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Ayurveda Foundation of Pharmaceutical Medicine

Ni Gusti Ayu Putu Suryani

Universitas Udayana, Denpasar, Indonesia

Corresponding author email: iga.suryani13@gmail.com

Abstract---*The Ayurveda is a part of the Smrti Veda in Hinduism, which contains a lot of traditional knowledge that has been very useful for human life throughout the ages. Because it is so very complex in terms of treatment, the Ayurveda is also used as a basic foundation in medical treatment. The science that manages medical drugs is called pharmacy. In pharmaceutical development, from finding medicinal ingredients to the stage of making drugs so as to produce drugs and distribute drugs according to the rules set by the Health Service. So that once the medicines reach the patient there are no problems, the patient becomes completely healthy as expected. Pharmacists in today's Ayurveda era are still used as a basis for making medicines.*

Keywords---*Ayurveda, health service, medicine, pharmacy, religion.*

Introduction

Religion in general is a teaching that teaches as well as invites its people or followers to believe in the existence of God. Religion plays an important role in everyone's life because it can be a motive or factor for individuals or groups of people in fighting for the interests and actions of radicalism that cause division and conflict. In essence, human beings who adhere to a particular religion are guided by the teachings contained in the holy book of the religion they adhere to. Religion plays an important role in creating peace and conflict in society, but it cannot be denied that its adherents also play an active role in creating world peace by making religion a guideline and rule by teaching about good and bad deeds (Cotton et al., 2006; Bartkowski et al., 2008).

In addition, religion also teaches the basics of health sciences. Hinduism believes that humans are composed of 2 elements including physical and spiritual elements (Arifinsyah & Sofian, 2021). These two elements must be balanced and properly maintained. It is also stated that the purpose of humans being born is to do dharma and achieve moksha. Humans need a healthy physical and spiritual body as a means to be able to carry out activities to achieve these goals in life (Katon, 2003; Martin et al., 2000). Therefore, Hinduism also teaches the basics in the field of health as a guide for humans to take good care of their physical and spiritual bodies. In Hinduism, health knowledge is channeled through the Ayurveda. The medical science in the Ayurveda has been known for more than 5000 years and has spread in Chinese, Greek, Russian medicine to countries with high knowledge in the health sector. Even some of the traditional healing methods used by people today still refer to the Ayurveda, including in the pharmaceutical field. We can use the Ayurveda as a guide in studying medicine as it is also discussed in pharmaceutical science (Putri, 2018; Suamami et al., 2016).

Based on the explanation above, we are interested in conducting general research so that we can formulate the problem: What is the meaning of Ayurveda and pharmacy?, How is the implementation of the teachings of Ayurveda in the pharmaceutical field?, Why is Ayurveda used as a source of medical literature?, and What is the solution so that Ayurvedic medicine can be used as a basis for pharmaceutical medicine?. In this writing we use two methods, namely the observation method and the method of literature. The observation method is a method or technique of collecting data by making direct observations in the field and drawing general conclusions. Observations were also carried out in a way to collect relevant information and data according to the author's observations (Suatama, 2019; Wiryanatha, 2019). Observations were also made through various journals in order to obtain more accurate information. The Library Method is a data collection technique using a review of books, literature, records, and various reports related to the problem to be solved. The reason we use the literary method is that data sources are not only obtained from the field but by means of literature, besides that we want to find information by means of literacy

so that the information obtained is more accurate. This paper aims to gain more knowledge that comes from Ayurveda so that it can be utilized in the health sector, especially pharmacy.

Discussion

Definition of Ayurveda and Pharmacy

Ayurveda is composed of two words namely ayur which means life, and veda which means knowledge. If drawn a definition, in short Ayurveda means a science that studies life. The Ayurveda studies our bodies based on the principles of natural medicine (Cranor et al., 2003; Burns, 2008). The Book of Ayurveda is part of the upaveda based on the Book of Rg. Veda which contains 8 (eight) main teachings and all of them contain their own medical knowledge. Ayurveda is like using a division of the medical system of medicine. Further explained the eight main teachings contained in the Ayurveda book, namely:

- a) Kaya Chikitsa (synonymous with Internal Medicine / Internist);
- b) Shalakya Tantra (synonymous with ENT Medicine) but this Shalakya Tantra also includes dental & oral diseases;
- c) Vishagara-vairodha Tantra (identical to the use of toxicology, namely the science of poisoning the body), it also describes poisonous animals that often hurt, for example snake venom, insect bites, neurological effects based on poisons & techniques for counteracting poisons if they infect, for example, the effects of rabies from the bite of a rabid dog ;
- d) Kaumara Bhritya (synonymous with Pediatrics);
- e) Shalya Tantra (synonymous with Surgery);
- f) Bhuta Widyadisini (Identical use of Psychiatry & Psychology);
- g) Vajikarana (Science of the treatment of impotence in men);
- h) Rasayana is the science of eternal youth.

Pharmacy is the science that studies the manufacture, mixing, formulation, identification, combination, analysis and standardization/standardization of pharmaceutical preparations and medications, including the properties of pharmaceutical preparations and their distribution and safe use. Pharmacy in Greek is called pharmakon which means medicine or medicine (Catur & Maryanti, 2016). Therefore, the pharmaceutical profession is a profession related to the art and science of providing (classifying) natural and synthetic materials that can be used in the treatment and prevention of a disease. Pharmacy is a work that includes the manufacture including quality control of pharmaceutical preparations, security, procurement, storage and distribution or distribution of drugs, drug management, drug prescription services, drug information services, and drug development, drug ingredients and traditional medicine (Dash & Ramaswamy, 2006).

Implementation of Ayurveda in the pharmaceutical sector

Shirodhara is one of the ayurvedic systems of medicine that utilizes the use of herbal oils to create a calming sensation in patients with mental disorders with a therapeutic center around the head (ajna chakra). When a person experiences mental disorders such as anxiety, worry and stress the left brain will be more stimulated to think, in this case a person is in beta brain waves (12Hz - 25 Hz) these high waves stimulate the release of the hormones cortisol and norepinephrine which play a role in an angry mood. anxious and worried. Shirodhara therapy is done by regularly pouring oil on the forehead which can cause a decrease in brain waves to the relaxation stage, namely alpha brain waves where a person begins to enter the subconscious mind. That's when the brain will produce the hormone serotonin and endorphins which play a role in creating an atmosphere of happiness, calm and comfort. This causes more oxygen to flow to the brain which can help stabilize one's emotions (Cahyaningrum & Sudaryati, 2021).

In addition, Ayurveda contains methods of processing natural ingredients into medicine. Decocum is one of the medicinal processing methods listed in the Ayurveda which is still used in the field of fanaticism today. This method is usually used in the extraction method for medicinal plants containing active ingredients and heat resistance. Another example of the application of knowledge in Ayurveda is the use of gout leaves (*Plumhago zeylanica L.*) which have been used as formulations of Ayurvedic medicines to treat fever, digestive problems, colds, to skin problems such as leprosy, as well as several other nutritious plants, aloe. crocodile, noni, meniran, and others that can be used to treat various diseases.

Ayurveda as a source of literary systems of medicine

The concept of health according to Ayurveda is synonymous with the concept of health according to WHO which in 1947 was proclaimed as follows: "Health is a state of complete physical, mental, spiritual and social wellbeing and not merely the absence of disease or infirmity" (health is a complete condition includes physically, mentally, socially, spiritually healthy and not only free from disease and weakness). If you listen to these two concepts (Ayurveda and WHO), there will be a common understanding, namely that health is an optimal condition of physical (sthulasarira), mental, spiritual (suksmasarira) and social (hitayu) factors. The principles of Ayurvedic medicine state that there are five main elements for each individual. These elements include space, air, fire, water, and earth. The combination of these elements is responsible for directing the different forces in the body associated with movement, metabolism or growth. It was further explained that every human being is formed from three main energy forces called dosha. Dosha imbalance in the human body causes health problems. Overcoming this dosha imbalance, it is necessary to carry out a cleansing process called panchakarma as referred to in the Ayurveda. One of the slokas in the Ayurveda says;

"Without the destruction of the Dosha element, it is impossible for disease to arise. If the Dosha is not detected, further treatment should be carried out based on the symptoms."

This process includes blood purification, massage, medicine, herbs, and enemas or laxatives (Zinsstag et al., 2011; MacLennan et al., 2002). The Ayurvedic medical system existed before this world was created by prioritizing treatment using plants as natural products that are natural and holistic in nature. This principle can be utilized in the manufacture of herbal medicines in the pharmaceutical sector. Based on the Ayurveda, the community and personnel in the pharmaceutical sector can process medicinal plants (aushadi) into traditional medicinal preparations in accordance with the principle of "Back to nature".

Preservation of the Ayurvedic medicine system

The system of medicine based on Ayurveda is essentially a system of treatment by utilizing natural ingredients. In addition to preserving the culture and heritage of literary teachings, the Ayurvedic medicinal system can be used as an alternative to chemical treatment because it has fewer harmful side effects for the body because it uses natural ingredients and is processed according to the guidelines in Ayurveda which tends to utilize a more efficient processing system. traditional. Based on the Ayurveda, health workers can carry out further research in finding herbal medicines because the Ayurveda book also contains a list of medicinal plants, so that health workers, especially pharmacists, can use this (Jaiswal & Williams, 2017; Patwardhan & Mashelkar, 2009).

Conclusion

Ayurveda teaches the basics of health science so that humans can always keep their physical body healthy and their minds calm. So that it can achieve according to the objectives of the teachings of Hinduism. In Hinduism, this health science is outlined in the Ayurveda which is still used as a guideline in medicine in society, including in the pharmaceutical field. Science in the book of Ayurveda emphasizes treatment with natural ingredients so that in more detail it can be used in the manufacture of herbal medicines. The Shirodhara system of medicine in Ayurveda utilizes the use of herbal oils to create a calming sensation in mentally disturbed patients with a therapeutic center around the head (ajna chakra). We can also see the application of Ayurveda in the pharmaceutical field in the use of efficacious plants as herbal medicines which are currently in great demand by the public.

Suggestions

In order to preserve the medical system that is guided by Ayurveda, it is also hoped that the public will receive medical education based on Ayurveda.

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