ROLE OF AYURVEDA IN PUBLIC HEALTH: A REVIEW ARTICLE

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ABSTRACT

Ayurveda is an ancient medical science of the human civilization. It is holistic health science which deals with each individual as well as at community level in entirety. The social impact of ill health is on the rise, with some diseases affecting not only the health of individuals but also that of a nation’s economy with their increasing healthcare costs. Ayurveda system has its own advantages that it is also fulfill the social health demands. Swastavritta or the promotion of health is one of the strongest and most unique aspects of Ayurvedic medicine. Ayurveda emphasises on the rules of conduct and its effects on social and behavioural aspects of life. It deals with preventive, curative aspects. Classical texts of Ayurveda describe many principles such as infectious disease, immunity, nutrition etc. The present document focuses on the suitability of Ayurveda practicener’s for community health practice. Serious efforts are needed by GOVT. OF INDIA, AYUSH and MCI to follow positive approach for implements of Ayurvedic specialties for individual as well as social health which will be based upon needs assessment.

KEYWORD: Public Health.

INTRODUCTION

Health is a fundamental right for every citizen as per the constitution and Public Health is used as an indicator for the development of a nation. Public Health is defined as “the art and science of preventing disease, prolonging life and promoting health through the organized
efforts of society” (Acheson, 1988; WHO). The vision of including Public Health as the theme for Ayurveda Day 2018 is to strengthen Ayurveda in Public Health so that socially and ecologically sustainable health care system with a vision, attitude and orientation for achieving the holistic health and wellness. **Ayurveda has two basic aims**[1]; First, to preserve the health of healthy people and to help them attain the four principle aims of life (virtue, purpose or wealth, pleasure, and release or liberation from cycle of rebirth); second, to treat illness and diseases. Thus, the **Ayurvedic** definition of health by **Acharya Sushruta**[2]: One whose doshas are in balance, whose appetite is good, whose dhatus are functioning normally, whose mala’s are in balance, and whose physiology, mind and senses are always full of bliss, is called a healthy person. **Ayurveda** itself has lots of greatness about health science, the concept of “ayu” or age is not just only the No of an individual’s life span, the word ‘Ayu’ has a great and beautiful classification itself in **Sukhayu** (happy individuals life), **Dukhayu** (unhappy individual), **Hitayu** (happy life considering community aspect), Ahitayu(opposite to qualities of Hitayu).[3] The word Hitayu is mean and teach for a healthy life regarding community, in fact actually it is a quality of an individual and a social life.[4] There is remarkable difference exists between medicine and public health, medicine primarily focuses on individual, personal service, ethic in the context of social responsibilities, emphasis on disease diagnosis, treatment and care for the individual patient. Medical paradigm places predominant emphasis on medical care, etiology and pathophysiology (infectious disease, oncology, etc.). Whereas public health features, primarily focus on population, emphasis on disease prevention and health promotion for the whole community. A self-review could help to judge one's conduct. Ayurveda has discussed conduct under ‘Sadvritta’ (Code of good conduct). In the recent past there has been a growing interest in Ayurvedic system of Medicine and their relevance to public health. The major challenges faced today are economic crisis, increase in the ageing population segment, emergence of chronic diseases, environmental and climate related changes, lack of access to quality health care in many areas etc. **AYUSH** (Ayurveda, Yoga & Naturopathy, Unani, Sidha and Homoeopathy) have been in existence since centuries and well accepted as a part of mainstream health provider in India. Public Health care in India functions under the National Health Policy. In this context, there is a critical need to mainstream Ayurveda into public health care to achieve the objective of improved access to healthcare facilities.
MATERIAL AND METHOD
Various Ayurvedic classic texts have been used for this study as source materials. Main Ayurvedic books used are Charak Samhita, Susruta Samhita, Astanga Samgrah, Astanga Hridaya, Bhav Prakash, sharngdhar samhita, Yogrtnakr, Swasthavritta samuchchya and available commentaries on it. Apart this relevant modern medical science books, various research/ review articles and websites are also been used for this.

RESULT
The world is undergoing a rapid change in all spheres; the eco system, nature and living beings are under strong survival stress due to severe pollution, climate change, population rise and other socio-economic reasons. Maintaining the integrity of nature and human health is a big challenge in front of the world and it cannot be ignored. Public health today is gaining momentum all over, and is a good sign for traditional medical systems to get their place to fulfill the need of the day. Public health as a discipline is mainly seen as a part of or a similar stream to community medicine. The widely accepted definition of health is that given by the World Health Organization (1948) in the preamble to its constitution, which is as follows: “Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity.” This definition has three dimensions of health, physical, mental and social. But the classical texts of Ayurveda also describe certain principles of public health in its own parlances. The Ministry of Health and Family Welfare, Govt. of India has framed ‘National Health Policy -2017’ which encompasses various aspects related to the AYUSH system of Medicine. The ultimate goal of which is “the attainment of highest possible level of health and wellbeing for all at all ages, through a preventive and promotive health care orientation in all developmental policies, and universal access to good quality health care services without anyone having to face financial hardships as a consequence.” Ayurveda has given much emphasis to personal health and community health.

DISCUSSION
Concept of Public Health in Ayurveda CEA Winslow in 1920 defined Public Health as, “the science and art of pre-venting diseases, prolonging life, and promoting health and efficiency through organized community efforts…”.\cite{5} Social psychology is defined as “an attempt to understand and explain how the thought, feeling, and behavior of individuals are influenced by the actual, imagined, or implied presence of others”.\cite{6} Social health often deals with how people relate to each other, and how an individual is able to socialize with other people and
form relationships. Social health is often considered of great importance in regards to individual health, and how social interactions can assist in improving other forms of health. The Ayurvedic system of medicine is one of the oldest medical systems of human civilizations.

**Strength of Ayurveda to offer public in developed countries:** Total Health care, Life style consultation, Psychological consultation, Spiritual way of life, Rejuvenation (*Rasayana*) therapy, *Panchakarma* therapy which rejuvenates biological systems of bod, Management of life style / NCD disorders, Management of chronic and incurable diseases, Management of adverse and toxic effects of drugs.

**Requirements of developed countries:** Reducing the cost of Health care in developed countries, Management of life style disorders, Management for chronic and incurable diseases, Non availability of management of iatrogenic disorders, adverse and toxic effects of drugs, Requirement of safe, cost effective and holistic medical system.

**Health care program in demand:** Life style management, Stress management, yoga, Aesthetics and beauty care, Diet and cooking advices, Management of oral hygiene and care of ear nose throat, Prenatal and postnatal care, Knowledge of sexual behavior and *Kamashastra*, Child health care management and baby massage, etc.

**Noble contribution of Ayurveda to modern day health scenario:** In this era of life style disorders *Panchakarma* and *Rasayana* therapy is the only hope for health care, WHO has accepted the same from TMs, In the area of prevention of the diseases – Metabolic, genetic disorders, allergic, auto-immune diseases, Seasonal variations, Aging / Geriatric, Alternative therapy - Allergic disorders, auto immune disorders, Rheumatoid arthritis & other collagen disorders, Parkinson’s disease Alzheimer’s disease, Skin disorders, Gastro – intestinal disorders, Complementary area of cooperation – Cancer, DM, IHD, CVA, Iatrogenic disorders, bronchial Asthma, Neuro - muscular disorders, Psychosomatic diseases – Ulcerative colitis, IBS, Psychological disorders – Stress syndromes, Anxiety neurosis, Sleep disorders, MSD, Joint Disorders, Etc.

**CONCLUSION**
Ayurveda is the best option for achieving the goal of Personal health along with public health.
REFERENCES


