

# Ayurvedic Approach in Critical Care and Emergency Medicine

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## Abstract

Ayurveda, the science of life is competent enough to accommodate medical speciality. The common notion in present scenario about inefficiency of Ayurveda in tackling emergency is defined by the AYUSH practitioners who are successfully running their clinics in the field and establishing the epitome of Ayurveda as timeless system of drugs. Materials and Methods: The classics where the concerned subject has been preached was collected, compiled and thoroughly analyzed. There are many examples opined within the classics directly where the seers have emphasized the importance of emergency treatment saving the lives of the patient concerned. The impact of latest system of medication during this stream is way higher to adoption of newer technologies, machines and non-invasive techniques but admonishing Ayurveda health system during this perspective could be a straight prejudice based monopoly by the system and it certainly should be banish by the textual references and practical approach by people of Ayurveda fraternity. The concept of vikara vighata bhavaabhava (co-relation of etiological factors, body humors and tissues), updrava (complications of disease), categorical description of diseases as mridh and daruna, sadhyovrana (ulcers and wounds), bhagna (fractures), antra vidradhi (abscess), agni dagda (burns), sarpavisha danshn (snake bite) are mere such examples clearly indicating the emergency situations and the management towards them. Conclusion: Emergency is condition requiring immediate treatment where the patient with this is either conscious or unconscious. Medical emergency is an injury or illness that is acute and poses an immediate risk to person's life or long term health. These emergencies may require assistance from another person who should ideally be suitably qualified to do so; although some emergencies can be dealt with by the victim themselves. The scientific principles of handling emergency in classical compendium were the researches done ages ago by the seers. The current advances in exertions of Ayurveda globalization demands the need of scientific evidence as per international norms. The new strategies planned by the government to promote Ayurveda should be directed during this light so the planet may see the hidden credentials of this science.

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## Biography

Sunil Pal has completed his B.A.M.S Graduation at the age of 24 years from Rajiv Gandhi University of Health Sciences (Bangalore), India. He is now pursuing Post graduation in M.D. Kayachikitsa (Internal Medicine- Ayurveda) from Maharashtra University of Health Sciences (Nashik), India. He has over 9 International Publications with 2 Abstract as titled in souvenir in his Post graduation academics period. Recently he has been awarded with "Bharat Gaurav Puraskar 2021" and "Certificate of Excellence" for outstanding contribution in the field of Ayurveda Physician. He has won many prizes in

Quizzes, Paper presentations, Poster presentations, Essay writings, Article writings etc. He is active member of N.Y.LP. NGO, Mumbai, India also Supporting Member of AAPNA (Association of Ayurvedic Professionals of North America, USA). He is currently doing research trial on Gokshura (Tribulus terrestris) herbs in Stage-I Hypertension. He is determined to pursue Academia Research. He is enamored of teaching and Clinical Research. He has main interest in Blood disorders, Neurology Auto-immune disorders, Oncology, Nephrology in Ayurveda.