

Indian Contributions to Traditional Medicine System

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Description

Natural products and traditional medicine are very important. Traditional Chinese medicine, Ayurveda, Kampo, Korean traditional medicine, Unani and other medical forms have been implemented in some parts of the world and have evolved into an orderly medical system. This research aims to review the literature on the relationship between natural products, traditional medicines and modern medicine, and to study the possible concepts and methods of natural products and traditional medicines to promote drug discovery. This research summarizes the theories, applications, current role or status of eight types of traditional medical systems, and the unique characteristics of modern research. Although since the first pharmacologically active compound morphine was isolated from opium in 1805, the biological activity of only a small number of existing plant species has been scientifically investigated, but natural substances and traditional medicine have made great achievements for modern medicine, contribution. In terms of new drug development, natural products and traditional drugs have incomparable advantages, such as rich clinical experience and unique chemical structure and biological activity diversity.

Since prehistoric times, humans have used natural substances such as plants, animals, microorganisms, and marine organisms in medicines to alleviate and treat diseases. According to the fossil record, the history of human use of plants as medicines can be traced back at least 60,000 years ago. The use of natural products as a remedy certainly posed a huge challenge to early humans. It is possible that early humans often consumed poisonous plants when foraging, causing vomiting, diarrhea, coma, or other toxic reactions leading to death. However, in this way, early humans were able to develop knowledge about edible materials and natural medicines. As a result, people invented fire, learned to make wine, developed religion, made technological breakthroughs, and learned to develop new medicines. Traditional medicine (TM) uses natural products and is very important. Traditional Chinese Medicine (TCM), Ayurveda (Ayurveda), Kampo (Kampo), Korean Medicine (TKM) and Unani

(Unani) and other forms of treatment use natural products, and hundreds or even counts of them have been practiced worldwide. Over the millennia, it has gradually evolved into an orderly form of treatment system. They have certain defects in various forms, but they are still a valuable source of human knowledge

Ancient traditional hygiene practices are still relevant and are being emulated by communities in various countries. India's contribution to the development of traditional health systems remains exemplary. This study examines the advantages of India's traditional health system and herbal medicines. They have not only contributed to

Medical care since ancient times, but also made them the first choice for the treatment of many chronic diseases. An extensive literature search was conducted to gather information about India's traditional medical system, including Ayurveda, Unani, Homeopathy and Siddha. A close examination of the information revealed that Ayurveda is one of the oldest medical systems developed in India. It is a holistic treatment system that incorporates practices such as regular diet, drug use, and following exercise and behavior. The contribution of plants as raw materials for the manufacture of pharmaceutical preparations is of great significance in the Indian medical system. It is well known that there are more than 6,500 species of plants in India for use by various traditional healthcare practitioners. The Indian government's attempts to enrich and manage these ancient health systems will also be discussed. The World Health Organization (WHO) uses and registers hundreds of traditional medical practices known worldwide. There are many examples of the continuity of traditional medical systems around the world; Ayurveda, Unani, Siddha, homeopathy, naturopathy and yoga are some of the most popular alternative medicine systems. In the Indian subcontinent, many traditional health systems (mainly plant-based) have been developed, and some of them, such as Ayurveda, Siddha and naturopathy, still play an important role in the treatment of many ancient and neonatal diseases