

# Department of Kaya Chikitsa (General Medicine)

## Aligarh Ayurvedic Medical College & ACN Hospital

### OVERVIEW

#### Introduction:

The Department of Kayachikitsa (General Medicine) at Aligarh Ayurvedic Medical College & ACN Hospital is a thread which links with all the departments and specialties in the hospital. It is managed by an excellent and competent group of doctors including Consultant, medical officers and paramedical staff. Ayurveda is having holistic approach towards life mainly concerned with the treatment of body, mind and soul.

Kayachikitsa is the first branch of ashtang ayurved that deals with general medicine, where “kaya” means body and “chikitsa” means treatment. Kaya Chikitsa mainly deals with the diagnosis and treatment of a variety of general diseases, such as skin disorders, diabetes, tuberculosis, rheumatoid arthritis and many other disorders. Charaka Samhita is the most important scripture on Kayachikitsa. It discussed the basic principles of treatment, various types of therapies and purification or detoxification methods. According to this natural treatment, the body of a person is product of the constant psychosomatic interactions and diseases caused are due to the imbalance caused in the tridoshas of the body. This imbalance caused in the three doshas of vata-pitta-kapha is sometimes, caused by the mind and occasionally by the body's dhatu (tissues) and mala (toxin deposits). It is then that the Kayachikitsa branch of Ayurveda comes to assistance. Kayachikitsa is the branch of herbal and holistic medicine, which delves deep into ascertaining the root cause of the illness. The entire Ayurvedic therapeutics is based on the concept of Agni. The concept of Kaya (Agni) is unique and is responsible for bio- transformation. As it is known that energy can neither be created nor can it be destroyed. In human body, Kaya provides the necessary energy for all bodily activities. The energy provided is derived from the food we eat and the air we breathe. The biological system of the body transforms this energy to one, which is utilized by the cells.

Another unique aspect of kayachikitsa is Rasayana (Rejuvenation) and Vajikaran (Aphrodisiac) Rasayan chikitsa is useful for promotion of health and curing enhances the sexual vigour and useful to procreate an ideal Progeny. The role of mind in the causation and cure of diseases is well recognized in kayachikitsa, hence due importance is given to strict mental discipline and adherence to moral values. Curing the disease can be attained through shaman (pacification) and shodhana (purification/detoxification) chikitsa, shaman chikitsa pacify the morbid doshas, where as shodhan expels the accumulated doshas.

#### Vision:

- To produce globally competitive Ayurveda practitioners.
- Deals with fundamentals of treatment of diseases
- Learning the clinical skill for diagnosis and treatment modalities as per principles of Ayurveda.

- Students have to attend out patient department and indoor patient department for practical learning.
- Dispensing of medicine as per individual patients.
- Principles and practice of different diet and regimens.

#### **Mission:**

- To become centre of excellence by providing quality Education and Practical training of Ayurveda Medicine.
- Health for all.
- Upholding the Authentic Principles of Ayurveda in order propagate health of wellbeing worldwide.

#### **Available Facilities:**

- Highly educated, dedicated clinical staff.
- Well-equipped and well run OPD and IPD.
- Well-equipped Out Door Patient Department (**OPD**) and experienced Physician at Kayachikitsa Department is available.

#### **Treatment & Services:**

Ayurvedic & modern treatment for Different types of Arthritis, Spondylitis, all types of Skin Diseases, all types of Fever, Diabetes Mellitus, Hypertension, all types of Abdominal Disorders, all types of Respiratory Disorders, all types of Kidney Disorders and Others Lifestyle Counseling We provide not only therapeutic but also preventive care and counsel patients on basic lifestyle modifications to improve their quality of life.

#### **Specialities:**

- **Management of chronic diseases**

Like Diabetes Mellitus, Hemiplegia, Facial Paralysis, Hypertension, Frozen Shoulder Psoriasis, Eczema, Fungal Infection, Asthma, Renal calculi etc.

- **Management of patients with Rheumatic or Musculo-skeletal diseases**

Rheumatoid Arthritis, Osteoarthritis, Lumber & Cervical Spondylitis, Osteoarthritis of Shoulder joint.

- **Management of Infectious diseases**

Like Malaria, Typhoid, Herpes Zoster, Dengue fever, Influenza etc.

- **Environmental disease management**

Like chemical exposure, electrical injuries, dog bite, insect or Honey bee bite are treated in department of Kayachikitsa.

- If Panchakarma treatment is required facility is available.
- Separate section for Ayurvedic minor procedures like Agnikarma, Jaloukavcharan is available.
- The department is managed by Consultant (Physician) with the support of the hospital infrastructure including Modern laboratory, Electrocardiogram (ECG), X – Ray, Nebulisation facility is available.
- **An in-patient department or IPD** facility is available where patients are admitted for medical conditions that require appropriate care and attention.
- It comprises of separate Male and Female Wards with all facilities like Emergency drugs, 24 x 7 nursing care, medical officers are available.
- Special medical camps organized in rural areas.