

Practical Application of Healing Methods in Ancient India and the Modern World

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Annotation: Today, the issue of public health, as well as a healthy lifestyle, is one of the global problems of the international community. Based on the little-studied aspects of this issue, we can emphasize the importance of a global topical topic in the field of religious studies. The purpose of the research work is to find points of contact between religious practices and philosophical concepts of Hinduism and modern medicine. The practical application of Ayurveda treatment issues in modern medicine, as well as the definition of modern interpretations of concepts related to a healthy lifestyle from the side of religious studies, is identified as research tasks.

Keywords: Ayurveda, vata, kapha, pitta, pancha mahabhuta, Sushruta.

The golden age of Ayurveda in India dates back to 327 BC. e. to 750 AD e. During this period, the Indians accumulated significant knowledge about the structure of the human body, distinguishing 7 membranes, 500 muscles, 900 ligaments, 90 tendons, 300 bones (this includes teeth and cartilage), which are divided into flat, round and long, 107 joints, 40 main vessels and 700 of their branches (for blood, mucus and air), 24 nerves, 9 sense organs and 3 substances (vata - wind, a combination of the primary elements of air and space; pitta - bile, a combination of the primary elements of fire and water; kapha - mucus, a combination of the primary elements of earth and water). Certain areas of the body (palm, soles, groin areas, etc.) were highlighted as “particularly important” (marman).¹

By the 7th century BC e. In the north of modern India, two medical schools were famous:

In Taxila in the west, the capital of Gandhara ; specialization - therapy;

In Kashi in the east of the country; specialization - surgery.²

Punarvasu studied in Taxila Atreya (Krishna), in one of his treatises, likened the 5 organs of perception to the 5 main elements (pancha mahabhuta). The different quality of objects was explained by different combinations of tiny particles of anu (“atoms”). The vital activity of the body was considered through the interaction of three substances: air, fire and water (the carriers of which in the body were considered prana , bile and mucus). Health was understood as the result of a balanced ratio of three substances, the correct performance of vital functions of the body, the normal state of the senses and clarity of mind, and illness was understood as a violation of these correct ratios and a negative impact on a person of the five elements (the influence of seasons, climate, indigestible food, unhealthy water

¹ Ayurveda

<http://ru.wikipedia.org/wiki/%25d0%2590%25d1%258e%25d1%2580%25d0%25b2%25d0%25b5%25d0%25b4%25d0%25b0>

² Ayurveda - Wikipedia

<https://ru.wikipedia.org/wiki/%D0%90%D1%8E%D1%80%D0%B2%D0%B5%D0%B4%D0%B0>

and so on.). Diagnosis of diseases was based on a detailed interview of the patient and examination of body warmth, skin and tongue color, discharge, noise in the lungs, voice, etc.³

Krishna had six disciples : Agnivesha , Bhela , Jatukarna , Parasara , Harita and Ksharapani . Each of them composed yours treatise , the best of which was recognized treatise Agniveshi . Agniveshi , having created new teaching, started wander passing on their knowledge to people. People called his wandering . His activity gave beginning medical system of Charaka or Charana , school wandering doctors _ Probably he belonged to her wandering by northwestern India in the 1st century. BC _ e. healer Charaka , who considered incarnation Agniveshi . Charaka was also from Taxila . School founded Charakoy , studied therapy and various methods of treating diseases . (in the treatise “ Charaka-samhita ”).

In the 4th century BC received his education at the “ university ” in Taxila famous doctor Jivaka , who treated Magadha king Bimbisaru and possible author Zhud Shi, as well as Sushruta , student Devadasa Dhanvantari. His medical skills described later written medical treatise " Bhoja" prabandha " , - biography king Bhoji (1010-1056).

In the 5th century BC Sushruta , educated in Taxila , founded a new school of surgery at Kashi . Sushruta shared everything diseases on natural , related to nature, and supernatural , sent gods . He also described unknown at that time ancient to the Greeks sugar diabetes , which They recognized it by the taste of urine.

No later than the VIII-IX centuries. Madhavakara compiled a normative textbook of Ayurveda - Rugvinishchaya (Study of Diseases) - a manual on pathology and diagnosis. By the 13th century. the medical pulse was studied. Already by the XII-XIII centuries. Ayurveda begins to merge with rasayana - Indian alchemy. Some believe that this indicates a crisis in doctrine. There is another opinion that Rasayana is the most ancient original part of Ayurveda , which was developed by Dhanvantari himself⁴

To the classification introduced by Charaka , Yurveda is divided into eight branches:

Internal Medicine – Kayachikitsa

Surgery – Shalya Tantra

The school of medicine was founded by Sushruta , who considered this branch medicine " the first and best of all medical sciences". More not having ideas about antiseptics and asepsis , Indian healers , following traditional ideas , maintained cleanliness during operations . Surgical the tools were made by experienced blacksmiths from steel, which India learned to produce in ancient times . In progress The operations used tweezers , mirrors , probes, catheters , syringes, scarifiers, bone forceps, needles, saws. Instead modern scalpel were used lancets with a double-edged blade . The bleeding was stopped with the help of ash and cold, a pressure bandage and hot water. As dressing The material used was strips of leather and tree bark. Bandages made of linen, silk and woolen fabric were soaked in melted fat.

Doctors produced amputations limbs , autopsy abdominal cavities The surgeons crushed kidney stones , treated hernia, and also restored noses , ears and lips. Method rhinoplasty , details described in the treatise Sushruta , went down in history under called " Indian " method ." Dermal flap for shaping future nose cut out on vascular leather leg forehead or cheeks .

Ears, eyes , nose and throat – Shalakya Tantra

³ Ayurveda for beginners. Stay immune. Russia: AST Publishing House LLC, 2022.

⁴Alternative medicine page 4

<http://mybiblioteka.su/tom3/1-60687.html>

Lens was considered organ that preserves the “ eternal” fire ." Cloudiness him attracted for myself attenuation internal flame . Therefore restoration the patient 's vitality depends from skills surgeon , including number in progress operations by deletion cataracts .

Pediatrics – Kaumarabhritya Tantra

Already in Classic period obstetrics stood out independent region healing . In the treatise Sushruta in detail set out tips pregnant women about compliance cleanliness and correctness lifestyle described _ deviations from normal currents childbirth , deformities fetus , embryotomy (which recommended in cases impossibilities turn fetus on leg or head), cesarean section (used after death women in labor for salvation baby) and turn fetus on leg .

Toxicology – Agada Tantra

Health and Longevity – Rasayana Tantra (rasayana)

Spiritual treatment (psychiatry) – Bhuta Vidya , (Tantra , Prana , Yoga)

In ancient Indian medicine exists two way treatment diseases : shamana and shodhana . First means relief , palliative method . Methods Shamana soften disease and its signs Shodhana means elimination , and its methods strive to eliminate the main cause of the disease (that is there is dosha). If illness maybe relapse after Shamans , then after Shodhans this excluded . Principles of pharmacology Ayurveda differ from other systems medicine . Most medicines made from herbs .

Treatment was heading on balancing violated ratios liquids (substances) that was achieved , firstly , by diet , and secondly , by medicinal therapy (emetics , laxatives , diaphoresis , etc.), and thirdly - surgical methods treatments , what the ancient Indians achieved high level.⁵

During treatment Ayurvedic methods three types are used medicines : substances plant and animal origin , as well as minerals , including precious and semi-precious stones and metals (including number gold , silver , lead , mercury, tin , etc.). Because majority metals in natural video they are toxic are subject to special processing (minerals are boiled with juices or vegetable decoctions - this process called purification (shodhana); metals are subject to calcination (marana) and pounded into calcined powder (bhasma). And mercury goes through 18 stages cooking .

Substances vegetable origins used in Ayurveda grow on Indian subcontinent or Himalayas . So, for example , the Nim Tree is considered “ divine” tree ." Medicines made from it have immunoboosting , anthelmintic , antifungal , antibacterial , antiviral , antidiabetic and sedative properties .

Tulasi in Ayurvedic medicine used how one of the main medicinal plants possessing big healing by force . Tulasi is described Charakoy and also mentioned in the Rig Veda . It is believed that tulasi has adaptogenic qualities , brings into harmony bodily functions and helps overcome stress . Tulasi has a strong aroma , astringent taste and is considered an “ elixir ” possessing ability increase life expectancy . Medical Preparations made from tulasi are used for treatment _ colds , headaches sick , sick stomach , inflammation , miscellaneous kind poisoning and malaria . In medicinal goals , tulasi used in different ways : how herbal tea , how dried powder , like fresh leaves or mixed with ghee . Essential oil obtained from karpura -tulasi is used for medicinal purposes purposes in cosmetics as well . In India also exists centuries-old a practice in which to protect grains from harmful insects , it mix with dried tulsi leaves .

Medicines are assigned taking into account their taste (rasa), properties (guna), force of influence (virya), sensations after their assimilation (vipaka), as well as their specific actions (prabhava). Yes how diseases are called various factors - incorrect nutrition , mental

⁵ Ayurveda . Secrets of good digestion and eternal youth. Russia: Tsentrpoligraf , 2022.

reasons and climatic fluctuations, then they need to be treated set medicines that mix by certain recipes. Medicines are prepared in the form syrups, powders, decoctions, infusions, pills, tablets, oil or alcohol solutions. Medicine is prepared based on the fact that possibilities, one drug must help from several ailments, must possess big therapeutic strength, pleasant taste and not deteriorate over time storage. In Ayurvedic texts thousands of recipes are listed, and the doctor must be able to combine them based on his experience. Yes, in the Rig Veda are listed more than 700 plants possessing healing properties and wearing also ritual value ⁶

Ayurveda gives various prescriptions for different segments of the day (dina charya), nights (ratri Charya), for times goda (ritu Charya).

The American Medical Association believes that patients undergoing treatment with Ayurvedic medicine are risking their health - the drugs contain toxic heavy metals (lead, mercury, arsenic) in unacceptably high concentrations. A number of clinical trials have shown the lack of effect in treatment with Ayurveda preparations, different from the placebo effect.⁷

Ayurvedic medicine believes that the flavors of foods or herbs have certain physiological effects and are used in diagnostic and treatment systems. Those flavors that develop after boiling (Vipaka) are stronger.

Sweet (Madhura) - Sweet foods nourish, cool, moisturize, lubricate and add weight.

Sour (Amla) - Sour warm foods lubricate and increase weight.

Salty (Lavan) - Salty warm foods stimulate, soften, lubricate and add weight.

Bitter (Katu) - Bitter foods are cool, dry, cleansing and reduce weight.

Spicy (Tikta) - Spicy foods are warm, dry, stimulating and reduce weight.

Astringent (Kasaya) - Astringent products are cool, dry, and reduce stiffness.

Diet plays an important role in the treatment of diseases. The properties of foods and drinks are described in detail in Ayurvedic texts, and doctors always give dietary recommendations when prescribing a course of treatment. It is believed that one of the most important properties of food is its taste, of which there are six: sweet, sour, salty, spicy, bitter and astringent, as well as their various combinations. Each of the taste sensations causes a certain physiological affect: sweet promotes the formation of blood, tissue and fat in the body; sour helps digestion, bitter improves appetite, etc.⁸

To eliminate imbalance doshas (vata, pita and kapha) apply five different procedures or methods cleanings that indicated in the texts ancient Indian medicine and are prescribed for small quantities diseases, as well as for periodic seasonal cleaning. These five procedures better known as panchakarma ("pancha-karma" - "five actions"). Panchakarma course usually includes short term dietary nutrition, massage, use of herbs. Maybe include laxatives, baths, enhancement techniques sweating, enemas containing medicinal substances, nasal cleansing sinuses, bleeding. Translated from Sanskrit, "panchakarma" means "five actions."

Panchakarma how therapy cleaning is perhaps the most the most underrated of all methods ancient Indian medicine. Because of her ignorance is often perceive like another massage system. Thus, massage using oils is one of the methods used in ancient Indian medicine. On Sanskrit massage using oils - abhyanga, which translated into Russian as "anointing". Man maybe carry out some types of

⁶ Ayurveda. Secrets of good digestion and eternal youth. Russia: Tsentrpoligraf, 2022.

⁷ Ayurveda

<http://dic.academic.ru/dic.nsf/ruwiki/365452>

⁸ Ayurveda (2/2)

<http://www.evaveda.com/ayurveda-2/#2>

massage independently . Massage therapists perform this therapy to manage diseases caused Vata dosha. How part of treatment with medications , massage with oils affects the whole body , that is, it is holistic , holistic procedure . Therapy massage maybe calm down pain , relax stiff muscles and reduce swelling that accompanies arthritis Defenders claim that rooted in joints and tissues toxins using massage are released into the excretory systems to eliminate them naturally. Panchakarma can be used as therapy rejuvenation . In various In regions there are differences in procedures , execution techniques , and compositions of the oils used . Practice this therapy should always be carried out competent by specialists .

The problem of human health has aroused the interest of philosophers since ancient times. Studying history allows us to find out how various philosophical trends influenced the formation of concepts about health and proper lifestyle.

Ayurveda is based on the idea of five “gross” elements that make up matter: earth, water, air, fire and ether, which are grouped in pairs into three fundamental fundamental forces characteristic only of living beings - doshas (vata, pita and kapha) . They determine the type of human constitution and are responsible for regulating all functions of the body. Normally, in a healthy person, these forces are in balance. ⁹Let's look at each of them.

Vata (ether and air) controls energies and movements, this is the principle of impulse. The movement of nervous stimuli, air, blood, food and thoughts is its manifestation in the body.¹⁰

Pitta (fire and water) determines the ability to transform various substances. An example of its manifestation is the transformation of electrochemical impulses into thoughts, digestion processes, and hormonal regulation of metabolism.¹¹

Kapha (water and earth) is characterized by as the principle of liquid , related to mucous substances . Also she answers for maintenance constancy of environments and tissues human protection _ organism from external influences .

There are also three " mental " forces, or gunas , which characterize mind , character human activity _ brain _ This Sattva , Rajas and Tamas . Sattva personifies calmness , harmony and knowledge , Rajas - excitement , activity , passion , Tamas - passivity , laziness and inertia. According to the principle of balance health determined by their equilibrium.

⁹ Lad , Vasant . Ayurveda : the science of self-healing . Russia: Publishing House OVK, 1996.

¹⁰ Indian philosophy as the basis of the doctrine of human health (Ayurveda) | Medical Internet conferences <https://medconfer.com/node/13358>

¹¹ C watch there.