Sustainable traditional medicine: taking the inspirations from ancient veterinary science

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Abstract

Rapid reduction in natural resources as a consequence to the expanded urbanization, global warming and reduced natural habitat posed a considerable threat to the sustainability of traditional medicine. Being completely dependent upon natural resources like herbs, minerals and animal products, traditional medicine would possibly rank first in order of extinction of heritage if an alternative way is not considered well in time. In reference to the use of animal products, Ayurveda presents some unique examples where animals are used without causing harm to them and so without posing a threat to their existence. In the current context, when natural resources are facing a threat to their existence, a revisit to these ideas may give us a new insight to refine our look at natural resources used in traditional medicine.
Ancient Egyptian Medicine. In about 3000 BC the curtain rises on Egyptian civilization. In a civilized society some people did specialized jobs. Hippocrates stressed that doctors should carefully observe the patients symptoms and take note of them. Hippocrates also rejected all magic and he believed in herbal remedies. A number of Greeks speculated that the human body was made up of elements.

2. Early Model of Practicing Sustainable Medicine: Veterinary Science in Ayurveda. Veterinary science has an early mention in some of the most ancient literature of India. Atharvaveda, the progenitor of Ayurveda provides significant information about ailments of animals and their cure through herbal medicines. Ancient Indian history is full of events and incidences pertaining to the importance of livestock in then society.

There have been numerous psychological and psychiatric terms recorded in ancient TCM bibliographies, developing a TCM specialty called mental-emotional diseases, in which symptomatology, etiology, psychopathology and various therapeutic approaches have been well established. In TCM practice, herbal medicine, acupuncture, moxibustion, cupping, scraping, massage, dietary therapy, psychological consultant, aromatic therapy, exercise therapy (such as tai-qi), meditation and mindfulness, humor therapy, and folk music therapy are often applied in the management of mental symptoms and wellbeing.