

## **AYURVED: PAST, PRESENT AND FUTURE**

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### **ABSTRACT**

*Ayurved* is the most ancient healing science of the world. *Ayurved* has seen many ups and downs in various periods. Once upon a time, *Ayurved* was a full-fledged science treating not only human but other animals and plants also. The deterioration of *Ayurved* occurred between 16AD-19AD. Now, *Ayurved* is developing in new dimensions with modern technology. The government is emphasizing on upgradation and propagation of *Ayurved*. By research and development, *Ayurved* can achieve its golden period again.

**Keywords:** ancient science, deterioration, research, mainstreaming

### **INTRODUCTION**

History is an essential part for development. Through Ayurvedic history, we learnt that the events should not happen again in future which happened in past and damaged a part of it. History of Ayurved is also essential for the development of *Ayurved*. We know that *Ayurved* was developed gradually upto 16<sup>th</sup> AD. Foreign invaders, who attacked on India, attacked on *Ayurved* also. They tried to destroy *Ayurved* but it is fundamental strength of *Ayurved* due to which *Ayurved* was alive in those black days also. In those days, *Ayurved* was taught in small schools and number of students was very less. After independence, proper study of Ayurved began in universities in

India. Now many works are being done for propagation and mainstreaming of *Ayurved*.

### **REVIEW**

#### **PAST**

*Ayurved* is the oldest healing system in the world. Various healing techniques have been mentioned in *Atharvaveda*. *Ayurved* was studied according to *guru-shishya parampara* (teacher-disciple tradition) in ancient times. Many text books like *Charak Samhita*, *Sushrut Samhita*, *Ashtanga Hridaya*, *Sharngadhar Samhita* and *Bhavparakash*, etc. were written by *acharyas*. *Acharya Dridhabala* has included 17 chapters in *chikitsa sthan*, 12 chapters of *kalpa sthan* and

12 chapters of *siddhi sthan* in *Charak Samhita*<sup>1</sup>. Many commentaries were written in many languages on these text books. These books were translated into many languages. *Ayurved* was taught in many eminent universities like Nalanda and Takshashila where students came from the entire world. Thousands of *ayurvedic* formulations have been mentioned in the books which were used in practice in those periods. *Phirana roga* (syphilis) was spread in India in 16<sup>th</sup> AD when the Portuguese people came to India and *Chopchini* (*Smilax china*) was used to treat this disease<sup>2</sup>. Thus, many literary researches and clinical researches were done in those periods. There were many eminent *vaidyas* in India e.g. *Charak, Sushrut, Vagbhat, Sharngadhar, Bhavmishra, Jivak*, etc. Upto the period of Bhavmishra i.e. 16<sup>th</sup> AD, there was golden period of *Ayurved*. The development of *Ayurved* occurred upto 16<sup>th</sup> AD. The deterioration of *Ayurved* began after 16<sup>th</sup> AD when Mughal Empire was established in India. Many books were burned and it was tried to destroy *Ayurved* by Muslim invaders. In 19<sup>th</sup> AD, *Ayurved* was neglected again when British Empire was established in India. The British government did not give patronage to *Ayurved* but *Ayurved* was taught and practiced by some *vaidyas* in all over India. After the independence, Indian government tried to upgrade and propagate *Ayurved* but financial support was very small and growth rate was very slow. On 9<sup>th</sup> November 2014, ministry of *Ayush* was formed by government of India for upgradation and propagation of *Ayurved*. The condition of *Ayurved* is better now.

## PRESENT

There are three organizations which are working for *Ayurved* at present under ministry of *Ayush*,

Govt. of India- Central Council of Indian Medicine (CCIM), Central Council for Research in Ayurvedic Sciences (CCRAS) and *Rashtriya Ayurved Vidyapeeth* (RAV). CCIM is a regulatory body which guide, develop and sustain the Ayurvedic education. CCRAS is an apex body in India for formulation and development of research in *Ayurved*. There are 30 regional institutes of CCRAS in India which works in different specialties in *Ayurved*. RAV organizes workshops and seminars for ayurvedic doctors and works for propagation of *Ayurved*.

There are four ayurvedic universities in India-

1. Gujarat Ayurved University Jamnagar, Gujarat (founded in 1965)<sup>3</sup>
2. Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University Jodhpur, Rajasthan (founded in 2003)<sup>4</sup>
3. Uttarakhand Ayurved University Dehradun, Uttarakhand (founded in 2009)<sup>5</sup>
4. Guru Ravidas Ayurved University Hoshiarpur, Punjab (founded in 2011)<sup>6</sup>

More than 200 ayurvedic colleges are running in India including both private and government colleges. Many private and government hospitals are running in the country. *Arya Vaidya Sala* Kotakkal, *Arya Vaidya Pharmacy* Coimbatore, *Patanjali* and *JIVA* etc. are main ayurvedic hospitals in private sector. Many ayurvedic doctors are working in government sector under NRHM and RBSK schemes. Some ayurvedic doctors work in various AIIMS hospitals also. Govt. of India has launched national *Ayush* mission for mainstreaming of *Ayurved*. There is *Ayush* minister in Govt. of India. There is *Ayush* minister in some states also but in some states *Ayush* department comes under ministry of health. There is *Ayush* minister in Uttar Pradesh and Uttarakhand.

The condition of government ayurvedic colleges is not good. There is shortage of infrastructure and teaching and non-teaching staffs. The condition of private ayurvedic colleges is also not good. Many teachers and students are present on paper only. They come in the college at the time of visit of CCIM team. Managers of some private ayurvedic colleges do not give pay scale, EPF and gratuity to their employees. There is no hospital work in many private colleges. Therefore, many students go to allopathic doctors to learn modern medicine. After getting the degree of BAMS they do allopathic practice. They join NIMA (National Integrated Medical Association) and demand the right to prescribe allopathic medicine. CCIM is not able to improve the condition of ayurvedic colleges. Therefore, ministry of *Ayush* wants to minimize the powers of CCIM and wants to control itself. *NITI Ayoga* has proposed NCISM Bill 2017 to improve the condition of *Ayush*. Members of NIMA are opposing this bill. Maximum members of NIMA are managers of private ayurvedic colleges and products of private ayurvedic colleges. Managers of private colleges are afraid of this bill because their monopoly will be broken. Products of private ayurvedic colleges are afraid of this bill because they will not do practice in modern medicine. This is the reason why NIMA opposes this bill. There are many courses in *Ayurved* in India e.g. BAMS, MD (AY), MS (AY) and PhD. There are two year PG diploma courses in *panchakarma*, *stri-prasuti* (gynecology) and *balaroga* (pediatrics) etc. which are conducted in some universities in India. B.Pharm (Ay) and M.Pharm (Ay) courses are also conducted in some universities. CRAV and MRV courses are conducted by RAV. RAV organizes CME programs for *Ayush* medical officers and

teachers. *Arya Vaidya Pharmacy* Coimbatore and *Arya Vaidya Sala* Kotakkal also conduct seminars. NRIP Cheruthuruthy, Kerala organizes three month training program in *panchakarma*. World Ayurveda Foundation was founded in 2011 by *Vijnana Bharati* for global propagation of *Ayurved*. World Ayurved Congress was started in 2002 by *Vijnana Bharati* which is organized every alternate year. This is a big platform for stakeholders of *Ayurved* of the world. The delegates of more than 50 countries participate in the World Ayurveda Congress for intellectual exchange to strengthen *Ayurved*. Govt. of India has decided to celebrate *Ayurved* Day every year on *Dhanvantari Jayanti*. The first *Ayurved* Day was celebrated in 2016. Many professors from different universities of India went to foreign countries e.g. USA, Japan, Australia, UK, etc. to deliver lectures and to treat patients. BHU, Varanasi and GAU Jamnagar started short term courses for foreign students. These activities play a great role in propagation of *Ayurved* in abroad. Now, one year and two year courses of *Ayurved* are conducted in UK, USA, Japan and Australia, etc. Out of India, BAMS course is conducted in Nepal, Srilanka and Bangladesh only.

There is an online index of articles on *Ayurved* named DHARA (Digital Helpline for *Ayurveda* Research Articles). There are four PubMed indexed journals-

1. Ancient Science of Life
2. AYU
3. International Journal of *Ayurveda* Research (IJAR)
4. Journal of *Ayurveda* and Integrative Medicine (J-AIM)

There are many non-PubMed indexed journals-

1. *Amrita Dhanvantari*

2. *Aryavaidyana*
3. *Ayushya*
4. *AYUSHDHARA*
5. IAMJ
6. IJAPR
7. Charak Times

The Govt. of India has decided to conduct NEET for admission in graduation in all private and government ayurvedic college of India. AIAPGET will be conducted for admission in post-graduation in ayurvedic colleges of India. This is present situation of Ayurved in brief.

## **FUTURE**

It was explained that what *Ayurved* was in past and what *Ayurved* is today. Now, it will be mentioned that what should be done in future for upgradation, propagation and mainstreaming of *Ayurved*. Following activities should be done in various areas of *Ayurved*.

### **Administration**

There is a great responsibility of officers working in the ministry of Ayush. Like central government, ministry of *Ayush* should be formed in states also. Like civil surgeon, there should be District Ayush Officer by whom all the activities of *Ayush* should be monitored in the district. Permission of admission should be given to the colleges fulfilling basic amenities. Activities of national Ayush mission should be implemented and monitored in all the states.

The author personally felt that matters which are sent on the email of Ayush minister and Ayush secretary do not reach to them. A portal named "Advisor of Advisor" should be started on which any ayurvedic doctor can give suggestion to the advisor of Ayurved of Ayush ministry. The advisor of Ayurved will send this advice to the Ayush minister for consideration and the status of advice can be viewed online.

## **Education**

The condition of universities is very bad. Some universities are distributing certificates only which is not concerned with any benefit to the society. Some universities do not conduct regular and fair examinations. There is monopoly of managers in private colleges and universities. There is no facility of pay scale, EPF and gratuity for employees in many private colleges. Governor should remove all these problems of higher education. UG and PG seats should be increased in colleges but availability of basic amenities in colleges should be always considered. Syllabus should be revised time to time under the guidance of competent professors. Medical officers working in ayurvedic colleges are appointed as examiner by universities. Ministry of Ayush should order the universities to appoint teachers only having teacher code in examination activities.

## **Hospital**

National Ayush Mission should be implemented in all the states. At least one well equipped ayurvedic hospital should run in each district of the country where all essential ayurvedic drugs should be supplied. There are three types of ayurvedic doctors in practice. Some doctors do completely allopathic practices. Such ayurvedic doctors mainly belong to private colleges. There is no hospital in private colleges. Therefore, these students go to allopathic doctors and learn modern medicine. The ayurvedic doctors will not stop prescribing modern medicine until private colleges will not run ayurvedic hospitals. Second type of ayurvedic doctors diagnose the disease on the basis of modern medicine and prescribe ayurvedic medicine to think modern aspect of it. For example- prescribe *gokshura* (*Tribulus terrestris*) as diuretic. Third type of

ayurvedic doctors diagnose and treat the disease on the basis of *tridosh* theory. This type of *Vaidya* is very less.

Prevention of diseases is first aim of *Ayurved*. *Ayurved* can play a great role in prevention of diseases. *Ahar, vihar, yoga* and cleanliness should be propagated by all media to the common people. By this activity, disease can be prevented before manifestation and a huge amount spent on the treatment can be saved easily.

### Research

Modern medicine is useful in emergency or critical conditions. In prevention of diseases or treatment of chronic diseases, modern medicine is very less effective. A huge amount is spent on the treatment that is unnecessary, inappropriate, inefficient or ineffective. Number of patients who are suffering from non-communicable diseases is more than those who are suffering from communicable diseases. Now, life style is so hectic and disturbed that life style disorders are increasing rapidly. Modern medicine is failed to treat life style disorders e.g. diabetes, hypertension and thyroidism etc. Patients want to stop taking medicines regular throughout the life for these diseases. They are hopefully looking towards *Ayurved* to get rid of these problems.

There are two main weapons in modern medicine- antibiotics and analgesics. Resistance is developing day by day against many antibiotics. There is common trend of prescribing double antibiotics which produces MRSA, super bug and multi drug resistance diseases. Nephropathy occurs after years of heavy ingestion of analgesics<sup>7</sup>. Frequent dialysis and ultimately kidney transplant is advised for the patient of renal failure which is a very

expensive treatment. The benefit to harm ratio of drug therapy should be assessed before prescribing these medicines<sup>8</sup>. Ayurvedic option for these problems should be invented.

The main problem of ayurvedic practice is diagnosis and treatment is based on subjective symptoms which cannot be recorded and shown to others. The author has heard about Electro Tridosh Gram (ETG). If it is effective then it should be upgraded by using advanced technology. *Panchakarma* equipments also should be prepared using advanced technology. Research should be done for people of army, navy and air force which will be effective in wars also. *Ayurved* should be developed for the problems of astronauts which who work in the space. Ayurvedic medicines should be developed for players in sports. Ayurvedic medicines should be developed for agriculture and veterinary use also.

CCRAS is a central government institution for research in Ayurved in which hundreds of research officers are doing researches in 30 regional branches in all over India. *Arya Vaidya Sala* Kotakkal, *Arya Vaidya Pharmacy* Coimbatore and *Patanjali* Research Center Hardwar etc. are private research institutions in *Ayurved*. There is a great responsibility on the shoulders of research officers working in these government and private institutions to fulfill these dreams.

### DISCUSSION

Regular research is essential for development of any science. Modern medicine developed rapidly because many people of many countries were involved in the research in modern medicine. A huge amount was spent in the development of modern medicine. Contrary to that, *Ayurved* was neglected and no any

innovation was done in Ayurved after 16<sup>th</sup> AD. This is the reason of undevelopment of Ayurved. Now, govt. of India is emphasizing on research in *Ayurved*. But there is need of more activities in research work. There are 30 regional research institutes of CCRAS in India. The number of research institutes should be increased and research should be done in cancer, AIDS, *stri-prasuti* (gynecology & obstetrics), *balroga* (pediatrics), defense medicine, sports medicine and space medicine also. The findings of research should be published in journals of CCRAS. To promote the research work, prize should be given to research officers for their excellent work. Now, government of India has initiated INDRA (International Network for Development of Research in Ayurved) scheme which will be new milestone in Ayurved.

## CONCLUSION

*Ayurved* is the most ancient healing system originated in India. It was neglected and destroyed for 300 years but *Ayurved* is live till now due to its strong fundamental principles. Some ayurvedic doctors are still neglecting and destroying *Ayurved* to demand the right to prescribe modern medicine. People are hopeless from modern medicine in various cases and they looking hopefully towards *Ayurved* but ayurvedic doctors are looking towards allopathy. There are some problems in *Ayurved* also which should be removed by ayurvedic doctors. In this regard, there is great responsibility of research officers working in *Ayurved*. Hopefully, they do it soon and make *Ayurved* a mainstream healing system now.

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