

**Speaker: Prof. Krishna Misra**

**Title: Ayurveda for Holistic Enhancement of Immunity**

1. Explain the three fundamental principles of nature according to the Ayurveda.

According to Ayurveda, the three fundamental principles of nature are as follows.

1. Vatta

It is quick, cold and dry. It governs motion, breathing, circulation, elimination and the flow of nerve impulses.

2. Pitta

Pitta is hot and precise. It governs digestion , metabolism and the processing of food, air and water throughout the body.

3. Kapha

Kapha is solid and steady. It governs structure and fluid balance and forms muscle, fat, bone and sinew.

We all have a certain amount of Vata, Pitta and Kapha in our constitution and while all of them are active, usually one or two dominate in every person.

The characteristics of these three fundamental principles of nature are as follows.

Feature	Vatta	Pitta	Kapha
Type of Hair	dry	fine, thinning, prematurely grey	thick, oily
Skin	dry, rough	soft, ruddy	oily, moist
Mental activity	quick mind, restless, imaginative	sharp intellect, efficient, perfectionist	calm, steady, stable
Memory	quick to learn, quick to forget	good general memory	good long-term memory
Aversion to weather	cold	hot	damp & cool
Sleep	interrupted, light	sound, medium	sound, long, heavy

	sleep	length	sleep
Reaction to stress	excites easily, anxious	angers easily, irritated, critical	not easily ruffled,stubborn
Body size	small frame	medium frame	gain weight easily
Hunger	irregular	sharp	can easily skip meals
Walk	quick	determined	slow and steady
Moods	change quickly	intense, slow changing	steady, non-changing

## 2. Amalgamation of Ayurveda and Modern Science is the need of the hour. Comment.

The intricate interplay of biology, behaviour, socioeconomic, and environmental factors shapes an individual's health. According to the World Health Organization (WHO), health is a condition of physical, mental, and social well-being, not just the absence of sickness or disability. Spiritual, emotional, and environmental health are other aspects that must be considered when discussing actual health.

This holistic approach to health necessitates a medical system capable of efficiently addressing all of the factors at once. The present medical system does not cover this expanded realm of health completely, as though it only ensures bodily and mental health while ignoring social, spiritual, and environmental health. Despite significant advancements in the technology and pharmaceutical sectors in the modern healthcare system, worldwide diseases are on the rise.

Allopathic medicine's incomplete approach to health, inability to reach the root causes of chronic diseases, and overall failure to provide safety and affordability are the primary reasons. To ensure total health in society, an innovative, effective, safe, and cost-efficient technique is required.

The ayurvedic regimen serves as a tonic, rejuvenating bodily tissues and toning up body systems. Herbs including *Withania somnifera*, *Sida cordifolia*, *Asparagus racemosa*, *Vitis vinifera*, *Plumbago zeylanica*, *Tinospora cordifolia*, and *Zingiber officinale*, which increase appetite, fatigue, and malnutrition, can be used to treat chronic nausea, change in body image, and weight loss (anorexia).

Herbs like *Holarrhena antidysenterica*, *Punica granatum*, *Embllica officinalis*, *Plumbago zeylanica*, and *Terminalia chebula* can be used to treat digestive issues like diarrhoea and constipation.

Garlic (*Allium sativum*) is beneficial for pain and soreness. *Curcuma longa* and pepper are beneficial for cough and shortness of breath, especially in individuals with lung cancer.

Immunomodulating herbs include *Withania somnifera* and *Tinospora cordifolia*, as well as bael, turmeric, ginger, triphala, and *Podophyllum hexandra*.

The only treatment for multidrug resistance is an Ayurvedic approach to synergism in drug application.

Drug resistance is a normal reaction to the drug's selective pressure. From first-line treatments to more expensive second- or third-line agents, the level of resistance forces changes. When resistance to these medications develops, the therapeutic options become limited.

The most crucial remedial measure is focused research leading to the creation of new/modified cost-effective medications using an appropriate chemotherapeutic method and combination therapy (synergistic impact).

### 3. Elaborate upon the government initiatives about the promulgation of Ayurveda.

To promote Indian System of Medicines and Ayurveda education around the world, the Ministry has signed 13 Memorandums of Understanding (MoUs) with foreign universities/ institutes to establish AYUSH Academic Chairs, in which AYUSH experts are delegated to reputable universities/ institutes to teach, train, and conduct research. Country-to-country MoUs have been signed with 23 nations for collaboration in the fields of traditional medicine and homoeopathy, including research, teaching, and training, among other things.

Every year, 104 scholarships are awarded by the Ministry of AYUSH to eligible foreign nationals from 99 countries to pursue undergraduate, postgraduate, and doctoral degrees in AYUSH systems at India's leading institutes. The Fellowship Scheme aims to help Indian traditional medical systems gain international recognition and respect.

The Ministry of AYUSH has created a scheme for Voluntary Certification of Yoga Professionals, with the goal of validating the level of competence of Yoga professionals through a certification procedure and promoting authentic Yoga as a drug-free preventative and health-enhancing therapy. Through certification programmes, the Yoga Certification Board (YCB) aims to provide synergy, quality, and standardisation in the knowledge and skills of Yoga professionals all around the world.

Every year, Ayurveda Day, Unani Day, and Siddha Day are commemorated in India, in recognition of the mythological and historical significance of Indian medical traditions. In 190 countries, International Yoga Day is observed, and Ayurveda Day is observed in more than 35 countries. Since 2015, the Ministry has hosted an annual International Yoga Conference. For the promotion and development of AYUSH systems, the Government of India is executing the Centrally Sponsored Scheme of National AYUSH Mission (NAM) in the country through State and UT administrations. AYUSH based lifestyles are promoted through behavioural change communication, training of village health workers in the identification and use of local medicinal plants, and provision of AYUSH health services under the idea of AYUSH Gram.

AYUSH drug manufacturers, entrepreneurs, AYUSH institutions, and others are given incentives for (i) participating in international exhibitions, conferences, workshops, trade fairs, and other events aimed at raising public awareness about AYUSH systems of medicine, and (ii) registering AYUSH products with foreign regulatory authorities. So far, more than 50 goods (Unani and Ayurveda) have been registered under the Ministry's IC system in eight countries: Kenya, the United States, Russia, Latvia, Canada, Oman, Tajikistan, and Sri Lanka. In 31 nations, 33 AYUSH Information Cells have been established to provide accurate information regarding AYUSH systems. Under the ITEC Program of the Ministry of External Affairs, the Ministry of AYUSH has delegated two experts (Ayurveda and Siddha) to the Ministry of Health in Malaysia to provide their services at Port Dickson Hospital and Cheras Rehabilitation Hospital.