China

Unani — Greco-Arabic tradition



Siddha — South India, especially Tamil tradition

Homeopathy — developed in Germany



ROLE OF PHARMACOGNOSY

- Correct source identification
- detection of adulteration
- microscopy and phytochemical testing
- marker-based standardization
- contaminant testing
- safe storage





AYURVEDA: PRINCIPLES AND ASSESSMENT

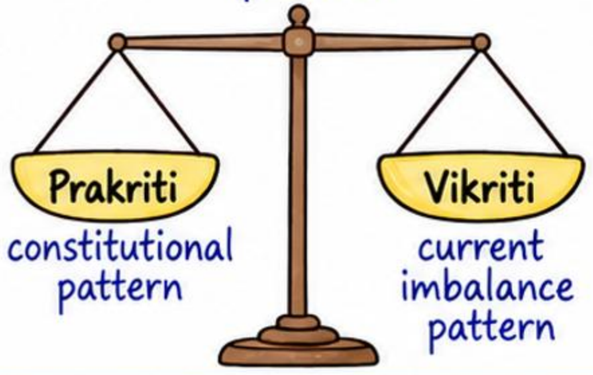
MEANING

Ayurveda combines Ayur, meaning life, and Veda, meaning knowledge. It is a traditional Indian system that emphasizes balance through diet, lifestyle and medicines.

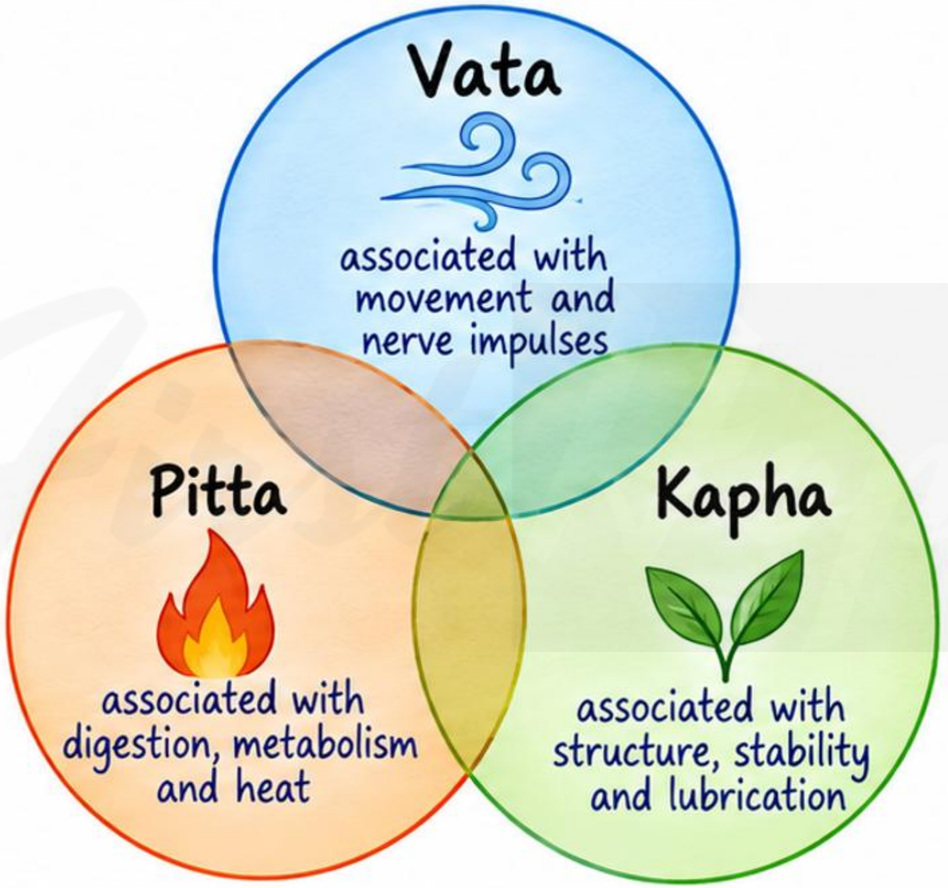
INDIVIDUAL ASSESSMENT

Prakriti — constitutional pattern

Vikriti — current imbalance pattern



TRIDOSHA CONCEPT



Health is traditionally described as balance; disturbance is described as imbalance.

TRADITIONAL METHODS

- **Darshana:** observation
- **Sparshana:** touch or palpation
- **Prashna:** questioning and history
- **Nadi Pariksha:** pulse examination

Also considers Dosha, Dhatu, Mala and Agni.

- Dosha
- Dhatu
- Mala
- Agni

NOTE

These are concepts of the Ayurvedic system and do not replace modern clinical diagnosis.

ROLE OF PHARMACOGNOSY IN AYURVEDA

MEDICINAL SPECIMENS


Ashwagandha


Brahmi


Tulsi


Triphala

IDENTIFICATION

Confirms the correct botanical source and plant part by morphology, microscopy and reference specimens.


Macroscopy (morphology)

Microscopy

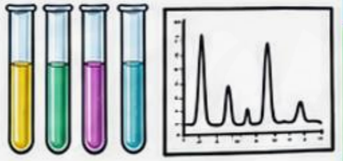
QUALITY CONTROL

Checks foreign matter, moisture, ash values, extractive values, microbial load, pesticides, heavy metals and adulterants as applicable.


Physicochemical tests

PHYTOCHEMICAL ANALYSIS

Detects or measures constituents such as alkaloids, glycosides, tannins, flavonoids and marker compounds.


Marker profile

STANDARDIZATION

Links authentic raw materials, controlled processing and reproducible finished-product specifications.



FORMULATION SUPPORT

Helps evaluate Churna, Ghrita, Asava, Arishta, Gutika, Taila and other dosage forms.


Churna


Ghrita


Asava/Arishta


Gutika


Taila


Bhasma

CONTAMINATION

(Microbial, Pesticides, Heavy metals)

ADULTERATION

(Substitution with inferior drugs)

EXAMPLES

Ashwagandha • Brahmi • Tulsi • Triphala

GOAL

Consistent identity, purity, strength and safety from raw drug to finished product.

UNANI MEDICINE

ORIGIN

Unani is a Greco-Arabic medical tradition influenced by Hippocrates and Galen and later developed by Arab and Persian scholars, including Ibn Sina.

TRADITIONAL ASSESSMENT



- Nabz or pulse



- urine and stool examination

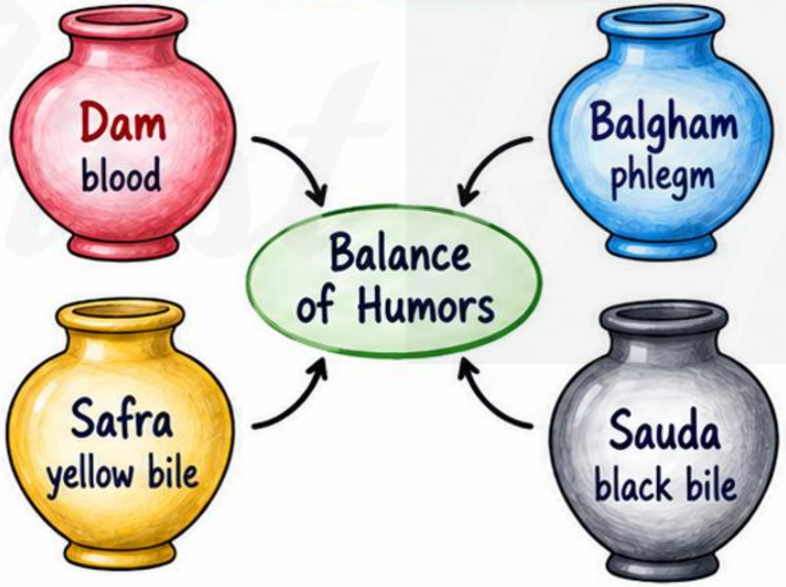


- skin, eyes and tongue



- detailed case history and temperament

HUMORAL THEORY



The system traditionally associates health with balance among these humors and individual temperament.

ROLE OF PHARMACOGNOSY

- Authenticates crude drugs such as Tinospora, saffron, Aloe and Senna
- Detects substitution and adulteration
- Supports microscopy, chemical profiling and contaminant testing
- Standardizes Sharbat, Majoon, Hab and Roghan

DOSAGE FORMS



NOTE | Traditional theory and modern biomedical evidence should be clearly distinguished.

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