

AN ANALYTICAL STUDY ABOUT IMPORTANCE OF AYURVEDA IN MODERN WORLD

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ABSTRACT

Today's generation is forgetting the root of medical science and slowly everyone is taking everything around them mixed with some kind of chemicals. Ayurveda is 5000 years old traditional medicine originated from India which has cure for almost every disease. So why not use it? It's not like that modern medicine is good for nothing, modern medicine cures just the body whereas Ayurveda sees a patient from emotional and mental aspect too. Most of the people today thinks that Ayurveda is just a superstition tradition of Indian people. No, that's not right. In this research the researcher has given various health points proposed by Ayurveda. Here you'll come to know why and for what reason Ayurveda is same as Modern science or even better. The whole paper is based on 3 objectives which are created by the researcher and also a Google form is part of the questionnaire of the research paper.

Keywords: Ayurveda, Modern medicine, ancient, Ayurvedic medicine, Science

INTRODUCTION

Ayurveda is a system of traditional medicine and healing therapies found in Indian subcontinent. Ayurveda is considered as the oldest healing science. Ayurveda basically means "The Science of Life". Ayurvedic knowledge originated in India more than 5000 years ago and is also known as "Mother of all healing" and the traces of Ayurveda can be found in Atharvaveda (one of the 4 Vedas). Ayurveda is based on a belief that health and wellness depend on a delicate balance between the mind, body and the spirit. The main goal of Ayurveda is to foster good health, not just fight disease and prevent the disease for a temporary period. Ayurveda defines perfect health as "a balance between body, mind, spirit and social wellbeing". 'Maharishi Charaka' is known as the father of medicine and his book 'Charaka Samhita' is also referred as an encyclopedia of Ayurveda. The chief difference between Ayurveda and Western medicine is that Ayurveda focuses on emotional health while dealing with a particular disease whereas western medicine just primarily focuses on curing the disease. Earlier Ayurveda was the primary source of healing and curing any disease but later the invasion of British Raj western medicine reached its apex in India. Although after 1947, Ayurveda gained ground and new schools begin to be established. Today more than 500 Ayurvedic companies and hospitals have opened in last ten years and several hundred schools have been established.

The second half of Ayurveda is all about herbs, spices and oils. Herbs, both in east and west have been the prime medicinal agent in traditional and holistic therapies. In 21st century herbs are getting more recognition than they were getting in pre-Independence period. In the east, particularly India and China, an extensive and intricate herbal science have been developed. Originating from the visions of men of spiritual knowledge, herbal medicine was then refined by thousands of years of experience. Ayurveda also centre the attention on taste, it says the more bitter the food the more it's healthy for your digestive system and mind. In order to understand the Ayurvedic approach to the herbs, one must understand the basic system of Ayurveda, which is a complete healing science, including the physical, psychological and spiritual aspects of life. Ayurveda believes in a basic principle that everything in the universe are derived from 5 elements i.e Earth, Water, Fire, Air and Space. Ayurveda also hold the fact that there should be a man and the universe and the flow of cosmic energy in different forms between all living and non-living things.

REVIEW OF LITERATURE:

(1) Human Nature (prakriti) basically consists of 3 prime attributes or *gunas*:

Sattva- The principle of light, intelligence, perception and harmony.

Rajas- The principle of energy, activity, emotion and turbulence.

Tamas- The principle of inertia, fear, darkness and resistance.

Among the 3 Sattva is considered as the proper quality of mind. Rajas is considered as the mode of passion and Tamas is also referred as the mode of ignorance. Rajas and Tamas creates impurities that weaken our power of perception. Individuals in whom Sattva predominates give value to truth, honesty, compassion, humility and good for all. For a human to be happy and peaceful he/she must be in Sattva nature and for that one must focus on the proper diet and thoughts of the mind.

For maintaining Sattva mod, Ayurveda suggests us to consume some Sattvic foods. Sattvic foods are basically low fat vegetarian food with high fiber. Mung beans, lentils, yellow split peas, Chickpeas, organic tofu, sprouts, honey etc are some examples of sattvic food. According to Ayurveda one can raise their gunas from Tamas to Sattva and from Rajas to Sattva just by taking a proper sattvic diet, proper exercise and maintaining work-life balance. Sattva mode people have balance in their life, they maintain harmony in their relations, they've proper clarity in life, they're aware about what's happening in their life.

(2) The Doshas

In Ayurveda, Doshas are contemplated to be the forces that create a physical body. Doshas basically means 'fault' or 'impurity' or 'mistake'. According to Ayurvedic philosophy the entire cosmos or universe is a union of the energies of 5 elements. Ayurveda divides the 5 elements into three types of basic energies that are present in everybody. There is no proper english word for the 3 basic energies so we use the original term as it is. Vata, Pitta and Kapha they are known as tridoshas or doshas. In Ayurveda body, mind and consciousness work together in maintaining a balance life. In order to create a healthy and prosperous life the 3 energies should be equally balanced in one's body. Although in today's world there are one or two energies that are dominant and rest act as a recessive. So Ayurveda suggests some types of food to avoid for a particular Dosha that is dominant in one's body.

Vata: In the body, vata principally composed of Ether and Air.

Pitta: Pitta consists of Fire and Water.

Kapha: Kapha is a combination of Earth and Water.

Doshas	Foods to avoid	Foods in Favour
Vata	Brussel Sprouts, Veggies like: Cabbage, Cauliflower, celery, chillies, lettuce. Cold foods	Sweets fruits, Veggies, Grains, Spices, Legumes, Milk Products, figs, etc
Pitta	Hot and spicy foods, garlic, onions. Avoid sour taste foods. Caffeine strictly prohibited. Deeply fried foods	Sweet fruits, Grains, Bitter foods, Spice on a control level
Kapha	Nuts, seeds, oils, Red meat and artificial sweeteners	Spicy and warm foods, whole grains, unprocessed foods, low fat milk

(3) Ayurvedic medicines and Modern medicine:

Ayurvedic medicine does not only cure the physical health but it also look at the mental and emotional aspect. Western medicine has one pill for one particular disease and modern medicine only cures the disease whereas Ayurvedic medicine looks at the diseases and patient individually and according to the patient's 'Doshas' the medicine are given to the patient. The major difference between Ayurvedic medicine and modern medicine is almost every western medicine consists of some amount of chemical on the other hand Ayurvedic medicines are natural and every Ayurvedic drug is a rejuvenator. Earlier there were very few Ayurvedic brands in India but nowadays investors are also getting aware about the supernatural power of Ayurvedic medicines. Many famous brands like Patanjali, khadi natural, Vicco are providing very useful products. There are pros and cons of both Ayurvedic and modern medicine but if modern medicine and Ayurvedic medicines get combined then there would be cure for many serious diseases. A prime example is: Today Western doctors are suggesting that ICU beds should be made of copper whereas Ayurveda stated this 5000 thousand years ago that we should eat and drink in copper vessels only it increases copper level in our body.

RESEARCH METHODOLOGY

Objective

1. To study and analyze Ayurvedic practices and apply them in day to day life.
2. To compare the pros and cons of Ayurvedic medicines and Modern medicines.
3. To study various food combinations proposed by Ayurveda.

DATA ANALYSIS:

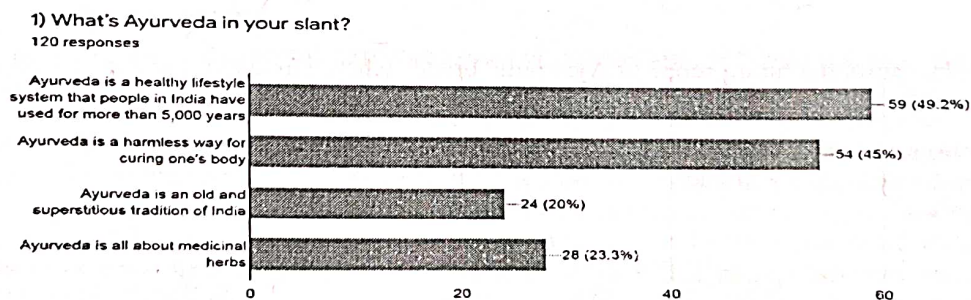
Demographics	Particulars	Respondents	Percentage
Gender	Male	57	47.50%
	Female	61	50.80%
	Other	2	1.70%
	Total	120	
Age Bracket	Below 13	9	7.50%
	14 to 25	69	57.50%
	26 to 40	32	26.70%
	41 to 60	7	5.80%
	60 above	3	2.50%
	Total	120	

The above table shows that there are 57(47.50%) male and 61(50.80%) female respondents who've responded through the google form disseminated by the researcher. The researcher has collected 120 responses among which maximum 69 i.e 57.50% respondents lies in the age bracket of 14 to 25 years.

Questions	Table No.2 Data Collection									
	Strongly Agree	%	Agree	%	Neutral	%	Disagree	%	Strongly disagree	%
Do you think Ayurvedic techniques are applicable in today's modern generation?	42	35	46	38.3	20	16.7	8	6.7	4	3.3
Ayurvedic medicine lack clinical testing; it is simply home remedies?	21	17.5	27	22.5	41	34.2	19	16	12	10

In the above table from 1st question 42 (35%) respondents have strongly agreed that yes Ayurvedic techniques are still applicable in today's modern generation whereas 4 (3.3%) respondents disagrees with the question. In the 2nd question we can see that 21 (17.5) believes that yes Ayurvedic medicine lacks clinical testing and 10% respondents strongly disagrees to the question.

From the graphical representation given below we can conclude that 59 respondents believe that Ayurveda is a healthy lifestyle system that people in India have used for more than 5,000 years which is quite true. 20% believes that Ayurveda is an old and superstitious tradition of India.



Questions	Yes	%	No	%
Is Ayurvedic medicine more effective and efficient than modern science medicine?	74	61.7	46	38.3
Does Ayurvedic medicine are bitter and have horrible palatability?	48	40	72	60
Ayurvedic medicines have toxic chemicals and heavy metals?	40	33.3	80	66.7
Do you ever check the ingredients of any cosmetic product before buying it?	65	54.2	55	45.8

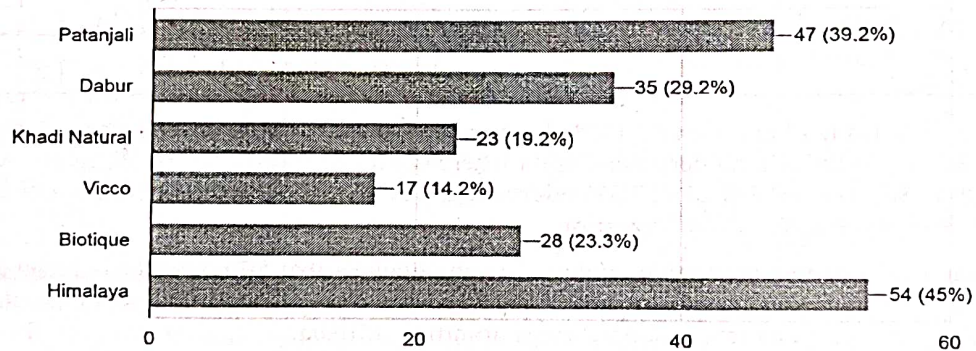
From Table No.3 Data Collection in question 1 we can say that 61.7% respondents believes that Ayurvedic medicine are more effective than modern science medicine whereas 38.3% believes it's a lie. Moving ahead with 2nd question 40 % believes that yes all Ayurvedic medicine are bitter and 60% says no every Ayurvedic medicine are bitter. 33.3% believes Ayurvedic medicines use toxic metals whereas 66.7% opposes it. 54.2% people says they check the ingredients of any cosmetic product before buying it and that's the sign of a valuable consumer whereas 45.8% just blindly buys the product.

Questions	TRUE	%	FALSE	%	Maybe	%
Can a person be completely reliable on Ayurvedic treatments for a particular disease? [Cancer, Tuberculosis, Tumor]	45	37.5	32	26.7	43	35.8
According to you can ayurvedic treatments cause major health side effects to someone?	23	19.2	31	50.8	36	30
Do Ayurvedic medicine have expiry date?	26	21.7	55	45.8	39	32.5
Do you think Ayurvedic brands use harsh chemicals in their beauty products?	53	44.2	46	38.3	21	17.5

In the above table we can clearly conclude that 37.5% respondents from question 1 agrees that a person can be completely reliable on Ayurvedic treatments for a particular diseases whereas 35.8% opposes it. 19.2% agrees that Ayurvedic treatments can cause major health side effects to someone and 50.8% disagrees with the statement. 21.7% admits that Ayurvedic medicine have expiry date whereas 45.8% don't. 32.5% have no idea about the question. 44.2% says that Ayurvedic brands use harsh chemical whereas 38.3% disagrees with this.

12) Which brand according to you will rise to it's peak in future?

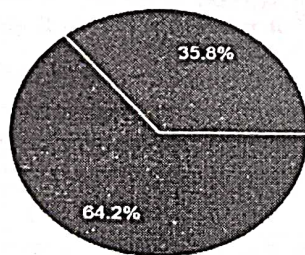
120 responses



The above graphs shows the future scope of Ayurvedic brands where Himalaya has the highest scope to excel in future with 45% whereas Vicco has the lowest success rate of 14.2%

14) Today everyone's saying use Ayurvedic medicine and technique rather than other cosmetic brands. So what do you think?

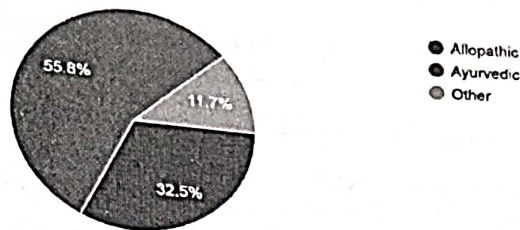
120 responses



- They really provide better service than other so called skincare companies
- It's a just one of their business tactics

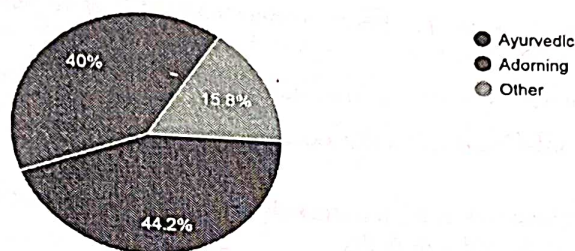
The above pie diagram concludes that 64.2% respondents believes that Ayurvedic products and techniques are far more better than modern medicine and cosmetics. And 35.8% believes that it's just their business tactics.

6) Which type of treatment do you prefer for yourself?
120 responses



55.8% prefers Ayurvedic treatments for themselves whereas 32.5% prefers Allopathic

11) Which cosmetic brand would you choose for yourself?
120 responses



From the above pie diagram we can conclude that 40% respondent would choose Adorning products over Ayurvedic and 44.2% would choose Ayurvedic products over Adorning.

FINDINGS:

1. From the data collection we can clearly see 61.7% people still believes that Ayurvedic medicine are more effective than modern medicine.
2. More than half of the respondents would choose Ayurvedic treatments over Allopathic treatments.
3. More than 40% respondents believe that companies like Himalaya and Patanjali has higher scope to reach at its peak in future.
4. Maximum respondents believe that Ayurveda is 5000 year old medical science originated from Indian subcontinent and Ayurveda is a harmless way of curing the body which is true.
5. Around 50% are quite sure that Ayurveda doesn't shows any side effects.

SIGNIFICANCE OF THE STUDY:

The researcher in this research has deeply explained roots of good health. It'll help one to make their health one step ahead and live a life like a centenarian. With healthy body comes a well nourished mind and with a well nourished mind comes a calm soul and when the soul is calm one directly finds happiness and peace. The analyst has focused primarily on the diet that Ayurveda suggests according to one's body type which will help the person to live his/her fitness goals without much difficulties and snag. The reason this probing is different from others is because it focuses on what we take in our body inside not just about our outer skin or what we apply on our skin layer but mostly about inner us, inner wellbeing and inner state of mind. For example the investigator in his review of literature has explained about 3 types of modes and how one can achieve 'satvik' mode and be in the state of happiness. Moving ahead the analyzer has explained about the 'doshas' and how to overcome any one dosha is to change the diet. When all 3 doshas are perfectly balanced then one never get any diseases and the person always stays in Satvik mode. The research also states the key difference between Modern medicine and Ayurvedic medicine.

SCOPE OF THE STUDY:

The interpretation of this probe covers types of mode that we have in our body and how to achieve the satvik mode which is the topmost. The investigation also covers the term what we call 'doshas'. How to balance all the 3 doshas and stay a healthy and perfect life. The study also covers the major difference between Ayurvedic medicines and Modern medicines and also how Ayurvedic medicine is one step ahead than modern medicine.

Both Ayurvedic and Modern medicine has pros and cons although if both medicines get merged then there would be wonders.

SOURCE OF DATA COLLECTION:-

Primary Data: The primary data was collected on the basis of Google form which was having 15 questions in it and 120 respondents responded to the questions and survey done by the researcher.

Google form link: <https://forms.gle/YQr7FCiWzk9gPH6A6>

Secondary Data: The secondary data is accumulated by surfing various topic based websites and reading several books based on Ayurveda. Also few videos were used as a part if this research paper. Articles and some research paper were also referred as a part of secondary data.

LIMITATION OF THE STUDY

This study has the following limitations:

1. The age limit of the respondents is limited from 13 years to 60 years.
2. The study is restricted to the mode of the body, doshas and difference between Ayurvedic and Modern medicines.
3. The predilection of the respondent towards the data gained cannot be excluded.
4. The study has been written on the basis of hard proof and several analysis.

SUGGESTIVE MEASURES:

1. Primary and Secondary schools can start a separate subject for students related to Ayurveda so that we can have knowledge of both Ayurveda and Allopathy.
2. Medical colleges can also include Ayurveda as a part of syllabus not much but a little amount of knowledge to newer generation is also necessary.
3. Doctors can give medicines mixing both Ayurvedic and Allopathic medicine so that the disease might get cure more easily.

CONCLUSION OF THE STUDY:

The above scrutiny done by the investigator concludes that both Ayurvedic and Modern medicines have some pros and cons, nothing in this world is perfect. So to cease up things we can say that Ayurvedic and Modern medicines should work together to make a new and disease free world. And also to make ones life easier the person should know his/her body type (i.e which dosha is dominant Vata, Pitta or Kapha) and intake foods according to that so there will be no need of any medicine. A fine proverb says 'If wealth is lost nothing is lost but if health is lost then everything is lost'. So keeping this in mind we should select what is beneficial for our body and what is not.

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