

In olden age, the human beings used to live in jungles. For their food, they used to hunt animals. We know these facts, but in those days how they were suffering from the diseases and how the treatment was given is not known to us. We do not have any specific information about this. But we know that, before thousands of years Ayurvedik treatment was given. Because of this treatment Ayurved is considered as fifth Ved. But we know that, with the development of science, other treatments or therapeutic methods have been found by the respective resarches. Now, here we shall get information regarding the approved therapeututic methods in which the specilization degrees are awarded. They are as follows.

- (1) Ayurved
- (2) Yogopchar
- (3) Homeopathy
- (4) Naturopathy
- (5) Yunani treatment (Therapy)
- (6) Allopathy

(1) Ayurved :

About 5000 years ago, our saints and sages had found out Ayurvedic therapeutic method. According to Ayurved, when there is imbalance between Vat, Pitta and Cough in our body i.e. when their percentage is increased or decreased, any disease develops. In Ayurved these three are considered as faults. When these three faults become defective the diseases develop. Defective gas develops about 80 diseases, defective acidity develops about 60 diseases and defective cough develops about 40 diseases. To destory the defects of these diseases, the therapeutic treatment is there in Ayurved. Ayurved therapeutic methods are proved unfailling positively effective for old cold, old fever, soriasis and skin diseases.

The reasons for having the Ayurvedic method the self sufficient one are as follows:

- (i) It is a natural therapeutic method.
- (ii) Removes the disease from its root and does not allow to develop again.
- (iii) It is a complete innocent therapeutic method without any side - effect.
- (iv) It observes the disease and the diseased person completely.

Types of therapy

There are two types of Ayurved therapy.

- (i) Shodhan and (ii) Shaman

Shodhan consists upon Panchkarm in which Vaman, Virechan, Basti, Nasya and Raktamokshan are included. In Shaman Snehana and Swedan are main pre-actions. By means of Snehana-Swedana the defects are diverted towards the Koshhta. From Koshhta they are thrown out by means of Vaman and Virechan.

Pareji (Control) in Ayurved

In Ayurved, along with the medicine, what should be taken according to the acceptance of the body, what should not be taken, what should be done and what should not be done etc. morally sound conduct and proper food and merriment have been thought of in the best way. Most of the diseases get rid- of, only because of observing and adopting the beneficial and avoiding injurious to the health food habits.

(2) Yogopchar

The steps of Yogopchar are as follows :

- (i) Brahmacharya (celibacy)
- (ii) Asana and Mudra
- (iii) Pranayam
- (iv) Upvas (Fasting)
- (v) Sadvichar (Morally good thoughts)
- (vi) Sadachar (Morally good conduct)

(i) Brahmcharya (Celibacy)

Brahmacharya is the base of Yogopchar. Enjoying sexuality in the disease condition brings physical and mental weakness. Hence, an individual who observes celibacy taking the shelter of yogopchar only can get rid of the disease. For the observation of Brahmacharya proper food and merriment, company and reading and also balanced way of life are very necessary.

(ii) Asana and Mudra

Asana and Mudra are very useful for the diseased, Yogi and Nirogi (healthy) persons. By means of Asanas the diseased organs can be made healthy, and also the mind can be kept in control. While doing asanas and Mudra the different centres in our mind become actively functioning and hence the natural health is obtained. Internally secreting glands become active, because of which the liveliness is created in the body and the mind becomes cheerful.

(iii) Pranayam

The base of Yog is Pranayam. Because of Pranayam, the lungs provide more oxygen and the blood becomes pure speedily. Because of Pranayam the body gets animated. The unsteadiness of mind and the dullness of the body goes off. Because of the purification of the blood the number of white corpuscles increases, which destroy the germs in the body.

(iv) Fasting

Willful fasting purifies the body instead of over eating and inviting the disease. It is the sign of intellect to eat little less than required and enjoy the healthy state of the body.

In the aim of fasting control over the mind, tyranny of senses, fasting, over eating, required balanced diet etc. are included in which purification of mind and body are main.

(V) Sadvichar (Morally good thoughts)

Bad thought is the seed of disease and good thought is the seed of health.

(Vi) Sadachar (Morally good conduct)

Sadachar means . 'सत्' + 'आचार'. सत् pertains to truth where as 'आचार' pertains to behaviour. Hence sadachar makes an individual facing toward the truth. Good thought is not created without good company and Sadachar is not created without good thoughts. The quality of good behaviour is Sattvagun (सत्त्वगुण).

(3) Homeopathy

This method is based on the principle of curing naturally the diseased. The basic principle of this method is "like cures like". This means that a diseased should be given the medicine of the symptoms of the disease. This method is prevalent based on the complaints of the patient. In this method the proportion of the medicine remains very meagre, The plus point of this medicine is that there is no side - effect.

Basic Principles:

- (i) "Like cures like" means the medicine having the same symptoms as those of the disease cures the patient.
- (ii) At a time only one type of medicine is to be given.
- (iii) The quantity (dose) of the medicine should be minimum. i.e. Medicine is to be given in very little dose.
- (iv) The effect of the medicine should be tested on a healthy person. The medicine prepared for human beings can not be tested on the animals, because the constitutions of the bodies of human beings and those of the animals are different.

(4) Naturopathy :

The treatment being done by means of the natural elements is called naturopathy, The important elements for this treatment are water, clay, light and the air. In this treatment external medicines, tablets, injections or the chemicals are not used of. Now, we shall get information regarding the following treatments making the use of natural elements.

- (i) Water Therapy
- (ii) Clay treatment
- (iii) Sun-light treatment
- (iv) Air treatment

(i) Water therapy : Water therapy means, the therapy being given by various water experiments. Water has the tendency to catch up both the heat and the cold. When there is fever cold water piece of cloth is applied, which lessens the fever. Mostly such piece of cloth is put on the forehead of the patient. Such piece of water can also be put on the stomach.

When there is a sprain on the ankle of the leg or when there is swelling on any part of the body, hot water fomentation is given, which reduces the swelling. For this type of fomentation hot-water bag can be used filled with hot water. To reduce the swelling another method is of dipping the swelled part of the body alternately in hot and cold waters for the duration of one minute each.

Over and above vapour bath or steam bath, anima etc. experimental treatments also can be done.

(ii) Clay treatments : Clay gives cooling effect, absorbs the poison and reduces swelling, burning etc. Pond's clay without sticky black mud or the clay of an ant hill (रुक्मिणी) should be dried in the sunshine, it should be cleaned and crushed and then should be sifted and it should be drenched. One should take care that there are no chemicals, dirt and unpleasant smell. Such drenched clay should be applied on the respective organ of the body, in thick layer. Such clay can be applied on the stomach, the inner part of the abdomen below the navel, over the eye lid and over the spine.

(iii) Sun-light treatments : Under the sun-light various insects can not harm us.

After sun-rise, if we stand under the sun-light for half an hour, it increases the lustre (तेज) of our eyes and the ultra-violet rays in the sun-light help us getting vitamin - D, which strengthen our bones.

If there is swelling on any part of our body and if that part is buried under the hot sand of the river, it reduces the swelling.

(iv) Air treatment : Air is an animate power (प्राण) of the human body. In its absence a man can not survive. Especially, the individuals having the troubles of lungs (weak lungs), should walk in the open air. They should keep the windows and the doors of their houses open to get enough air.

To increase the efficiency of filling more air in the lungs one should practise Bhramari Pranayam, Anunlom- Vilom Pranayam etc. Over and above one should inhale deeply and slowly. With- hold the breath in the lungs for few seconds and then exhale it slowly.

Over and above the treatments shown above one should observe fasting, should take balanced diet. should perform light type of asanas and Pranayams. To observe morally good conducts of Yam-Niyam, should practise the relaxing actions and enough rest and sleep should be taken.

(5) Unani treatment (Theraphy)

In Unani treatment the following four matters are important :

- (i) Dam (blood)- hot and moisturised
- (ii) Balgam - Cold and moisturised
- (iii) Safa - Yellow acidity, hot and dry.
- (iv) Sofa - black acidity : cold and dry.

If these four are in proper proportion, the individual is considered healthy. If there is some obstruction in the proportion. it creates the disease.

Treatment : A

- (i) By means of passing more urine.
- (ii) Giving turkis bath.
- (iii) By means of massage.
- (iv) By means of more motions or more vomitting.

B: By means of food: By means of giving fruit juices and different types of food.

C: By means of Medicine

- (i) The medicines prepared from the trees, fruits and flowers.
- (ii) The medicines prepared from the animals.
- (iii) The medicines prepared from salts.

The unani medicines give good results in the diseases like arthritis, lukoderma, Jaundice, asthma etc.

(6) Allopathy

In the modern time the allopathy therapeutic method has been accepted by all. Since it is based on logic and is transparent the whole world has universally accepted it as the scientific method. This method is widely in use. With new researches and the developments of the technology, new changes are incorporated in this method. It means, this method is ever changing based on scientific principles.

This method is most efficient to examine all the parts and the sub-parts of the body and for the treatment of the diseases developed in it. This method can join hand to hand with the prevalent time accepting researches and new technology based on experiences.

But the limitation of this modern method is that the medicines used in this method have side- effects. Second limitation is this that in few diseases this method gives very little relief. e.g. Eczema (ཡེལ་ཁྱུ་), some skin diseases and the cold can not be removed from their roots.

There are so many branches of this method. e.g. surgery, orthopaedic, cardiology, anaesthesiology, neurology, gynecology, pathology, dentistry, ear-nose and throat branch (ENT), physiotherapy etc. Some other branches regarding different diseases also are developed.

Here, the more prevalent treatments and therapeutic methods are listed. Some methods are less

prevalent and only limited persons make their use :

The methods are as follows :

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| (i) Acupressure and acupuncture | (ii) Magnet treatment |
| (iii) Shivambu treatment method | (iv) Colour therapy |
| (v) Touch therapy | (vi) Aroma therapy |
| (vii) Music therapy | (viii) Hypnotism therapy |
| (ix) Laughter therapy | (x) Reiky therapy |

Prescribed and unprescribed Medicines

The medicines which can not be sold without the prescription of a doctor are called prescribed medicines. Before using such medicines, one has to understand all the instructions of the doctor regarding the medicine. e.g. If the instructions are not taken into consideration, it may lead to serious results. Hence such medicines can not be given without the prescription. Over and above the medicines can be sold as per the instructions and in the prescribed dose. In the cash-memo of such medicines, the information regarding the batch number must necessarily be written. Loose tablets can not be sold. The tablets are to be given in the prescribed number and properly packed.

Unprescribed medicines can be purchased from any medical store, like purchasing the house-hold things. A purchaser has to use these medicines for house-hold treatment. Even then, the best thing is that such medicines also should be purchased as per the advice of a doctor. Unfortunately the rules regarding the medicines are not observed. Even then, the medical store keepers easily give such medicines. They give loose tablets also. As a result, the condition harmful to the health is created. Hence the Government and the vigilant institutions should start intense movement and the people should be saved from such actions.

Addiction Medicines

Medicines are to cure the disease. The medicines if taken in more than required proportion, it becomes harmful. Some medicines are such that a patient becomes addicted to it. An addicted man always takes such medicines in more quantity. At the end, the symptoms of bad effect are seen in the body of such a man. Some such medicines are as under :

Intoxication or sleeping medicines

Diazepam and such other medicines are given to an individual suffering from insomnia. Their use makes an individual addicted to it. Such medicines affect the nervous system. The long term effect decreases the efficiency of the mind.

Cough Syrup

In most of the cough syrups there is a medicine prepared from the opium. which suppresses the cough. The addiction of such medicines harm the mind.

Pain killer (Analgesic) Medicines

We see the addicted persons taking simple as well as acute analgesic medicines. Such acute medicines harm the stomach, kidneys and other organs of the body.

Amphetamine

This medicine is given to an individual to awaken him who suffers from excessive sleep. But this medicine harms the addicted one and it creates in him violent feelings instinct. Mental diseases like frustration, stress, anxiety etc. medicines are prone to addiction. Hence one should remain acquainted

with such medicines having addiction quality and should remain aloof from their long term use, so that he can be saved from its addiction from encircling grip.

The risks of the self using medicines and the medicines of the quacks.

Even in simple house-hold treatment, some are proved harmful and ineffective e.g. to apply fomentation in all types of swellings. As a matter of fact, the swelling in any injury is because of the minute breaking of the internal capillaries in which blood comes out but it does not have any way to go outside the skin. Hence, the blood collects around the muscles under the skin, where swelling is seen. In such swelling, one should rub the ice over the swollen part of the body, which stops the bleeding outside. Giving fomentation immediately after the injury does not stop the bleeding. On the contrary the blood keeps on flowing and excessive swelling is occurs.

When there is a dog bite, sprinkling of chilly powder on the wound causes intolerable irritation. It will be of no use.

Some time the drugists are unknown to the hazards of particular medicines. Hence such medicines should not be purchased from him to avoid the possibility of occurring big difficulties. It has been noted that intake of aspirin some times creates the ulcer in the stomach and starts bleeding.

Some pain killer medicines have side effects of decreasing white blood cells, which in turn decreases the resistance power of the body.

Hazards of the medicines from quacks

The unqualified quacks make much use of the modern medicines, in which there is possibility of great harm. e.g. antibiotic medicines and steroid medicines.

Antibiotic Medicines

When there is fever because of any infection or even without infection. unnecessary antibiotic medicines are given. Mostly such medicines are not at all necessary, some times their selection is wrong. Their proportion some times is also in more or less degree. The quack does not know as to how many times in a day the medicine is to be given. Once the antibiotic medicines are continued they should be continued for a specific period which the quack does not know.

Steroid medicines

Steroid medicine is very much powerful. It is to be used only in a specific serious illness e.g., allergic shock. Mostly it is widely used to reduce the fever or for better feeling of the patient. But it suppresses the symptoms of the disease and reduces or vanishes the resistance power (immunity). The internal secretion of the glands reduces. In critical conditions the body can not resist properly.

Expiry of the date

Manufacturing date of medicine and within what period it can be taken in use. i.e. manufacturing date and expiry date written on the wrapper of the medicine or either on the bottle or any package. The time limit can be one year or even more than that. If expiry date is over, that medicine can not be used, because the quality of that medicine gets reduced. Again, there is no mention as to what will be the side effect. In short, a medicine after the expiry date should not be used.

As a precaution, one should always read the expiry date at the time of purchasing it. By mistake if you

purchase it and when you go home and come to know that the expiry date is over, you should go to the drugist and give it back and should purchase the same medicine of which the expiry date is not over.

The harmful effects of tobacco and liquor

Liquor and tobacco are the greatest enemies of the human beings of the present time. These two collectively harm the human beings so much that it is not done even by the nuclear bomb. Because of these two vices, an addicted person dies every after three minutes.

Liquor

In liquor there is ethyle alcohol element. In different types of liquors the proportion of this element is less to more. These elements make an individual addicted to it. Liquor makes great harm to an individual physically, mentally, socially and from a family point of view.

There is a belief about the liquor that if taken in small quantity is advantageous is not correct. Once started taking it, its proportion goes on increasing. The liquor drunkard loses his mental balance. As a result the crimes like violence, rape etc. go on increasing.

The adverse effects of liquor are seen in the internal as well as and external organs.

The harmful effects of liquor

- (1) There is decrease in memory power and concentration.
- (2) An individual becomes prone towards frustration, delirium, bad behaviour and violence.
- (3) The skin of the face becomes dry. There are wrinkles on the face,
- (4) There is difficulty in coagulation of blood.
- (5) Liver is damaged. The possibility of developing cancer increases.
- (6) There is tremors of the hand, numbness of the fingers and minute pain.
- (7) There is swelling in the digestive system, because of malnutrition. There is vomiting and indigestion.
- (8) Ulcers in the stomach.
- (9) Swelling on the pancreas.
- (10) Imbalance in the movements of the joints.
- (11) There is numbness in the thumb of a leg. Minute pain.
- (12) The defect is created in the re-productive system.

Tobacco

The killing element nicotine in tobacco is responsible for addiction. The effects of addiction of tobacco are not seen immediately like those of liquor. After long time its killing effects are seen. That is why tobacco is called 'slow poison'.

Tobacco is taken in different forms. Beedi and cigarette in smoking form, gutka in the form of chewing and cleaning the teeth. But tobacco in any form has the capacity to be addicted to. It is dangerous for health.

The harmful effects of tobacco

- (1) Foul smell in the mouth. The taste can not be enjoyed, because of the harm to the nerves.
- (2) There are ulcers in the mouth.

(3) The mouth becomes tight, some times it becomes so tight that it can not be opened to enter the food into it.

(4) The gums of the teeth become weak. Teeth get carious. Digestibility becomes weak.

(5) Lungs become weak. Breathing capacity decreases. There is possibility of developing cancer disease.

(6) Illness of heart increases. High B.P. increases. Artery becomes narrow and the diseases are developed speedily. The possibilities of the paralysis and gangrene are more.

(7) In pregnancy the embryo is affected adversely.

(8) Nervous system is slackened.

(9) Adverse effects are seen on all the organs.

(10) Life quality decreases.

(11) If there is someone near the cigarette smoker, the smoke enters in his breath of that one, which has adverse effects in some proportion, In the world every six seconds one individual dies because of the utilization of tobacco.

Health frame work at village, city, district, state and national levels

(1) Health frame-work at village level

At village level the basic facilities of the health, strength of the doctors and experts and the facilities affecting the health like drinking safe water, gutter, latrine facility, roads, light etc. are less in comparison with cities.

For about thirty thousand population one primary health centre and one doctor along with his team are provided. Under primary health centre five to six sub-centres are provided keeping in mind five to six thousand population for each sub-centre. Primary health centres are connected with general health centre and district hospital for intensive services.

Over and above at this level selfless service health institutions and private medical dispensaries are also there.

(2) Health frame work at city level

At city level there are Government hospitals, general health centers and other health facilities. City health centres are providing treatments for basic illnesses, vaccination in hutments, family welfare works, area cleanliness and removal of the dirt.

In city hospital basic medical service, operation and admitting the patient in the hospital the treatment facilities are given by the experts.

Over and above there are hospitals, with the spirit of service, health institutions and private hospitals, medical dispensaries and laboratories also are there at this level.

(3) Health frame work at district level

There are district level hospitals, medical services and health institutions which provide all the services regarding health.

Over and above at district level hospitals with spirit of service health institutions, private medical dispensaries and the laboratories, which give services.

(4) Health frame work at State level

The health and family welfare department of the State organizes national health programme and gives guidelines regarding the implementations of policy and law and keep the supervision and give guidance at state level.

(5) Health frame-work at national level

At national level, the ministry of health and family welfare gives health policy programme and the services regarding the formulation of the laws. The government medical research institution provides laboratory services at this level.

Over and above the services of national level. Medical institutions with spirit of service and the services of private medical institutions also are available at this level.

Institutions with spirit of service of health and health education

Here we know that along with the government frame-work from the village to national level the institutions with spirit of service and private institutions also give their services regarding the health in different forms. The institutions with spirit of service are established by the individuals with spirit of service and selfless motive. These institutions do their work without taking any material profit in the activities of health. In Gujarat there are few such institutions. These institutions stay along with the people. They try to understand their problems. At a particular place if they find any deficiency, they go there and give the services. Some institutions work in the areas of Hutments in the cities. Some institutions work at the village level. especially in the backward districts and talukas. Such institutes are work as supplement the health works done by the Government. They are as under.

- (1) **Bhansali trust** working in Banaskatha and Patan.
- (2) **Seva rural** working in Jhagadiya in Bharuch district.
- (3) **Anjali** working in Ranasan of Sabarkanatha.
- (4) **Anandi** working in Panchmahal.
- (5) **Seva, Chetna and Samvedna** working in Ahmedabad.

These institutions with spirit of service are like the light-house in health programmes. These institutions are spreading their service light in the remote places, where no type of service is rendered. Such small institutions giving their services in the field of health are worth to be honoured.

Exercise

1. Answer the following questions in one or two sentences :

- (1) Explain Ayurved therapeutic method.
- (2) Explain the Naturopathy treatment method.
- (3) Explain Allopathy therapeutic method.
- (4) Give information regarding addiction medicines.
- (5) Write the harmful effects of liquor.
- (6) Write the harmful effects of Tobacco.
- (7) Give information regarding the health frame work at village level.

2. Write answers in one or two sentences of the following questions :

- (1) Explain Yogopchar.
- (2) Write the basic principles of homeopathy.
- (3) Explain water therapy in naturopathy.
- (4) Write the hazards of the medicine from quacks.
- (5) Explain about the expiry of date of medicine.
- (6) Give information regarding the health frame-work at state level.
- (7) Give the list of the institutions with spirit of self less service working in health education in Gujarat.

3. Answer the following questions by selecting correct option from the options given below.

- (1) Who had invented the Ayurvedic therapeutic method ?
(A) Ayurvedacharya (B) Guru Dronacharya
(C) Saints and sages (D) Yogacharya
- (2) What is called the expiry date of medicine ?
(A) The date limit given by the doctor to take the medicine.
(B) After completion of the medicine the date of the diasease to get rid of.
(C) The date after which, medicine cannot be used ?
(D) Six months after the producation of the medicine.
- (3) What is the name of the institution working in Ranasan of Sabarkantha with selfless service.
(A) Anandi (B) Nijanandi (C) Anjali (D) Bhansali
- (4) How many levels are there for health frame -work ?
(A) Three (B) Four (C) Five (D) Six
- (5) Which therapeutic method has side-effect ?
(A) Ayurved (B) Yogopchar (C) Homoeopathy (D) Allopathy

