



## Review Article

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### AN INSIGHT INTO INTEGRATIVE APPROACH OF AYURVEDA IN VARIOUS FIELDS

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#### ABSTRACT

Ayurveda is the science of life. Though it is recognised as an ancient science of healing, it has tremendous information regarding all walks of life and fields of education and development. It is still a deep ocean of knowledge and so it can be explored extensively to meet the needs of people in totally a healthy way. In this regard an attempt was made to understand a complex situation by conglomerating the Ayurvedic concepts with the latest concepts. Though the revolutionary changes in the world is continuous, the basics of science always remains the same, So to be in line with the present trend, Ayurveda the ancient science can be integrated with various fields to bring out the best to the world. In this view there are many prospects for unification in different fields like Education, Floriculture, Astrology etc;

**Key Words:** Ayurvedic concept, Integration, Healthy lifestyle.

#### INTRODUCTION

Ayurvedic science is based on tridoshas and panchamahabhuta theory. It is an unique science - a vishishta vignana, a holistic science - a dharmika vignana and also a holistic science – a sampoorna vignana. This science has given the strong foundation for healthy life. But the present advanced lifestyle is unable to link with this methodology and has masked many beautiful concepts of Ayurveda.

Though the revolutionary changes in the world is continuous, the basics of science always remains the same, so to be in line with the present trend, Ayurveda the ancient science can be integrated with various fields to bring out the best to the world. In this view there are many prospects for unification.

Thinking in these lines, we can apply the concepts of Ayurveda in the fields, which are very popular or rather essential in the present era. They include,

- Education
- Architecture
- Horticulture
- Preparation of Unique Medicine
- Astrology
- Cosmetology
- Hospital management
- Hotel management

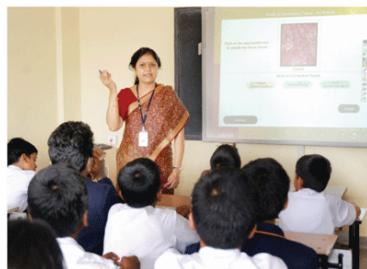
#### EDUCATION

It is a continuous process of teaching and learning methods which has started from the aegis and still continues.



**Image 1: Ancient Gurukula <sup>1</sup>**

Source: <http://www.kamat.com/database/content/paintings/16049.htm>



**Image 2: Modern education system <sup>2</sup>**

Source: [http://www.macmillanschoolsupport.com/digital\\_support.asp](http://www.macmillanschoolsupport.com/digital_support.asp)

In olden days, Guru-shishya-parampara was followed. Here the students were taught all the basic essentials of life along with the science. Nowadays education with the advanced methodologies focuses on incorporating vast knowledge to the students in all subjects, but has made our youngsters to forget the basic lessons of life. So, many personality development classes are in practice nowadays and these classes can incorporate concepts of Ayurvedic personality development, which includes Acharya Rasayana<sup>3</sup> (behavioral therapy), Swasthavritta (healthy

regimen), Dinacharya<sup>4</sup> (daily regimen), Rutucharya (seasonal regimen) etc. this helps in bringing a positive approach to build a healthy society.

## AYURVEDA AND ARCHITECTURE

A good looking house with attractive architecture is the present trend. If the architecture is blended with Ayurveda then a new ideology of Good looking houses with healthy architecture, can be constructed. Here, the Ayurvedic doctors along with the architect professionals can help their clients in building the houses or work places according to their prakruti (body constitution).

For ex; Pitta prakruthi people, to counteract their rajasika manobhava and to maintain their health status, they can live in the house which is designed with water fall over the roof / wall, or having ponds in their surrounding, which gives cooling effect to their mind and body.



Image 3: House for pittaja prakruti <sup>5</sup>

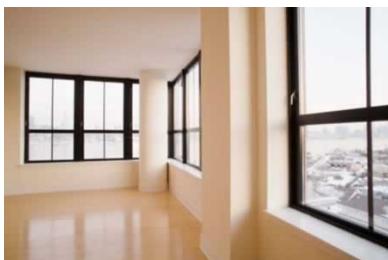


Image 4: House for vatika prakruti <sup>6</sup>

Source: <http://homesbyburma.com/learn-about-how-to-soundproof-windows/>

Likewise, for vataja people, to keep their mind and body healthy, they can live in a place surrounded by beautiful flowers and similar other things in nature which makes them to think and act positively. To combat their reduced tolerance to crowd or noisy environment, they can live in a place designed with sound proof glasses or walls<sup>5-6</sup>.

For kaphaja prakruthi people, their places can be designed allowing lot of sunlight, air and create an environment which can make them feel fresh always rather than being lethargic.

These prakruti related houses can be designed according to the vastu also. In Rasashastra many Vaastushastra related ideas are very well explained and the same can be applied in designing the houses also.

## AYURVEDA AND HORTICULTURE

### Herbal Farming

This can be started with small scale methods of Cultivating, Procuring and Preserving of Medicinal Plants which must be based on classical Ayurvedic principles<sup>7</sup>.

### Cultivation

Though forest department and some pharmacies cultivate medicinal plants, there is still scope for growing them in vast areas, to meet the present demand<sup>8</sup>.



Image 5: Cultivation of herbs <sup>8</sup>

Source:

<http://www.thehindu.com/thehindu/mp/2003/03/24/stories/2003032400720100.htm>

### Procuring, Preservation

Zonal level exchange of medicinal plants can be made into a profitable source.

For example If one reside in a place where the area is rich in growing Guduchi (*Tinospora cordifolia*), and other dwell in a place rich in Manjishta (*Rubia cordifolia*), each of them can exchange the raw materials. It reduces the usage of substitute herbs in the preparation of medicines.

### Herbal Gardens

Good parks are the attractive spots of the city. In gardens we find different categories of plants like herbs, shrubs, creepers, flowering, fragrant and ornamental. These can be replaced by the medicinal plants, which can also be categorized into above said types thus developing a healthy and beautiful Ayurvedic gardens. The concept of Nakshatravana is already accepted and designed in many parks. This lays a path to develop many such concepts.

### Floriculture

It is a profitable agri-business worldwide. The flowers are used more for ornamental purposes and to certain extent in aroma therapy. Ayurveda also emphasizes the usage of flowers like padmaka (*Prunus cerasoides*), neelini (*Indigofera tinctoria*), agastya (*Sesbania grandiflora*), mallika (*Jasminum sambac*), taruni (*Rosa centifolia*), avartaki (*Cassia auriculata*), dadima (*Punica granatum*), dronapushpi (*Leucas cephalotes*), etc in treating many disease conditions. As these flowers are not available abundantly, floriculture which yields such flowers should be encouraged<sup>9</sup>.



Image 6: Floriculture <sup>9</sup>

Source: <http://echoingmythoughts.blogspot.in/2014/10/melting-moments.html>

## PREPARATION OF UNIQUE AYURVEDIC MEDICINES

Though many Ayurvedic pharmacies prepare all most all regular formulations there is still a greater opportunity to provide Ayurvedic unique medicines which are not easily available in the market at all places.

For example Dhooma Vartis, Netra vartis, Phala vartis , Guda vartis (solid and wick shaped medicated preparations), Ksharas etc.

## AYURVEDA AND ASTROLOGY

In astrology based on planetary movements, astrologers predict the possibility of a forthcoming disease. So an astrologer in association with Ayurvedic doctor can help their clients by prescribing the remedies, treatment and modifications in their lifestyle to counteract or nullify the effect of forthcoming diseases.

There are many examples of couples who are benefitted by following astrological and Ayurvedic remedies together to get a good progeny. Recent genetic researches also have answers which show similarity with this ideology. Even Balagraha chikitsa which is in practice among few set of people can be made popular and equally scientific.

## AYURVEDA AND GEM THERAPY

Certain phases of diseases like Apasmara (Epilepsy), Raktapitta (Bleeding Disorders), Jwara (Fever) etc. are treated by using particular types of gems or precious stones over the body. This helps in relieving the disease and maintaining the homeostasis. The different gems are used based on the individual's body constitution and planetary movements to provide a very soothing effect on the mind and body. Though this therapy has limited application it provides very effective results.

## AYURVEDIC COSMETOLOGY

Healthy glowing skin reflects the inner health of an individual<sup>10</sup>. Skin care starts from birth till the end of life. Regular care of the skin and hair is essential to keep it beautiful.



Image 7: Cosmetology <sup>11</sup>

Source: <https://www.pinterest.com/pin/440297301043542448/>

There are already effective Ayurvedic beauty aids and methods in practice, but still there are many unexplored classical preparations for the healthy glowing skin, glory of hair, nail care and dental care which can be adopted in the field of cosmetology for their marvelous results. Hence there is a wide scope for the reliable Ayurvedic parlors which gives total beauty care exactly under the lines of Ayurveda.

## AYURVEDIC SPECIALITY HOSPITALS

Ayurvedic well equipped hospitals especially meant for sootika charya (post natal care) and Jata karma (neonatal care) is the need of the hour.

In these hospitals special concentration should be given to highlight the significance of masanu masika garbhini charya<sup>12</sup> (ante natal care), sootika charya (post-natal care) and jata karma (neonatal care) because classical methods of post partum care is not being possible to adopt in the present life style, may be because of lack of knowledge of those methods or lack of interest in following them or lack of time to follow. So in this aspect, if a hospital is providing the young mothers a systematic and healthy post partum care and also all the post natal care for the baby, then there would be many couples who will be blessed because of these services rendered by such hospitals.

At present Ayurvedic orthopaedic section has well developed independently and is popular. Likewise, other departments like Ayurvedic- Dermatology, Neurology, Psychiatry, ENT and Ophthalmology also have scope if they develop into a speciality hospitals<sup>10</sup>.

## AYURVEDIC HOTELS

People always like to relish varieties of food which are tasty, fresh, delicious and savory at good hotels. Many people do not like to follow the dietetic food, whether in healthy condition or in diseased state. The reason for this might be the ignorance of the people towards healthy food items and its preparations.

The dieticians in major hospitals suggests menu for the patients to prepare and consume according to their disease. But here an idea of Ayurvedic hotel is to provide varieties of tasty medicinal recipes for both healthy and diseased according to their body constitution, seasons and diseases will be a challenging task.



Image 8: Ayurvedic recipes <sup>13</sup>

Source: <https://brinellrecipes.wordpress.com/2013/06/13/ayurvedic-tridosha-dal-soup/>

Such hotels should be established for the sake of healthy society and should always be ready to provide all Ayurvedic recipes like Kanji, yusha, yavagu, peya, utkarika, paneeya etc;

Likewise, there are many other fields where Ayurvedic concepts can be utilized. That includes,

- Ayurveda in veterinary science
- Ayurveda in defense field
- Ayurveda in forestry
- Ayurveda in Bio technology etc,

At this juncture it is difficult to say whether this is the end or if this would be the beginning<sup>11-13</sup>.

## CONCLUSION

Ayurvedic science has good welcoming future. If it is presented with dedication, discipline, devotion, respect, confidence and skills to implement by following the Ethics and sharing the knowledge the day is not far away for Ayurveda to get back its glory.

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