

VARIOUS OF MEDICINE

B.Pharmacy

4th sem

Pharmacognosy and Phytochemistry-1

Introduction

- Allopathy (Modern system of medicine)-

This system was developed in western countries. In this system of drugs are manufactured using synthetic chemical/chemicals derived from natural products like plant, animal, and minerals etc.

Medicine of this system criticized for its treatment of symptoms rather than cause of the disease, harmful side effect of certain drugs and for being out of poor people due to the high cost of drugs and treatment.

Traditional system of medicine

- WHO defines traditional medicine as including diverse health practices, approaches, knowledge and beliefs incorporating plant, animal and/or mineral based medicine, spiritual therapies, manual techniques and exercise which can be used to maintain well-being, as well as to treat, diagnose or prevent illness.

Types of traditional system of medicine

- Folk medicine and (AYUSH)
 - Ayurveda
 - Yoga (Naturopathy)
 - Unani
 - Siddha
 - Homeopathy

Yoga and naturopathy are drugless therapies

Homeopathy

- Homeopathy is a system of medicine created in 1796.
- **The Origin:-**
Homeopathy has been in practice for 170 years by thousand of practitioners and there are over 100 .It is created in 1796 by Samuel.

Principle-

This system of medicine based on the principle “like cures like”.

Eg.

- Peeling an onion leads to sore, runny eyes, itchy nose and sneezing- *Allium cepa* is used for the treatment of hay fever and cold.
- Nettle stings produce a burning, itchy wheal on the skin- *Urtica urens* is a good remedy for similar skin lesions.
- Arsenic poisoning causes severe vomiting and diarrhea with burning pain and *Arsenicum alb.V.* effective in gastroenteritis and food poisoning.

diagnosis

Homeopathic diagnosis lies in holistic approach. The diagnosis of disease involve identifying its cause. Causative factors are identified by examination of Pulse, eyes, color of body, tongue, status of digestive system, urine. The practitioner consider all Mental, Physical, and Emotional aspects.

Treatment

Homeopathy has effective treatment for individuals with chronic disease such as diabetes, arthritis, bronchial asthma, skin, allergic, and immune system disorder, mental disorder and other several disorder. The remedies are prepared from plants, animals, metal and mineral substance.

Ayurveda

Ayurveda is an ancient system of medicine in India. Its documentation dates to Veda(5000B.C.) The word “Ayurveda”(Ayur+veda) implies **THE SCIENCE OF LIFE.** The Ayurveda has been used and transmitted from one generation to another. The oldest healing science in existence, from all other system emerged. Ayurveda is the oldest Medical System of Medicine.

- **Definition-** Ayurveda is a science dealing not only with treatment of some disease but is a complete way of life.

Principles

Ayurveda's fundamental approach to well-being is that you must reach your unique state of balance in your whole being—body, mind, and spirit.

- Ayurveda views the world in light of 3 constitutional principles:
 - . **Vata**
 - . **Pitta**
 - . **Kapha**

Diagnosis

Diagnosis of Ayurveda system is done on the basis of history taking and examination of pulse, urine, faces, tongue and eyes etc.

Treatment- The treatment in Ayurveda is individualized. It requires not only diagnosis of disease to prescribe medicine but also study of various factors such as: Age and sex ,temperature ,sleep and rest ,Work pattern ,diet ,metabolic fire. Treatment include preventive curative measures. Preventive measures include personal hygiene. The curative measures including Aushadi i.e. drugs, Anna i.e. Diets, Vihara i.e. exercise and general mood of life.

Practices and drug standards

Ayurveda is popular in most of the states but it is more popular in the states of Kerala, Himachal Pradesh, Gujarat, Karnataka, Madhya Pradesh, Rajasthan, Uttar Pradesh. It mainly deals with problems related to nervous system, respiratory system, gastrointestinal tract, integumentary system, musculoskeletal system. Some of the Vedas even treat cancer, AIDS. The Ayurvedic drugs are available as raw drugs and manufactured drugs. There are 5000 licensed pharmacies and 13 Government assisted pharmacies which manufacture Ayurvedic drugs. Research institutions and laboratories and Universities are being involved in standard of drugs.

YOGA

Yoga is science which helps to co-ordinate body and mind more effectively. It promotes mental , physical, social, spiritual health. It is also helps in prevention and cure of various psychosomatic disorders, psychic and physical disorders.

The Origin :-Yoga is originated from Veda, oldest India (4000B.C.)and systematically presented by **Patanjali Yoga sutra in around 150 B.C.**

Definition- According to Yoga sutra of Patanjali-“Yoga is restraints of the activities of the mind”

Components-

- Maintaining physical posture.
- Breathing exercise.
- Restraining of sense of organs.
- Restraints in every sphere of life.
- Contemplation..
- Meditation.
- Smadhi

Benefits

- All round fitness.
- Builds muscle strength.
- Better your bone health.
- Increase blood flow.
- Drops blood pressure.
- Protect spine.
- Weight loss.
- Stress relief.
- Help in focus.
- Boosts your immune system.
- Helps in deeper sleep.
- Inner peace.
- Improvement in personal, social behavior.
- Better circulation of oxygenated blood in the body.

UNANI

Introduction-

The Unani System of Medicine has a long and impressive record in India. It was introduced in India by the Arabs sometime around the eleventh century. Today, India is the one of the leading countries in so far as the practice of Unanimedicine is concerned.

The Origin:-The Unani System of Medicine has its origin in Greece before Christ under the Hippocrates(377-460Bc) . It was introduced in Indian around the 11th century by the Arabs and. Although this system has originated in Greece, but it has been taken to various countries such as Arabia, Iran, China, and India.

Hormone therapy of Hippocrates

There are four Hormone theory of Hippocrates :

- **Blood**
- **Phlegm**
- **Yellow bile**
- **Black bile**

The hormones are assigned temperature i.e; blood is hot and moist, phlegm is cold and moist, yellow bile is hot and dry, black bile is cold and dry. As long as hormone are in balance the individual remain healthy. Any imbalance and disturbance in hormones result in disease occurrence.

Diagnosis

The diagnosis of a disease is done by feeling pulse, observation of urine, stool, color of skin and gait etc. The treatment comprise of 3 components namely Preventive, Promotive and Curative.

TREATMENT

The treatment comprises 3 components namely Preventive, Pro-motive and Curative. Treatment is carried out in 3 forms i.e; Pharmacy therapy, Diet therapy. Regimental Therapy and Surgery. Pharmacy therapy makes the natural drugs mainly herbal but also includes animals, minerals and marine drugs. Regimental therapy is specialty of Unani system of medicine. It has 12 methods for specific and complicated diseases and include methods like cupping, leeching .

Continued.....

For the prevention and promotion of health ,the Unani System of Medicine lays emphasis on developing defense mechanism of the body and advocate 6 essential. These 6 essential are:-

- Exercise
- Rest, Sleep
- Psychic movements
- Sleep
- Wakefulness
- Evacuation
- Retention

SIDDHA

Introduction-

Siddha System of Medicine is an ancient Science, which belongs to Dravidian culture. It is very useful in maintenance and restoration of good health. Siddha system accounted for total 4448 disease symptoms and its cure. Thousand of herbs and mineral were Included in Siddha system providing good and easy management of chronic to degenerative, viral to cardiac disease.

The Origin:-Its origin is also traced to mythological sources belonging to the Shiva tradition. According to the tradition, lord Shiva conveyed the knowledge of medicine to his wife Parvati. The knowledge were passed from her to Nandi and finally it was given to Siddhas. Siddha is largely practiced in Tamil nadu

Principle of Siddha

The basic principle of Siddha is that there is an intimate link between man and environment. The equilibrium of humor is considered health and its disbalance is disease. Based on principle of Triguna-

- Vatta
- Pitta
- Kapha

Elements

- Body are composed of these elements:-

Earth

Water

Fire

Space

Air

- Food is the basic building material of the body which gets processed into 3 doshas, 7 dhatus, 3 malas. The equilibrium of humor is considered health and its misbalanced is disease .

Diagnosis

The diagnosis of disease involve identifying its cause. Causative factors are identified by examination of Pulse ,eyes , color of body ,tongue, status of digestive system ,urine and study of voice.

Treatment

Treatment based on all the diagnostic character of patient. Treatment takes into account about environment age ,sex ,race , habit , diet ,appetite ,physical and physiological condition. Vaidya has the knowledge of herbs and its effectiveness. Siddha system extensively use drug of vegetable source as well as mineral origin. Use of metal like gold ,silver, sulphur, zinc ,mica etc are only seen in Siddha system of medicine.