

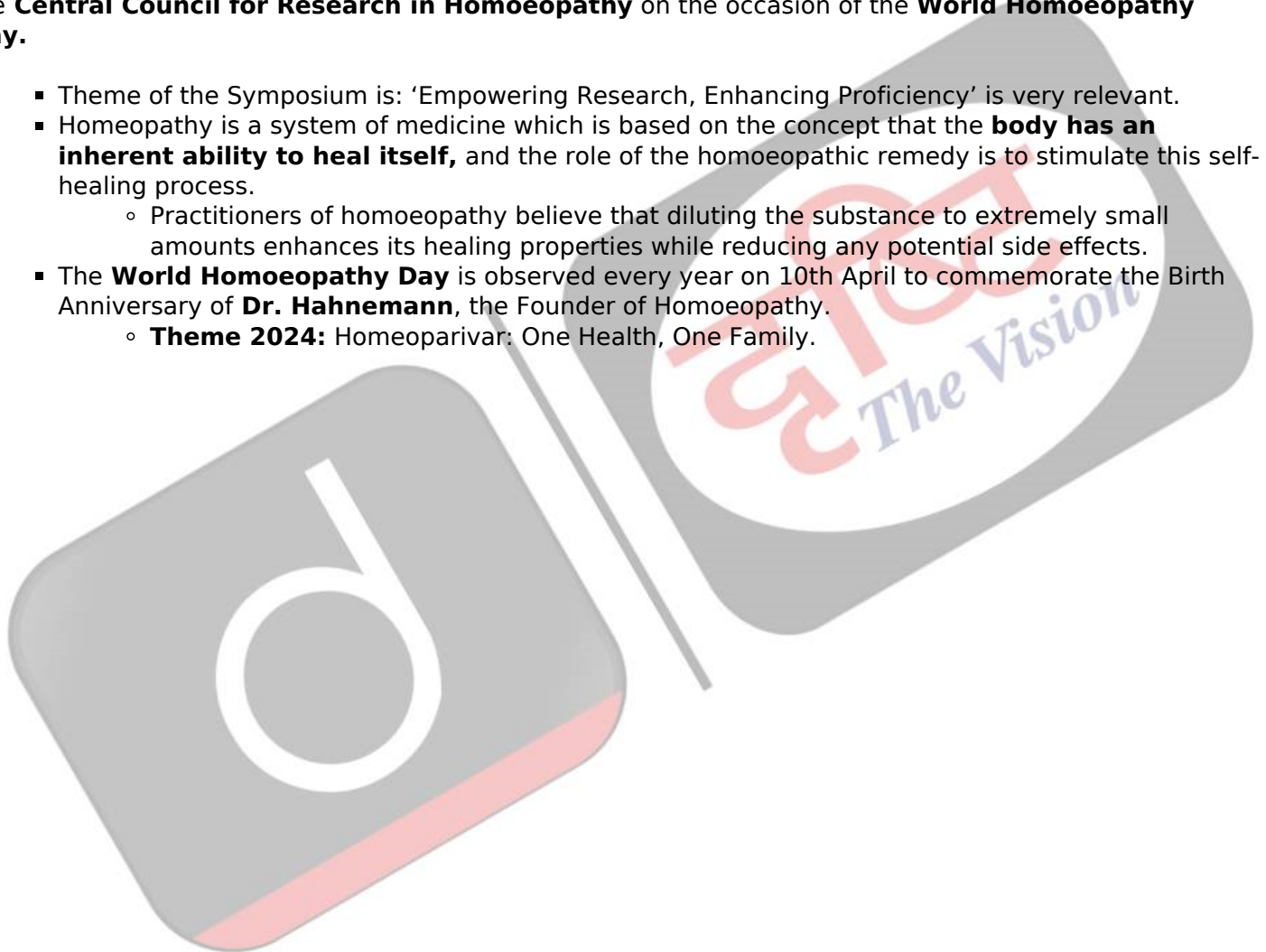


## Homoeopathy

[Source: PIB](#)

Recently, the President of India inaugurated a two-day **Homoeopathy Symposium**, organised by the **Central Council for Research in Homoeopathy** on the occasion of the **World Homoeopathy Day**.

- Theme of the Symposium is: 'Empowering Research, Enhancing Proficiency' is very relevant.
- Homoeopathy is a system of medicine which is based on the concept that the **body has an inherent ability to heal itself**, and the role of the homoeopathic remedy is to stimulate this self-healing process.
  - Practitioners of homoeopathy believe that diluting the substance to extremely small amounts enhances its healing properties while reducing any potential side effects.
- The **World Homoeopathy Day** is observed every year on 10th April to commemorate the Birth Anniversary of **Dr. Hahnemann**, the Founder of Homoeopathy.
  - **Theme 2024:** Homeoparivar: One Health, One Family.



# AYUSH Systems of Medicine

AYUSH encompasses Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy, with Ayurveda having a documented history of 5000+ years.

## Ayurveda

### Samhita Period (1000 BC):

Emerged as mature medical system

- Charaka Samhita: Oldest and most authoritative text
- Sushruta Samhita: Gives fundamental principles and therapeutic methods in eight specialties

### Main Schools:

- Punarvasu Atreya - School of physicians
- Divodasa Dhanvantari - School of surgeons

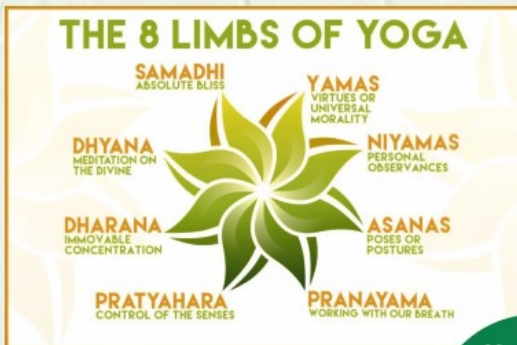
### Branches of Ayurveda:

- Kayachikitsa (internal medicine)
- Shalya Tantra (surgery)
- Shalakyia Tantra (disease of supra-clavicular origin)
- Kaumarabhritya (paediatrics)
- Agada Tantra (toxicology)
- Bhootavidya (psychiatry)
- Rasayana Tantra (rejuvenation and geriatrics)
- Vajikarana (eugenics & science of aphrodisiac)



Lord Brahma is believed to be the 1<sup>st</sup> proponent of Ayurveda

## Yoga & Naturopathy



### Naturopathy: Healing with help of 5 natural elements - Earth, Water, Air, Fire and Ether

- Based on theories of self-healing capacity of body and principles of healthy living
- Encourages a **person-centred approach** rather than disease-centred

Yoga first propounded by Maharishi Patanjali in systematic form Yogsutra

## Unani

Pioneered in Greece, developed by Arabs as 7 principles (Umoor-e-Tabbiya)

- Based on the framework of teachings of **Buqrat** (Hippocrates) and **Jalinoos** (Galen)
- Hippocratic theory of **four humors** viz. blood, phlegm, yellow bile, and black bile
- Recognised by **WHO** and granted official status by India as an alternative health system

## Siddha

Dates back to 10000 – 4000 BC; Siddhar Agasthiyar - Father of Siddha Medicine

- Preventive, promotive, curative, rejuvenative, and rehabilitative health care
- 4 Components:** Latro-chemistry, Medical practice, Yogic practice & Wisdom
- Diagnosis based on 3 humors (**Mukkuttram**) and 8 vital tests (**Ennvagai Thervu**)

## Sowa Rigpa

Origin: Lord Buddha in India before 2500 years

- Traditional medicine in Himalayan regions of Ladakh, Himachal Pradesh, Arunachal Pradesh, etc.
- Recognised in India by Indian Medicine Central Council Act, 1970 (As amended in 2010)

## Homeopathy

German physician Dr. Christian F. S. Hahnemann codified its fundamental principles

- Medicines prepared mainly from natural substances (plant products, minerals, animal sources)
- Brought in India by European missionaries - 1810; official recognition - 1948

### 3 Key Principles:

- Similia Similibus Curentur* (let likes be cured by likes)
- Single Medicine
- Minimum Dose



Drishti IAS

Read more: [Synchronising AYUSH and Modern Medicine](#)

