

Revealing The Reliability Of Ayurveda Over Other Vedas

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ABSTRACT: *Ayurveda is seen as one of the ancient medical systems that predate even the advent of modern science. This time-honored method of medicine has not been thoroughly studied by modern science. The traditional medical experience opens new doors for herbal research. The lack of knowledge of the similarities and distinctions between these systems' inherent strengths and weaknesses are the primary obstacles to their integration. A reviewer attempts to bring the concepts of Ayurveda to the fore that are centuries old and puts them to the test in the modern context. This would serve the young physicians and researchers and enable them to grasp conventional systems better, improve upon their similar ideas, and promote universal acceptance of the same ideas in these systems.*

KEYWORDS: AYURVEDA, NATUROPATHY, HOMEOPATHY, UNANI, SIDDHA

1. INTRODUCTION

Ayurveda is one of the world's most long-standing traditions of health care. The human body's current health and well-being, which depends on the relationship between nature and the world, will thrive in the ages to come. The researchers, clinicians, and specialists in the field have several new ways to explore for TSM potential success. There is a large hole in the body of global systems information due to a lack of literature in various languages and the general lack of knowledge about the systems' core concepts and histories. The study of systems worldwide will lead to cross-filtering of expertise, facilitating the integration and advancement of research in herbal medicines. These futuristic visions can be realized by understanding processes, concepts, and information about TSM programs. Concerning the above views on Ayurveda, we have attempted to summarize the significant ideas and the historical development of Ayurveda. Although some have focused on Ayurveda as of late, Ayurveda has not been reviewed to date. However, basic concepts and stories about Ayurveda are not defined in most Ayurvedic review books. The writers wish to describe the ancient history and introduce the fundamentals of Ayurveda to their readers.

History Of Ayurveda

One of India's two great healing traditions, Ayurveda, has existed for more than 2,000 years. Ayurveda is founded on ancient Hindu philosophies such as Vaishnavasana and Nyayabindu. It is also part of the Samkhya system, known as Nyaya, and existed simultaneously Vaisheshika school stages of thought. The Vaish School preached on providing treatment inferences and what was interpreted as the patient's illness symptoms. Nyaya school propagated its teachings on the premise that before one undertakes care, one should already have a good knowledge of the patient's condition and the disease. One school's description of an object's attributes as substance, uniqueness, generalness, usefulness, appropriateness, inherence, value, consistency, intent, behavior, and specificity is Guna, Karma, Prabhava, Samanya, Vishesh, Samavaya of a Dravya. Vaisheshika and Nyāśāṅḍika revived their partnership and, as a result, the Nyāśāṅḍika school was established later. Later the school

carried ancient wisdom (siddhāntasā) to fame and spread the teachings of Ayurveda even further. Ancient texts speak of Ayurveda as having its roots in the Hindu God Brahma, often referred to as the founder of the Universe. Out-of-control indulgence: willful addiction to doing one's own thing He believed it was believed that the world's founder had handed down holistic wisdom for the good of humanity. Disciples then proceeded to transfer conventional wisdom down to the general populace and through various writings and anecdotes. The "Shlokas" dealt with the healing properties of the plants, as did many scientific papers. People long ago, such as Greek philosophers, also used plant metaphors to explain their healing properties. The Hindu healing system has four separate books of wisdom: the Yajur, the Rig, the Sama, and the Atharva Veda. The Rig Veda is essential of the four Vedas, accounting for thousands of plants and hymns' details. Eleven additional plants in the Atharva Veda and the Yajur Veda have 81 medical purposes. Ayurveda derives from these scriptures. The hymns in the Rig Vedas and Atharva Veda are believed to have been granted by Lord Indra, who had them first sent to him by Lord Brahma (Juckel & Hoffmann, 2018) Originality is always just one small part of good writing. Even if you have to rip somebody else's idea and graft it onto something different, you have a story if you can convey the overall concept. The Vedas were collected and edited by Agnivesha, and his compilation is called "Agnivesha Samhita. Edited by Acharya Charaka, it is called Charaka Samhita, and it explores all different facets of Ayurvedic healthcare, and Sushruta Samhita examines the anatomical underpinnings of surgical technique. These two famous documents are widely used by many medical, holistic, and alternative traditions. The knowledge contained in these ancient texts is found in many versions is present in Chinese, Arabic, and Persian. 12 Several related compilations, including Night Granthas, Madhava Nidana, and Bhava Samhita, are most highly regarded; in this case, this minor work holds that position.

Basic Principles And Doctrines

All elements are divided into five categories: Vayu, "Wind"; Aakasha, "Space/ether"; Prithvi, "Earth"; Jala, "Water" and Tejas, "Fire" (Fire) called Panch Mahābhūta believed in making up the three elemental senses of humor in different proportions. Tridoshas control the body's primary physiological functions, along with five sub-doshas for each of the doshas Vata, Pitta, and Kapha. Electrolyte transport preserves the cellular water balance, removal of waste, the effect of Vata, and also acts as a transport medium for electrolytes. It controls the body temperature, eye and visual-motor nerve control, and beneficial effects on the stomach and the need to eat. Pitta is triggered by heat. Kapha increases from sugar and fat, which helps joints to perform. Metabolism governs the body's breakdown, Vata digestion, and anabol, the formation of the body. Keeping the doshas and other factors in check is vital for good health. A condition of illness occurs when there is an unbalanced ratio of the three; this leads to disease. (Meenakshi et al., 2021)

Ayurveda believed that the five elements and human nature should be in pleasant harmony to keep the body safe. The body is thought to be made up of seven components called "Dhatu." These seven tissues work together to keep the human body in good health. Rasa Dhatu is the essence of the Ahara (food) that has been eaten. The Rakta Dhatu resembles the blood and takes care of all bodily cell functions. The skeletal muscles that the Mamsa Dhatu (Muscle support) provide Meda (adipose fat). The Asthi (the bones) is comprised of Majja (bone marrow). The Shukra is involved in bodily functions that go along with reproduction.

Other than the Doshas and the Dhatus, important Ayurvedic concepts include the Mala, Agni, and Ama. One of the three forms of waste is called "Mala." They are Purisa (feces): Mutra (Urine), Sweda (sweat). According to Ayurveda, if the bodily wastes are not excreted, the waste products accumulate, leading to other ailments, including diarrhea, constipation, rheumatoid arthritis, and osteoarthritis. If the Urine is not extracted from the body, sicknesses

(cystitis and gastric ulcers) will follow. Skin irritation and fluid imbalance can result if the mala remains in the body for an extended period. Biological fire is called "Agni" in Ayurveda, which means "the Fire of Life." In a human being, the digestive fire is known as Agni. Jatharagni has a similar kinship with Pitta. Pitta imbalance results in the body's digestive fire are increased. Digestive fire regulates the microflora, proper functioning of the digestive tract and provides the body with energy. Any upset in the intestinal tract can result in ulcers, constipation, diarrhea, and diverticulitis.

Considering his overall bodily constitution, behavioral tendencies, lifestyle, emotional, and environmental factors, Ayurveda has many ways to help people.

Remedies used in the Ayurvedic treatment

A well-organized, well-run, well-conducted, and well-directed workshop is used in all Ayurveda therapies. A range of processes, including cleansing and strengthening the body, is used in Pancha Karma. The five karmas (acts) that are administered are called Vamana (Emesis), Virechana (Purgation), Basti (Enema Therapy), Nasya (Administration of medicines like decoctions, oils, and fumes through nasal route), Rakta Mokshana (Blood-letting therapy).

Generally speaking, Pancha Karma is made up of three stages. They are Poorva Karma (priorities for the treatment), Pradhana Karma (stages of treatment), and Paschat Karma (subsequent Karma), respectively, consisting of regimens to be followed to restore digestive and other absorptive procedures of the body back to the normal state. The clarifying and flavoring techniques are employed in the Snehana (oleation) process. Swedana (Sweating) occurs as a response to moist heat to specific parts of the body. The decoction of rice, the night before, with several cups of honey given beforehand, induces forced emesis. The administration of herbs and liquids like senna, cow's milk, psyllium seed, and castor oil can result in substantial laxative effects. Medicated oils or decoctions of Pancha-leaf herbs may be used to make the enemas. Ayurveda practices eight basic principles known as "Ashtanga Ayurveda"; Kaya chikitsa (Internal Medicine), Bala Roga (Paediatrics), Graha Chikitsa (Psychiatry), Shalakya (Ophthalmology/ ENT), Shalya Tantra (Surgery), Agada Tantra (Toxicology), Rasayana (Rejuvenative therapy) and Vajikarana (Aphrodisiac therapy). Ayurveda has gained universal acceptance based on a careful study of plants, minerals, animals, and doctrine. (Chobe et al., 2020)

Systems Connected With Ayurveda

India is a country built on a complex traditional model of six medicine systems, out of which Ayurveda can be considered the most ancient, with regular use and current growth. In addition to Ayurveda, Siddha, Yoga, Naturopathy, Unani, Siddha, and Homeopathy are the other systems of Indian medicine. Ayurveda has been present and significant in other parts of the world for centuries, particularly in India. One day, the different systems can also become a prominent and established medical system that treats the body, the mind, and the soul.

Siddha

Similar to Ayurveda, the Siddha system holds that the human body is built from the five principles of the Universe. Ninety-six factors govern a person's overall health and wellness. These 96 variables include both awareness and analysis of pulse, but not touch or humidity. Typically, minerals are used for treating psychosomatic systems and metals to a lesser degree, though plants can be used as well. In the Siddha method, plants and minerals are prepared in powder form by various treatments and calculations.

Unani.

Unani medicine was originated in Greece and popularized by Hippocrates, who lived from 460 to 362 BC. Hippocrates founded the "the humoral theory" for diseases, and he made a distinction between bodily fluid (humor) in human beings: one is wet, the other is dry. Unani physicians and scholars and physicians and scholars fled to India after the Mongols invaded Persia and made the medical system flourish in the land. This medical system has developed itself in India and is recognized for clinical care and research purposes by the Indian government. Their claim to fame is the various plant-based products, such as oils, tinctures, powders, and ointments, many of which are commonly used in therapies.

Homeopathy

Dr. Samuel Hahnemann established it in the 18th and 19th centuries. Homeopathy is based on the "immunological memory" and "water memory." The treatment of pathological illness uses drugs that mimic the disorder by creating or increasing the symptoms. This practice has been widespread in India for more than a century and is a vital part of traditional Indian medicine. It is recognized by the Indian government and agencies, research centers, and regulatory bodies that these practices have numerous advantages and are well-received. 24 In homeopathy, the mother tinctures or succussed aqueous preparations are diluted and used as a very dilute preparation source.

Yoga

This ancient Indian concept was first developed by the Vedic Rishis (Holy Ones), those who felt connected to nature and who thought in holistic terms, holistic philosophies of life believe that the earth does not belong to one person, tribe, one nation, or one religion, but to all and that inhabits it and uses it. Tridos finds several disorders, the same psychological, physiological, and behavioral symptoms by pulse and lifestyle study, but then offers physical therapy and living and meditation programs to aid individuals in regaining calmness and well-of-being. There are many examples of how the various Asanas (postures) are used for medical and non-medical purposes, including treating a range of physical and emotional ailments.

Naturopathy

Also known as naturopathic medicine, naturopathy is based on the theories and methods established in the 19th century, today employed in various countries. It is not an ancient medicine system, but some Natotherapy practitioners use it at times with the main one that is more commonly accepted. The Naturopathic regimen utilizes the curative force of nature with conventional and modern methods to improve health. The treatments mentioned above are those that this scheme employs, and homeopathy, herbal preparations, hydrotherapy. (Edavalath & Bharathan, 2021)

Current State And Future Scope Of Ayurveda

Causality theories and scholars have begun to look at implementations for the first time in the past decade. Many things have happened since then to change the paradigms of Ayurveda's theories. Ayurveda believes in Prakriti, which establishes a patient's particular constitution and includes concepts such as the following: every person has a unique body constitution composed of three essential aspects. Prakriti captures the biological response of each person to conditions and drugs, as well as his or her susceptibility to particular foods and his or her dietary requirements. The 'Ayurgenomics' recently launched an inter-individual study, providing people with a complimentary data set of insights in Ayurveda to complement the vast information on individual responses offered by the genomics industry. 29 ethnic

variability can be particularly emphasized when considering inter-individual variability in patients of the same ethnicity. For certain people, treatments found to be more complex, there are now, for example, that need to be accounted for, possible side effects, and any prior anxieties that were kept, and now seen as a hindering, to their use of a drug's effectiveness. Several scholars, including Rotti and others, have found that the idea of Prakriti to be relevant to current studies in Ayurveda. Bought about one which states that people who were born in a particular region have a specific genetic propensity to obesity and being over a certain weight on the scale 31 Research was done on the dI have tried subjects with types such as Vata, Pitta, and Kapha to determine who is most susceptible to and who is best at dealing with different environmental or disease susceptibility.

Characterizing the human population's DNA based on the Ayurvedic definition of Prakriti was developed on a system, which employs a measure that looks at dNAPKmt (methylation) signatures. 32 In a study involving the size of 262 men of three different nationalities, ethnically diverse groups, who had conducted genome-wide SNP (wide-wide population) SNP (genome-wide population) DNA (popular-DNA) testing, it was found that the PGM1 gene correlates with the generation of energy. However, Pitta (Extroverted – outside) Prakriti was more homogeneous than the Kapha and Vata Prakriti. By some people, integrating the latest analytic techniques with a greater awareness of Ayurveda concepts will increase Ayurveda's recognition in other nations. healing tradition, it is apparent that a rising need exists to give science and the support of Ayurveda's core principles to make the ancient and esteemed tradition of Ayurveda grow into the future. (Chobe et al., 2020)

A recent study conducted by Govind et al. determined whether genetics could play a role in learning Prakriti. When looking for poly-typic conversion type SNPs, the team finds polymorphisms that correlate with one specific Prakriti classification in 262 males. PGM1, which plays an essential role in numerous metabolic pathways, has the characteristics previously observed in Pitta dosha, according to research. With Ion PGM SEQ and Ion AmpliSeq technology, they sequence the PGM1 genes in 78 samples to identify specific mutations.

For centuries, the Ayurvedic wisdom was passed down either through aural and written-text practice. Ayurveda specializes in studying the complete human anatomy and treats all conditions with natural remedies. Ayurveda, one of the world's oldest systems of medicine, has existed for over 5000 years. There are more than a dozen texts that classify this medicine from 1500 BCCE. On the other hand, it is still practiced by people in areas of the world where it has been passed down for several generations and is being integrated into the modern doctor's office. While this being widely doubted, it is normal for doctors to use Naturopathy Complementary and Alternative and other forms of conventional methods in their practices; they are still likely to use Holistic Medicine and Holistic Methods of Treatment. Over the last few years, researchers have been fascinated by Ayurveda's knowledge of herbs and how they relate to the body and what they accomplish.

On the other hand, what if the ancient wisdom was correct? Traditional medicine holds many profound mysteries about why and how it works.

Today's state-of-the-art technology is allowing it to be within our grasp. Beauty is using wholesome ingredients, including an all-natural philosophy, to encourage well-being for individuals and their communities. Several recent studies have focused on herbs like Turmeric and Ashwatha for the legends written in the past that say they had medicinal properties. People with epilepsy and people who suffer from depression can benefit from it most. Researchers have sought to find whether Ashwatha plant extract would protect against C14-induced liver toxicity. Upregulated-reduced and anti-inflammatory cytokines such as IL-6 were observed in the Step One™ real-time qPCR method. The team noted the up-regulation of catalase (CAT) and glutathione (GOT) antioxidant enzymes and downregulation of G-6-

PD in TaqMan EL-master® gene expression assays. This is a potential mechanism for hepatotoxins, suggesting that they neutralize oxidative damage.

Many scientists have researched turmeric (or curcumin) for its anti-inflammatory capabilities. Researchers identify the in vitro influence of turmeric extract on two inflammatory bowel disease (IBD) related genes in HEK293 cells in McCann et al. (2014). The findings show that turmeric can impact two gene variants associated with the disease's seriousness. Studies have shown that various therapeutic activities attributed to turmeric may include antipyretic, anti-inflammatory, and analgesic (anti-fever, anti-inflammatory, and anti-analgesic) effects in the case of non-discal degenerative back pain (NDBP.). Results obtained from their R-qPCR show a down-increase in anti-inflammatory cytokines. Because in vitro and in humans, turmeric shows anti-inflammatory properties, it is not yet known if it can help those with inflammatory bowel disease or discogenic back pain.

While these findings are preliminary, they still could bear further examination in both animal and clinical studies. While subpar, it is also possible that herbal supplements and consistency and potency can vary. To DNA, barcoding recently was used to verify the product's authenticity. More than 80% of the items found were counterfeit, about half of them contained questionable additives, and all of them were mislabeled. We might not have long-term consequences if our work is not based on high-quality results. Ever since we discovered the intricacies of chemical compounds in herbs, we have had to spend much time and effort trying to uncover the basis of genetic response to them. What makes humans different from all other animals is our genetic makeup, and we now realize that not all Western medicine is equal. While Ayurveda can only deal with herbs, it appears to have some scientific justification. Amazingly, we have had this experience, and we are only now connecting it with contemporary health care.

Every human being is understood to be made up of mind and body. The qualities of creation, namely "doshas," are termed primary in Ayurveda.

In terms of traditional Chinese medicine, there are five elements of water, earth, fire, space, and air that make up the Tridoshas. When dosha is in equilibrium, it is in a stable condition. When they become unbalanced through dehydration, tension, low energy, stress, and unnecessary exertion, this leads to a state of imbalances in mind. Ayurveda restores health and harmony with the doshas. To a greater or lesser extent, it seeks to keep and improve your overall well-being, depending on your age.

When Ayurveda is chosen as a way of life, it brings a revolution to your existence.

- A healthy, creative, and positive lifestyle helps to promote well-being. You end up with a bright, well-nourished mind and tanned skin.
- Ayurveda harmonizes well with nonmainstream approaches so it can be practiced daily.
- To regain fitness, an Ayurvedic diet, successful nightly and regular routines, seasonal sleep routines, and routines at home are utilized.
- Caloric restriction helps improve mental and goal-based heights by yoga, meditation, and sound sleep.
- Since Ayurvedic treatments help with digestion and encourage better nutrition, they improve immunity and help develop an appetite.

Ayurveda draws out the entire routine of a day, the week, and the month for a healthy life. Dinacharya (Daily regimen) includes the activities to be done right after waking up till night. The proper ways of doing Vyayama (Exercise), Snana (Bath), Nidra (Sleep), Ahara (Eating food) have been explained in Ayurveda. Rutucharya (Seasonal Regimen) has been elaborated by the Ayurvedic scholars who explain the daily routine according to the season. They have elucidated the changes that the body undergoes during each season, the rules to be followed, and the various food preparation to be eaten according to one's constitution.

In Ayurveda, the prime importance is given to nourishment from food. The process of allowing the body to properly cleanse its natural levels of chemicals or cleansing with a well-formulated diet provides the possibility of a well-defined physique. While general dietary recommendations in Ayurveda involve the consumption of fresh food in light of your dosha, the individuals' medical histories, eating habits, and social habits, some practitioners also advise dosha and geographies, as well as cultural and religious practices.

The diet principle is more on ingredients with significant amounts of antioxidants, fruits, teas, and proteins (Golechha, 2020). Stress and anxiety are reduced via the regular practice of yoga, massage, breathing exercises, and/remediation, and the use of specific herbal remedies helps to relax, detoxify, and rejuvenate the body. Yoga improves the general alertness system so that the ability to remain on tasks is enhanced to concentrate on their studies.

Breathing exercises (Pranayama) help prevent many diseases and increase the oxygen supply; at the same time, they help in heightening the cells' sensitivity. A general method to treat depression and anxiety is found in Shara, Abhan, and Paadangam.

There is also extensive evidence for Ayurvedic therapies when it comes to cancer prevention. Turmeric gives good internal strength, while black pepper possesses anti-cancerous properties (Juckel & Hoffmann, 2018). Getting the toxins out of the body through Panchakarma, in turn, helps with general well-being. It improves immunity as well as relieves any alteration in the Prakriti to bring healthy maintenance of life. Cumin, cardamom, and ginger are highly used in Ayurvedic medicines and are believed to remedy indestructible bloat while simultaneously preventing further intestinal pain and pain and further gingivitis.

Ayurvedic medicine presents many great ingredients, such as spices, vitamins, minerals, and proteins. There is a correct balance of these components, which should be administered at the correct dose to prevent and fight immunity disorders. Oriental medicines, essential oils, and Ayurvedic herbs help improve circulation and eliminate toxins by stimulating blood flow, making it more efficient and making toxins more easily excreted through the skin (Mukherjee et al., 2017). Hence it is about time that Indian society reverts to the Ayurvedic system of medicine which includes diet and lifestyle and promotes both physical and psychological well-being.

2. CONCLUSION

Ayurveda provides several preventive and curative measures for maintaining a healthy living. Even though it was popular during ancient times, recently, Ayurveda had a few problems because of its methods. Still, then these are being solved, allowing it to develop in a holistic approach. Despite extensive research and numerous clinical trials, several herbs and natural remedies remain unknown and still need additional study to elucidate their action mechanisms. And long after the implementation of more sophisticated analytical methods, non-pharmaceutical drugs still have problems. Several drug administration techniques increase the complexity of research on these medicines. This traditional medicine system also has the benefit of focusing on the patient as the primary concern. This dimension also presents a challenge to drug use on a mass scale beyond just for people with his/her. There are many issues, such as:

- 1) The variation in the effectiveness due to the different species,
- 2) The absence of an integrated coding for every species commonly used in TSM,
- 3) Concerning the source of each drug and uneven quality control methods.

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