

Special Article

Allopathy (Modern Medicine), Ayurveda and AYUSH : Needs to be In Harmony

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Healthy life and longevity is the ultimate desire of one and all. There is a difference between disease free life and healthy life. Both of these elements are essential for healthy living. This is high time when about 10 lakhs Doctors of Allopathy (Modern Medicine) and similar Doctors of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) should join hands together to fight against Corona Pandemic and other dreaded diseases like Diabetes, Hypertension, Heart Disease, Liver Disease, Cancer, TB etc. There is no competition or contradiction between Allopathy (Modern Medicine), Ayurveda or other pathies. All are for the good and wellbeing of mankind. There is no justification for cross allegations among them. So-called Propagates of Ayurveda recently criticized and blamed Allopathy (Modern Medicine) for their vested interest. It is against the medical ethics, Indian values and traditions. Such forces which want to create rift between the Allopathy (Modern Medicine) and Ayurveda are against the Society and Humanity. Such people are also weakening the spirit and vision of Prime Minister's Healthy India while all systems of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) are meant primarily for prevention and promotion of health and care of chronic life style related disease, Allopathy (Modern Medicine) is more useful for emergencies, trauma, infections and Intensive care services during the covid pandemic. The services rendered by all pathies were marvelous and fruitful for the management of COVID-19 in India.

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Heady life and longevity is the ultimate desire. There is a difference between disease free life and healthy life. Both these elements are essential for healthy living but herein a conflict between the experts of these two fields has arisen due to vested interest of hand full people. Human body is a complicated structure. The knowledge about the internal functions of human body has been acquired to a large extent. The credit goes to medical scientists. The origin of Ayurveda dates back to about four thousand years before Christ during Rigvedic period and it was developed between 3000-2000 BC. Arthur Anthony Macdonell and Arthur Berriedale Keith have mentioned in the book "Vedic Index" that Indians were curious about the constitution of human body from very early times¹. Various parts of human body are mentioned in Atharva veda with proper arrangement.

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Editor's Comment :

- All the Medical sciences – Allopathy, Ayurveda, and AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy.) should come together joining hands (in harmony) for the medical development and by doing this we will enter into the medical advancement era.
- "We should come together (all sciences) and stand strong"
- In the end, it's all on the patient's will, which science to choose but we can't change that, what we can do is give them the best by joining hands.
- It is the need of the hour to use modern technology, concepts along with all other medical sciences so that they can be applied to offer the best healthcare to society.

These authors have referred to two experts of Ayurveda Charak and Sushrut. HS has mentioned that Indians developed medical science independently². Grammar of Panini includes name of specific diseases³.

Ayurveda is a unique medical science which emphasizes that one should not become sick. If one becomes sick due to any reason, one should be treated properly. "Its purpose is to protect the health of a healthy person and mitigate the disease of the sick." (prayojanam chaasya swasthsya swasthya rakshanamaataurasya vikaar shamanam ch)⁴. The principles of Ayurveda say that "which medicine produces many other diseases mitigating one disease, is not an appropriate and impeccable way of treatment"

(prayogah shamayed vyadhim yoanyamanyamudirayet. Naas au vishuddhah praddhyastu shayed yo n kopayet⁵).

Ayurveda is propounded theoretically from Vedas. Knowledge and science is broadly described around the world through teacher-taught traditions. These were named Upanga (second Vedas). "Ayurveda is upanga of Atharv veda"⁶. Ayurveda related thoughts are found in Rigveda also. "Where we found medicines are called "Vedas" and where learned people and rulers protect common people putting their efforts with the use of medicine, are called "vipra"/ "vaidgya/ Dhanvantari." (yatraaushadhih smagyatah rajaanaah samitaaviv. Viprah sa uchyete bhishag rakshohaamivachaatan)⁷.

In the very first poetic epic Shrimadbalmikiya Ramayana, it is described that in satayuga, Devas (gods) and Danavas (Demon) had thought to become immortal⁸. For this purpose they organized Samudra Manthana. After a very long period Samudra Manthana, an ayurvedamaya religious fellow appeared which name was Dhanvantari. He forwarded the Ayurveda⁹. It is also found in Shrimadbhagwat Purana also regarding Samudra Manthana and appearance of Dhanvantari who interviewed the Ayurveda¹⁰. It is also appeared in Mahabharata regarding appearance of Dhanvatari and expansion of Ayurveda¹¹. Dhanvantari is also described as profounder of Ayurveda in Agnipurna¹².

In ancient times, there were two schools of Ayurveda – Charaka or Atreya school of Ayurveda, which was basically belonged to physicians basically second was Dhanvantari school of Ayurveda which was belonged to Surgeons. The physicians used to refer patients to surgeons who needed surgery. It is described in Charak Sanhita at many places¹³. It is specially directed in Ayurveda to treat the patient protecting internal fire/immunity of the body. It is so, because of the primary relation of Ayurveda with Rigveda and special relation with Atharv veda and 'Fire' element is appeared from rigveda¹⁴.

Actually the concept of modern medical science started by Hippocrates (Father of modern medicine, born 460 bce, island of Cos, Greece died 375 bce Larrissa, Thessaly) in 4th Century BC. He was an ancient Greek physician who lived during Greece's classic period. It is known that while Hippocrates was alive he was admired as a physician and teacher. The Hippocratic Oath is perhaps the most widely known of the Greek medical texts. It requires a new physician to swear upon a member of healing Gods that he will uphold a number of professional ethical standards. The Hippocratic Oath is one of the oldest binding documents

in history. Written in antiquity, its principles are held sacred by doctors to this day: treat the sick to the best of one's ability, preserve patient's privacy¹⁷⁻¹⁹. Development of Allopathy (Modern Medicine) took place in Europe around 16th and 17th century. Samuel Hahneman, (Father of Homeopathy) has named it as Allopathy¹⁵.

The science of homoeopathy was invented by a German physician, Dr Christian Friedrich Samuel Hahnemann who was born in Meissen, a small town in Germany on 10th April 1755. He did MD with honours from University of Erlangen in August 1779. The title of his thesis was 'Conspectus adfectuum spasmodicorum aetiologicus et therapeuticus'. (A dissertation on the causes and treatment of spasmodic diseases)²⁵. He started clinical practice in 1781 in Mansfeld, Saxony^{26,27}. He became dissatisfied with the state of medicine of his time because he observed that patients are coming back with the recurrence of same disease in more aggravated form or modified form. His sense of duty did not allow him to treat the unknown pathological state of suffering brethren with these unknown medicines so he gave up practice and occupied himself solely with chemistry, article writing and translating medical textbooks because he had proficiency in many languages like English, French, Italian, Greek, Latin, Arabic, Syriac and Hebrew²⁶. While translating William Cullen's 'A Treatise on the Materia Medica', Dr Hahnemann encountered the claim that cinchona, the bark of a Peruvian tree, was effective in treating malaria because of its astringency. He pondered as to why other astringent substances are not effective against malaria and began to take cinchona himself to study its effect on the human body. He was surprised to note that cinchona induced malaria-like symptoms in him^{26,27}. He performed the same experiment on other healthy individuals and got the same result. This led him to postulate a healing principle: "that which can produce a set of symptoms in a healthy individual, can treat a sick individual who is manifesting a similar set of symptoms"^{26,27}. In 1796, He first published an article about the Homoeopathic approach, in a medical journal of German-language. He later coined the phrase 'Similia Similibus Curantur' which simply means 'Let likes be treated by likes'. It became the basis for an approach to medicine which he gave the name 'Homoeopathy' and first used it in his essay entitled "Indications of the Homoeopathic Employment of Medicines in Ordinary Practice", published in Hufeland's Journal in 1807²⁸. In 1810, Dr Hahnemann, the inventor of Homoeopathy, coined the term 'Allopathy'²⁹ for the traditional European medicine

of the time and a precursor to modern medicine, that did not rely on evidence of effectiveness and sought to treat disease symptoms by correcting the imbalance among the four "humours" (blood, phlegm, yellow bile and black bile) using "harsh and abusive" methods to induce symptoms seen as opposite to those of diseases rather than treating their underlying causes^{28,30}. Dr Hahnemann was the one who for the first time demonstrated the therapeutic potential of ultra-high diluted or potentised drugs on healthy as well as sick individuals.

Even though during British colonial period official status of Ayurveda and other traditional healing system were relegated to secondary roles and western medicine became dominant. Calcutta Medical college officially Medical College and Hospital Kolkata is a public medical school in West Bengal. The institute was established on 28th January 1835 by Lord William Bentinck during British Raj as Medical College Bengal. In 1857, the University of Calcutta was found and medical college got affiliated to it. This led to further modernization and modification in curriculum. After independence the Government of India made efforts to recognize Ayurveda, Siddha and Unani^{20,21}.

Allopathy (Modern Medicine) means a different path. It is called western or modern medical science also. The periphery of its research and system is quite large. It has saved crores of people from fatal illness giving them new life. Surgery, radiation, CT scan and MRI apart from many other medical systems are amazing. During Covid Pandemic lakhs of people were tested. Testing and treatment of this Novel Virus is astounding. Finding of Corona Vaccine in such a short time is extraordinary. Scientists, Doctors and Paramedical staff of modern medicine deserve all praise, who treated Corona infected patients without having regard of their own lives. Till date 1372 Doctors (748 Doctors in first wave and 624 Doctors in second wave) of modern medicine lost their lives in the war against Covid-19 pandemic in India.²² So contribution of Allopathy (Modern Medicine) has been immense in the COVID-19 Pandemic.

During the time of Pandemic the strength of immunity was discussed all over the country and world. Modern medical science have some supplements as Immunity booster, for this while in Ayurveda healthy lifestyle (Yoga, Pranayam, Meditation, Diet, Biological Clock, Positive thinking and Attitude, Sewa, Sanskar) along with Giloy there are many other medicines for improving the immunity. During the Pandemic the use of medicines like Ashwagandha, Jatamaansi, Guggul increased. Although Ayurveda also had practiced of

surgery and Sushruta is considered as Father of Plastic surgery²³.

Isolation became order of the day during Corona Pandemic. In Atharva veda it is said that people should isolate themselves from the society because of disease and they may again come back to normal life²⁴. Modern medical science has very good role in emergency, trauma, surgery, Infectious diseases and Intensive Care. Ayurveda and other systems of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) are primarily used for prevention and promotion of health and care of chronic life style related disease, Allopathy (Modern Medicine) is more useful for emergencies, trauma, infections and Intensive care services during the covid pandemic. Ayurveda has medicines to augment immunity. By increasing immunity one can be saved from many diseases. Modern medicine developed vaccines which saved millions of life and Diseases like Small pox and polio eradicated by vaccine only. Acitile and Salicylic Acid are said to be blood thinners. Doctors say that it is a medicine to save from heart attack. Ayurveda also has blood thinning medicines. Side effects is a big problem in the modern medicine. Many Allopathic medicines kill the disease but they also harm the body. Patient needs them for immediate relief. Steroid is a wonderful medicine but has side effects in long term.

Ayurveda is a science of longevity. It includes the health of food, digestion, respiration, deliberation, stress, memory and sleep. Research and Development in Ayurveda were remained neglected in last 1000 years. Ayurveda also requires continuous research, especially in collaboration with Modern Medicine.

There is no competition between Allopathy (Modern Medicine), Ayurveda and other pathies of AYUSH. All the medical sciences are for the good and wellbeing of mankind. All the medical sciences should share its knowledge. There is no use of pointing fingers at each other. Object of both the sciences is the same. Both these sciences have their own qualities and both of them have been developed with scientific outlook. Ayurveda and Allopathy (Modern Medicine) both are sciences but both of them have their own limits. Large part of the world is affected by the diabetes but there is no specific cure for this disease. The treatment of certain diseases may be entrusted to Ayurveda while preliminary treatment of some other diseases may be done by modern science followed by other treatment by Ayurveda. There is a need for continuous dialogue between experts of both the pathies. Confluence of ancient and modern systems is always fruitful for national life in all the fields. Experts of both the sciences

should undertake researches conjointly for medicine and for treatment. There is no justification for cross allegations between them.

So-called Propagates of Ayurveda recently criticized and blamed Allopathy (Modern Medicine) for their vested interest. It is against the medical ethics, Indian values and traditions such forces which want to create rift between the Allopathy (Modern Medicine) and Ayurveda are against the Society and Humanity. This is high time when about 10 lakhs Doctors of Allopathy (Modern Medicine) and similar Doctors of AYUSH should join hands together to fight against Corona Pandemic and other dreaded diseases like Diabetes, Hypertension, Heart Disease, Liver Disease, Cancer, TB, etc. Such people are also weakening the spirit and vision of Prime Minister's Healthy India.³¹

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