



**Матеріали ІХ міжнародної
медико-фармацевтичної конференції
студентів і молодих вчених
(86-й щорічний науковий форум)**

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медико-фармацевтической
конференции
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AYURVEDIC WAYS TO TREAT LUNG DISORDERS

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Indian herbal medicine also known as Ayurvedic medicine and is the oldest organized system of medicine. Today we classify it as a complementary and alternative medicine but to Indians is known as the divine medicine due to its long history. Ayurvedic is grounded in the understanding that the universe and the body are composed of five great elements: Earth, Water, Fire, Air and Ether. Additionally Ayurveda stresses the importance of balance through three elemental energies. Everyone possesses these energies or doshas as they are known. These doshas are important because when they are balanced within the body, then you are healthy, but when they become imbalanced the body possesses diseases.

Curcumin – substance found in turmeric is an antioxidant that prevents inflammation. Thus helps it to prevent the growth of cancer cells, as well as kill the existing cancer cells. *Gynostemma pentaphyllum* – specifically it prevents the growth of cancer cells and increases immunity. Arjuna – Extract of *Terminalia Arjuna* tree bark that helps with lung cancer. The flavanoids present in the Arjuna bark have high antioxidant properties that kills the cancerous cells. *Ashwagandha* (Indian Ginseng) – rich in flavanoids, the anti-inflammatory, antioxidant, antitumor properties help prevent spread of cancer as well as kill cancer cells

to cure lung cancer. *Shatavari* (*Asparagus*) — this is rejuvenating and is used to strengthen the patient after standard treatments like chemotherapy.

The Ayurvedic treatment of chronic obstructive pulmonary disease is aimed at relieving the symptoms, slowing down the progress of the disease, improving exercise tolerance, preventing and treating complications and improving overall health. Medicines like *Sitopaladi-Churna*, *Talisadi-Churna*, *Yashtimadhuk* (*Glycyrrhiza glabra*), *Tulsi* (*Ocimum sanctum*), *Pippali* (*Piper longum*), *Som* (*Ephedra vulgaris*) *Kantakari* (*Solanum xanthocarpum*), *Kushtha* (*Alpimia galangal*), *Vasa* (*Adhatoda vasaka*) and *Behada* (*Terminalia bellerica*) are used to reduce cough and breathlessness. Medicines which act on the 'Rakta' dhatu (tissue) are useful in this condition. These include *Patol* (*Tricosanthe dioica*), *Kutki* (*Picrorrhiza kurroa*), *Saariva* (*Hemidesmus indicus*), *Patha* (*Cissampelos pareira*), *Musta* (*Cyperus rotundus*), *Triphala* (Three fruits) and *Nimba* (*Azadirachta indica*).

Common conditions that have found relief through herbal remedies include angina, arthritis, skin care, thyroid, urinary tract infections and many more. New products are coming out that help for additional problems such as smoking cessation, removing unwanted hair, and eliminating wrinkles.