



FACTS ABOUT AYURVEDIC MEDICINE

Editors' Note

Dear Readers,

Chakrapani Ayurveda wishes you and your family a joyful, bright, healthy, prosperous and happiest New Year ahead! Just a new bloom spreads fragrance and freshness around... May the New Year add a new beauty and freshness into your life, Happy New Year 2016!

As the New Year approaches, we habitually set New Year's resolutions. It is a time when we make new resolutions, and direct extra energy into our dreams and our goals. Quite often, at least one resolution involves our health. Ayurveda teaches us to live in harmony with our environment and thus have healthier lives. So let us make Ayurvedic resolutions for 2016. By implementing simple Ayurvedic health tips in your daily life you are likely to have more balanced health.



We welcome your suggestions and submissions.

Enjoy reading and get benefited by Ayurveda.

Vaidya Lakshmi Anoop

Facts About Ayurvedic Medicine

Positive anything is better than negative nothing the same way if one can realize the positivity of Ayurveda than no need to apply anything for Healthy and Happy life...few interesting FAQ for Ayurveda are below Change Your Perspectives About Ayurveda....

1. Ayurvedic Medicine is Difficult to take

This is true to some extent, as the medicine in this field requires to be adjusted to a medium that would enhance its properties. Most of the classical drugs are available in the form of powders, tablets, syrups and chutneys. Yet, these days a majority of pharmaceutical companies have come out with effective patent drugs in easy tablets and capsules form. These are quite effective as these mostly contain extract form of the medicine/herbs.

2. Ayurvedic Medicine is Non-Researched

I would not agree to this false belief because our inherent pathy of Ayurveda is age-old and time tested. Since times immemorial this system of medicine has been in use and has proved to be result oriented and justified. It would be of good concern to ponder over the fact that the same herbal drugs and formulations that had been used hundreds of years ago are still in use. There has been little or no replacements whatsoever.

3. Ayurvedic Medicine is too expensive

Not all Ayurvedic medicines are expensive. Though, it is a combination of drugs that make the same less pocket friendly. Yet, there are options and substitutes available. Some medicinal formulations contain expensive ingredients like gold and silver. These are generally prescribed only in case of chronic or severe form of disease.

4. Ayurvedic Medicine is offensive in Taste and Odor

There is no denying of the fact that some medicines like the blood purifiers tend to be bitter. But that is exactly what the patient with a skin disease is missing on. The bitter or pungent taste is required for the body so as to perform the cleansing act effectively. Even then if the patient is unable to take a particular product, the doctor would definitely suggest a combination medium like honey or mishri (crystalline sugar).

5. Ayurvedic Medicine contains Steroids

This sort of misconception is also prevalent nowadays, especially among the more cognizant class. Yet, let me avail this chance to absolutely contradict this doubt. The medicines in the Ayurvedic system is either herb based or there are formulations prepared from natural resources or metals that have been thoroughly prepared in accordance with the pharmaceutical and pharmacological evidence available in the Ayurvedic texts. You could escape these doubts when visiting a registered and qualified Ayurvedic practitioner.

6. Ayurvedic Medicine is Slow in showing Results

I would once again contradict this statement. The irony lies with the delay from the patient's side. Most of the patients visiting holistic practitioners take their time in trying the other systems of medicine so as to derive a faster result. This not only delays the effect of the medicine, it also hampers with the working of the drug. This is because the patient has either tried much more complicated and powerful combinations of drugs, the effect of which needs to be neutralized first. Or in the mean time his malady has substantially become deep rooted and taken chronic form. It may at times show to work slowly, but as the fable goes "Slow and steady wins the race."

7. Ayurvedic Medicine is Only for Chronic Diseases

Although a number of Ayurvedic medicines have shown effective results especially in case of long lasting and chronic ailments, as is generally a limitation with many other systems. But, it is equally effective in providing harmless benefits for acute problems like viral fever and common cold.

8. Ayurvedic Medicine could be Harmful for the Kidneys

This is very uncommon occurrence. According to my belief, the only reason for this, if any, could be of taking the drugs that are not prepared under accurate drug standardization and surveillance. Let me state here that it should be of prime concern to purchase the medicines which have been prepared strictly under standardized stipulations.

9. Ayurvedic Medicine is only for Elderly Patients

There is no any known limitation in this form of treatment. It is equally suited to all age groups. I would also state here that Ayurveda could be considered as a boon for the children when their body system is yet tender and in the process of immunity building. The natural products do not interfere with their body resistance and at the same time tend to be more safe and comforting.

10. Ayurvedic Medicine has Side Effects

Any side effect from medicine, be it of any pathy, may result from the misuse of the drug, either in processing or in prescribing. As far as side effect or after effect is concerned, as an Ayurvedic practitioner I believe these time-tested medicines are safer provided the former two factors are precise.

The safety of Ayurvedic medicine and mode of treatment may be advocated in 3 points.

- First, In Ayurveda the very first principle in treating a disease is to do away with the basic cause of the disease, and also to see that no new ailment should emerge as a consequence. A disease is eradicated from its roots.
- Second, Ayurveda insists that medicine be centered at the patient, rather on the disease. The mind, body and soul are considered as a tripod and the medicine is prescribed for the overall health augmentation.
- Third, as Ayurveda deals with the preparations mainly from herbs and natural resources, it is basically harmless therapy with least or no side effects. And precisely, this is the demand of our times.

11. Ayurvedic medicine is less Effective

I would want to say here that although Ayurveda therapy generally calls for more patience and endurance both on the part of the patient as well as the doctor, yet its efficacy cannot be undermined. The effectiveness of this natural therapy may be cited by this example. Whenever there is a rip in a cloth or a crack in a pitcher, we intend to rectify it using the similar material that it is made of (cloth and mud respectively). Similarly any fault in the human body also demands to be corrected by use of natural resources, as much as possible. Our body absorbs and responds much better to nature and Ayurveda is all natural!

12. Ayurvedic Medicines are not Assorted

I would not agree to this misconception. This is because on the contrary, Ayurvedic therapies and medications are greatly wide ranging. There are medicines to provide relief and cure from an ailment, and there are Ayurveda formulations that shield you from diseases. Nevertheless, Ayurveda products would work as anti-aging therapies, aphrodisiacs, beauty enhancing and overall balancing healing modalities and Ayurvedic medicines are actually supportive for any age group from infants to geriatrics! Ayurveda science imbibes many other natural healing therapies like Panchkarma, Yoga, Meditation, Naturopathy, Massage therapy etc. Also, there is a extensive diversity of Ayurveda medicinal formulations which come in the form of tablets, herb extract capsules, syrups, decoctions, powders, herbal jelly, concoctions, fermented potions; and oils, pastes, ointments, liniments also for local application.

13. Ayurveda Medicine is only another Alternative Therapy

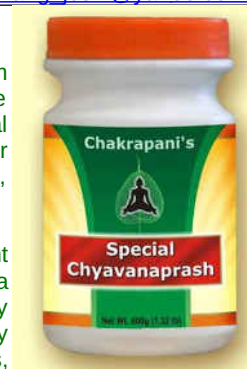
I believe that Ayurvedic system of medicine is incorrectly quoted as an alternative therapy as this has always been the most ancient and complete system of medicine. It has been in existence since times immemorial, long back before the emerging of all other therapies. Moreover in India we deem that Ayurveda origins straight from the Gods more than five thousand years ago! The word Ayurveda itself is derived from 'Ayush' which means life, and 'Veda' which means science. Therefore, Ayurveda is the complete 'Science of Life'. The importance of Ayurveda can be acknowledged by the mere fact that a whole Veda has been dedicated to it. We need to understand that Ayurveda is an ancient heritage. It is a treasure to be valued and acknowledged so as to provide the humanity with a life full of health, vigor and vitality.

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