



## Ancient Indian medicine

# Ayurveda

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Ayurveda (the science of life) is the oldest medical science in human civilization. It is said to be more than five thousand years old. Since print was not available at that time so it was taught for thousands years by accomplished masters in oral form ('veda' = 'shruti' = heard) to their disciples. Because of this most of it is inaccessible and only very small part is available in print now.

अयुर्वेदयतीतिआयुर्वेद : A meaning thereby the 'veda' which describes the good and bad for the "aayu" (life). Being the most ancient medicine system Tibetan medicine, traditional Chinese medicine, homeopathy and some principles of modern allopathic medicine have their roots in Ayurveda. Early Greek medicine also embraced many concepts originally described in the classical ayurvedic medical texts. More than a mere system of treating illness, Ayurveda is a science of life. It provides wisdom designed to help people stay vital while realizing their full human potential. Guidelines are available on ideal daily and seasonal routines, diet, behaviour and the proper use of our senses. Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and consciousness.

The concept of 'tri-dosha' explains that disorders are originated because of lost balance in between 'vata', 'pitta' and 'kapha'. When they are in balance the body is in order. The human body is also affected by delicate interplay of 'panch-tatva' (five great elements) viz. 'jal' (water), 'prithivi' (earth), 'nabh' (space), 'pavan' (air) and 'agni' (fire). Every aspect of human health may it be physical, mental, emotional, interpersonal and spiritual is being affected by them.

An important goal of Ayurveda is to identify a person's 'prakriti', the ideal state of balance, determine patterns of imbalance ('vikriti'), and offer interventions using

suitable diet, herbs, aromatherapy, pancha-karma, massage treatments, music, yoga and meditation to re-establish the inner balance.

Three principles of Ayurveda –

हेतुलिङ्ग औषध ज्ञानम्, स्वास्थ्यातुरपरायणम् । त्रिसुत्रं शाश्वतम् पुण्यं बुबुधे यं पितामह ॥

Meaning thereby the knowledge of symptoms, causing factors and knowledge of medicines is must, fruitful and permanent for both healthy and diseased person, as said by Lord Brihma. So Ayurveda not only treats ailments but focuses more on how to maintain good health. For this it describes in detail about general hygiene, general disciplines, right conducts, good & bad diet, etc.

Ayurveda contains lot of philosophical principles as well. It contains detail description about characteristics of good physician. Medical ethics described in it are par excellence. It also guides that which patient is to be treated and which is not to be treated.

Ayurveda treats every human body different as finger prints. Similarly treatment of every human being is different. It broadly describes eight types of therapies (चिकित्सायामष्टाङ्गायाम्) –

1. Kāyacikitsā: general medicine, medicine of the body,
2. Kaumāra-bhṛtya: the treatment of children, paediatrics,
3. Śalyatantra: surgical techniques and the extraction of foreign objects,
4. Śālākyaatantra: treatment of ailments affecting ears, eyes, nose, mouth, etc. (ENT),
5. Bhūtavidyā: pacification of possessing spirits, and the people whose minds are affected by such possession,



6. Agadatantra: toxicology,
7. Rasāyanatantra: rejuvenation and tonics for increasing lifespan, intellect and strength, and
8. Vājīkaraflatantra: aphrodisiacs and treatments for increasing the volume and viability of semen and sexual pleasure.

'Panchkarma' (five actions or five therapies) is highly individualized season linked very famous ant popular treatment method of Ayurveda. It is said to be ultimate Mind-Body healing and detoxifying therapy involving all five senses.

## J.L.N. MEDICAL COLLEGE, AJMER- An Overview

The College was established in 1965 by Govt. of Rajasthan and is affiliated to Rajasthan University of Health Sciences (RUHS), Jaipur.

Following Medical/ Paramedical courses are run by the institution-

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|------------------------------|--|
| 1. MBBS                      | 100 seats are recognized by the MCI and recently this Institution has got permission for 150 admissions for academic year 2018-2019. |
| 2. M.D./M.S.                 | 119 seats  |
| 3. D.M.                      | 02 seats   |
| 4. M.Sc. (Med.)              | 11 seats   |
| 5. Nursing Courses           | 120 seats  |
| 6. Other Paramedical Courses | 110 seats  |
| 7. Ph.D. Course              | Some Seats   |

The institution has three teaching hospitals having more than 1200 beds-

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|--------------------------------|---|-------------|
| 1. J.L.N. Hospital             | = | 938 Beds    |
| 2. Rajkiya Mahila Chikitsalaya | = | 200+90 Beds |
| 3. Satellite Hospital          | = | 50 Beds     |

The hospitals have daily input of more than 2200 outdoor patients and nearly 250 patients are admitted everyday in various wards. Facilities for tertiary care are available in most of the clinical departments and super specialities. Overall about 30 lakh population of Ajmer Division is benefitted by this institution.

The college is equipped with modern facilities for teaching, research, scientific and academic activities. The college has been funded by I.C.M.R. for two major research projects.

The faculty and students of this college have won many national and international accolades including prestigious Dr. B.C. Roy Award.