



TRADITIONAL MEDICINE SYSTEM IN INDIA

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ABSTRACT

India has a protracted records of conventional medicinal drug, and Ayurveda is the maximum consultant system. Similar to conventional Chinese medicinal drug, Ayurveda is a lifestyles technology derived from experience. It emphasizes that human fitness calls for each customized medicinal drug and a holistic approach. This article takes Ayurveda for example to introduce conventional Indian medicinal drug, hoping to offer readers with a preliminary knowledge of the improvement of conventional medicinal drug in India.

KEYWORDS: Traditional Indian medicine, Ayurveda, Five factors theory, Three humoralisms theory.

INTRODUCTION

Traditional Indian medication is one of the oldest clinical sciences withinside the global. Ayurveda, the maximum extensively used device in traditional Indian medication, emphasizes holistic medication, which takes the frame, thoughts, and spirit as a complete. It is primarily based totally at the precept that people acquire physical, mental, and emotional fitness via harmonious coexistence with nature.^[1] The fundamental theories of Indian medication are the 5 factors idea and the 3 humoralisms idea. The 5 factors idea is a herbal philosophy in Vedic way of life this is utilized in medication to give an explanation for human physiology. The 5 factors idea holds that the whole thing withinside the global consists of 5 fundamental elementsdPrithvi (earth), Jala (water), Agni (fire), Vayu (air), and Akasha (ether)d that complement the corresponding factors withinside the human frame after being ingested. According to the 3 humoralisms idea, there are 3 sorts of humoralismsd(Tridosha) gas (Vata), bile (Pitta), and mucus (Kapha)dthe stability of which determines the fitness and ailment repute of the human frame. Disease is as a result of inner and outside elements main to an imbalance of the 3 humoralisms, and the remedy is to repair their stability through manner of drugs and weight-reduction plan therapy.^[2] three Later, seven sorts of tissues (Saptadhatu) (Rasa, Rakta, Mamsa, Meda, Asthi, Majja, and Shukradhat is, chyle, blood, flesh, fat, bone, marrow, and sperm/ovum) had been added, all of which had been notion to be derived from food. Others integrated malas: Purisha, Mutra, and Sweda (i.e., feces, urine, and sweat). In this way, a notably entire theoretical

device has been fashioned, retaining that issues of humoralism, frame composition, and excreta are the reassets of ailment As an organism, the tissues of the human frame are fashioned through the mixture and transformation of those 5 fundamental factors. Whether one is healthful or unwell relies upon on whether or not the complete frame device is in stability, along with whether or not all components of the frame are in stability with every other. Both inner and outside elements can disrupt the stability of nature and cause ailment. Imbalances may be as a result of overeating, horrific behavior, and ignoring policies for healthful living. At the identical time, unusual seasons, wrong exercise, mistaken use of sensory organs, and unfavorable results of frame and thoughts can even disrupt the present regular stability. The fundamental remedy techniques may be summed up as “frame cleansing” and “thoughts cleansing.” By adjusting the weight-reduction plan, the frame and thoughts device may be restored to stability, and horrific behavior and behaviors may be corrected; or, issues of the frame may be regulated through drugs. Ayurveda’s prognosis method Ayurveda divides illnesses into categories: the ones appropriate for clinical remedy and surgical remedy, and people causing intellectual and physical “pain,” which may be attributed to the abovementioned 3 reasons. Diagnosis and remedy have a tendency to be human traits instead of the ailment itself. The age of the affected person, the residing environment, the social and cultural background, and the charter of the affected person must be taken into consideration earlier than the medical doctor makes the prognosis. Diagnosis

especially approach looking at the signs and symptoms and symptoms of the ailment. The tongue coating, pores and skin color, eyes, feces, and urine can all be diagnostic references. The prognosis and remedy techniques are especially to bolster the detoxification, medicine, diet, exercise, and fitness protection of the body's function, cast off the elements that reason the imbalance of the body machine and its components, repair the balance, improve the physique, and save you or lessen the incidence of the ailment.

Ayurveda's analysis method

Ayurveda divides sicknesses into categories: the ones appropriate for scientific remedy and surgical remedy, and people causing intellectual and physical "pain," which may be attributed to the abovementioned 3 reasons. Diagnosis and remedy have a tendency to be human traits in preference to the ailment itself. The age of the affected person, the dwelling environment, the social and cultural background, and the charter of the affected person must be taken into consideration earlier than the medical doctor makes the analysis. Diagnosis specially way looking at the signs and symptoms and symptoms of the ailment. The tongue coating, pores and skin color, eyes, feces, and urine can all be diagnostic references. The analysis and remedy strategies are specially to bolster the detoxification, medicine, diet, exercise, and fitness maintenance of the body's function, do away with the elements that motive the imbalance of the body device and its components, repair the balance, fortify the physique, and save you or lessen the incidence of the ailment.

Ayurveda remedy

Drug remedy

The capsules used are particularly animals, minerals, and marine capsules. In medical practice, the medicine used are unmarried or compound. The homes of the medicine stimulate the features of specialised organs, exert the herbal hobby of medicinal plants, and stimulate the herbal restoration electricity of the frame. In addition, Indian herbal remedy has a totally vintage history. This remedy particularly makes use of the oil extracted from herbs to eliminate pollutants from the frame and restore the frame to a herbal stability.

Psychotherapy

Ayurvedic remedy can calm humans's minds and divide mental electricity into 3 types: Satwa, Rajas, and Tamas. The concord of those 3 sorts of electricity can maintain humans secure from interference and disease, set off humans's perception, and make humans happy to are looking for peace. five Indian docs trust that human fitness, is, first and foremost, the fitness of the mind, which immediately impacts the frame. For example, track could make humans's souls input into the void; track meditation also can deliver clean thinking, a wholesome frame, and harmonious interpersonal relationships.

Surgical techniques

There are 8 sorts of surgical strategies concerned withinside the classic Indian Sushruta Samhita: resection, incision, stab, puncture, extraction, puncture and collaterals, suturing, and bandaging.

Characteristics of ayurveda

Ayurveda is referred to as the oldest documented comprehensive clinical gadget withinside the world. Ayurveda consists of 8 specialties: inner remedy (Kayacikitsa), surgery (Salya Tantra), otolaryngology (Salakya), gynecology and pediatrics (Kaumarabhrtya), psychiatry (Bhutavidya), toxicology (Agada Tantra), gerontology (Rasayana Tantra), and eugenics and expediting (Vajikarana). The remedy strategies consist of Shamana, Shodhana, surgical remedy, and eating regimen remedy. The foremost function of Ayurveda is holistic remedy, focusing at the near dating among the frame and the mind, emphasizing that it's far greater crucial to maintain the stability of all components of the frame than to get rid of outside pathogenic factors, the use of processed herbal capsules as opposed to extracted materials or artificial chemicals, emphasizing the prevention and remedy of illnesses with the aid of using counting on eating regimen. Ayurveda believes that "the behavior of remedy and meals are different, however the concepts stay the same" and locations an "emphasis on consuming wholesome meals." It is believed that the cost of Ayurveda lies in that, as one of the great clinical sciences, Ayurveda is beneficial now no longer best for clinicians and specialists however additionally for housewives. Ayurveda makes use of the "Panchakarma" approach in its remedy. Panchakarma remedy is carried out to numerous procedures of frame regeneration, purification, and existence extension. Panchakarma consists of 5 karmas (actions), which might be used to eliminate pollutants from frame tissues. They are Virechan (purified the use of powder, paste, or decoction), Vaman (the use of sure capsules to pressure vomiting), Basti (the use of an enema fabricated from medicinal oil), Rakta moksha (bloodletting), and Nasya (the use of nasal administration, including decocting, oil, and smoke).

Clinical remedy blessings of ayurveda

The Rasayana method (rejuvenated method) in Ayurveda medication can defend and sell fitness with the aid of using selling longevity and stopping or delaying the ageing process, at the same time as Panchakarma (purification therapy) can absolutely purify the frame of illnesses with the aid of using casting off the frame's pollutants and waste. Some compounds in Ayurvedic medication are very powerful for diverse not unusualplace illnesses, together with not unusualplace cold, fever, immoderate gastric acid, ulcer, cough, gastrointestinal problems, diarrhea, amebic dysentery, liver illnesses, uterine bleeding, urinary tract infection, arthritis, gout, bronchial asthma, and eye illnesses. It additionally indicates appropriate results in the remedy of a few persistent illnesses, together with cardiovascular

illnesses (e.g., hypertension, angina, myocardial infarction, and congenital coronary heart disease), cancer, dengue fever, and inflammatory illnesses, kidney illnesses. Some research have proven that Ayurvedic drugs also can assist to address a few emergencies, together with intense diarrhea and vomiting, typhoid fever, delirium, burns, poisoning, threatened abortion, and miscarriage.

History of conventional Indian medication

As early as ~2500 BC, there has been an early civilization within the Indus River Basin (i.e., the Harappa subculture), with cities, and well-developed handicrafts, which includes textile, pottery, and steel processing. During the Vedic era (approximately 1400 BC to six hundred BC), the Aryans who ruled India created a Vedic subculture with Brahmanism as the middle and additionally stimulated the preliminary formation of historical Indian philosophy and herbal philosophy. There are 4 principal collections of files describing numerous forms of knowledge, thoughts, and legends within the Vedic era, i.e., the Rigveda, Samaveda, Yajurveda, and Atharvaveda. Among them, the Atharvaveda already consists of many clinical contents, which include statistics on human structure, physiology, embryos, disease, medication, and treatment. However, the medication in this era become now no longer primarily based totally at the primary concept of naturalism however on a sort of witch doctor. From approximately 1500 BC to one thousand BC, Ayurvedic medication, as one of the 4 Upavedas (dietary supplements and deductions of Vedas), become regularly divided into schools: the Atreya Inner Medicine School and Dhanvantari Surgery School. In the early a hundred BC, students in those classes wrote principal books on Ayurvedic medication: the Caraka Samhita and the Susruta Samhita. Around AD 500, the 1/3 essential Ayurveda clinical work, Astanga Hridaya Samhita, become posted, which incorporated the perspectives of clinical colleges of Ayurveda. From AD 500 to AD 1900, a complete of sixteen essential drug monographs have been posted one by one as dietary supplements to Ayurveda's clinical classics. There is proof that Ayurvedic medication has enriched almost all clinical structures within the world. Through sea exchange with India, Egyptians found out Ayurvedic medication; the invasion of Alexander additionally delivered the Greeks and Romans into touch with Ayurveda medication. Similarly, with the unfold of Buddhism to the East, Ayurvedic medication reached the East. Development of conventional Indian medication Management system In 1995, the Indian authorities mounted the Indian Medical and Homeopathy Bureau below the Ministry of Health and Family Welfare of India. Ayurveda has its personal branch for management. The maximum studies organization of conventional medication is the Ayurveda Central Council. The Indian Pharmacopoeia Committee and Indian Laboratory Committee perform the standardization and modernization of Indian medication and particularly

prepare the training and printing of conventional pharmacopoeia and other publications, including the Traditional Indian Pharmacopoeia and the Production of ISM Drugs with Current Good Production Practices.

Policy

Ayurveda specializes in the management, education, regulation, improvement, and increase of Indian pharmaceutical systems (ISM) in India and abroad. There are few subordinate establishments of the Ministry. There are numerous self-reliant establishments within the shape of a studies committee, expert committee, pharmacopoeia laboratory, country-wide studies institute, academy of sciences, and hospital. In 2002, the nation added rules at the Indian scientific device. The fundamental goals of this coverage are (1) to apply Ayurveda to sell proper fitness and to sell healthcare for the local people (especially folks who can't come up with the money for or do not have access to present-day scientific facilities) through prevention, promotion, mitigation, and treatment; (2) to offer affordable, safe, and powerful Ayurveda offerings and medicines; (3) to make certain that the delivery and real merchandise of APIs meet the Pharmacopoeia Standard necessities to assist enhance the first-rate of medication for home use and/or export; (4) to combine Ayurveda into the scientific provider device and country-wide making plans and make certain the most viable use of the massive infrastructure of hospitals, pharmacies, and doctors; (5) to offer complete possibilities for the enlargement and improvement of ISM, make use of their potential, and revive their glory.

Education

The Central Council of Indian Medicine (CCIM) became hooked up via way of means of the Central Council of Indian Medicine Act of 1970 and is mainly chargeable for coping with the coaching and exercise of ISM. In 2016, there had been extra than a hundred twenty-five graduate colleges in India (seventy-six Ayurveda, 8 Unani, three Siddha, and forty homeopathy colleges) and extra than 2700 colleges had enrollment qualifications.¹⁰ The National Ayurveda Institute of India (Jaipur), National Naturopathy Research Institute (Poona), Ayurveda Graduate Institute of Teaching and Research (Jamnagar), National Unani Medical Research Institute (Bangalore), and National Siddha Medical Research Institute (Chennai) are the pinnacle establishments of Indian clinical education.

Medical treatment

The populace of India is set 1.38 billion, extra than 70% of whom stay in rural areas. Although the authorities has hooked up a multi-stage community of fitness establishments in states, counties, districts, and villages, it's far expected that the offerings supplied via way of means of the country-wide fitness gadget can simplest cowl as much as 30% of the total populace, and the relaxation depend on neighborhood Ayurvedic medication. It became in 1970 that India modified its

pre-independence coverage and recognized Ayurveda and different clinical structures to sell the development of country wide fitness. Since then, a huge range of Ayurveda hospitals and clinics were hooked up for the duration of the country, maximum of that are funded and controlled via way of means of the country wide and state governments. In India, Western medication and conventional medication are absolutely unbiased structures. In contemporary-day preferred hospitals, there are few conventional clinical departments. Traditional clinical hospitals normally do now no longer use Western medication, and docs in conventional hospitals can not prescribe Western medication, which higher preserves the localization and independence of Indian medication. According to Minister of State Shripad Yesso Naik, Ayurvedic medication has 2827 hospitals and 15 520 pharmacies.

Drugs

In India, approximately 70% of cutting-edge pills are observed in herbal resources, and plenty of different artificial analogues were prepared from prototype compounds remoted from flowers. It is mentioned that greater than 60% of anticancer pills available in the marketplace or in scientific trials are primarily based totally on herbs. Currently, approximately 80% of antibacterial, immunosuppressive, cardiovascular, and anticancer pills come from flowers. More than 70% of 177 accepted anticancer pills are primarily based totally on herbal merchandise or imitations. About 25% of the world's prescription pills come from plant sources, and there are almost 121 such pills in use. It is expected that Ayurvedic remedy uses approximately 1200e1800 types of flowers, and Indian peoples therapists use greater than 7500 types of medicinal flowers in distinctive medicines.

Scientific studies

Based on the concern regions of countrywide improvement and the blessings of Ayurvedic remedy, the Indian Medical Department has set the subsequent key studies regions: respiration diseases, gastrointestinal diseases, geriatric remedy and immunotherapy, metabolic diseases, liver diseases, and malaria. At present, Indian clinical studies is achieved from more than one perspectives, together with fundamental studies, literature studies, drug studies, and medical studies. For medical studies, the Indian authorities emphasizes getting to know conventional clinical theories and calls for researchers to apprehend each Indian remedy and Western remedy. There are presently greater than four hundred studies institutions engaged in conventional remedy in India, together with the Indian Ayurveda Scientific Research Center, the Central Drug Research Institute (CDRI), and numerous non-public studies centers, institutions, and universities. From fundamental studies to preclinical or medical studies, from standardized studies to ISM improvement is the cutting-edge studies hotspot. At the identical time, the Indian authorities additionally helps special studies and improvement (R&D) plans associated with medicinal

plant studies. Over the years, the price range allocation of Ayush Province has step by step increased. In the twelfth Five-Year Plan (2012e2017) of India, Indian remedy's total allocation was 10.44 billion Indian rupees, that's 235% greater than the real expenditure throughout the eleventh Five-Year Plan.

Industry

In the manner of R&D, manufacturing, and marketing, India's largescale conventional pharmaceutical producers have continually been in keeping with global wondering and feature connected great significance to exploring the global market. While going into the world, the Indian authorities is steadily making an investment greater human and fabric sources to shield its highbrow property rights to conventional remedy from being infringed upon, which may even sell the improvement of the conventional remedy industry in India. There are seventy four Food and Drug Administration (FDA) accredited drug manufacturing bases in India, and India has emerge as the us of a with the biggest variety of FDA-accredited drug manufacturing bases outdoor the United States. At present, there are main types of capsules produced and offered withinside the market traditional arrangements of unique manufacturing and mixtures of patent and monopoly drugs which are constant with the ones defined withinside the legitimate books of Ayurveda. India has emerge as the biggest exporter of medicinal flowers, plant capsules, and price-delivered merchandise (e.g., critical oils, gum) withinside the world. There are almost 9000 conventional pharmaceutical producers in India, and maximum of them (7744) take part withinside the manufacturing of Ayurveda capsules. It is predicted that 2000 heaps of medicinal plant uncooked substances are wished each year, of which greater than 1500 types of herbs also are offered as dietary dietary supplements or conventional ethnic medicines; almost 960 types of medicinal flowers are in trade, of which 178 types eat greater than a hundred heaps each year. The export price of Indian medicinal flowers and associated merchandise is ready one hundred ten billion USD, and the market of fitness merchandise is ready 1 billion USD and growing.

Intellectual property protection

India has 8 May 1945 of the world's plant resources, of that a minimum of four hundred and forty yards can be developed into medicine. However, because of an absence of technical means, attention, and awareness of safeguarding rights, many traditional drug patents are plagiaristic. Seeable of the generality and seriousness of this example, the Indian government has bit by bit begun to connect importance thereto and has distributed a series of practices to guard and rationally develop ancient medical knowledges such because the new revision of the legal philosophy, the collection and filing of ancient drugs data, the establishment of a registration and invention legal system, and the institution of a special investment foundation. Through these means that, Indian ancient drugs patents are well protected.

Pharmacovigilance system

With the accumulated recognition of ancient drugs in Bharat, the rate of reported adverse reactions to writing medicine has additionally increased dramatically, and therefore the safety of ancient drugs medicine has additionally received increasing attention. In Gregorian calendar month 2006, two clinical pharmacologists, Urmilla Thatte and Vaidya Supriya Bhalerao, in Mumbai, India, projected the thought of creating a conventional pharmacovigilance system, enforced AN writing pharmacovigilance arrange freelance of the national pharmacovigilance system, and arranged a seminar on "Ayurveda Pharmacovigilance." In Gregorian calendar month 2007, a WHO-sponsored seminar was organized at the Institute for Post Graduate Teaching and analysis in writing (IPGTRA) in zikkurat, Jamnagar, demonstrating the possibility of implementing writing pharmacovigilance. In 2008, the Traditional drugs Administration of the Ministry of Health and Family Welfare of Bharat in capital of India issued the Protocol for National Pharmacovigilance Program for writing, Siddha, and Unani medicine (PNPP for ASU) to supervise the security of the 3 types of ancient medicines. On Gregorian calendar month twenty one, 2009, the National ASU Pharmacovigilance consultative Committee reviewed the protocol. On Gregorian calendar month fifteen, 2010, the Secretary of the National ancient Drug Administration chaired the analysis meeting of the ASU pharmacovigilance protocol, that approved the institution of the ASU pharmacovigilance project. within the same year, the National Pharmacovigilance Program was renamed the Pharmacovigilance Programme of Bharat (PvPI), that was conjointly enforced by the Central medicine normal management Organization and therefore the Indian collection Commission to supervise all sorts of medication in Bharat. Since the institution of AN freelance ASU pharmacovigilance system in Bharat, numerous achievements are created within the safety oversight of ASU medicine, as well as the following: (1) A complete three-level oversight system of ancient pharmacovigilance has been fashioned, and most pharmacovigilance centers have been established in ASU medical schools, ASU medical establishments, and ASU research institutes, therefore on understand the combination of presidency oversight and technical management of professional establishments. (2) The adverse reaction coverage rate of traditional medicine has accumulated considerably, the quantity of adverse reactions/adverse events reported has accumulated chop-chop, and there are elaborated adverse reaction reports and causative evaluations. Traditional pharmacovigilance schooling has substantially stepped forward the content material of pharmacovigilance withinside the curriculum of postgraduates of conventional medicinal drug including Ayurveda and educated a collection of teachers, doctors, and clinical assistants engaged withinside the supervision and studies of conventional pharmacovigilance. (4) To improve the protection of conventional medicinal drug registration, the Traditional

Medicine Administration of the authorities of India calls for the Drug Registration Agency to take pharmacovigilance as a standard whilst authenticating new drugs.

Future of conventional Indian medicinal drug

With increasingly more humans pursuing complementary medicinal drug and demanding approximately the facet outcomes of artificial drugs, natural drugs are steadily transferring from the brink to the mainstream marketplace. According to a WHO survey, 80% of the world's populace is positive approximately the improvement of conventional medicinal drug and is inclined to strive natural medicinal drug as their principal healthcare drug. thirteen India has wealthy natural plant assets, with greater than 3000 varieties of medicinal flora, and greater than 6000 varieties of herbs are used via way of means of humans, accounting for approximately 75% of growing nations natural species; greater than one thousand factories produce conventional herbs. Coupled with Indian medicinal drug's lots of years of clinical enjoy in the use of natural medicinal drug, this offers the u. s. the possibility to turn out to be the world's biggest natural manufacturer.¹⁴ Indian medicinal drug has an excellent heritage of clinical aid and has been identified via way of means of latest research. However, the promoting of natural medicinal drug nonetheless faces many challenges, especially in developed nations. Before selling conventional natural medicinal drug know-how across the world, the subsequent issues want to be overcome: (1) The identity and best of medicinal substances are important limitations affecting the promoting of conventional Indian medicine. For example, the phenomenon of "distinctive things with the identical name," or "distinctive names for the identical thing," is common. There is little expertise with expert identity know-how and enjoy, the content material of mould and heavy metals in natural medicinal drug exceeds standards, and herbal medicine is regularly adulterated and deteriorated. (2) Ayurveda medical doctors do now no longer connect exceptional significance to the facet outcomes of herbs. Although the incidence and severity of facet outcomes of herbs are some distance decrease than those of synthetic drugs, they can not be ignored. (3) Due to the government's forget about of supervision, the vicinity of habitats appropriate for the increase of natural drugs is decreasing. The unscrupulous exploitation of untamed medicinal flora via way of means of pharmaceutical factories has adversely affected India's pharmaceutical assets, and some rare medicinal assets are on the verge of extinction. (4) Many natural drugs in India aren't produced and offered in accordance with global marketplace norms, that is every other purpose they are not able to go into developed Western nations. Indian medicinal drug isn't simplest a way of scientific remedy but additionally a healthful manner of lifestyles. However, using natural medicinal drug, at the side of its affiliation with Indian theology and Buddhism, has been shrouded in mystery. At present, Indian medicinal drug is in an awkward position. Against the scientific heritage

of Western medicinal drug occupying the mainstream position, Indian medicinal drug provides degrees of differentiation: In terrible areas, humans who can not experience Western medicinal drug assets nonetheless use Ayurvedic medicinal drug. In upper-magnificence society, meanwhile, the expensive aromatherapy and important oil remedy of Ayurvedic medicinal drug are very popular. Especially in Europe and America, Indian medicinal drug is seemed as an “alternative” remedy to fashionable medicinal drug, which makes it attractive. Some Europeans and Americans even journey to the hometowns of Indian medicinal drug to take lifestyles publications and enjoy a complete Indian medicinal drug regimen, consisting of diet, yoga, meditation, nonetheless sitting, massage, and non secular lectures. This is becoming a brand new promoting factor for Indian tourism.

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