

Indian Systems of Medicine

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- India has recognized six systems of medicine viz. Ayurveda, Siddha, Unani and Yoga, Naturopathy and Homoeopathy.
- The Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) was formed on 9th November 2014 to ensure the optimal development and propagation of AYUSH systems of healthcare.
- Earlier it was known as the Department of Indian System of Medicine and Homeopathy (ISM&H) which was created in March 1995 and renamed as Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) in November 2003, with focused attention for development of Education and Research in Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy.

Unani System of Medicine

- Unani system originated in Greece and its foundation was laid by Hippocrates.
- However, the system owes its present form to the Arabs who not only saved much of the Greek literature by rendering it into Arabic but also enriched the medicine of their day with their own contributions.
- It was introduced in India by the Arabs and Persians sometime around the eleventh century.
- India has the largest number of Unani educational, research and health care institutions.

Ayurveda

- The word 'Ayurveda' has derived out of fusion of two separate words- 'Áyu' i.e. life and 'veda' i.e. knowledge. Thus in literal meaning Ayurveda is the science of life.

- It aims to keep structural and functional entities in a state of equilibrium, which signifies good health (Swasthya) through various procedures, regimen, diet, medicines and behavior change.

Siddha system

- Siddha system of medicine is practiced in some parts of South India especially in the state of Tamil Nadu.
- The term 'Siddha' has come from 'Siddhi'- which means achievement. Siddhars were the men who achieved supreme knowledge in the field of medicine, yoga or tapa (meditation).

Sowa-Rigpa

- "Sowa-Rigpa" commonly known as Tibetan system of medicine is one of the oldest, living and well documented medical tradition of the world.
- It has been originated from Tibet and popularly practiced in India, Nepal, Bhutan, Mongolia and Russia. The majority of theory and practice of Sowa-Rigpa is similar to "Ayurveda".
- Sowa-Rigpa is based on the principle that bodies of all the living beings and non living objects of the universe are composed of five Cosmo physical elements of Jung-wa-nga (Prithvi, Jal, Agni, Vayu and Akash).
- When the proportion of these elements is in imbalance in our body, disorder results.
- It was recognized by the Government in 2011.

Homoeopathy

- The word 'Homoeopathy' is derived from two Greek words, Homois meaning similar and pathos meaning suffering. It was introduced in India in 18th Century.
- Homoeopathy simply means treating diseases with remedies, prescribed in minute doses, which are capable of producing symptoms similar to the disease when taken

by healthy people, i.e.principle of – “Similia Similibus Curantur” which means “likes are cured by likes”.

- It takes a holistic approach towards the sick individual through promotion of inner balance at mental, emotional, spiritual and physical levels.