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# AYURVEDA (Indian Tradition of medication)



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# INTRODUCTION

**AYURVEDA** (The Complete Knowledge for long life)

➤ Ancient science of life

➤ In 'SANSKRIT', the word Ayurveda consists of two words

AYUR- Life

VEDA - Knowledge or science.

## **ORGIN OF AYURVEDA**

- ✓ Oldest form of health care in the world
- ✓ Upaveda of Atharvanaveda.

## **DEFINITION:-**

“All medicines intended for internal or external use for or in the diagnosis, treatment, mitigation or prevention of diseases/disorder in human beings or animals.

*Authoritative books of Ayurvedic system*

- ✓ Arogya kalpadruma
- ✓ Charaka Samhita
- ✓ Kupa pakva Rasayana
- ✓ Arka Prakasha

## **OBJECTIVES OF AYURVEDA:-**

i) Swasthyas Swaastha Rakshanam

- Keeping the healthy person healthy

(ii) Vyadhakanam Vyadhi Paramokshaha

- Person who does not have this knowledge of how to stay optimally healthy or does not implement the knowledge and gets out of balance.

# **BASIC PRINCIPLES OF AYURVEDA**

- (1) Panchamahabhuta Siddhanta
- (2) Tridosha theory (Three pillars of life)
- (3) Guna-Rasa- Virya- Vipaka- Prabhava Siddhanta

# **PANCHAMAHABHUTA SIDDHANTA**

- ✓ Space or void (Akash)
- ✓ Earth or solid (Prithvi)
- ✓ Air (Vayu)
- ✓ Energy or fire (Teja)
- ✓ Water or liquid (Apa or jal)



## Tridosha theory

- Vata (Space and air), Pitta (energy and liquid), Kapha (Liquid and solid)
- Exists in seven forms called Saptadhatu (Rasa, Rakta, Meda, Mamsa, Majja, Shukra, Asthi)
- Tissues are subject to wear and tear so that mala(excretory material) is formed.
- Imbalance in these three factors develops disease in the body.

## **Rasa-Guna-viryavipka-Prabhava Siddhanta:-**

Ayurvedic therapeutics is based on the pharmacological principles known as Panchsheel.

Type	Composition	Character
Madhur (Sweet)	Solid + Liquid ( Prithvi + jal)	Pitta increasing, Kapha decreasing
Amla (sour)	Solid + energy (Prithvi + Tej)	Pitta increasing
Lavan (saline)	Liquid + energy (jal + tej)	Kapha and pitta increasing
Katu (pungent)	Air + energy (vayu + tej)	Vaata increasing
Tikta (bitter)	Air + space (vayu + akasha)	Vata, pitta increasing
Kasaya (astringent)	Air + solid (vayu + prithvi)	Vaata increasing

- **Rasa:-** Therapeutically active agents
- **Guna :-** Certain physical attribution of drug, which effect the tridosha.
- **Vipaka :-** End product of all digestive transformation of drug
- **Virya :-** An active principle by with potency is charecterised.
- **Prabhava :-** Actual therapeutically activity of the drug in the individual.



**c) Liquid dosage forms:**

**i) Aqueous** : Swarasa, Kasaya, Kwatha

**ii) Oily** : Taila

**iii) Spiritous** : Sura, Asava

**d) Powder dosage forms:** Churna  
Bhasma