

Contents

Preface (v)

Chapter 1

Fundamental Concepts of Ayurveda, Siddha, Unani and Homoeopathy Systems of Medicine

1.1	AYUSH/Indian Systems of Medicine	1
1.2	Fundamental Concept of Ayurveda	1
1.2.1	Basic Principles	2
1.2.2	Diagnosis	6
1.2.3	Treatment Branches	7
1.3	Unani System of Medicine	7
1.3.1	Unani in India	8
1.3.2	Principle of Unani Medicine	9
1.3.3	Treatment in Unani	13
1.3.4	Various Unani Forms of Drug	14
1.4	Homoeopathic System of Medicines	14
1.4.1	Genesis of Homoeopathy	14
1.4.2	Homeopathy in India	15
1.4.3	Basic Principles of Homoeopathy	16
1.4.4	Diagnosis	18
1.4.5	Medicine in Homoeopathy	18
1.5	Siddha System of Medicine	19
1.5.1	Basic Principles	19
1.5.2	Diagnosis	21
1.5.3	Siddha System Drug	21

Chapter – 2

Naturopathy, Yoga and Aromatherapy Practices

2.1	Naturopathy	22
2.1.1	History and Development of Naturopathy	22
2.1.2	Naturopathy as Indian Systems of Medicine	23
2.1.3	Principles and Philosophies of Naturopathy	24

2.1.4	Salient Features of the Naturopathy Treatment	26
2.1.5	Types and Different Modalities of Naturopathy	27
2.1.5.a	Diet Therapy	27
2.1.5.b	Fasting Therapy	27
2.1.5.c	Mud Therapy	29
2.1.5.d	Hydrotherapy	30
2.1.5.e	Masso Therapy	32
2.1.5.f	Acupressure	34
2.1.5.g	Acupuncture	38
2.1.5.h	Chromotherapy	39
2.1.5.i	Air Therapy	40
2.1.5. j	Magnet Therapy	41
2.2	Yoga - Introduction and Streams of Yoga: Asanas, Pranayama, Meditations and Relaxation Techniques	41
2.2.1	Yoga Basic Philosophy	43
2.2.2	Types of Yoga	43
2.2.3	Yogic Practices for Health and Wellness	44
2.2.4	Mostly Practised Yoga Practices are as follows	44
2.2.5	Steps of Practice of Yoga	45
2.2.6	International Yoga Day	56
2.3	Aromatherapy	56
2.3.1	History and Development of Aromatherapy	56
2.3.2	Basic Principle	57
2.3.3	Types of Aromatherapy	59
2.3.4	Clinical Significances of Aromatherapy	60
2.3.5	Aroma Therapy Oils	60
2.3.6	Some Commonly used Essential/Volatile Oils	61
2.3.7	Safety Concern of Essential Oils used in Aromatherapy	65
2.3.8	Carrier Oils	65
2.3.9	Common Methods of Aromatherapy Include	65

Chapter – 3

Formulation Development of Various Systems of Medicine

3.1	Ayurvedic Formulations	68
3.2	Unani Formulations	82
3.3	Siddha Formulations	87

3.4 Homoeopathic Medicine	93
3.5 Standardization, Shelf life and Stability Studies of ISM Formulations	99
3.6 Shelf life and Stability Studies of ISM Formulations	101

Chapter – 4

Schedule T – Good Manufacturing Practice of Indian Systems of Medicine (ISM), Quality Assurance, Exports of ISM Medicine and Challenges in Monitoring the Safety of Herbal Medicines

4.1 Schedule T – Good Manufacturing Practice of Indian Systems of Medicine	108
4.2 Quality Assurance in ISM Formulation Industry	125
4.3 Good Agricultural Practices for Medicinal Plants Developed by National Medicinal Plants Board (NMPB), Department of AYUSH	126
4.3.1 Annexure-I	134
4.3.2. Annexure-II	136
4.3.3 Annexure III	138
4.4 GLP in ISM Formulation Industry	139
4.5 Preparation of Documents for New Drug Application and Export Registration for ISM or AYUSH Drugs	148
4.6 Registration Requirement of AYUSH Drug Export	150
4.7 Challenges in Monitoring the Safety of Herbal Medicines: Regulation, Quality Assurance and Control, National/Regional Pharmacopoeias	155

Chapter – 5

TKDL, Geographical Indication Bill, Government Bills in AYUSH, ISM, CCRAS, CCRS, CCRH, CCRU

5.1 TKDL	158
5.1.1 Objectives of TKDL	158
5.1.2 Key Features of TKDL	159
5.1.3 Present Status of TKDL	160
5.2 TKRC	161

5.3	Geographical Indications (GI)	165
5.3.1	Purpose of GI	167
5.3.2	GI and India	167
5.3.3	Applicant for the Registration of GI	168
5.3.4	Key Facts of GI Act	169
5.4	AYUSH	176
5.5	Central Council for Research in Ayurvedic Sciences (CCRAS)	179
5.6	Central Council for Research in Siddha (CCRS)	184
5.7	Central Council for Research in Homoeopathy (CCRH)	187
5.8	The Central Council for Research in Unani Medicine (CCRUM)	190
	<i>Objective Type Questions</i>	193
	<i>Bibliography</i>	209
	<i>Index</i>	213