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BASIC SCIENCES: REVIVAL OF AYURVEDA

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Research Paper

Basic Sciences: Revival of Ayurveda

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Abstract:*Ayurveda* is an ancient science for maintenance of health and cure of disease. It is explained in 'sutra' form and not explained in detailed descriptive manner. In 21st century, the science of *Ayurveda* is getting demanded and explored. This exploration needs proper understanding and executing. And understanding can be achieved by utilization of basics of modern science. Basic science may, not only help to understand but also validate wisdom of *Ayurveda*.

Introduction

आयुषोवेदाः आयुर्वेदः ।।

Ayurveda is a holistic healing science, which comprises of two words, *Ayu* and *Veda*. *Ayu* means life and *Veda* means knowledge or science. So the literal meaning of the word *Ayurveda* is the science of life. *Ayurveda* is a science dealing not only with treatment of some diseases but is a complete way of life.*Ayurveda* is well defining science on own parameters but "how the *Ayurvedic* protocols and principles works", it should be explain with Basic sciences. If

any quotes of *Ayurvedic* literature explain with Basic sciences, than *Ayurveda* is more acceptable on international platform and quality of *Ayurveda* education will also develop.

Basic sciences of *Ayurveda*

Every medical science has some basic principles on which the structure of the science is built and fabricated. In *Ayurveda*, the Basic sciences beautifully explain in form of "*Mauliksidhant*" [Basic principles] according to the finding of the keen observers. These *Mauliksidhant* are *Dosha, Dhatus, Mala, Agni, Oaja, Prakrati,*

*Dehbal, Ritu, Kaal, Desha, Nidanpanchak*etc. To understand the depth of *Ayurveda* requires complete knowledge of these basic principles.

Basic sciences of biomedicine

'Any one of the sciences [as anatomy, physiology etc] fundamental to study of medicine' is Basic sciences. The period of medical school that precedes clinical instruction and training which provides a core of basic knowledge required for success in clinical medicine-e.g. for the students rotations through surgery, internal medicine, gynecology and other fields of clinical medicine. Basic sciences include anatomy, physiology, biochemistry, molecular biology, pharmacology, microbiology and pathology etc.

In Basic sciences, study of most fundamental elements of life- what makes a cell divide and conquer, the make-up of genes the mysteries of DNA and so much more to advance, existing scientific knowledge. The only goal of Basic sciences research is to increase the knowledge base of a particular field of study. Basic sciences research begins with a spark and often ends with discovery.

The role of Basic sciences in medical education

Basic sciences work on Practical and theoretical ground in medical education. On practical parameters, students progress towards independence e.g. diagnosis of disease, selection of the medicine for illness. Acknowledgement of fundament of medical science occurs with help of Basic sciences. Students can understand each and every reasoning behind of medical science.

Overall, students move from understanding to action. Action, in the face of uncertainty takes more than

knowledge, and is a task that cannot easily be embraced in student, in which a student's understanding alone is required. Basic sciences can play an important role in the making of professional character, in which behavioral and social concepts are fundamental.

Current status of Ayurveda

Ayurveda is getting global at present by virtue of its qualitative strength, essential elements of health and important clues for consistent functioning of life. *Ayurveda* is basically more oriented towards the management of lifestyle disorders but due to very tough symptomatology, acknowledgement of *Ayurveda* is not easy for everyone. The philosophy and practice of *Ayurveda* cannot be totally defined through modern medicine parameters. The concepts are unique, can be understood only after an exhaustive study of basic concepts vis-à-vis the modern anatomical physiological knowledge. Whole world want to know, what *Ayurveda* is, how is it work, what is the Basic sciences behind this medicine system. Apart from this, some community put question on authenticity of *Ayurveda*. So now *Ayurvedic* researchers have got the challenge to explore *Ayurveda* on background of Basic science's fields. Then we can be able to present *Ayurveda* on global level.

How to emphasize reliability of Ayurveda on global level?

Basic sciences researches in the field of *Ayurveda* explore the fundamentals of *Ayurveda* and express therapeutic value of this medicine system.

Explanation of imbalanced *dosha* in living human being on basic parameter helps to understand the etiology of disease as well as *samprapty-vighatanchikitsa* principles can be accepted on global level. *Ayurvedic* management not only

consider causal factors but also intervention of various factors like *Desh, Kala, Vaya, Prakriti, Satmya, Satva* etc. Other side pharmacodynamic and pharmacokinetic explanation of *RasaAushadhi* is requires for standardization. Than we can able to answer there toxic suspicious properties.

Requirement of Basic sciences

Understanding of any science depend on their basic fundamentals. Utilization of step by step strategy to reach top of the floor is best way, in the same way Basic sciences studies, explores the principles of *Ayurveda* and it's management is best way to understand this medicine system and to present in front of society. Basic sciences are required for development of *Ayurveda*. Some examples:

- In *Sushrutsharir*, human body is explained, but currently dissection is more modified than earlier, so for better understanding, combination of anatomy is good for understanding of anatomy to student.
- *Siravedha* can be explaining with scientific parameters with help of anatomy and physiology.
- *Panchkarma* is an important part of *Ayurvedic* treatment, but explanation of these processes with biochemical parameter is necessity to prove efficacy in scientific community. In autoimmune disease, *Panchakarma* is very effective. So when Basic sciences researchers present changes at cellular level of *Panchkarma*, than thousands of patient can believe in this therapy.
- *Dashvidhaparikshyabhav, dashvidhapariksha, dvadashabhav* are main tools for making diagnosis. In present scenario, *Prakriti, vikriti, saar, sanhanan* etc exploration on cellular, molecular level is more acceptable. *AshthavidhaPariksha* is

necessary component for examination.

- *Tail binduPariksha* is great tool for predict prognosis. But it should be explain on chemical parameters- density, composition of urine, interaction between urine and tail.
- *Agni, AmaandSama* are always required for choosing drugs. Biochemistry might be helpful to understand *Agni, AmaandSama*.

So we suggest further exploration, interaction and interpretation of *Ayurveda* in the light of contemporary core/Basic sciences that can pave the way for accreditation of *Ayurveda* worldwide as an established system of medicine. It is helpful to study the basic concepts, procedures and the mechanistic basic of therapeutic activity in *Ayurveda*.

Conclusion

Basic sciences should be incorporated into a larger concept of progress toward independence than that 'knowledge is an essential competence' for *Ayurvedic* practitioner. Basic sciences is an essential step to understand and action in complicated or unusual clinical problems. When *Ayurvedic* doctors learn properly Basic sciences of *Ayurveda* as well as biomedicine, then they can move from understanding of *Ayurveda* to action of *Ayurvedic* management as well as researcher can explain *Ayurveda* on global level. If *Ayurveda* principles, treatments, procedure are explained with evidence than society cannot be ignore valuable knowledge of *Ayurveda*. And this acknowledgement can develop an internationally acceptable standard of education and therapeutic values in *Ayurveda*.

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