



# INTERNATIONAL JOURNAL OF ADVANCE RESEARCH, IDEAS AND INNOVATIONS IN TECHNOLOGY

ISSN: 2454-132X

Impact Factor: 6.078

(Volume 9, Issue 2 - V9I2-1170)

Available online at: <https://www.ijariit.com>

## A comparative overview of Ayurveda and Homeopathy with special reference to efficiency and limitation

Dr. Ragini Bhardwaj

[raginibhardwaj143@gmail.com](mailto:raginibhardwaj143@gmail.com)

Lal Bahadur Shastri Mahila Ayurvedic College and Hospital, Bilaspur,  
Haryana

Prakash Mehta

[leopard13@outlook.com](mailto:leopard13@outlook.com)

Haryana State Biodiversity Board Panchkula,  
Haryana

### ABSTRACT

*This review article compares and contrasts Ayurveda and Homeopathy, two alternative systems of medicine that have been practiced for centuries. Ayurveda is an ancient Indian system of medicine that focuses on the balance between the mind, body, and spirit to promote overall health and wellness. Homeopathy, on the other hand, is a system of medicine developed in the late 18th century that uses highly diluted substances to stimulate the body's natural healing processes. The article presents a comprehensive review of the literature, discussing the efficiency and limitations of both Ayurveda and Homeopathy. While both systems have been found to be effective in treating various illnesses, Ayurvedic treatments can be time-consuming and require a significant lifestyle change, while Homeopathy has been criticized for its lack of scientific evidence to support its effectiveness. Therefore, patients should consult with a healthcare professional before choosing between Ayurveda and Homeopathy to ensure they receive the most appropriate treatment for their condition.*

**Keywords:** Ayurveda, Homeopathy

### 1. INTRODUCTION

Ayurveda and Homeopathy are two alternative systems of medicine that have been practiced for centuries. Ayurveda is an ancient Indian system of medicine that focuses on the balance between the mind, body, and spirit to promote overall health and wellness. Homeopathy, on the other hand, is a system of medicine developed in the late 18th century by German physician Samuel Hahnemann, which uses highly diluted substances to stimulate the body's natural healing processes. In this review article, we will compare and contrast Ayurveda and Homeopathy with special reference to their efficiency and limitations.

#### **Ayurveda**

Ayurveda is a traditional system of medicine that originated in India thousands of years ago. The word "Ayurveda" comes from the Sanskrit language and means "science of life" or "knowledge of longevity." Ayurveda focuses on promoting health and preventing illness through a holistic approach that incorporates various techniques such as diet, herbs, massage, meditation, and lifestyle changes. Ayurveda considers each person to be unique and recognizes that there are three main doshas or energies that govern a person's physical and mental characteristics: Vata, Pitta, and Kapha. Ayurvedic practitioners use this knowledge to create individualized treatment plans to restore balance and promote health. Ayurveda has gained popularity around the world and is often used as a complementary or alternative therapy. It is important to note that while Ayurveda can be beneficial, it is not a substitute for conventional medical treatment and should always be used in conjunction with appropriate medical care.

#### **Homeopathy**

Homeopathy is a holistic system of alternative medicine that was developed by Samuel Hahnemann in the late 18th century. It is based on the principle of "like cures like," which suggests that a substance that causes symptoms in a healthy person can be used to treat similar symptoms in a sick person. Homeopathic remedies are prepared by diluting natural substances such as plants, minerals, and animal products in water or alcohol. The dilution process is repeated multiple times, which is said to increase the potency of the remedy while reducing its toxicity. Homeopathy aims to stimulate the body's natural healing mechanisms and treat the underlying cause of the illness rather than just suppressing the symptoms. It is often used to treat a wide range of acute and chronic conditions, including allergies, asthma, eczema, arthritis, digestive disorders, and emotional problems. While some studies have suggested that homeopathy may have some benefits, others have found it to be no more effective than a placebo. As a result, it remains a

controversial and often debated form of alternative medicine.

## **2. METHODOLOGY**

A comprehensive review of the literature was conducted to gather information on Ayurveda and Homeopathy. The search was conducted using electronic databases such as PubMed, Google Scholar, and ScienceDirect. The keywords used in the search were Ayurveda, Homeopathy, efficiency, and limitations. The articles selected for this review were based on their relevance to the topic and the quality of the research conducted.

## **3. RESULTS**

Ayurveda and Homeopathy are both alternative systems of medicine that have been used to treat a wide range of illnesses. Ayurveda is a holistic system that focuses on balancing the mind, body, and spirit to promote overall health and wellness. Ayurvedic treatments include dietary changes, herbal remedies, yoga, and meditation. Homeopathy, on the other hand, is based on the principle of "like cures like" and uses highly diluted substances to stimulate the body's natural healing processes.

In terms of efficiency, Ayurveda and Homeopathy have both been found to be effective in treating various illnesses. Studies have shown that Ayurvedic treatments can be effective in the management of conditions such as asthma, diabetes, and arthritis. Homeopathy has also been found to be effective in the treatment of a wide range of illnesses, including allergies, asthma, and depression.

However, both Ayurveda and Homeopathy have limitations. Ayurvedic treatments can be time-consuming and require a significant lifestyle change, which can be challenging for some patients. Homeopathy, on the other hand, has been criticized for its lack of scientific evidence to support its effectiveness. The highly diluted substances used in Homeopathy have also been a subject of controversy, with some critics arguing that they are nothing more than placebos.

## **4. CONCLUSION**

In conclusion, Ayurveda and Homeopathy are both alternative systems of medicine that have their unique approaches to treating illnesses. Ayurveda focuses on balancing the mind, body, and spirit to promote overall health and wellness, while Homeopathy uses highly diluted substances to stimulate the body's natural healing processes. While both systems have been found to be effective in treating various illnesses, they also have limitations. Ayurvedic treatments can be time-consuming and require a significant lifestyle change, while Homeopathy has been criticized for its lack of scientific evidence to support its effectiveness. Therefore, patients should consult with a healthcare professional before choosing between Ayurveda and Homeopathy to ensure they receive the most appropriate treatment for their condition.

## **5. REFERENCES**

1. Sharma, H. (2011). Ayurvedic medicine for rheumatoid arthritis: rationale and clinical experience. *Journal of Ayurveda and Integrative Medicine*, 2(3), 111-113.
2. Mathie, R. T., & Clausen, J. (2014). Veterinary homeopathy: systematic review of medical conditions studied by randomized trials controlled by other than placebo. *BMC Veterinary Research*, 10(1), 1-10.
3. Ernst, E. (2002). A systematic review of systematic reviews of homeopathy. *British Journal of Clinical Pharmacology*, 54(6), 577-582.
4. Chopra, A., Doiphode, V. V., & Sathe, N. (2002). Ayurvedic medicine: core concept, therapeutic principles, and current relevance. *Medical Clinics of North America*, 86(1), 75-89.
5. Saper, R. B., Phillips, R. S., Sehgal, A., Khouri, N., Davis, R. B., Paquin, J., & Thuppil, V. (2008). Lead, mercury, and arsenic in US- and Indian-manufactured Ayurvedic medicines sold via the Internet. *JAMA*, 300(8), 915-923.
6. Ernst, E. (2006). Is homeopathy a clinically valuable approach? *Trends in Pharmacological Sciences*, 27(3), 118-123.
7. Khuda-Bukhsh, A. R. (2011). Towards understanding molecular mechanisms of action of homeopathic drugs: an overview. *Molecular and Cellular Biochemistry*, 354(1-2), 159-166.
8. Patwardhan, B. (2005). Ayurveda: the designer medicine. *Indian Journal of Medical Research*, 122(3), 195-198.
9. Bell, I. R., Boyer, N. N., & Homeopathy Committee of the American Institute of Homeopathy. (2003). Homeopathic practitioner views of changes in patients undergoing constitutional treatment for chronic disease. *Journal of Alternative & Complementary Medicine*, 9(1), 39-50.
10. Rastogi, S., & Pandey, M. M. (2017). *Raw materials of Ayurveda*. Springer.