

# Ayurveda: The Hidden Medication

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**Abstract**—Ayurved is a system of medicine that has its roots in the Indian subcontinent. Medications have been practised since many years as long as historical accounts prevail. Ayurveda had been transferred years back from gods to sages and then to human physicians. Ayurveda names 7 basic tissues or dhatu- which are Plasma(rasa), blood(rakta), muscles(mamsa), fat(meda), bones(asthi), marrow(majja) and semen (shukra). All body substances have been divided into 5 classical elements- air, water, fire, earth and ether. Ayurveda has 8 ways to diagnose a disease- nadi(pulse), mootra(urine), mala(stool), jihva(tongue), druk(vision), sarsha(touch) and aakruti(appearance). Ayurveda basically emphasize attaining vitality by building a healthy metabolic system and maintaining good digestion and excretion. It focuses on yoga and meditation. It follows the concept of dincharaya i.e., natural daily cycles- waking, sleeping, working, meditation etc. are important for life. Plant based material such as cardamom and cinnamon are used. Opium is used for treatment of diarrhoea and dysentery. Products like oils and tar is used to stop bleeding. Intake of one's own urine is also considered as a good treatment to a number of diseases like diabetes etc. It focuses on two basic techniques - panchkarma and rasa Shastra. There are a number of untreatable diseases however ayurved provides treatment to them which go unnoticed. Ayurved is the only guiding light to the present day medications so we must connect our daily lives with the easy ayurvedic remedies to achieve pink of health.

## 1. INTRODUCTION

Medication has been practised over many years as long as historical records prevail. Ayurveda i.e. life knowledge is a system of medicine with historical roots in the Indian subcontinent. There are legendary accounts of transmission of knowledge from the gods to sages and then to human physicians. The early theoretical ideas of Ayurveda that developed millions of years ago show philosophies of Buddhism and Jainism. According to it balance is emphasized and suppressing natural urges is considered unhealthy and claimed to lead to illness. They have paved way for modern medicines. Our ancient medications had existed in the form of Ayurveda medicine that has been descended from ancient medical techniques of Hindu society.

## 2. TEACHINGS OF AYURVEDA

Ayurveda teaches two main principles:

**Preservation of health:** how to maintain health and what to do to keep the human body healthy and fit to avoid sickness. Methods medicine and tactics to manage disease and ailments to cure and procure a return to normal health. Ayurveda names 7 basic tissues i.e. dhatu which are **plasma-rasa, blood-rakta, muscles-mamsa, fat-meda, bone-asthi, marrow-majja, and semen- shukra**. Bodily substances have been divided into 5 classical elements- earth, water, air, fire and ether.

Ayurveda has 8 ways to diagnose illness they are:

1. Mala(stool)
2. Mootra (urine)
3. aakruti(appearance)
4. Druk(vision)
5. Sparsh(touch)
6. Shabda(speech)
7. Jihwa(tongue)
8. Nadi(pulse),

## 3. TREATMENTS IN AYURVEDA

Treatments deal with surgery but contemporary Ayurveda tends to emphasise attaining vitality by building a healthy metabolic system and maintaining good digestion and excretion. It focuses on yoga and medication. Ayurveda follows the concept of dincharya i.e. natural cycles- waking, sleeping, working, medication etc. are important for health.

### 3.1 Basic Techniques:

It involves treatments having yoga, herbal medicines, panchkarma i.e. a two-step program for therapeutic cleansing and rasa shastra i.e. a system involving treating diseases with metals including mercury and lead.

- a) **Panchkarma** is an ayurvedic treatment which cleans the body of toxins and balances body's energy. It consists of 5 parts: vomiting, purging, edema herbal inhalation therapy and bloodletting as well as pre-treatment consisting of oil massage and essential oil ingesting.
- b) **Rasa-Shastra**- It is an ancient body of medical folklore in ayurvedic medicine. According to this it is good to consume mercury, lead and arsenic but only by burning them in cow's shit.

### 3.2 Herbs and minerals in Ayurvedic medicine:

Ayurveda believes that every material i.e. vegetal, animal's meat, metals, minerals and all other natural things have medicinal importance.

Plant based materials are used such as cardamom, *Aloe Vera*, *Aeglemarmelos* (bael), *Asparagus reamos* (shatavari), *Azadiractaindica* (neem) and cinnamon. Animal products like milk, bones and gallstones are also used. Opium is also used for treatment. It is prescribed for diarrhoea and dysentery and also for increasing the sexual and muscular ability. Also Ayurveda uses products like oil and tar to stop bleeding.

### 3.3 An important technique- shivambushastra

ShivambuShastra i.e. the technique of intaking one's own urine or Self urine therapy is the most important and effective way to get rid and further protect one's body from the microbes. Urine is considered to be supernatural as it is the by-product of the blood and contains life force. Urine as a holographic way effects all the parts of the being from physical to emotions and mind.

The body produces a huge variety of antibodies, hormones, enzymes and other natural chemicals to regulate and control its function and combat imbalances that one may not be aware of. Clinical studies have proved that the thousands of critical body chemicals and nutrients that end up in urine reflect the individual body's functions. When reutilized these chemicals and nutrients act as natural vaccines, antibacterial, antiviral and anticarcinogenic agents as well as hormone balancers and allergy relievers. The information that urine contains cannot be obtained from any other source.

## 4. AYURVEDA REMEDIES FOR TUBERCULOSIS

Tuberculosis is caused by bacteria called *Mycobacterium tuberculin* and it affects the lungs. The respiratory infection is usually caused by the bacteria which enter the body via the mouth, nose and the windpipe and can remain in the lungs for years. TB is usually caused by series of factors like smoking, alcohol consumption, low immunity, and stress.

Some of the symptoms of TB include prolonged coughing (usually with the blood), chest pain, weight loss sudden chills, high sweat, and fever etc. and thorough medication is needed to treat TB.

Effective ayurvedic remedies to control TB:

1. **Pine apple** – it is often recommended as an excellent home remedy for TB owing to ability to dissolve mucus and clear nasal blockage in addition to quickening the recovery process. Individual trying to get rid of TB and symptoms can therefore, benefit from a glass of pine apple juice every day.
2. **Indian gooseberry** most individual associate the Indian gooseberry with hair fall treatment. However, the fruit has more uses than just that it can effectively reduce the symptoms of TB to great extent and restore overall health in a very short period of time. The best way to get the benefits of the fruit in treating the condition is to extract its juice and mix a tablespoon of the same with some honey. Consuming this concoction on an empty stomach the first thing in the morning can help alleviate TB and its symptoms effectively.
3. **Garlic** – It is known to contain high amount of sulphuric acid that can eradicate the germs responsible for TB and its symptoms. Including garlic as a necessary part of the daily diet can therefore help treat TB effectively. One of the best ways to use garlic to treat TB involves dicing a few cloves of raw garlic and boiling them in 250ml of milk. Eating the boiled garlic pieces first and following it up with the milk has been found to have fruitful benefits for individuals suffering from TB.
4. **Mint**: mint offers several benefits in treating TB and can offer quick and effective result from its symptoms. Mint is known to loosen the mucus and clear nasal blockages almost instantly. It also helps nourish the lung and increases the overall resistance of the body to infections. Fresh mint juice needs to be mixed with honey and malt vinegar in the ratio 1:2:2. The resultant mix can be added to any fruit or vegetable juice. Consuming this concoction at least twice a day can offer desirable results.
5. **Milk**: Milk is considered as the best natural source of calcium, the best therapeutic agent for treating tuberculosis and its symptoms in individuals. Drinking milk on the regular basis would provide the abode with the calcium to treat TB. Some individuals are even recommended to switch to an only milk diet in order to treat TB. So make it a point to drink at least 2 glasses of hot milk every day to treat TB and its symptoms effectively.
6. **Drumstick leaves**: Drinking a soup made of drumstick leaves is also known to be a potential home remedy for tuberculosis and its symptoms. Boil a handful of drumstick leaves in about 250ml of water for about 15 minutes. Let the resultant solution cool down after which you can strain it. Add some pepper and salt and few drops of lime juice to the soup and drink a glass of it every morning for desirable results.

7. **Bottle gourd:** regular intake of bottle gourd can help increase the body's resistance to tuberculosis germs. Eating bottle gourd on daily basis can help boost the body's immunity levels to a great extent. This in turn would make it easier for the body to fight off the symptoms and the germ causing the condition all in one shot.
8. **Banana:** Bananas have been used since ancient times for the treatment of TB and can cure severe cases of this condition. Individuals experiencing the severe symptoms like frequent cough (with blood), high fever can get quick relief from the symptoms by either drinking banana juice every day or eating raw banana.
9. **Celery:** It is often recommended for the individuals suffering from TB. Grinding a few dry leaves, extracting their juice and consuming at least 5 tablespoon of it at regular intervals throughout the day can control TB to an extent.
10. **Sun exposure:** Sun rays can help to kill the *Tuberculin bacilli* which is responsible for TB. Therefore, standing out in the sun, preferably in the morning can help get rid of germs causing TB and bring down the symptoms of the condition to great extent.

#### 5. AYURVEDA REMEDIES FOR SPONDYLITIS

Spondylitis is an inflammation of vertebrae. In many cases spondylitis involves one or more vertebral joints as well, which itself is called as spondylarthritis. It is one of the most common cause of back and neck pain, not detected until it has fully developed and causes severe pain.

It is of various type: cervical spondylitis, lumbar spondylitis, ankylosing spondylitis

Certain food remedies and natural pain relief strategies have been found beneficial in the treatment of spondylitis.

1. **Epsom salt bath:** Taking Epsom salt bath on regular basis is another good remedy. The magnesium in Epsom salt regulates the pH level in the body, in turn reducing stiffness, inflammation and pain. Application of it in affected area for 15-20 minutes brings lot of relief.
2. **Shallaki (*Boswellia serrate*):** It is a very important anti-inflammatory herb. The resin obtained from the tree is purified and applied to avoid inflammation.
3. **Garlic:** its anti-inflammation and analgesic properties help treat pain, swelling and inflammation. Eat a couple of raw garlic buds on an empty stomach each morning with water. Heat 2 to 3 crushed garlic clove with some vegetable oil, and massage the painful area for 5 to 10 minutes.

4. **Turmeric:** Due to its anti-inflammatory properties, turmeric is another popular remedy. Turmeric increase blood circulation, which help in reducing muscle stiffness and pain. Mix turmeric powder in milk, heat for 5 minutes, allow it to cool then add honey and drink twice daily.
5. **Sesame seed:** They are rich in calcium, magnesium, manganese, copper; zinc, phosphorus, vitamin K and D which are good for bone and also effective in reducing neck pain. Application of warm sesame oil on affected area for 10 mins decreases pain.

#### 6. AYURVEDA REMEDIES FOR DENGUE:

Dengue is caused due to the *Aedes mosquito's* bite. It may cause high fever severe headaches, pain behind eyes, severe muscle and joint pain, etc.

1. **Papaya leaves:** It can be treated by intake of papaya leaves. Papaya leaves can help increase the low platelet count and get rid of the haemorrhagic fever.
2. **Neem leaves and neem oil** can be yet another treatment that can be used. Neem oil can act as a purifying agent. In females seeking pregnancy the usage should be restricted.
3. Leaves of **coriander** can be taken as a tonic to reduce fever.
4. Fruits with vitamin C like **amla** should be taken.
5. Boiled **tulsi** taken twice a day strengthens body's immune system.
6. **Fenugreek leaves** are taken in herbal tea to reduce fever.
7. To increase blood count pomegranate juice must be taken.
8. **Sonth(*zingiberofficianale*):** it is commonly used as dry ginger. It is anti-inflammatory as well as improves appetite and good for digestive and respiratory system.
9. **Ashwagandha(*Withaniasomnifera*):** Ashwagandha has anti-inflammatory, anti- cancer, and anti- stress properties.

#### 7. CONCLUSION

Thus ayurveda has been the technique or the enlightening guideline to achieve a healthy heart, soul and make one fit from head to toe. It has remedies from the mildest cold to severe diseases like cancer and aids. So let's start finding out healing power from ayurveda to achieve pink of health.

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