

WHY AYURVEDAM - WHY NOT ALLOPATHY
 ONLY - AUTHOR'S VIEWS WHAT TO
 BE DONE NOW? NO ONE SHOULD THINK
 WHICH "PATHY" IS SUPERIOR - THE
 TRUTH IS EACH SYSTEM IS SUPERIOR
 IN ITS OWN WAY.

Dear Sir,

Following growing public interest and support for the so called "Alternative Medicine" which includes, Unani, Ayurveda, Accupuncture, Yogic exercise etc. Until recently practitioners of Allopathy used to dismiss all systems of medicines as "quackary" as all systems barring their own system lacked scientific basis, proof or evaluation. And to this extent it is true and their remarks justified. But the same Allopath when confronted with drug allergy, drug resistance, drug idiosyncrasy, few Allopaths have started search for "Alternative Systems" as their own potent drugs have proved utter failures atleast in a few percentage of patients, and the continuous patients' pressure on Allopaths to make efforts to alleviate or reduce their sufferings, our modern Doctors are now on quick search for the so called "Complementary Medicines" which simply mean any drug which is not described in standard Allopathic pharma-copoeas.

In this connection it is highly interesting to note that even most distinguished members of our modern medicine have expressed their readiness to accept any "remedy" if only their efficacy could be scientifically proved, evaluated and worked out with meticulous detail with special reference to their toxicity, teratogenicity, feasibility, production cost and availability, standardisation and so on or putting the same in other words, for all diseases we do not have at present reliable drugs and the quest to have the same from some other systems becoming essential and there is a clear cut trend for the same in recent few years.

It is also crucial to note that:

Many of the patients who tried so called "Alternative Medicines" have expressed they do not find any benefit by using them while an equal number say that they have found improvement.

Now a brief word about Ayurveda, or Indian ancient Medical system, mainly practiced in India even as on to-day. Ayurveda is compound word made up of Ayus (life) and Veda (knowledge). It is a branch of Rigveda. Maharishi Athreya has defined it as "System beneficial to health". It is based on THRIDOSHA SIDDHANTHA" namely,

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- 1) VAYU (Electrical energy)
- ii) PITTA (Metabolism)
- iii) KAPAH (Metabolic excretions around intercellular spaces of body)

In other words I want to insist that my only objective is to study the effectiveness of already described drugs in Ayurveda in those clinical conditions, where there are no satisfactory drugs available in Allopathy to name a few for example:

- a) Common cold (a viral infection of Universal prevalence and highly contagious),
- b) clinical cure for rabies,
- c) clinical cure for any poisonous snake bites in any stage of the condition,
- d) Chronic glomerulonephritis,
- e) Atherosclerosis (including cardiac, cerebral),
- f) Idiopathic Epilepsy (clinical cure for ever),
- g) Progeria (Premature ageing),
- h) Eclampsia,
- i) Cure for allergies of various types,
- j) for Eczmas, covering entire dermatology field,
- k) for preventing cataracts and curing them by non-surgical means,
- l) cure for various psychological disorders including schizoprenias (covering entire field of psychiatry)
- m) Medicines to have baby of choice either male or female,
- n) Medicines for Zoospermia, Oligozoospermia (of Idiopathic Origin).
- o) Idiopathic sterility in females.
- p) various rheumatic disorders or Musculoskeletal affliction in daily practice,
- q) Infective hepatitis (clinical cure) (Hepatitis A and B and others) and,
- r) malabsorption syndromes,
- s) various hepato-pancreatico-biliary disorders,
- t) to reduce the general process of ageing in the normal human being and to prolong the life span without disabilities of oldage,
- u) Migraine,
- v) Venereal Warts, and AIDS,
- w) Bronchial Asthma (Particularly ATOPIC)
- x) Uterine haemorrhage (of Idiopathic origin)
- y) Diabetes mellitus.
- z) For viral fevers like Viral Encephalitis.

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The following are the list of olden Ayurvedic Text books and they are the "SOURCE" from which the "Aimed" study would be made. But only few of the mentioned ones are readily available.

1. BASAVARAJEEVAM
2. CHARAKASAMHITA (in 6 volumes)
3. SUSRUTHA SAMHITA (in 6 volumes)
4. RASARATHNAKARAM (in 2 volumes)
5. RASAYOGA RATHNAKARAM (2 volumes)
6. VIDYA CHINTAMANI (2 volumes)
7. DHANVANTARI.
8. VISHA Vaidyam.
9. PULIPPHANI VIDYA SHAHSTRAM
10. VACHBHATA SAMHITA (4 volumes)
11. VASTUGUNA MAHODADHI
12. VASTUGUNA DEEPIKA
13. RASA PRADEEPICA
14. NAADINIDHANAM
15. RASARATHNA SAMUCHAYAM
16. JWARANIDHANAM
17. GHRUTHA THARANGAM
18. PARAHITHA SAMHITA
19. BHEEMSHAJA KALPAM
20. ANUPANAMANJARI
21. MADHAVANIDHANAM
22. AJEERNA MANJARI
23. CHAARUCHARYA
24. BHEESHAJAKALPAM
25. VYDYA SHATA SHLOWKA
26. VYDYAKALPATHARU
27. VRUKSHYURVEDAM
28. NADDI NAKSHTRAMALA
29. SHARGADHARA SAMHITA
30. LOLAMBARAJEEYAM
31. DEHATATVA NIRNAYAM
32. RAJAMARTAANDAM
33. SHADRASA NIGHANTUVU
34. PARAHITA SAMHITHA
35. ASTANGA HRUDAYAM (4 volumes)
36. GADA NIGRAHAM
37. CHIKISTSHA SAARAM
38. SARVASHASHADI OF GUNAKALPAKAM
39. VISHA VIDYA CHINTAMANI.

The above is a brief list of books on Ayurveda. First of all one has to go through them in entirety and take up the portions in which of those areas of Medical diseases where our present allopathic system offers ~~not~~ negligible or no benefit at all, or at the most only Suppression of major symptoms but not the "cure" for the various diseases. In order to investigate a given "Remedy" in Ayurveda and to prepare that remedy or medicine as described in the one or many of the above texts the foremost requirements will be:

- a) To identify that particular Medicinal herb or plant with certainty.
- b) To purify various elements, minerals, and miscellaneous substances required with their due identification correctly and subjecting them to detoxification as and when required and as described in olden Ayurvedic Texts.
- c) To assemble therein as per the instructions laid down in proper strengths and ultimately to;

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- d) Prepare the medicine and then to administer them in required doses to the sick persons with detailed critical clinical trials.
- e) and if necessary only after subjecting them to the numerous acute and chronic toxicity studies in laboratory animals.
- f) Later to study the benefits with proper care in evaluating the value of the remedy prepared and
- g) Then putting them in the market.

For all this one has to devote sufficient time and requires a well equipped laboratory with basic facilities manufacturing materials standardisation and so on which all requires finance. Of particular interest is that there are specific remedies described for common cold, clinical rabies, if really our Ayurvedic drugs are found to be specifically effective in curing such diseases as claimed then it opens new vistas in drugs curing "Viral diseases" - the analytical structure of the active principles in those Medicinal plants can be determined so that the era of "Antiviral Drugs" the most wanted ones at present are made available.

Another area of great interest is certain medicinal herbs of the group "SOMALATHALU" (in sanskrit) are when used as prescribed and in the correct way it is said can reverse the process of oldage, and increase the life span by anything between 10 to 100 times than the average. It must be noted the procedure for use of such herbs is exceptionally elaborate and it is further difficult task to identify that particular medicinal herbs, as only scant information is provided about their physical appearances. Another herb called "SARASWATHEE MOOLAM" when used with other herbs as described can increase the memory to such an extent that it is possible to remember and repeat any matter or subject only if once heard "or read". Ofcourse the procedure laid down required tedious follow up of rigid diet for a particular period during the course of medication.

Apparently the above description which were written in old Ayurvedic books even now available, may look old or impossible. But to tell and confirm "Yes" or "no" research is required. As ancient saints of India lived long long than what we are no probably by using the above prescribed Herbal extracts in a specified way for a specified or prescribed period of time.

Another great field of interest is descriptions made into enhance the speed of "WAMI" "wound" healing", by certain medicinal herbs. If this is proved scientifically I am sure the convalescing period after surgery, truma, could be reduced to a great extent and active principles can be isolated from the socalled "wound healing herbs". Their structure if determined can also be produced in laboratory.

To mention these are few fields in which I have interest.

Of special mention I would like to make about the deaths due to poisonous snake bites and the handicaps of using "polyvalent anti Venom" as such in all cases it is not effective and it should be administered at the earliest possible which may not be practicable in all instances and yet the one available in India is for 4 major poisonous

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snakes only but it is estimated by different authors that there are many more species of snakes in India or else where which are poisonous. In Ayurveda for any poisonous snake bite it is claimed is curable even in terminal stage and this can easily be experimented on Lab. animals.

While concluding I would like to stress that the forgotten science of Ayurveda requires elaborate study as already mentioned or discussed and for that prolonged determined efforts are needed and until full time work is undertaken no progress may be achieved either to prove or disprove the claims made in Indian ancient medical books.

Yours sincerely,

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