

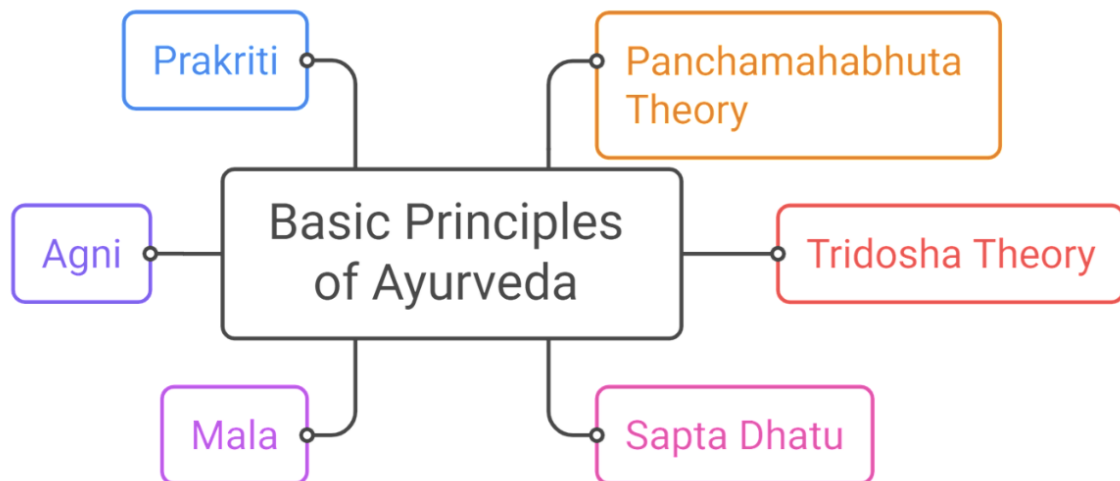
Fundamental Concepts of Indian Systems of Medicine

Fundamental Concepts of Ayurveda

Introduction

- Ayurveda is one of the oldest traditional systems of medicine in India.
- **The word Ayurveda is made from two Sanskrit words:**
 - "Ayur" means life.
 - "Veda" means knowledge or science.
- Ayurveda mainly focuses on maintaining health and preventing disease through natural methods.
- Medicinal plants are widely used in Ayurveda, therefore it has great importance in phytochemistry.

Basic Principles of Ayurveda



1. Panchamahabhuta Theory (Five Element Theory)

- According to Ayurveda, the human body and all substances in nature are made of five basic elements.
- **These five elements are:**
 - Prithvi (Earth)
 - Jala (Water)
 - Agni (Fire)
 - Vayu (Air)
 - Akasha (Space)

2. Tridosha Theory

- Ayurveda states that the body functions are controlled by three doshas.

➤ **The three doshas are:**

A. Vata

- Vata is formed by air and space elements.
- It controls movement, breathing, circulation, and nervous activities.

B. Pitta

- Pitta is formed by fire and water elements.
- It controls digestion, metabolism, and body temperature.

C. Kapha

- Kapha is formed by earth and water elements.
- It provides strength, stability, and lubrication to the body.
- Disease occurs when these doshas become imbalanced.
- Herbal drugs are selected according to the dosha imbalance.

3. Sapta Dhatu (Seven Body Tissues)

➤ Ayurveda explains that the body is made of seven tissues.

➤ **These are:**

- Rasa (Plasma)
- Rakta (Blood)
- Mamsa (Muscle)
- Meda (Fat)
- Asthi (Bone)
- Majja (Bone marrow)
- Shukra (Reproductive tissue)

➤ Proper nutrition and herbal medicines maintain these tissues.

4. Mala (Waste Products)

➤ The body produces waste materials called malas.

➤ **Main malas are:**

- Urine
- Feces
- Sweat

➤ Removal of these wastes is important for health.

5. Agni (Digestive Fire)

➤ Agni represents digestion and metabolism.

- Good digestion is necessary for proper health.
- Many Ayurvedic herbs improve digestion and metabolism.

6. Prakriti (Body Constitution)

- Every person has a unique body constitution.
- It depends on the dominance of doshas.
- Treatment and herbal formulations are selected according to prakriti.

Importance of Ayurveda in Phytochemistry

- Ayurveda uses many medicinal plants as crude drugs.
- Plants such as Ashwagandha, Tulsi, Neem, and Turmeric are important Ayurvedic drugs.
- Phytochemical constituents like alkaloids, glycosides, tannins, and volatile oils are responsible for therapeutic effects.

Siddha System

Introduction

- Siddha is an ancient traditional system mainly practiced in South India, especially Tamil Nadu.
- The word "Siddha" means achievement or perfection.
- Siddha medicine believes that a healthy body and mind are necessary for spiritual development.
- In phytochemistry, Siddha is important because it uses many herbal and mineral preparations.

Fundamental Principles of Siddha

A. Five Element Theory

- **Siddha medicine** states that the universe and the human body are composed of **five elements**:
 - Earth
 - Water
 - Fire
 - Air
 - Ether
- These elements influence the properties of medicinal plants and drugs.

B. Three Humors Theory

- **Siddha describes three humors known as**:
 - Vatham

- Pitham
- Kabam
- These are similar to the Tridosha concept of Ayurveda.

a) Vatham

- Vatham controls movement and nervous functions.
- Imbalance causes pain, tremors, and constipation.

b) Pitham

- Pitham controls digestion and body heat.
- Imbalance causes fever, ulcers, and skin diseases.

c) Kabam

- Kabam controls strength and body stability.
- Imbalance causes cough, obesity, and respiratory problems.

Diagnostic Methods in Siddha

- **Siddha physicians diagnose disease using:**

- Pulse examination
- Observation of tongue
- Voice examination
- Eye examination
- Urine examination

Use of Herbal Drugs

- Siddha medicine extensively uses herbs, minerals, and metals.
- **Herbal formulations are prepared using:**
 - Leaves
 - Roots
 - Seeds
 - Flowers
- Plants are selected based on their medicinal properties and energetic effects.

Importance in Phytochemistry

- **Siddha preparations contain many phytochemicals such as:**
 - Alkaloids
 - Flavonoids

- Tannins
- Glycosides
- Scientific evaluation of Siddha herbs helps identify active constituents.

Examples of Siddha Medicinal Plants

- Adhatoda vasica is used for cough and asthma.
- Aloe vera is used for skin diseases and digestion.
- Amla is used as a rejuvenating agent.

Unani System of Medicine

Introduction

- Unani medicine originated in Greece and later developed in Arab countries and India.
- The word "Unani" means "Greek."
- Unani medicine is based on the teachings of Hippocrates and Galen.
- This system mainly uses herbal medicines for treatment.

Basic Principles of Unani

A. Four Elements Theory

- Unani believes that everything in nature is made of four elements:
 - Earth
 - Water
 - Air
 - Fire
- Each element possesses specific qualities.

B. Four Humors Theory

- The human body contains four humors:
 - a) **Blood**
 - Blood provides nutrition and energy to the body.
 - b) **Phlegm**
 - Phlegm maintains lubrication and coolness.
 - c) **Yellow Bile**
 - Yellow bile produces heat and aids digestion.
 - d) **Black Bile**



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