

Swarajya And Ayurved

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ABSTRACT: The real meaning of Swarajya in book is self-governance, self-rule. The word Swarajya becomes a most valuable in the British Raj in India. That time the word Swarajya means the independence of India that is free from the British Empire. The freedom fighter of India for example MaharshiDayanandSaraswati, Mahatma Gandhi, LokmanyaTilak wants a Swarajya free from British Raj is must but in their mind the meaning of Swarajya is much more that freedom of all restraints, people in India can live stress lesslife, free to do any work any were, classless and stateless society, they also live together without fighting and frighten. This was the key concept of Swarajya after independence of India according to the view of our freedom fighter.

KEY WORDS: Swarajya, Ayurved, Fundamental Rights, Health, Holistic Treatment.

INTRODUCTION: Tilak was fight for Swarajya, independence of India with breath sentence, “Swarajya is my birth right and I shall have it.” According the Tilak point of view Swarajya is not only the independence of India from British Raj but much more. A classless, stateless picture was in his mind. Indian people can live with satisfaction. Swarajya also includes self-respect and also gives to other, good character, everyone in India live minimum with fundamental rights. Swarajya is our umbrella and we all reside in this without fighting and may not be harmful to other. It is a pathway of integration. We have to do work or live a life in the frame work of Swarajya without breaking ethics.

TILAK’SVIEW OF HEALTH ACCORDING TO SWARAJYA: Tilak view of Swarajya was multifocus.Tilak also want the people in India become a healthy by mind, body and economically. He was very conscious about health. He knew very well what to do for healthy life. Tilak also talk about Swadeshi. He often used a product of homemade that is Swadeshi. According to the subject of health, Tilak and Swadeshihe always in favor of Ayurveda. He studied about diabetic and followsa Ayurvedic treatment in his life. He was also aware about the public health. In 1897 there are a bubonic Plague epidemic in Mumbai and Pune the

British government try to control the epidemic by killing the rats, fogging the medicine and keeping the people out of reach their home from epidemic area. Tilak was not against the disinfection and hygiene but the treatment of British government given to the Indian people under the name of Plague epidemic.

When we look over the 19th 20th and 21 century we become very conscious about health. Lot of research in the field of health has been done and gives a new healthy life. There is various type of health treatment in that Ayurveda is a very ancient in the world. Ayurveda is not only in the form of diseases, medicine but it's a science of life and has a strong philosophical base since 5000 years back. It is not only limited only body or physical symptoms but also vast knowledge about spiritual, mental and social health. Ayurveda database knowledge about patient disease, diagnosis, medicine, pharmacy, yoga, diet is that fundamental base is not change through 5000 years.

Every living thing has to face illness in his life due to several reasons so the diseases are come naturally. The animals have a natural knowledge of illness, diseases, medicine and treatment. The human being has developed brain than any other animal so the witty is gifted to human being by god or nature. By many efforts human are develop knowledge about illness, diseases, medicine and treatment by means of medicine and therapy. So he develops a traditional medicine in the form of Ayurveda.

WHO comes under the influence of Ayurveda and tries to follow the basic rule of Ayurveda all over the world. WHO recognized that Ayurveda is a holistic treatment for the human kind. Many health organization include WHO has comes under the conclusion of Ayurveda may be the future source of modern medicine and therapy so the future of human being become more comfortable and gives a very clear benefits for the patients who follow the rule of Ayurveda.

BRITISH RAJ AND AYURVEDA: British East India Company was established in India 1757 to 1858. There was a time when British try to rule all over the world. In India Ayurveda is a main part of the health system of the Indian people. British introduce western Allopathy in India for the sack of their army and himself. British needs a medical practitioners for army with the help of local medical practitioners they open a native medical school in 1822 in Calcutta. In this school they taught

both Ayurvedic and Allopathic study for medical degree program. After few years they try to abolish local medical practice that is Ayurveda and expand their Allopathic medicine and practitioners. To stable their power all over India they give the facility to Allopathic dispensaries, thus the Ayurvedic education moves in the form of colleges as an institution. British introduce the biomedical that western medicine in Ayurveda. So the pure Ayurvedic treatment is break and combo Ayurvedic world are introduce in the life of Indian people. Biomedical system is come under the roof of Ayurveda. Thus the western medicine and practice grow up in India and degrees of Ayurveda in India in British Raj. After independence our government has followed this ethics as it is, So there are a very few Ayurvedic institutes to educate a pure Ayurvedic physician and follow a rule of pure and traditional Ayurvedic life style.

This one was the effort that British Empire empowers our India by knowledge. The introduction of Allopathic medicine became a rapid progress in India. There was an interest of British government. Our political leaders, professionals, economy, pharmacy, our people were involve in it. So the Allopathic modernization becomes a part of Indian health science.

AYURVEDIC HERBS, MEDICINE, PHARMACEUTICAL COMPANY

STRATEGY: India is a second large population in the world. The world rapidly involves into the modernization and globalization. India is fast growing country in field of economy, social as well as health. As we are considering a health issue in India has a background of Ayurveda since 5000 years so there are many natural herbal product and treatment in Ayurveda. India as well as Asian countries for example China, Burma, Shrilanka, Italy, Nepaletc. are use Ayurvedic products for that reason many pharmaceutical companies are interested and involve to product a herbal medicine and do a research with a help traditional medicine in Ayurveda. They also involve create a new drugs by the use of Allopathy and Ayurveda in the form of biomedicine. A large number of population in India use a Ayurvedic product in their health life. A large number of pharmaceutical companies were attracting towards the Ayurvedic herbal products. Drugs and involve to the new research for their consumer and attract towards commodity for the maximum profit and business purpose. So there are continuous growth on local market for herbal base products of drugs and beauty products.

There is a growth of Ayurveda continuously. Since middle of 19th century the research and growth of Ayurveda become very fast. Now we are looking towards 21 century the nature of people in India as well as developed countries in the world attract towards Ayurvedic health science. They understand the uses of herbal products, Ayurvedic doctors, changes in the life style, yoga, Ayurvedic diet. Now a days and look over past few decade Ayurvedic systems becomes a complete healthy system and most of people are accepted that truth and they try to follow a Ayurvedic system in their daily life.

Many Ayurvedic pharmaceutical companies introduce a large numbers of Ayurvedic medicine in the market. Most of doctors prescribe these medicines instead of classical or main herbal Ayurvedic medicine. In present days there are a lot of Ayurvedic physicians who have knowledge of Allopathic and Ayurvedic medicine and given a biomedicine treatment to the patients. A very few doctors who individually prepare a medicines and avoid a market drug due to the unavailability of various types of herbs, spending a lot time to make a own home remedies so many doctors use and prescribe a market drugs. In another way patient have a own knowledge of medicine so he directly goes to the medical shop and collect a product or medicine what he want without the advice of medical practitioner it is all done under the name of Ayurvedic product.

A traditional Ayurvedic doctors or physician called a Vaidya. According to the norms of Ayurveda he pray to god early in the morning and full concentrate during medicine preparation. For preparing medicine Ayurvedic science prefers a time, Weather, environment, season etc. for preparing a medicine and collection herbs from the forest and garden. They have faith that these environmental things grow a good quality in herbs and plants. If the soil and environment get contaminated we are not improve a good quality of Ayurvedic medicine. Now a day in the form of development that is observed in 20th and 21 century there are a huge pollution of water, soil. Air. So there is significant question arise that's the herbs and plants are free from this type of pollution? Are we getting a pure herbs and plants for Ayurvedic medicine? Can we get a pure vegetable and food products. After the independence our developing country is fast growing towards a develop country. We involve in the industrial development and products. This industrial product makes a very much pollution of air, water and soil. These all make a very adverse effect on our health and also the Ayurvedic herble medicine

and product. So the question again arise that can we safe, get a right of health after independence and got a Swaraj ya as per the wish of our Lokmanya Tilak and contemporary leaders.

As per above discussion, for the huge production of Ayurvedic medicine the pharmaceutical companies can't consider environment condition of plants and herbs for Ayurvedic medicine production. It is the condition that this production does not improve a good qualities norm of Ayurvedic medicine. The function of good environment condition for plants and herb is one of the fundamental principles to cure patient.

AYURVEDA AND ALLOPATHY: After the middle of 19th century and after the independence of India the importance of allopathic medicine become more and more. The Allopathic medicine cures the most diseases immediately or as fast as Ayurvedic medicine. Allopathy treatment is very useful in accidental & emergency cases we can't ignore the benefit and contribution in the human life of it but Allopathic medicine has a considerable problem that toxicity, resistance and adverse reaction. They use a chemical compound in their medicine and the reaction of chemical is very fast than Ayurvedic medicine. To discover the medicine for a particular disease we need a very long process and duration. In past few decades Allopathic medicine based upon the very short duration and observation vice versa in the field of Ayurvedic medicine they have a data of many generations, observation and their results. Ayurveda has a past of medicine of tradition and strong base of traditional medicine. This came from origin of botanical plants, herbs, animals and minerals. These plants are the vital source of raw material for Ayurvedic medicine.

In many part of the world even developed countries the indigenous system of medicine is disappeared. Our tradition has excellent knowledge of traditional medicine. Today 80 percent of people in developing countries used the traditional medicine for their primary health care. Even in the developed countries use the alternative medicine in the form of Ayurvedic medicine and understand the importance, significance of Ayurvedic life style. The WHO also recognizes the significance of Ayurvedic medicine, treatment, life style, yoga, and diet so WHO has been active in creating guidelines the standard of Ayurvedic life style in their agenda.

In India most of people belief the Ayurvedic treatment is for their primary health care as well as chronic disease. Most of the poor and middle class people in India are used the Ayurvedic treatment. In India the traditional treatment and medicine of Ayurveda have low cost and negligible silent side effects as compare to Allopathic treatment but the health product of Ayurvedic pharmaceutical companies have a very high cost and 21century generation follow these products.

GOVERNMENT POLICIES FOR AYURVEDA: Two types of Ayurvedic medical practitioners in India one of them is who are traditionally treated persons called Vaidya and other one is graduates from Ayurvedic course in colleges. As per the government rule of India after independence the traditional trained Vaidya are not allowed to do a legal practice and can't register as Ayurvedic doctors.

In India Ayurvedic course curriculum was establish in 1910. This course was standardized all over India in 1971. In 1978 there was Alma – Ata declaration in which WHO stated their evaluation and promotion of traditional medicine. Ayurvedic institute is one of the most important institute was established in America since 1985. As extensive use of Ayurveda in daily life of people our government started a Indian medical council act aim to standardized qualification for Ayurvedic practitioners. In 1971 under the department of AYUSH – ministry of health and family welfare the central council of Indian medicine was established. They introduce the traditional medicine and allopathic syllabus in Ayurved. Currently the Ayurvedic curriculum includes 50 to 70 percent of biomedical and allopathic subjects. Course of Ayurvedic physician are based on modern science. In Ayurvedic course our government introduces a new subjects like that of anatomy, physiology, pathology, pharmacology etc. now Ayurvedic treatment and medicine is in a new form of modernization and globalization. It is found that 20 percent of B.A.M.S. graduates takes hospital jobs, 10 percents go into private practice of Ayurved and 70 percent practice Allopathic medicine.

Ayurved is indigenous system in India. In British Raj British introduce a allopathic forcefully, after independence our government try to give a standard to the Ayurveda for development of Ayurveda in Indian health system so our government has establish a committees for development of Ayurveda for health care of the people.

BHORE COMMITTEE (1995): This committee also called a health survey and development committee. After survey and discussion of committee member they follow a following suggestion.

- They give a preference to the advance research and for ayurveda.
- Give a preference to Ayurvedic and Yunani doctors in the government placements.
- To give a preference to Ayurvedic and Yunani doctors in various committee which involves in ayurvedic development

CHOPRA COMMITTEE (1946): Chopra develop a very important suggestions but central government was partially accepted it and follow a modern theory for health care system instead of Ayurveda.

Suggestion

- To do a integrated course in Ayurveda curriculum all over India.
- The professor can teach a both Ayurvedic and Allopathic subjects in the roof of Ayurveda.
- To make a integrated text books under the committee established by the government.
- To give a preference for research in Ayurveda in Ayurvedic institute and colleges.
- Registration for Ayurvedic degree holders by state government under the committee for registration.

PANDIT COMMITTEE (1952)

Suggestion

- Eligibility for the course of Ayurveda eligible candidate must be inter science.
- To do a curriculum course of Ayurveda for 5 years.
- Integrated syllabus for Ayurveda and degree for successfully pass the course should be same all over the India.

DEV COMMITTEE (1954)

Suggestion

- Every state in India having a board and faculty for medical education and do their registration compulsory by the state government.
- Give a same payment to registered Ayurvedic doctors as given to Allopathic doctors. (M.B.B.S.) by the government.
- To do an integrated course of Ayurvedic degree holders of 5 and half years and eligibility for these students is inter science also after getting a degree the degree holders must give a service at least 3 months in the villages of India.

UDUPPA COMMITTEE (1959)

Suggestion

- Develop a pure ayurvedic integrated course.
- All Ayurvedic institute do their work under the Ayurvedic University.
- Develop a training centre for their teaching faculties.
- The payment of Ayurvedic teaching faculties would be same as per the teaching faculties in medical collages.
- Every medical college in India has a Ayurvedic department, dispensary and word.
- To start Ayurvedic pharmacy course.
- To do a research of Ayurvedic medicine, treatment in Ayurvedic institute and colleges and this should control by University.

VYSA COMMITTEE

Suggestion

- Start a unified syllabus.

The integrated college degree holders did not get the same payment and status as compare to M.B.B.S. degree holders so they going to strike and central council of Indian medicine (C.C.I.M.) is established in 1970. They close integrated course and start a pure Ayurvedic degree course in the form of B.A.M.S. and also start a M.D. in Ayurvedic.

Now a day there is several acts and decision by various committee by our government. They again start a integrated syllabus course in Ayurvedic colleges. The B.A.M.S. degree course is 4 and half years and

one year apprenticeship is compulsory under the government hospitals. M.D. in Ayurveda is a specialized post graduate course. According to this course the syllabus in the curriculum of Ayurveda having allopathic pharmacology, pathology, Anatomy is introduced in a new form.

DISCUSSION : Ayurveda is a historical perspective and principle of tradition. It has a systematical approach about health care. Ayurveda's fundamental for health system does not change till a day. So it became a most popular health care system in India as well as rapidly developed in the world. WHO and other organizations working for health all over the world attract towards the Ayurvedic approach in human life style so they try to give a promotion of Ayurvedic health education.

The demand and significance of Ayurveda is rising day by day rapidly because of very few side effects and resistance of Ayurvedic medicine, lower toxicity as compared to allopathic medicine. As well as cost of Ayurvedic medicine and treatment is low than the Allopathy.

Let us see Ayurveda in the form of second view, the important principles have been lost of Ayurveda in the process of modernization for that promotion of health education and their life style to be developed in a new form to achieving the complete health care system for human being.

Every human being has a right of his health. Government try to focus and introduce a Ayurveda, their life style, daily practice of yoga, knowledge of traditional Ayurvedic medicine and treatment, diet for the primary health care in the curriculum of primary to higher secondary school's also in the colleges too.

Ayurveda is a daily life health science. Government promotes Ayurvedic medicine and treatment in a new form which includes surgery, medicine pathology, Pediatrics.

Government introduces Ayurvedic medicine and treatment in primary health care (P.H.C.) level also they give a Ayurvedic health education to their patients in the P.H.C.

Government try to change their rules and regulations to give a status to Ayurvedic doctors in the society. Start a separate Ayurvedic department or clinic with treatment, medicine and health education at least one in Taluka level. Also

they introduce a basic Ayurvedic syllabus in the curriculum of M.B.B.S. degree syllabus.

For the promotion and development of Ayurveda the integrated role of government, people, society, medical practitioners and pharmacy companies is very important.

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