

TRACING THE ROOTS OF AYURVEDIC TREATMENT THROUGH DIFFERENT STAGES OF EVOLUTION

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Abstract

Ayurveda has a long tradition in Kerala. Ayurvedic physicians and doctors have been providing healing and health to the people here for centuries. Ayurveda has been our main medical system since time immemorial. Kerala's balanced climate, nature and monsoons have created a perfect environment for Ayurveda to grow. Another reason is the abundance of herbs needed for Ayurvedic medicine. More than a health care system, Ayurveda is a way of life. Tourists can visit recognized Ayurvedic centers in Kerala and seek necessary treatments. Ayurveda, originating thousands of years ago in India, stands as the world's oldest healing system. It's more than just a method of treating illnesses; it's deeply rooted in Indian culture and ancient Vedic wisdom.

Keywords: *ayurveda, kinds of treatment, historical evidence, social wellbeing, awareness of traditional to trent.*

Introduction

Ayurveda provides a unique and comprehensive approach to health and wellness. Despite facing many challenges over its long history, Ayurveda has remained resilient and continues to thrive. Its popularity isn't limited to India alone; it's gaining recognition worldwide as an invaluable form of treatment. Its influence can be seen in other healing traditions like Tibetan and Chinese medicine. Even ancient civilizations such as the Greeks were impressed by Ayurveda's effectiveness. Its simple yet profound principles have made it one of the most enduring and respected healthcare systems globally. In Ayurveda, diagnosis is an insignificant art based on the concept of Tridosha, the three fundamental energies governing the human body: Vata, Pitta, and Kapha. These energies combine differently in each person, forming their distinct physical, mental, and emotional traits. The initial goal of an Ayurvedic

practitioner's evaluation of a patient is to determine if the body's doshas are in harmony or out of balance. This entails closely observing the patient's many indications and symptoms, including their physical attributes, speech pattern, and pulse rhythm. The emphasis then turns to comprehending the imbalance's physical, mental, and spiritual manifestations when the primary dosha has been determined. For instance, a Pitta imbalance may result in inflammation, anger, and excessive heat, whereas a Vata imbalance may manifest as dry skin, anxiety, and digestive problems.

On the other hand, a Kapha imbalance might manifest as respiratory issues, weight gain, and fatigue. The Ayurvedic doctor creates a treatment plan to bring the doshas back into balance and harmony using this diagnostic understanding. Herbal treatments, dietary changes, lifestyle alterations, and mindful exercises like yoga and meditation are all

possible components of this all-encompassing strategy. Ayurveda seeks to foster long-lasting health and energy in the body, mind, and spirit by treating the underlying cause of imbalance rather than just treating the symptoms.

Objective

To assess the awareness, and understanding Ayurvedic practices across different populations, exploring the variety of treatments and their historical and current evidence.

Reviews

The community tourism in Kerala's Districts, focusing on local cultural and religious sites to enhance visitor experiences. Include community engagement, sustainability, market understanding, infrastructure assessment, and visitor experience improvement and emphasize the importance of community involvement, sustainability practices, market segmentation, infrastructure evaluation, and a visitor-centric approach for successful tourism development (**Vinay Raj R 2012**). Ayurveda tourism in Kerala shows the state's rich cultural heritage through traditional practices such as Kathakali and Kalari, while also confronting gender dynamics by challenging traditional roles and empowering women. However, the emphasis on upper caste Hindu masculinity and consumerism alongside a revival of traditions risks overlooking the diversity within Ayurvedic practice, impacting the industry's inclusivity and plurality (**Rashmi Gopi 2014**). The research explores Kerala's growing medical tourism industry, focusing on factors driving its growth, including cost-effective Ayurveda and modern treatments. Findings highlight Kerala's advantages, such as natural beauty and healthcare facilities, contributing to its status as a prime destination. Research gaps suggest areas like marketing effectiveness, patient satisfaction, and economic benefits warrant further investigation.

(**K.S. Beena and Dr. D. Venkatrama 2018**). The observation delves into Kerala's adventure tourism sector, focusing on Kozhikode's unique offerings like trekking and water-based activities. highlight the region's appeal and the importance of social media in promoting adventure tourism. Kerala's growing medical tourism industry, focusing on factors driving its growth, including cost-effective Ayurveda and modern treatments. Kerala's advantages, such as natural beauty and healthcare facilities, contributing to its status as a prime destination. Research gaps suggest areas like marketing effectiveness, patient satisfaction, and economic benefits warrant further investigation (**K.S. Beena and Dr. D. Venkatrama 2018**). The review addresses the field of Ayurvedic tourism in India, emphasizing the allure of traditional treatments and the challenges encountered by tourists, including quality assurance and cultural adaptation. The satisfactory treatment in Kerala and the pivotal role of customer satisfaction in health tourism and assessing treatment efficacy and navigating tourists challenges, aiming to enhance the Ayurvedic tourism experience and ensure sustainable development (**SR.Kritikaa and Dr.k.Prince Paul Antony M 2019**). Kerala's wellness tourism, deeply rooted in Ayurveda, emphasizes holistic rejuvenation and healthy living, integrating body, mind, and soul through treatments like Panchakarma. With its focus on traditional and natural elements, Kerala offers a unique visitor experience, blending rejuvenation, spirituality, and cuisine. This sector, recognized globally, faces challenges from competing destinations but continues to innovate by merging wellness with cultural elements, setting a distinctive trend in the market (**Bipithalal Balakrishnan Nair 2019**). The review examines the dynamics of tourism in Kerala, highlighting the threats to India's tourism industry and Kerala's strides towards economic growth through tourism. Key policies including the

first Tourism Policy of 1995 and Responsible Tourism Policy of 2007, underscore Kerala's commitment to sustainable and quality tourism, fostering economic, social, and environmental balance (*Jinu Joseph 2020*). The research evaluates Ayurvedic health tourism in Kerala, focusing on customer satisfaction and service quality. It reveals 55 percent of tourists are satisfied with Ayurvedic treatments, emphasizing Kerala's strengths in health tourism. Recommendations include promoting Ayurveda through exhibitions and improving facilities for international tourists, underscoring Kerala's potential as a global health tourism destination. (*Anjaly B Lal 2020*). Medical tourism, offering insights into the factors influencing medical tourists' decisions, global trends, and strategies for the Indian medical tourism sector. It highlights the unique characteristics of Kerala as a prominent destination for Ayurvedic medical tourism, emphasizing its historical significance in practicing Ayurveda in its purest form. indicate that the majority of foreign tourists are content with the services offered by Ayurvedic medical centers in Kerala. However, areas for improvement are identified, suggesting the need for enhancements to efficiency and strategies to attract more foreign investment (*N. Venugopal and M. Somasundaram June 2021*). Ayurveda, India's renowned traditional medical system, is gaining attention for its potential contributions to global health. Recognizing the necessity for evidence-based practices in traditional medicine, this study endeavors to analyze the evolving landscape of Ayurveda research, while also mapping its alignment with the United Nations Sustainable Development Goals (SDGs). In light of the COVID-19 pandemic, the study further explores the impact of Ayurveda research in addressing contemporary health challenges (*Nedungadi, P et.al 2023*).

Ayurveda: Unraveling the Ancient Wisdom of Holistic Healthcare

Ayurveda, often referred to as the "science of life," it is an age-old lighthouse that illuminates the way to overall health and wellbeing. Its roots, deeply ingrained throughout history, reflect the human experience's enduring search for longevity and vigor. Ayurveda, which has its roots in Indian philosophy, celebrates health as the foundation for achieving monetary, social, and spiritual fulfillment. There is a whisper in legend that the origin of Ayurveda can be traced back to Lord Brahma, the universe's divine builder, who gave humanity this age-old knowledge. In the epic sagas of Ramayana and Mahabharata, as well as in the Vedas, ancient books that date back to 5000–1000 BC, there are snippets of medical information woven throughout the fabric of traditional Indian knowledge. The collection of foundational texts known as Samhitas signaled the beginning of Ayurveda's development into a complete medical system around 1000 BC. During this period, the Caraka Samhita and Susruta Samhita were two of the most influential texts, carefully outlining the basic concepts and treatment techniques of Ayurveda. These manuals explained the medicinal qualities of minerals, plant extracts, and animal derivatives while also venturing into the field of pharmaco-therapeutics and health preservation. Punarvasu Atreya and Divodasa Dhanvantari, two well-known schools of thought within the Ayurvedic tradition, flourished and left a lasting impression on the development of Ayurveda. Although Atreya's followers promoted the concepts of internal medicine, Dhanvantari's contributions enhanced the field of surgery. Their lessons were preserved in the writings of their students, which led to the creation of holy books such as the Agnivesa tantra and the Bhela Samhita. Throughout history, the fundamentals of Ayurveda have resonated, leading to a rich tapestry of textual

interpretation and practical application. Susruta Samhita introduced a methodical approach to surgery and related fields, while Caraka Samhita exposed the philosophical foundations of life and disease management. With the introduction of academics like as Madhavakara and Bhava Misra,

Ayurveda was further enhanced by their advanced understanding of diagnostics, medicinal herbs, and dietetics. The Ayurvedic tradition has withstood the test of time, evolving via a series of adaptations and modifications. Prominent figures such as the Buddhist physician Jivaka and the revered alchemist Nagarjuna opened new perspectives on Ayurveda and sparked the development of specialized subdisciplines like Rasa Sastra. Ayurveda saw a renaissance in the contemporary era, supported by institutional sponsorship and rigorous academic research. A solid network of manufacturers and practitioners emerged as a result of the regulation of educational courses and the emergence of specialized colleges that promoted the spread of Ayurvedic knowledge. Ayurveda is a ray of hope in modern medicine, combining modernity and tradition in a balanced way. Ayurveda is creating a comprehensive paradigm of human well-being by bridging the gap between traditional wisdom and modern healthcare needs with the help of an expanding infrastructure and a well-regulated educational environment.

Table 1.1 Stages of Evolutions: Ancient Ayurvedic

Stages of Evolutions	
Origins	Rooted in ancient Indian philosophy, Ayurveda emerges as a comprehensive system of healthcare, with its beginnings traced back to the Vedas and mythological legends.
Compilation	Around 1000 BC, seminal texts like

of Samhitas	Caraka Samhita and Susruta Samhita are composed, codifying the foundational principles and therapeutic methodologies of Ayurveda.
Schools of Thought	Two prominent schools, led by Punarvasu Atreya and Divodasa Dhanvantari, contribute to the development of Ayurvedic medicine and surgery, respectively.
Contributions of Luminaries	Second Stage Scholars like Jivaka and Nagarjuna enrich Ayurveda with specialized knowledge, such as alchemy and Rasa Sastra, expanding its scope and depth.
Global Influences	
Evolution through Time	Ayurveda evolves over the centuries, adapting to societal changes and incorporating new knowledge, from its ancient origins to its renaissance in the modern era.
Establishment of Educational Institutions	Third Stage The formalization of Ayurvedic education begins with the establishment of courses and colleges, such as the first Ayurveda course in Calcutta in 1827, fostering a structured approach to learning and dissemination.
Contemporary Relevance	

Source: Ministry of Ayush government of India Annual Report (2022-2023)

Explaining Eight Kinds of Ayurveda

In the treasure trove of ancient Indian wisdom, Ayurveda shines as a guiding light, offering a holistic

approach to health and well-being. Rooted in millennia-old traditions, Ayurveda encompasses a diverse array of practices aimed at nurturing the body, mind, and spirit. At its core, Ayurveda recognizes the inherent interconnectedness of all aspects of life, advocating for harmony and balance as the keys to optimal health. In the vast expanse of Ayurvedic knowledge, there exist various branches, each with its unique focus and purpose, catering to the diverse needs of individuals seeking healing and vitality.

Table 2 Kinds of Ayurveda

Kinds of Ayurveda	
Kayachikitsa	Focuses on general ailments of adults not treated by other branches of Ayurveda. It employs a holistic approach to diagnosis and treatment, considering factors such as diet, lifestyle, and mental well-being. Remedies may include herbal formulations, dietary modifications, and lifestyle interventions to restore balance and promote health and longevity.
Salya Tantra	Deals with various surgical operations using different surgical instruments and devices. Also mentions medical treatment of surgical diseases. Ayurvedic surgeons employ specialized techniques to treat conditions ranging from minor wounds to complex surgical procedures involving internal organs, aiming to alleviate suffering and restore health.
Salakya Tantra	Focuses on dentistry, diseases of the ear, nose, throat, oral cavity, and head. Practitioners employ specialized treatments such as herbal remedies, nasal therapies, and oral hygiene practices to promote health and well-being in these vital regions of the body.
Kaumarabhritya	Centers on childcare, as well as the care of women before, during, and after pregnancy. It covers prenatal care,

	childbirth, pediatric nutrition, and developmental milestones, ensuring the health and well-being of children and expectant mothers through the use of ancient wisdom and practices.
Bhutavidya	Studies mental diseases and their treatment using medicines, diet regulation, psycho-behavioral therapy, and spiritual therapy. It aims to alleviate mental distress and promote emotional balance through holistic interventions, recognizing the profound impact of mental well-being on overall health and vitality.
Agada Tantra	Addresses the treatment of toxins from vegetables, minerals, and animal origin, as well as environmental toxins. It employs herbal antidotes, detoxification therapies, and environmental health practices to mitigate the effects of toxins on the body and mind, ensuring the well-being of individuals and communities alike.
Rasayana Tantra	Focuses on rejuvenation and longevity, promoting health and vitality at every stage of life. It utilizes rejuvenating herbs, dietary regimens, and lifestyle interventions to optimize the body's natural processes of repair and regeneration, thereby promoting longevity and vitality.
Vajikarana	Centers on aphrodisiology and eugenics, aiming to enhance sexual vitality and efficiency for producing healthy progeny. It employs herbal remedies, dietary modifications, and lifestyle interventions to enhance sexual potency and reproductive function, ensuring the health and vitality of individuals and the continuity of life.

Source :Central Council For Research In Ayurvedic Science Annual Report (2021-2022)

Ayurvedic practices come in a wide range of forms and are designed to support health, energy,

and overall wellbeing. Within the fields of internal medicine, surgery, pediatrics, mental health, toxicology, rejuvenation, and reproductive health, Ayurveda provides a comprehensive therapeutic strategy that caters to the particular needs of each stage of life. Many people who are looking for harmony, balance, and vitality in their life continue to find hope and healing from Ayurveda because it embraces the wisdom of old texts and traditions.

Summary

In terms of healthcare, Ayurveda is a ray of hope since it offers a balanced mixture of tradition and modernity. Ayurveda is creating a comprehensive paradigm of human well-being by bridging the gap between traditional wisdom and modern healthcare needs with the help of an expanding infrastructure and a well-regulated educational environment. An important way that Ayurveda maintains mental health is through lifestyle choices. The "WhatSurv" method urges people to get up before the sun comes up and start their days with awareness and reverence. An intense sensation of satisfaction and peacefulness can be developed by providing every moment with an eternal character. Another essential component of Ayurvedic medicine is meditation, which is a powerful technique for balancing the mind and body.

People can achieve a calm and clear state of mind through meditation. Additionally, studies have demonstrated that meditation lowers the body's levels of stress chemicals, improving general wellbeing. Moreover, Ayurveda treats the physical symptoms of internal imbalance. Ayurveda helps remove extra fat from cells, cleanse the skin, reduce body odor, enhance circulation, and lower cholesterol by using a variety of detoxification methods. Furthermore, menstruation irregularities and postpartum hormonal imbalances are among the problems that Ayurvedic medicines aim to resolve by regulating hormonal balance. An essential component of Ayurvedic

medicine is exercise, especially yoga and other similar disciplines. People can successfully control their hormone levels by regular physical activity, which enhances their general well-being. At its core, Ayurveda embodies a holistic approach to healing, focusing on uncovering the root causes of disease rather than merely treating symptoms. It emphasizes personalized care tailored to each individual's unique constitution and needs. Through its profound wisdom and time-tested practices, Ayurveda offers a path to optimal health and well-being.

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