



## The Role of Herbal Medicine – Past, Present and Future

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**ABSTRACT:** Ayurveda is the indigenous system of medicine. At present this system of the medicine is accepted and it is widely practiced in Village and Cities of the Counties of the World. In the past period, the Ayurveda was to practice as Traditional medicine in India and also it was the ancient system of medicine all over the World. It was revealed from the books, name - Sanhitas of Charaka, Susruta and Vagbhata that Ayurveda is the Traditional medicine in India and also all over the World. The application of the Ayurveda medicines was mentioned of the above said books. The Ayurveda system was brought in our Society in the Vedic Period. This period was prior to 2500 B.C. and it is called Vedic Period. It was revealed from the ancient books that “LORD BODHA”. Practitioner was practiced of both Medicine and Surgery. At that time Surgery was not advanced like to-day, but the medicine was only the remedy of the Patient.

**KEYWORDS:** Ayurveda medicine, an ancient period the knowledge of Traditional medicine, Past, Present and Future, Vedic Period.

### I. INTRODUCTION

Ayurveda bears the testimony of the preservation of available Medical knowledge in India Sub-continent as the only Surviving system of medicine amongst all over the World, being currently practiced. The indigenous system of medicine is the best accepted method of the treatment and it is widely practiced in Village and Cities of the Countries of the World to-day.

Ayurveda Chikitsa removes the main root causes of the diseases and gives permanent relief. Ayurveda contains mainly four types of classification management diseases such as--- 1. Shodhan; 2. Shaman or palliation, rasayana or rejuvenation and Satvajaya or mental hygiene.

In Ayurveda treatment the following Categories of medicine mainly uses:-

1. Power; 2. Tablets; 3. Medicated Oil etc. These medicines are prepared from natural herbs, plants and minerals. No Synthetic used to Ayurveda medicines, they are accepted and assimilated in the body without creating any side effects. Ayurveda Practitioner has been advised to their Patients to do exercise and take proper diet along with medicine. Patient should be adopted Pancha Kama and Yoga Therapy to make good health.

Ayurveda Practitioner ---- Practices Ayurveda Chikitsa into two way----- Such as Shodhana Chikitsa and Shamana Chikitsa .

Sodhana Chikitsa --- remove the harmful materials which was deposited on the body of the patient. This is done with help of five therapy is called panchkarma. The root causes of diseases are removed and imbalance in Tridoshas is eliminated and it is last longer Chikitsa.

Shamana Chikitsa ---- It is called alleviating therapy. It is mild Chikitsa system and is used to minor ailments chikitsa of the Patient.

### II PAST REVIEW

An ancient period the knowledge of traditional Practice was on the basis of Ayurveda. Later this traditional Ayurveda and know-how develop the various forms or branches of medical system. Ayurveda bears the testimony of the presentation of available amongst all the ancient systems all over the World, being Practiced to - day. Herbal -- medicine knowledge available from an ancient books, name “SANHITAS OF CHARAKA, SUSRUTA AND VAGBHATA”. In the 20th Century, our Indian Scientists had started to use the indigenous remedies within the infra – structure by using Ayurveda medicines.

Recently, The Government of India has taken a fresh review of the Indian system of medicine system for its services, Utilization and re-orientation on a large scale with modern system of medicine. The Indian system of medicine is best accepted system of treatment and is deep rooted in Village and Cities, being of harmless e.g. there is no side effect of the Ayurvedic medicine. The actual roots of all Medical system were Ayurveda System. Latter on rulers of the India was introduced other different medical system time to time such as **British rulers** was introduced Allopathy system in India, like that Muslim rulers were introduced “**UANI SYSTEM OF MEDICINE**” during their period.

The “**HOMEOPATHY**” and “**ALTERNATIVE SYSTEM OF MEDICINE**” are the latest introduced in our Country. The Ayurveda system was introduced in our society in the Vedic Period. The period was prior to **2500 B.C.** and it is called Vedic period. **THE AYURVEDA** means – **Life and Knowledge**. This earning knowledge of the Practitioner was applied on the Patient to cure their diseases. An ancient period of “**LORD BUDHA**”, Practitioner was practiced of both Medicine and Surgery. At that time Surgery was not modernized like to-day, but the medicine was very effective.

### III THE PHYSICAL BODY OF MEN ON THE BASIS AYURVEDA

The physical body is made of five materials as per statement of Ayurvedic such as – **SUN, EARTH, SKY, WIND** and **FOOD**. The diseases of the human body can be cured with help of the above mentioned materials. But later on Practitioner of an ancient period to know from **SANHITAS** that there are three number **doshas**, seven number **Dhatus** and three number **Malas** which causes the diseases.

1. **Doshas**(Humour) – means a fluid of the body.
2. **Vayu** (Energy) i. **Prana**; ii. **Udana**; iii. **Samana**; iv. **Vyana**; and v. **Apana**.
3. **Pitta** – means metabolism: i. **Pachaka**; ii. **Ranjaka**; iii. **Sadhaka**; iv. **Alochaka**; and v. **Bhrajaka**.
4. **Kapha** – means metabolic excretions blocking intercellular spaces of body: i. **Khedaka**;ii. **Avalambaka**; iii. **Bodhaka**; iv. **Tarpakam**; and v. **Sleshaka**.
5. **Dhatus** – means secretions: i. **Rasa**; ii. **Rakta**; iii. **Mamsa**(Flesh); iv. **Meda**(Fat); v. **Asti**(Bone); vi. **Majja**(Marrow); and **Sukru**(Semen).
6. **Malas** – means Excretion: i. **Sankrit**(Sweet); ii. **Mootra**(Urine); iii. **Mala** (Faeces).

The supporting principles of the body are the VAYU, PITTA, and KAPPA in their normal state. But diseases of the body appear by increasing or decreasing the body heat secretions and excretions of the three factors.

Sanhitas contains the following parts of the Ayurveda:-

1. **Kaaya Chikitsa** –means treatment of General diseases.
2. **Bala Chikitsa** - means Pediatrics. 3. **Graha Chikitsa** – means treatment of dominical diseases.
4. **Shalya Chikitsa** - means Surgery.5. **Rasayana Chikitsa** – means Tonics. 6. **Visha Chikitsa** – means Toxicology.
7. **Urdwaanga Chikitsa** – means treatment of head and neck diseases.

### IV METHODOLOGY OF PREPERATION OF INDIGENOUS MEDICINE

The indigenous medicines are used to cure the diseases. These Ayurveda medicines have been manufacturing from the following plants:-

1. Neem; 2. Kesar; 3. Guggal; 4. Amla; 5. Duttura; 6. Afim; 7. Pan; 8. Katki;
9. Golmirch; 10. Ispoghul; 11. Karchi; 12. Laong; 13. Chirata; 14. Harir; 15. Giloe;
16. Hing; 17. Banfsha; 18. Ashwagandha; 19. Alobera; etc.

These plants have been using for manufacturing the Ayurvedic medicines, while the same plants are also used for manufacturing the Allopathy and also Homeopathy medicines. The Indian system of utilizing herbs to grapple adequately with apparently intractable ailments has attracted wide attention during the past two decades. All Indian system of medicines is mostly of Herbal base and it is called as “**HERBAL MEDICINES**”.

The WHO recently, pledged to implement its global strategy – health for all, by intensifying the effort to develop the traditional medicine and the related indigenous Research activities in the system. We know that name of 700 drugs and Susruta—Sanhita. After some year latter on more plants found entry into the Native medicine, the number of herbs near about 1423. These herbs or plants are very effective in the Indian tradition medicines e.g. in Ayurveda medicines.

## V. THE PRESENT POSTION OF HERBAL MEDICINE

The herbal Practitioner on the basis of knowledge of the normal pathological test practices to-day herbal medicine widely. The practice is characterized by a number of principles, which may be treated by the use of naturally occurring plant remedies. Herbalist is diagnosis the diseases of the patient carefully, and then prescribes the herbal medicine to cure the diseases of the patient. The herbal Practitioner is free from any binding of standard formulations or dosage forms, but proceeds to exercise his skill and experience on the basis prescription make for his patient. Practitioner attend and examine the patient subsequently and is assessed the condition and any necessary adjustment is made on the prescription.

Now—day's different types of prepared (ready made) herbal medicines are available in the market and the Practitioner uses these medicines. Some herbal Practitioner prescribes a mixture of dried comminuted or powdered herbs, but liquid or Tablet is most preferable to the patient as well as Practitioner. The herbal Medical Treatment is required to complete assessment of the patient's diet, Life style, exercise, breathing and so on to ensure that the grass roots causes of the ailment is tackled at sources, Patients receiving herbal remedies usually sense improvement within hours and are very often cured for longstanding systems within days.

## .VI. FUTURE OF HERBAL MEDICINE

Patients of the World to day are very interest to take herbal therapy and disenchanted with modern drug therapy to cure their diseases, as there is no side effect to take herbal therapy or treatment. The World Health Organization is now very interested in herbal medicine. The International Federation for the Promotion of Natural therapy is involved with the World Health Organization in discussions on traditional medicines. Some Countries are depend on herbal medicines for health cure of their people and this link between a Natural therapy Organization and The World Health Organization must be a move in the right way of the herbal treatment. It is true that no Countries will depend solely on the modern medicine in the future. The traditional cures of the third world can benefit from the best that Western medicine has to offer and Vice-versa. It facts that the Medical World is beginning to take herbal medicine more seriously. The inexpensive treatments. It is my, there is no doubt that over the next 20 years the Pharmaceutical Industry will spend unaccountable money for manufacturing herbal medicines. Medical herbalists will continue to Practice their age – old and will – proven art and chalk up their successes where modern therapy fails.

## VII CONCLUSION

An ancient period the treatment procedure was not proper recorded. At that time treatment was on the basis of personal procedure of the Practitioner. Name of plants, which were used for treatment more details, is available from the Ayurveda. The period of Rig-Veda is estimated to be between 350 and 1800 B.C. After the Vedas, there is no information on the development of the Science in India for a period about 1000 years. An ancient, worldwide system of the medicines using plants to prevent and cure diseases. Herbal medicine is now very popular among the people of World. There are at last signs that the medical World is beginning to take herbal medicine more seriously, as it is curable and have no side affects.

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## Bibliography



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