

# Ayurveda for One Health

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Ayurveda in simple language meaning 'the knowledge of âyus or life' is one of the ancient Hindu masterpieces available from antiquity and the classic treatises and it won't be surprising if the modern medical principles has roots in Ayurveda. The Ayurveda is said to be written around 1000 B.C. by Acharya Charaka, Acharya Sushruta, and Acharya Vāgbhaṭa, whose works were respectively known as Charaka-Saṃhitā, Suśrutasaṃhitā and Ashtāṅgasāṅgraha of Vāgbhaṭa.

Ayurveda is indeed for one health as it is fully complete and cover all causes which can affect health in eight components called as chikitsāyām aṣṭāṅgāyām, which are Kāyachikitsā (general practice and inner medicine of the body), Kaumāra-bhṛtya/Bāla-chikitsā (paediatrics), Śalyatantra (surgery and surgical techniques), Ūrdhvāṅgachikitsā/Śhālākyaatantra (ear, nose, and throat), Bhūtavidyā/Grahachikitsā (exorcism or possession by spirits or demonology), Agadatantra/Vishagara-vairodhTantra/Damṣṭrā (toxins and antidotes), Rasāyana /Jarā chikitsā (health tonics) and Vājīkaraṇatantra (aphrodisiacs and fertility).

I believe - the Bhūtavidyā/Grahachikitsā and Agadatantra/Vishagara-vairodh Tantra are still the advanced components of this ancient science. The Bhūtavidyā/Grahachikitsā require high level of spiritual development and is the most exploited and misunderstood component and is incorrectly merged with superstitions or confused with which are added on to degrade the merit of these sciences.

The Śalyatantra can be enhanced with modern biomedical advancements, so Ayurvedic surgery can be made more efficient using its own conventional methods.

The tri-dosha which are ridiculed as bodily humors are not at all humors but has a broader aspect on which I would be submitting my research and newly developed theory- 'Novel  $\beta$  Bio theory' by next year.

In this essay, I discuss Ayurveda therapies based on herbal medicines, complex herbal compounds, minerals, and metal substances.

## A. Herbs

In today's time, allopathy uses herbal or herbal compounds as single herb, poly herb and allopolyherbal formulation for the treatment of common ailments.

The single herbs which allopathy directly uses to make medicine/drug with its name, use and plant are :

- **Asculetin** for Anti Dysentery (Fraxinus Rhynchophylla, Oleaceae)
- **Ajmalicine** for Circulatory Disorder (Rauwolfia Serpentina, Apocynaceae)
- **Digitalis** for Cardiac Glycosides (Digitalis Purpurea, Plantaginaceae)
- **Ephedrine** for Sympathomimetics (Ephedra Sinica, Ephedraceae)
- **Morphine** for Analgesic (Papver Somniferum, Papaveraceae)
- **Noscapine** for Antitussive (Papver Somniferum, Papaveraceae)
- **Picrotoxin** for Analeptic (Anamrita Cocculus, Menispermaceae)
- **Reserpine** for Anti-Hypertensive (Rauwolfia Serpentine, Rauwolfioideae)
- **Quinine** for Anti-malarial (Cinchona Ledgeriana, Rubiaceae)
- **Salicylic Acid** (precursor of **Asprin**) for NSAIDS (Filipendula Ulmaria, Rosaceae)
- **Sennosides** for Laxative (Cassia Angustifolia, Fabaceae)
- **Vincristine** for Anticancer (Catharanthus Rrosues, Periwinkle)
- **Xanthotoxin** for Leukoderma and Vitiligo (Ammi Majus, Apiaceae)

The polyherbs which allopathy uses to make drug are :

- ◆ **Dihar** for Hyperlipidemia (Syzygiurn Curnini, Mornordica Charantia, Ernbelica Officinalis, Gyrnnerna Sylvestre, Enicosternna Littorale, Azadirachta Indica, Tinospora Cordirolia, Curcurna Longa)

- ◆ **Diabet** for Antidiabetic (Curcuma Longa, Coscinium Fenestratum, Strychnos Potatorum, Tamarindus Indica, Tribulus Terrestris, Phyllanthus Reticulatus)
- ◆ **Arthosansar** for Antiarthritic (Corniphora Wightii, Boswellia Serrata, Pluchea Lanceolata, Ricinus Communis, Zingiber Officinale, Withania Sornnifera)
- ◆ **Kutajarista** for Sprue, Dysentery and Diarrhea (Madhuca Longifolia, Holarrhena, Antidysenterica, Grmelina Arborea, Woodfordia Fruticosa, Vitis Vinifera, Honey, Jaggery)
- ◆ **Vidakana Choornam** for Liver Disorders especially Jaundice and Steatosis (Erbelia Ribes, Morigna Oleifera, Piper Longum)
- ◆ **Triglize** for Hypertension, Ischemic Heart and Peripheral Vascular diseases (Terminalia Arjuna, Cissus Quadrangularis, Boerhaavia Diffusa, Corniphora Rnukul, Phyllanthus Erbilica, Terminalia Bellirica, Terminalia Chebula Tribulus Terrestris, Allium Sativum, Trigonalla, Foenugraecum)
- ◆ **Bharangyadi** for Antiasthmatic (Clerodendrum Serratum, Hedychium Spicatum, Inula Racernosa)

Using allopolyherbal formulation, allopathic synthetic drugs made are :

- Glipizide (Trigonella Foenum Graceum, Momordica Charantia, Aegle Maremelos)
- Glibenclamide 1 (Wheat Germ oil, juice of Coriander Sativum, Aloe Vera)
- Glibenclamide 2 (Camellia Sinensis, Foeniculum Vulgare, Punica Granatum, Trigonella Foenum-Graceum)

If I go by antiquity, the Rigveda (rgveda) the oldest known Vedic Sanskrit text mentions atleast 75 medicinal plants, classified under Vriksha(tree), Oshadhi(herb) and Virudh(minor herb) which are as follows :

1. Artu
2. Asvattha
3. Apamarga
4. Amula
5. Arataki
6. Arundhati
7. Amata
8. Alapu
9. Abvaka
10. Akshagandhi

11. Usana
12. Eranda
13. Khalva
14. Asvavara
15. Adar
16. Usana
17. Kavira
18. Kumud
19. Kustha
20. Jangida
21. Tajbhanga
22. Tilyak
23. Taudi
24. Nalada
25. Nyastika
26. Pata
27. Putika
28. Prsricparni
29. Praproth
30. Prasu (Pramaganda)
32. Baja
33. Bimba
34. Bhanga
35. Manjisuha
36. Madavali
37. Madugh
38. Sahdeva
39. Sahdevi
40. Sahamana
41. Sana
42. Sipala
43. Sarsapa
44. Silanjala
45. Khalva
46. Til

47. Guggulu
48. Darbha
49. Durva (Shalparni)
50. Dhava
51. Nada
52. Pipali
53. Pundarika
54. Plaksha
55. Masha
56. Munja
57. Yava
58. Vata
59. Arka
60. Aparajita
61. Arjuna
62. Ikshu
63. Udumbara
64. Urvaruka
65. Kanak
66. Karkanduk
67. Kalyani
68. Kuuda
69. Kushtha
70. Khadira
71. Pippala
72. Plaksha
73. Puskar (Padma)
74. Kumud (Kamal)
75. Bilva

Similarly, one can find atleast 81 herb species in Yajurveda, atleast 290 herb species in Atharvaveda!

Even Homeopathic products also come from herbs.

And the Ayurvedic medicines are built using such herbs are available for treatment as Kwatha, Phanta/Hot infusion, Hima, Arka, Churna, Guggul, Taila.

## B. Minerals & Metals

Scientifically, minerals are solid substance with well-defined chemical composition and a specific crystal structure; and a metal can be as simple as chemical element.

According to modern medical allopath followers, there are twenty essential minerals namely calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, sulfur, cobalt, copper, fluoride, manganese, and selenium, are needed to help bodies to develop and function like building strong bones, teeth, controlling body fluids inside and outside cell, food into energy.

Similarly, ten metals namely Gold, palladium, mercury, copper, aluminum, titanium, iron, platinum, tin, zinc, are needed for the maintenance of life, functioning of organs; where on one side it's deficiency causes growth disorders or severe malfunction or carcinogenesis and the other side it's over accumulation causes damaging of the same vital organs.

The Ayurveda has rich composition of Rasaśāstra over 2-3 millenniums, that is over 2000 - 3000 years, of which the popular ones are Rasendra Mangala, Rasa Hridaya Tantra, Rasarnava, Rasa Prakasha Sudhakara, Rasendra Chudamani, Rasa Ratna Samuccaya, Rasa Jala Nidhi etc.

In these chemical and alchemical texts, explanations with logics have been given for

- 100 Rasa Yogas,
- 64 Divyaoushadis,
- 64 Rasoushadis,
- 68 Siddhaoushadis,
- 40 yantras,
- 15 Musha (Gostani, Vrintak, Manduk, Mall, Gol, Pakv, Musal, Vajra, Vajra Dravini, Samanya, Varn, Yog),

- 18 Sanskaras of Parada (Swedana, Mardana, Murchana, Utthapana, Patana, Rodhana, Niyamana, Deepana, Grasamana, Charana, Garbhadhruti, Bahyadhruiti, Jaarana, Ranjana, Saarana, Kramana, Vedha, Sevana)
- 4 types of Parada Bandha (Jalauka, Khota, Paata, Bhasma)
- Maharasas (Gagana, Abhraka ; Rasaka, Kharpara ; Tapyā, Makshika ; Vaikranta ; Vimāla ; Sasyaka ; Shailasambhuta, Shilajatu ; Rajavarta),
- 8 Uparasas (Talaka, Haratala ; Tuvāri, Spathika ; Gandhaka ; Kankustha ; Kunati, Manashila ; Gairika ; Anjana ; Kasisa)
- Dhatus (Shuddha Loha - Gold, Silver, Copper, Iron ; Puti Lohas – Naga,Vanga ; Mishra Lohas - Kasyam, Pittala, Varta)
- 20 procedures of Hemakarana, Gold colour
- 17 procedures of Roupakarana, Silver colour
- Procedure to make artificial Moti (Pearl)
- Procedure to make small Moti into bigger
- Procedure to make artificial Pravala (Coral)

Thus, there should not be any question on the scientific basis of Ayurveda, when it is properly organized with logics, explanations and completes all causes which could affect health and heal body with longevity (some of which, still modern science is not able to comprehend); though the methodology, techniques or efficacy may not be agreeable or variable but Ayurveda has potential to excel it alone by research.

And when the medicines based on herbal, metals, minerals, juices, their preparations, converting to other metals, antidotes, surgery, infertility, sexual and spiritual development, everything is given, there must be a point that Ayurveda has included

Bhūtavidyā/Grahachikitsā as its one of the component, which is a point to ponder!

For the authors who had included and written these texts; they must be having proper clarity on what ailment could be attributed to deficiency, over-accumulation, toxin and when there is a requirement of surgery and when it has to be cured by using Bhūtavidyā/Grahachikitsā.

The modern Science which has recently introduced synthetic mRNA vaccine has shown its limitations and some unexplained side-effects has been reported globally, I believe if Agadatantra/Vishagara-vairodh Tantra and Śalyatantra is enhanced with biomedical and bioengineering machines, it could solve these unsolved medical problems to some extent

with relief or help people with long-Covid or vaccine injured or the coming new chain of side-effects or pandemic.

I close this essay with quotation from George Bernard Shaw

“Science is always wrong. It never solves a problem without creating ten more”