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Review Article

## History of Ayurvedic System of Medicines: From Prehistoric to Present

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### Abstract

Ayurvedic system of medicine is considered the most ancient system of the world. In the prehistoric times medicinal plants were used by the various tribes. Evidence suggests that the people of Indus valley civilization followed this system of medicines. The Vedic and post Vedic period saw the rapid development of Ayurveda supported by the efforts of Charaka, Susrutra and Vagbhata etc. Buddhist monks played important role in the propagation of Ayurveda. However, the invasion of Muslims after 10th century destroyed Ayurveda and Unani system of medicines flourished in the country. Pre independence period again saw the emergence of Ayurveda. After Independence it attains new height with its incorporation into the Drug and Cosmetic Act. The preparation of Ayurvedic Pharmacopoeia helps in the standardization of Ayurvedic drugs to compete at global level with allopathic system of medicines.

**Keywords:** ayurvedic system, Vedic and post Vedic period, Charaka, Susrutra and Vagbhata, Ayurvedic drugs

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## INTRODUCTION

Ayurvedic system of medicine is one of the most ancient systems of the medicines in the human era. The system of medicine is based on the ancient writings that are based on natural and holistic attitude to physical health and mental well-being.

This medical system came into existence in India over 5,000 years ago making it the oldest medical system.<sup>1</sup>

The system of medicines which were originated in India and the system which comes outside from India contributed total six authentic system of medicines. They are Siddha, Unani, Yoga, Naturopathy, Homeopathy, out of which most primitive is Ayurvedic system of medicine.<sup>2</sup>

## CONCEPT OF AYURVEDA

Ayurveda is made up of two words Ayu and Veda. Ayu mean in Sanskrit.

स्वस्थस्य स्वास्थ्य रक्षणं, आतुरस्य विकार प्रशमनं। (चरक संहिता सूत्र ३०।२६)

Pronounced as Sarirendriya satvatma samyoga which explain the union of body (shareena), mind (satva) and soul (atma) and Veda explains about the knowledge so Ayurveda is nothing but the knowledge of the unity of the body, senses, mind and soul which in turn increases a life longitivity of the human body.

## BASIC PRINCIPLE OF AYURVEDA SYSTEM OF MEDICINE

### 1. Samanya (Ordinary) & Vishesha (Special) Principle

When the person suffering from the dryness of the skin moisturizer is applied to regain the lost moisture of their skin, so moisture content is increased by a similar moisture containing product this is called Samanya simultaneously

dryness was countered due to the Vishesha of moisture which is opposed to the dryness of the skin thus for the drug to act both ordinary and special principle has vital role to play. Samanya is a dravya (substance) that causes increase (Union) in the dravya quality or quantity.

### 2. Five Fundamental Principle (Panch Mahabhoota)

Each and every cell, organ or dravya (substance) in the universe is made up of five proto elements that are part of every substance or dravya. They are Prithvi (Earth proto element), Apa (water proto element), Agni (fire proto element), Vayuu (air proto element) & Akasha (space proto element).