



Ayurveda and Naturopathy

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ABSTRACT

Ayurveda, naturopathy and yoga has been a part of Indian culture since long times. The combination of modern technology and Ayurveda will bring about drastic changes in health system. So the national rural health mission has decided to maintain Ayurveda, yoga, naturopathy system of indigenous medicine to help meet the challenge of shatya of healthcare professionals. Yoga has taken over fitness industry recently. Many people are preferring yoga for their health benefits. Naturopathy is a form of alternative medicine employing a wide array of "natural" treatments, including homeopathy, herbalism, and acupuncture, as well as diet (natural) and lifestyle counseling. The mechanism of acupuncture and v therapy is used to cure people with paralysis and its mechanism has to be still found out.

KEYWORDS: Ayurveda, naturopathy, yoga

Ayurveda

Ayurveda or **Ayurvedic medicine** is a system of traditional Hindu medicine native to the Indian subcontinent. Contemporary practices derived from Ayurvedic traditions are a type of alternative medicine. Ayurveda is a discipline of the *upaveda* or "auxiliary knowledge" in Vedic tradition. The origins of Ayurveda are also found in the *Atharvaveda* which contains 114 hymns and incantations described as magical cures for disease. Ayurvedic practices include the use of herbal medicines, mineral or metal supplementation (*rasa shastra*), surgical techniques, opium, and application of oil by massages.

Originating in prehistoric times, some of the concepts of Ayurveda have been discovered since the times of Indus Valley Civilization and earlier. Ayurveda significantly developed during the Vedic period and later some of the non-Vedic systems such as Buddhism and Jainism also are incorporated in the system. Balance is emphasized, and suppressing natural urges is considered unhealthy and claimed to lead to illness. Ayurveda names three elemental substances, the *doshas* (called Vata, Pitta and Kapha), and states that a balance of the doshas results in health, while imbalance results in disease.

Principles and terminology

The central ideas of Ayurveda are primarily derived from Vedic philosophy, although some concepts were later borrowed from similar non-Vedic systems such as Buddhism and Jainism. Balance is emphasized, and suppressing natural urges is considered unhealthy and claimed to lead to illness.

Ayurveda names seven basic tissues (*dhatu*), which are plasma (*rasa*), blood (*rakta*), muscles (*māmsa*), fat (*meda*), bone (*asthi*), marrow (*majja*), and semen (*shukra*). Like the medicine of classical antiquity, Ayurveda has historically divided bodily substances into five classical elements (Sanskrit *maha panchabutha* , viz. earth, water, fire, air and ether).

Ayurveda also names three elemental substances, the *dosha* (called Vata, Pitta and Kapha), and states that a balance of the doshas results in health, while imbalance results in disease. One Ayurvedic view is that a the doshas are balanced when they are equal to each other, while another view is that each human possesses a unique combination of the doshas which define this person's temperament and characteristics. In either case, it says that each person should modulate their behavior or environment to increase or decrease the doshas and maintain their natural state.

Research

In India, research in Ayurveda is undertaken by the **Central Council for Research in Ayurveda and Siddha (CCRAS)**, through a national network of research institutes. In Nepal, the **National Ayurvedic Training and Research Centre (NATRC)** researches medicinal herbs in the country,

Research into Ayurveda has been characterized as pseudoscience. Both the lack of scientific soundness in the theoretical foundations of Ayurveda and the quality of research have been criticized

Modern technology in Ayurveda

Using pharma technology ayurvedic pure drugs can be extracted in their purest forms.

Ayurveda started dating 10000 years ago, each and every Ayurveda drug was written in form of slokas which includes both disease and diagnosis and the medicine to it, but the challenge comes while finding out the source of the medicine from the plant used. It can be the leaf or the stem or the root contains the drug that is when modern technology comes handy to know the source of the drug and extracted to its purity. Use of modern technology in Ayurveda will improve the action of the drug and will decrease the time span of the treatment. Potency of the Ayurvedic drug will also be increased. The quantity of the Ayurvedic medicines can be reduced by optimizing and

extracting only the pure form of the drug. Clinical studies, clinical trials can be used to improve standardize Ayurvedic medicine.

Further development and spread

During the period of colonial British rule of India, the practice of Ayurveda was neglected by the British Indian Government, in favor of modern medicine. After Indian independence, there was more focus on Ayurveda and other traditional medical systems. Ayurveda became a part of the Indian National health care system, with state hospitals for Ayurveda established across the country. However, the treatments of traditional medicines were not always well integrated with others, especially in allopathic hospitals.

Naturopathy

Naturopathy or **naturopathic medicine** is a form of alternative medicine employing a wide array of "natural" treatments, including homeopathy, herbalism, and acupuncture, as well as diet (nutrition) and lifestyle counseling. Naturopaths favor a holistic approach with non-invasive treatment and generally avoid the use of surgery and drugs. Naturopathic medicine contains many pseudoscientific concepts and its practice can be ineffective or harmful, raising ethical issues.

Much of the ideology and methodological underpinnings of naturopathy are based on a belief in vitalism and self-healing, and so are in conflict with evidence-based medicine. Naturopathic training contains little of the established material in courses studied by primary care doctors; instead naturopaths mostly train by studying unscientific and unproven notions. Many naturopaths oppose vaccination based in part on the early views that shaped the profession. According to the American Cancer Society, "scientific evidence does not support claims that naturopathic medicine can cure cancer or any other disease, since virtually no studies on naturopathy as a whole have been published.

The term "naturopathy" was created from "natura" (Latin root for birth) and "pathos" (the Greek root for suffering) to suggest "natural healing". Modern naturopathy grew

out of the Natural Cure movement of Europe. The term was coined in 1895 by John Scheel and popularized by Benedict Lust, the "father of U.S. naturopathy". Beginning in the 1970s, there was a revival of interest in the United States and Canada, in conjunction with the holistic health movement. Naturopathic practitioners in the United States can be divided into three categories: traditional naturopaths; licensed/registered naturopaths; and other health care providers that provide naturopathic services.

History

Naturopaths claim the ancient Greek "Father of Medicine", Hippocrates, as the first advocate of naturopathic medicine, before the term existed. Naturopathy has its roots in the 19th century Nature Cure movement of Europe. In Scotland, Thomas Allinson started advocating his "Hygienic Medicine" in the 1880s, promoting a natural diet and exercise with avoidance of tobacco and overwork.

The term *naturopathy* was coined in 1895 by John Scheel, and purchased by Benedict Lust, the "father of U.S. naturopathy". Lust had been schooled in hydrotherapy and other natural health practices in Germany by Father Sebastian Kneipp; Kneipp sent Lust to the United States to spread his drugless methods. Lust defined naturopathy as a broad discipline rather than a particular method, and included such techniques as hydrotherapy, herbal medicine, and homeopathy, as well as eliminating overeating, tea, coffee, and alcohol. He described the body

in spiritual and vitalistic terms with "absolute reliance upon the cosmic forces of man's nature".

In 1901, Lust founded the American School of Naturopathy in New York. In 1902 the original North American Kneipp Societies were discontinued and renamed "Naturopathic Societies". In September 1919 the Naturopathic Society of America was dissolved and Benedict Lust founded the American Naturopathic Association to supplant it. Naturopaths became licensed under naturopathic or drugless practitioner laws in 25 states in the first three decades of the twentieth century. Naturopathy was adopted by many chiropractors, and several schools offered both Doctor of Naturopathy (ND) and Doctor of Chiropractic (DC) degrees. Estimates of the number of naturopathic schools active in the United States during this period vary from about one to two dozen.

Methods

The particular modalities used by a naturopath vary with training and scope of practice. These may include: herbalism, homeopathy, acupuncture, nature cures, physical medicine, applied kinesiology, brainwave entrainment, colonic enemas, chelation therapy for atherosclerosis, color therapy, cranial osteopathy, hair analysis, iridology, live blood analysis, ozone therapy, Psychotherapy, public health measures and hygiene, reflexology, rolfing, massage therapy, and traditional Chinese medicine. *Nature cures* include a range of therapies based on exposure to natural elements such as sunshine, fresh air, or

heat or cold, as well as nutrition advice such as following a vegetarian and whole food diet, fasting, or abstention from alcohol and sugar. Physical medicine includes naturopathic, osseous, or soft tissue manipulative therapy, sports medicine, exercise, and hydrotherapy. Psychological counseling includes meditation, relaxation, and other methods of stress management.

Safety and natural treatment

Naturopaths often recommend exposure to naturally occurring substances, such as sunshine, herbs and certain foods, as well as activities they describe as natural, such as exercise, meditation and relaxation. Naturopaths claim that these natural treatments help restore the body's innate ability to heal itself without the adverse effects of conventional medicine. However, "natural" methods and chemicals are not necessarily safer or more effective than "artificial" or "synthetic" ones, and any treatment capable of eliciting an effect may also have deleterious side effects.

Yoga

Yoga is a physical, mental, and spiritual practice or discipline which originated in India. There is a broad variety of schools, practices, and goals in Hinduism, Buddhism, and Jainism. The best known are hath yoga and raja yoga.

The origins of Yoga have been speculated to date back to pre-Vedic Indian traditions, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic circles, which are also credited with the early sramana movements. The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to Hindu Upanishads and Buddhist Pali Canon, probably of third century BCE or later. The *Yoga Sutras of Patanjali* date from the first half of the 1st millennium, but only gained prominence in the 20th century.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The results of these studies have been mixed and inconclusive, with cancer studies suggesting none to unclear effectiveness, and others suggesting yoga may reduce risk factors and aid in a patient's psychological healing process.

International yoga day

On December 11, 2014, The 193-member United Nations General Assembly approved by consensus, a resolution establishing June 21 as 'International Yoga Day'. The declaration of this day came after the call for the adoption of 21 June as International Day of Yoga by Indian Prime minister Narendra Modi during his address UN general assembly on

September 27, 2014. In suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, Narendra Modi had said that the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world.

The first international day of Yoga was observed world over on June 21, 2015. About 35000 people, including Indian Prime Minister Narendra Modi and a large number of dignitaries, performed 21 Yoga asanas (yoga postures) for 35 minutes at Rajpath in New Delhi. The day devoted to Yoga was observed by millions across the world. The event at Rajpath established two Guinness records - largest Yoga Class with 35985 people and the record for the most nationalities participating in it- eighty four.