

AYUSH: FREQUENTLY ASKED QUESTIONS WITH ANSWER

AYURVEDA: FAQ

1. Are Ayurvedic medicines free of side effects?

Ans. Ayurvedic drugs are free of side effects provided they are prepared according to the standards laid down and used under the supervision of a qualified ayurvedic physician. But any kind of mismanagement may produce side-effects.

2. What is Panchakarma?

Ans. Panchakarma is a bio-cleansing regimen which facilitates the body system for better bioavailability of the pharmacological therapies, besides achieving homeostasis of humors (doshas). These therapies help in the elimination of disease-causing factors and maintain the equilibrium of body tissues (dhatus) and humors (doshas).

3. How are the Panchakarma procedures different from other therapies?

Ans. Panchkarma procedures are biocleansing (shodhana) procedures which help to expel accumulated toxic metabolites from the body. Whereas, other therapies are palliative in nature. Diseases managed by Panchakarma therapies may never recur.

4. What diseases can be treated with Panchakarma procedures?

Ans. Panchakarma is beneficial in the management of various systemic diseases e.g. Joint disorders (Rheumatoid arthritis), Musculoskeletal (Low backache), Dermatological (Psoriasis), Neurological (Paralysis, Migraine), Respiratory disorders (Bronchial asthma), Gynecological disorders (Leucorrhoea), Psychiatric, Geriatric, etc. It is also widely prescribed in chronically incurable diseases and for improving the quality of life.

5. What are the precautions to be taken while undergoing Panchakarma procedures?

Ans. Indications and contraindications, specific guidelines on dietary regimen and life style are to be strictly followed.

6. What are the benefits of Panchakarma therapies?

Ans. Panchakarma is beneficial for the Prevention of disease, and for promoting good health Management of various systemic diseases. The regimen is also widely prescribed in chronic, incurable diseases for improving the quality of life.

7. Are Panchakarma procedures free from side effects?

Ans. The safety aspects of Panchakarma are very comprehensively mentioned in the classics in regard to indications, contraindications, precautions, etc. When employed skillfully and appropriately, these Panchakarma procedures are safe and free from side effects.

8. Is there any expiry date mentioned for Ayurvedic medicines?

Ans. Yes, the traditional texts of Ayurveda specify different shelf life periods for different preparations. However there are some classes of drugs which are considered as “older the better” like Ghrita (Ghee based medicines), Aasava – Arista (Fermentative preparations), Bhashma (calcinated form) etc.

9. Is Registration compulsory for Ayurvedic Physicians?

Ans. Yes, there are State Councils of Ayurvedic Medicines in different states and a Central Council of Indian Medicine at New Delhi. Any institutionally qualified Ayurvedic physician has to register his name in his State Council or at CCIM, New Delhi.

10. Are registered Ayurvedic physicians allowed to use Allopathic medicines?

Ans. In certain states, some life saving drugs are allowed to be prescribed by Ayurvedic physicians, provided they have a detailed knowledge about the drug.

11. Are Ayurvedic medicines useful in emergency health problems?

Ans. Yes. Atyayik Chikitsa is an example of Ayurveda medicines for some diseases like Atisara, Jwara etc.

HOMOEOPATHY: FAQ

1. Is Homoeopathy slow acting?

The pace of action of homoeopathic medicines depends upon many factors. If the disease is of *recent origin*, the cure should be achieved within a short period. In such cases, if the selection of the medicine, its potency and repetition schedules are correct, then homoeopathic medicines also work quickly.

In *chronic* cases, it takes more time for complete cure. Homoeopathic medicines, if correctly chosen, will never palliate the disease, rather it eradicates the disease permanently and completely, for which it is quite natural that more time is required. Moreover, the duration of treatment is likely to be prolonged if there is negligence on the part of the patient in controlling his diet and habits etc.

2. Does Homoeopathy first aggravate the disease?

After taking Homoeopathy medicines, the patients complaint sometimes may aggravate in certain rare conditions. Firstly, if the patient has taken non-homoeopathic medicines (prior to the administration of homoeopathic medicines), then those medicines might have suppressed the ailments and after application of homoeopathic medicines, some of those suppressed complaints may reappear. In such case, the patient blames homoeopathy for such aggravation. Secondly, when the homoeopathic medicines rightly chosen for a patient, is employed in slightly higher potency (than required), or the patient is basically hypersensitive, then there may occur a transient intensification of the existing symptoms of the patient (Homoeopathy aggravation). But this aggravated condition does not persist for a long time and is followed by cure.

3. Is it true that tea, onion, garlic etc. are prohibited during Homoeopathic treatment?

It is not true that onion, garlic, tea, coffee, paan, alcohol, tobacco, perfumes etc. are prohibited under homoeopathic treatment. But, the substances which may antidote the effects of a particular medicine should be stopped. For example, tea and raw onion may neutralize the actions of Thuja occ., Coffee affects while taking Psorinum and use of camphor is contra-indicated for most of the homoeopathic medicines. So, these items are to be prohibited during use of the respective medicines. But, it goes without saying that homoeopathic medicines would act better in those patients who are non-addicts and when taken in clean mouth, without the influence of any strong smelling substance.

4. Can diabetics take Homoeopathic pills which contain sugar?

Yes, they can take, as the amount of sugar in homoeopathic medicines is negligible. If necessary, medicines can be given in distilled water also.

5. Whether other medicines can be taken in emergency?

Yes. If in a patient under homoeopathic treatment, an emergency arises, warranting immediate attention, the patient can take other non-homoeopathic medicines. Once the emergency condition is over, he can resume homoeopathic treatment after consulting his physician.

6. Can homoeopathy treat anything and everything?

Like any other system of medicine, homoeopathy has its own limitations. By homoeopathy, any ailment-acute or chronic, local or general can be treated except the diseases where surgery is absolutely necessary. Furthermore, some so-called surgical diseases can also be treated by homoeopathy, like enlarged tonsils, nasal polyps, kidney stones, warts, piles, anal fissure/fistula, tumors of uterus, ovary, breast etc.

7. Whether Homoeopathic medicines have any side effects?

Homoeopathic medicines have no side effects. The term 'side effects' of a medicine comes from modern pharmacology. These drugs are aimed at certain area(s) of the body, such as the cardiovascular system, the gut, the kidneys, etc. Though they have a primary area of action, they also affect other areas of the body. If these other effects are undesirable, they are known as adverse side effects. Homoeopathic medicines are not employed against any particular system or organ of the body. Rather, the homoeopathic remedy is chosen on the basis of the totality of symptoms of the patient and targets the patients as a whole. Side effects, such as tissue destruction, do not occur under homoeopathy treatment.

8. Are Laboratory Investigations required for Homoeopathic Treatment?

Although Homoeopathic medicines are prescribed on the basis of symptoms of the patient, laboratory investigations are essential for the purpose of diagnosis of disease, general management of the case (viz. restricting sugar intake in case of Diabetes, high cholesterol diet in case of hypertension, use of collar in cervical spondylitis, change of lifestyle etc.) and for assessing the future course of the disease (prognosis). In certain cases, the laboratory investigations are also helpful in selection of medicines e.g., Worm infestations, Kidney/Gall bladder Stone, fracture etc
