



Eternal Flame of Homeopathy Award to Dr PK Shukla

Why in News?

Senior homeopathic physician **Dr PK Shukla** from Lucknow was awarded the **Eternal Flame of Homeopathy Award** for his outstanding contributions to homeopathy.

- The award was presented by cricketing legend **Sunil Gavaskar** at the **4th All India Homeopathy Research Summit 2025**, held on **16th August 2025** at **JW Marriott, Goa**, and organised by **Burnet Homeopathy Private Limited**.

Homeopathy

- Homeopathy is a medical system that **stimulates the body's natural healing ability, using highly diluted substances** to enhance effects and reduce side effects.
- Introduced in India in the 18th century, **World Homeopathy Day** is observed every **10th April** to honor its founder, **Dr. Hahnemann**.

Note: **Crosspathy** is the practice where **healthcare professionals provide treatments or prescribe medicines beyond their recognized expertise**, such as AYUSH practitioners (Ayurveda, Yoga, Naturopathy, Unani, Siddha, Homeopathy) performing procedures or prescribing drugs usually reserved for allopathic (modern) medicine.

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):**
Emerges 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

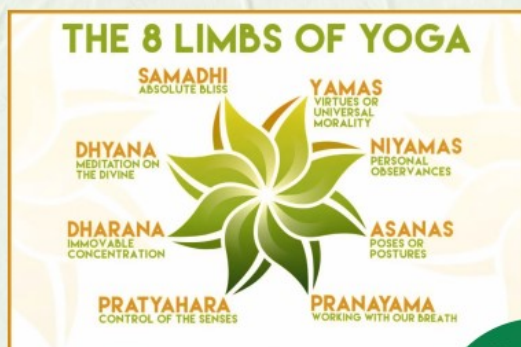
Lord Brahma is believed to be the 1st proponent of Ayurveda

Branches of Ayurveda:

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



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



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