



# **SNS COLLEGE OF ENGINEERING**

Kurumbapalayam (Po), Coimbatore – 641 107

## **An Autonomous Institution**

Accredited by NBA – AICTE and Accredited by NAAC – UGC with 'A' Grade  
Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai

## **DEPARTMENT OF COMPUTER SCIENCE AND DESIGN**

**COURSE NAME : 19MC003 ESSENCE OF INDIAN TRADITIONAL KNOWLEDGE**

**III YEAR / VI SEMESTER**

**Unit V- Traditional Knowledge in Different Sectors**

**Topic 2 : Traditional medicine system**



## Definition of Traditional Medicine:

- Systems of healing and medicine that have been practiced for generations.
- Rooted in local cultural and spiritual beliefs.
- Includes herbal remedies, physical therapies, spiritual practices, and dietary habits.

### Global Relevance:

- Over 80% of the world's population still relies on traditional medicine for healthcare.



## Types of Traditional Medicine Systems

Chinese Medicine (Traditional Chinese Medicine - TCM):

- Focuses on balancing the flow of energy (Qi) within the body.
- Practices include acupuncture, herbal medicine, and Tai Chi.]

Ayurveda (India):

- Based on balancing the body's three doshas (Vata, Pitta, and Kapha).
- Uses herbal medicines, diet, meditation, and massage therapies.

Indigenous Healing Practices (Native American, African, etc.):

- Incorporates rituals, plant-based medicines, and spiritual healing.

Homeopathy (Europe):

- Focuses on the principle of "like cures like" using diluted substances to stimulate the body's healing process.



## Key Principles of Traditional Medicine

### Holistic Approach:

- Focuses on treating the person as a whole (mind, body, spirit).
- Emphasizes prevention and balance.

### Natural Healing:

- Uses natural substances like herbs, minerals, and animal products.

### Cultural and Spiritual Significance:

- Often intertwined with cultural beliefs and spiritual practices.



## Benefits of Traditional Medicine

### Accessibility:

- Affordable and accessible, especially in rural or underserved areas.

### Personalized Care:

- Treatments often cater to the individual's specific constitution and needs.

### Preventative Care:

- Focuses on maintaining health through diet, lifestyle, and mindfulness practices.

### Natural Remedies:

- Minimizes reliance on synthetic drugs, reducing side effects.



## Popular Traditional Medicine Practices

### Acupuncture (TCM):

- Inserting needles into specific points on the body to balance energy flow.

### Herbal Medicine:

- Use of plant-based materials for medicinal purposes, such as ginseng, turmeric, and ginger.

### Massage and Bodywork:

- Includes techniques like Ayurvedic massage, Thai massage, and reflexology.

### Spiritual Healing:

- Involves energy healing, prayer, and rituals to address mental and emotional health.



## Scientific Validation of Traditional Medicine

Growing Interest in Research:

- Modern science is increasingly validating many traditional remedies.

Examples of Research:

- Turmeric (*Curcuma longa*) – Antioxidant and anti-inflammatory properties.
- Ginseng – Boosts energy and improves cognitive function.
- Acupuncture – Effective in pain management and stress relief.



## Challenges in Traditional Medicine

- Lack of Standardization:
  - Variability in practices across regions, cultures, and practitioners.
- Integration with Modern Healthcare:
  - Balancing traditional practices with modern, evidence-based medicine.
- Ethical and Legal Concerns:
  - Issues related to intellectual property, conservation of resources, and unregulated practices.





## Traditional Medicine and Modern Healthcare Integration

- Complementary Approach:
  - Using traditional medicine alongside modern treatments (e.g., acupuncture for pain management, herbs for immunity).
- Global Initiatives:
  - WHO's Traditional Medicine Strategy (2014–2023) encourages integration of traditional practices with national health systems.
- Training and Certification:
  - Some countries now offer formal education and certification for traditional medicine practitioners.



## Case Study: Ayurveda and Modern Medicine

- Ayurvedic Treatments for Stress:
  - Yoga and meditation for mental health.
  - Herbal remedies like Ashwagandha and Brahmi for reducing stress.
- Integration:
  - Ayurveda's growing presence in wellness centers and integration with modern therapeutic practices.



Any Query????

Thank you.....