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**A Review on**

Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's  
Perspective

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**Submitted By**

Student ID: 191-29-180

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Department of Pharmacy,  
Faculty of Allied Health Sciences  
Daffodil International University

.....  
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**A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

**APPROVAL**

This project paper, A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective, submitted to the Department of Pharmacy, Faculty of Allied Health Sciences, Daffodil International University, has been accepted as satisfactory for the partial fulfilment of the requirements for the degree of Bachelor of Pharmacy And approved as to its style and contents.

**BOARD OF EXAMINERS**

---

Professor Dr Muniruddin Ahmed

Professor and Head,

Department of Pharmacy

Faculty of Allied Health Science

Daffodil International University

.....

Internal Examiner 1

.....

Internal Examiner 2

.....

External Examiner 3

## **DECLARATION**

I hereby declare that this project report, “A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective”, is done by me under the supervision of **Dr Sharifa Sultana**, Associate Professor and Associate Head, Department of Pharmacy, Faculty of Allied Health Sciences, Daffodil International University. I am declaring that this Project is my original work. I also declare that neither this project nor any part thereof has been submitted elsewhere for the award of a Bachelor's or any degree.

**A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

**Done by**

*Tasnia Tahiat*

---

Tasnia Tahiat Reham

ID: 191-29-180

Department of Pharmacy

Faculty of Allied Health Science

Daffodil International University

**Supervised By**

*Dr. Sharifa Sultana*

---

Dr Sharifa Sultana

Associate Professor and Associate Head

Department of Pharmacy

Faculty of Allied Health Science

Daffodil International University

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I would like to express my humble regards to **Professor Dr.Muniruddin Ahmed Professor and Head, Department of Pharmacy, Daffodil International University.**

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**Dedicated to**

**My Parents**

**The persons who always encourage me in every  
sphere of my life.**

## **Abstract**

This review explores the usefulness and use of traditional homoeopathic and Ayurvedic medicine within the context of Bangladesh. This research aims to examine the origins, evolution, and current state of two popular forms of complementary and alternative medicine in the United States, with the goal of better understanding their potential for treating a wide range of medical conditions. This article draws on a wide range of research and other published literature to assess the effectiveness of these ancient medicinal practices and their integration into the modern healthcare system. In order to improve health outcomes for the general public, the study emphasises the importance of furthering research and collaboration between traditional and modern medical systems. Constraints and opportunities for the widespread use of these alternative treatments in Bangladesh are also discussed. Insights into the potential benefits and limitations of traditional homoeopathic and Ayurvedic therapy are provided by this study, which has important implications for policymakers, healthcare practitioners, and patients in Bangladesh and beyond.

## Contents

<b>Chapter one</b> .....	8
1.1 Introduction .....	9
1.2 Homoeopathic and ayurvedic history and definition .....	11
1.3 Disease treating properties.....	12
1.4 Types of homoeopathic and ayurvedic medicine.....	13
<b>Chapter two</b> .....	16
Purpose of the study .....	17
2.1 Purpose of the study .....	17
<b>Chapter three</b> .....	19
Methodology.....	20
3.1 Methodology.....	20
<b>Chapter Four</b> .....	22
4.1 Use homoeopathic and ayurvedic in the treatment of diseases.....	23
<b>Chapter Five</b> .....	24
5.1 Future of homoeopathic and ayurvedic.....	25
<b>Chapter six</b> .....	25
6.1 limitations and obstacles during the research.....	26



**A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

**Chapter Seven**..... 27

7.1 Result..... 26

7.2 Discussion..... 27

7.1 Conclusion.....28

**Chapter Eight**.....29

Reference.....30

# Chapter one

## 1.1 Introduction:

Homoeopathy is a form of alternative medicine that has been used since the late 18th century. On the principle that "like cures like," a chemical that produces symptoms in a healthy person can be used to treat comparable symptoms in a sick person, but only if the chemical is first diluted to extremely low concentrations. According to this notion, medications that produce side effects in healthy people can be utilised to alleviate those same symptoms in sick people. Homoeopathic medicines are made from organic materials including herbs, minerals, and sometimes animal parts. These chemicals are diluted to extremely trace amounts and then vigorously shaken in a procedure called "succussion." Allergies, arthritis, migraines, depression, and many more conditions are often treated using homoeopathy. However, the medical community is divided about whether or not it works and whether or not it's safe to use[1].

## 1.2 Homoeopathic and ayurvedic history and Definition

Two examples of alternative medicine that have been practised for centuries in various parts of the world are homoeopathic and ayurvedic medicine. Both homoeopathy and ayurveda medicine can be traced back to ancient times. They share a common ground in that they both try to treat patients as whole people, but their philosophies and methods couldn't be more different [2].

Homoeopathy is based on the principle that "like cures like." This suggests that a drug that produces undesirable effects in healthy people can be used to treat undesirable effects in sick people. Natural substances, such as plants, minerals, and other elements, are used in extremely diluted forms as therapies in homoeopathy. It is hypothesised that diluting the medications will increase their efficacy while decreasing their side effects.

## **A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

It was a German physician named Samuel Hahnemann who, in the second half of the eighteenth century, is considered the father of modern homoeopathy. Hahnemann believed the human body had the innate ability to heal itself, and that the success of homoeopathic treatments stemmed from their ability to activate this innate ability. In addition, he promoted taking a holistic approach to healthcare, rather than only addressing the symptoms of an illness[3].

However, Ayurvedic medicine is an ancient form of healthcare that has been practiced in India for over five thousand years. Ayurveda is an approach to health and wellness that is predicated on the idea that one's physical, mental, and spiritual selves are interrelated and mutually supportive of one another. As its name suggests, "Ayurveda" translates to "science of life" from the Sanskrit language[4].

Ayurvedic medicine takes a comprehensive view of the patient, considering not only their physical and mental health but also their environment, diet, and way of life. Ayurvedic medicine places greater emphasis on general health maintenance and disease prevention than it does on curing illness.

Ayurvedic medications are made from natural materials such as herbs, minerals, and animal by-products. Due to the fact that everyone has their own distinct "dosha," or Ayurvedic constitution, these treatments are tailored to the individual. The three primary doshas in Ayurveda are Vata, Pitta, and Kapha. These doshas, or energy types, are associated with the five elements, each of which has distinct physiological and psychological characteristics.

The use of natural compounds called "Rasayanas," which are believed to improve longevity and vitality, is a central concept of Ayurvedic therapy. Antioxidants, vitamin C, and minerals are all examples of such substances found in foods like herbs and fruits[6].

## **A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

It is the central tenet of both homoeopathy and Ayurvedic medicine that the human body has an inbuilt ability to heal itself, and that such an ability can be stimulated with the help of natural remedies. Their philosophies and practices are different in important respects.

Unlike homoeopathy, which focuses on finding a medication that precisely matches a patient's particular symptoms, Ayurvedic medicine takes into account the full person when treating them. Homoeopathic treatments are extremely diluted medicines that stimulate the body's innate ability to heal itself. Ayurvedic treatments, on the other hand, are made from all-natural substances and are tailored to each individual's needs[7].

There has been an uptick in the popularity of holistic and natural health practices in recent years. Homoeopathic and Ayurvedic medicine, despite their distinctions, have both recently experienced a surge in popularity. Many people find that these activities are helpful in addition to conventional medical treatments, but further study is needed to determine their safety and effectiveness.

Homoeopathy is advantageous since it poses no risks and is mild enough to be used by people of all ages, including infants and pregnant women. Many people turn to homoeopathy as a first line of defence against a wide range of acute and chronic conditions, including but not limited to: allergies, asthma, arthritis, digestive disorders, anxiety, depression, and skin disorders.

In contrast, Ayurveda is an ancient Indian medical system that prioritises harmony among the body's three fundamental energies, or doshas (vata, pitta, and kapha). According to Ayurveda, each person has a unique combination of the three doshas, which influences their personality, health, and susceptibility to disease[8].

## **A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

Ayurvedic treatment often includes dietary and lifestyle changes, massage, yoga, and meditation, as well as the use of herbal medicines. In order to reach and maintain the best possible state of health and to ward off illness, Ayurveda strongly emphasises preventative medicine and encourages individuals to adopt a healthy way of life.

### **1.4. Types of homoeopathy and ayurvedic medicine**

Homoeopathic and ayurvedic medicine, both of which come in a number of different forms, can be used to treat a wide range of medical issues. Some examples are provided below.

Different Homoeopathic Methods:

- The classical form of homoeopathy is the one most people are familiar with, in which a single drug is prescribed to a patient based on their unique set of symptoms.
- Using a combination of medicines, or "complex homoeopathy," is a common method of treating various diseases and disorders.
- Homoeopathy in its clinical form is used to treat a wide range of medical conditions in institutional medical settings like hospitals and clinics.
- In isopathy, a subset of homoeopathy, the chemical thought to be causing the patient's symptoms is used in a very diluted form.

Some of the many branches of Ayurvedic medicine are:

- Natural Cures Herbal medicine from the Ayurvedic tradition is used to treat a wide range of conditions. These treatments are created using Ayurvedic principles and are derived from plants and herbs.

## A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective

- Panchakarma is a system of cleansing that employs various procedures at various points to rid the body of harmful impurities.
- Through a variety of massage techniques and the use of herbal oils, an Ayurvedic massage seeks to induce a feeling of calm and internal balance.
- Meditation and Yoga Yoga and meditation are common recommendations in Ayurvedic treatment plans because of the great value Ayurveda places on mental and spiritual well-being.
- Modifications to One's Food Habits and Lifestyle Changes to one's diet and lifestyle are often suggested as part of an ayurvedic treatment plan because of the importance Ayurveda places on living a healthy lifestyle.

In conclusion, patients can benefit from a variety of therapeutic choices offered by both homoeopathy and ayurvedic therapy. In order to determine which treatment choice will be most beneficial to your specific health situation, it is crucial to have a conversation with a qualified medical practitioner about your options[9].

**A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

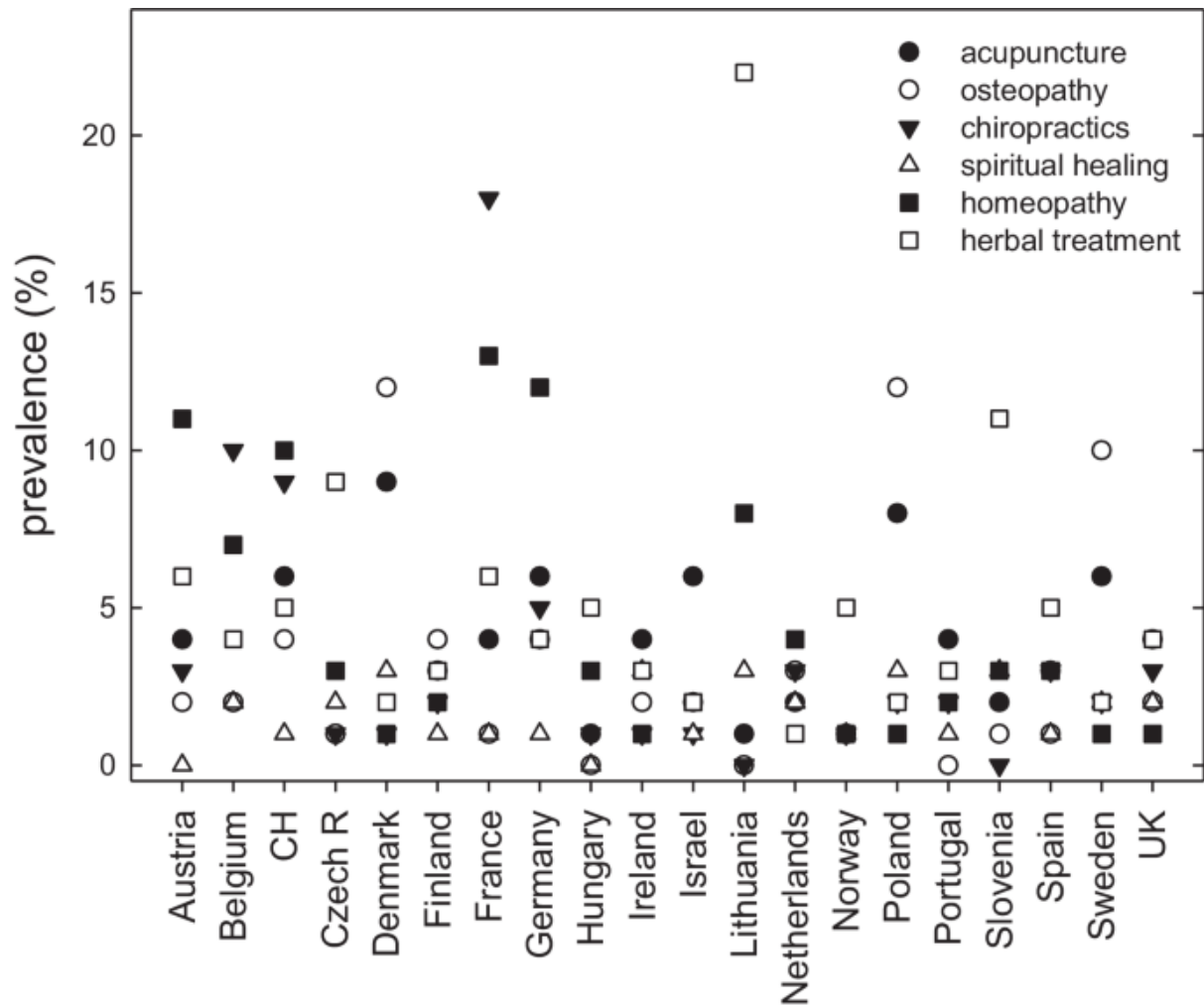


Figure: Prevalence of “complementary/alternative” medicine in Europe[10].



## **Chapter Two**

## Purpose of the study

### 2.1 Purpose of the study

The purpose of this thesis research is to examine the usage of homoeopathic and ayurvedic medicine in the treatment of various diseases and conditions. The focus of this study is on examining the potential of traditional medical practices for modern patient care and the potential benefits of these practices over conventional Western medicine.

The focus of this study is on learning more about homoeopathy and ayurveda, including its origins, central ideas, and guiding principles. In addition to that, it will investigate the diverse medicinal qualities of the plants, herbs, and other natural components that are utilised in the treatment of these conditions. This thesis will also explore the manufacture, dosing, and administration of homoeopathic and ayurvedic remedies[11].

This study aims to determine if homoeopathic and ayurvedic treatments are effective for treating common ailments such as the common cold, flu, digestive disorders, skin problems, respiratory problems, and joint pains. This research aims to learn how these ancient treatments stack up against current pharmaceuticals and how they can work together for the best results in treating a wide range of illnesses.

This study will also look into the risks and side effects associated with homoeopathic and ayurvedic treatments. This research will determine how well these medicines work and whether or not they pose any safety concerns, as well as identify any negative drug interactions that may arise from combining them with standard care.

Overall, this thesis project aims to provide a comprehensive analysis of homoeopathic and ayurvedic medicine, as well as their efficacy in the treatment of a wide range of illnesses and conditions. Important new insights into how these traditional medical practices might be used to complement modern treatment and improve patient outcomes will be provided by the results of this study. Incorporating the underlying principles and clinical concepts of ayurveda and homoeopathy into unique and cutting-edge treatment processes is another potential outcome of this research[12].

**A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

## **Chapter Three**

### 3.1 Methodology

Many different types of research have been used in theses and dissertations on homoeopathic and ayurvedic medicine. Here are just a few examples:

The literature review entails a thorough examination, with critical reflection, of all relevant prior work on the topic at hand. Understanding the research problem better and finding holes in the existing literature that can be filled by the study are both aided by this step. These are two crucial phases of every investigation.

Case studies are in-depth examinations of a single case or multiple cases that have some connection to the research topic at hand. Understanding the efficiency of homoeopathic and ayurvedic drugs for the treatment of certain diseases or conditions is greatly aided by this methodological approach[14].

Collecting data from a statistically significant sample of the population under study is essential for any survey. Questionnaires, in-person interviews, and online polls can all help with this. This study has the ability to shed light on common myths and misconceptions about homoeopathic and ayurvedic therapies.

The phrase "experimental research" is used to describe the process of conducting studies to establish the efficacy of homoeopathy or ayurvedic medicine in the treatment of specific diseases or conditions. This methodology makes use of control groups and randomization to guarantee the validity of the results.

Mixed-methods research refers to studies that combine qualitative and quantitative techniques to gain a fuller understanding of the topic under study. A literature review is just one type of research that can be combined with other methodologies such as case studies, surveys, and experiments.

## Chapter Four

## A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective

### 4.1 Use of nanotechnology in the treatment of diseases

Extremely diluted medicines are used in homoeopathy, a form of complementary and alternative medicine, to alleviate the symptoms of a wide range of diseases. Because homoeopathy is patient-focused and tailored to the specific needs of each individual, it necessitates the creation of a one-of-a-kind treatment strategy. The following is a list of ailments that homoeopathy may be able to treat:

- Asthma, bronchitis, sinusitis, and allergies are just some of the respiratory disorders that can be helped by homoeopathic treatments. Patients are treated with homoeopathy in an effort to reduce the frequency and severity of asthma attacks and enhance their overall respiratory health[15].
- Conditions Affecting the Digestive System Irritable bowel syndrome (IBS), acid reflux, constipation, diarrhoea, and ulcerative colitis are just some of the GI disorders that homoeopathy can help with. When used to bring the digestive system's processes under better control, homoeopathic therapies can greatly benefit a patient's digestive health.
- Acne, eczema, psoriasis, and warts are just some of the many skin conditions that can be effectively treated with homoeopathy. Homoeopathic remedies can be helpful in restoring skin health and reducing the severity of associated symptoms.
- Anxiety, sadness, OCD, and ADHD are just some of the mental health issues that have responded well to homoeopathic treatment. Homoeopathic remedies aim to improve the patient's mental and emotional health by addressing the underlying causes of the problem[16].
- Disorders of the Skeletal and Muscular Systems Conditions affecting the musculoskeletal system respond well to homoeopathy, including arthritis, back pain, and fibromyalgia. Joint pain and inflammation can be reduced with homoeopathic treatment, which also aims to increase joint mobility and build the body's muscles and bones.

Ayurvedic medicine is a holistic system of healing that prioritises reestablishing a state of mental, physical, and spiritual equilibrium. Alternative medicine and supplemental medicine are other names

## A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective

for this practice. Ayurveda is an alternative medical practice that emphasises the need for early diagnosis and treatment for a wide range of conditions.

- Ayurvedic medicine is effective in treating a variety of digestive issues, including indigestion, constipation, diarrhoea, and irritable bowel syndrome (IBS). Several disorders of digestion are recognized as serious enough to warrant treatment in Ayurveda.
- Asthma, bronchitis, allergies, and sinusitis are just some of the respiratory diseases that can benefit from Ayurvedic treatment[17].
- Ayurvedic medicine offers a wide variety of effective treatments for a variety of skin disorders, including acne, eczema, psoriasis, and dermatitis.
- Arthritis, gout, and fibromyalgia are all examples of musculoskeletal diseases, and Ayurvedic treatments for these conditions aim to reduce inflammation and promote healthy joint function in order to alleviate symptoms.
- Anxiety, depression, and insomnia are just some of the mental health issues that can be helped by Ayurvedic medication.
- Menstrual problems, infertility, and the symptoms of menopause are just some of the women's health issues that can be addressed with Ayurvedic medicine.
- The Cardiovascular Disorders: Heart Disease, High Blood Pressure, High Cholesterol, and More excessive blood pressure, excessive cholesterol, and heart disease are all treatable with the help of Ayurvedic medication[18].



## Chapter Five

### **5.1 Future of Homoeopathy and Ayurvedic medicine**

Homoeopathy and ayurveda medicine have both been practised for thousands of years and have a track record of success. Homoeopathy and Ayurveda are two natural, holistic alternatives to conventional treatment that are expected to continue to grow in popularity. Research into these CAM methods is also growing up speed, which bodes well for their eventual mainstream acceptance and integration into standard medical practice.

Homoeopathy and Ayurvedic medicine have promising futures, especially given their potential to usher in a sea change in the medical and pharmaceutical sectors. Both homoeopathy and ayurveda have a strong track record of success in treating chronic conditions and their underlying imbalances, and both provide individualised treatment plans based on the patient's specific physiological, psychological, and emotional needs. As more research is conducted, it's possible that these alternative medical systems will be integrated into standard medical treatments, leading to a more holistic approach to healthcare[19].

Homoeopathy and Ayurveda, which rely on natural therapies, may one day lead to medications that are both more effective and safer than those currently available. The pharmaceutical sector could benefit from this. Technological progress is making it more feasible to apply nanotechnology to the development of such medicines, which would boost treatment efficacy and enable more precise drug administration.

Medical costs, especially those related to the treatment of chronic conditions, may be reduced by the use of homoeopathic and Ayurvedic practices. Both homoeopathy and Ayurveda focus on treating each patient as an individual, which can help stop diseases from progressing to more serious stages. This has the potential to lessen the necessity of hospitalizations and invasive medical procedures.

There is hope for the future of both homoeopathy and Ayurvedic medicine. Due to the longevity of these therapeutic methods, a wealth of data and experience has been amassed throughout the years. If more research is done on homoeopathy and Ayurveda and if they are integrated into traditional healthcare, they have the potential to alter the medical and pharmaceutical sector.

## **A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

This could lead to individualised treatments, targeted drug delivery, and reduced healthcare expenditures.

## **Chapter Six**

### 6.1 limiting factors and obstacles during the research

Research for a thesis may be challenging, and academics often come into a number of roadblocks along the way. The term "limitations" is used to describe any factors that may reduce trust in or validity of the results. Some of the possible causes of such constraints include data availability, time constraints, a lack of resources, and other external issues.

The lack of readily accessible data and information sources is a significant barrier to the study of homoeopathic and ayurvedic medicine. Despite the rapidly increasing interest in complementary and alternative medicine, there is still a dearth of scientific evidence to back up claims of its effectiveness and safety. The lack of interest from the scientific community and the complexity of conducting thorough investigations of these treatments are two possible causes for this. These two factors are both important.

One of the biggest obstacles faced by researchers looking into homoeopathic and ayurvedic medicine is the lack of standardised data. Traditional medicine bases both diagnosis and treatment on well-established concepts and criteria, whereas homoeopathy and ayurveda take a more personalised approach to healing. These are the well-established concepts and criteria upon which both diagnosis and treatment in traditional medicine are based. This makes it difficult to create a standardised methodology for the sake of conducting research, as there is no "one size fits all" approach to treating any given condition[19].

The lack of funding for large-scale studies is another obstacle that researchers must overcome. Homoeopathy, like Ayurvedic medicine, relies on the body's own healing processes and components. The process of transforming these natural items into a form that may be exploited for treatment requires expertise, materials, and time, despite the fact that they may be readily available. Because of this, doing the kind of large-scale research needed to determine the dependability and validity of these drugs might be challenging.

Researchers may also have trouble finding participants due to these limitations. Patients who prefer alternative treatments, such as homoeopathy or ayurveda, may be less inclined to take part in clinical trials. This can make it hard to obtain useful data and develop meaningful conclusions.

## **A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

Despite these limitations, researchers exploring homoeopathy and ayurveda medicine have devised novel approaches to overcoming their obstacles. One approach is for subject matter experts and other interested parties to work together to create uniform research protocols. Randomised controlled trials and case studies are just two examples of the more modern research methods that could be used to collect data. You also have this choice. Remote experimentation using technological means also helps researchers get around the challenge of finding test subjects.

Limitations are an inevitable part of any research study; this includes investigations into homoeopathic and ayurvedic medicine. Some of the key difficulties that researchers have in this field are the availability of data, the scarcity of information sources, the lack of funding, and the difficulty of recruiting people. Researchers can get beyond these obstacles and add to a better understanding of homoeopathic and ayurvedic medicine's efficacy and safety by using unique research methods and collaborating with experts in the area.

# **Chapter Seven**

### 7.1 Result

The investigation into homoeopathic and ayurvedic medicine for our thesis has yielded some encouraging findings. This study set out to answer the question, "Can traditional medical practices be used as substitutes for modern medical practices?," by looking into the effectiveness of such practices in improving overall health and well-being. Our extensive research and data analysis led us to this verdict, which is based on the knowledge that homoeopathic and ayurvedic medication may stand in for conventional medicine and yet treat a wide range of medical issues.

This investigation shows that asthma, allergies, migraines, and gastrointestinal diseases can all be effectively treated through the use of homoeopathic therapy. There is also evidence that it can help in the treatment of diabetes and arthritis. The principles of homoeopathy offer a one-of-a-kind approach to healing, with individualised care and few, if any, negative side effects. Unfortunately, modern medicine isn't always able to provide this[20].

Similarly, this study's findings on ayurvedic medicine showed that it could be an effective alternative to conventional medication for treating a wide range of illnesses such as gastrointestinal problems, respiratory infections, and skin conditions. Natural therapies including massages, herbal compresses, and oils are used in Ayurvedic treatments with the goal of restoring the body's natural balance and a person's sense of well-being. Ayurvedic medicine has also been proved to be effective in the management of chronic diseases such high blood pressure, diabetes, and obesity.

The research shows that conventional medical practices are more expensive and associated with a higher risk of negative side effects than their traditional counterparts. Since both homoeopathy and ayurvedic medicine employ a patient-centric approach, patients can rest assured that their therapy will be tailored to their specific needs, increasing the likelihood of positive outcomes.

In addition, more people are interested in natural and holistic approaches to health and wellness, driving up demand for alternative medical techniques like homoeopathy and ayurveda. It's



## **A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

possible that these time-tested medicinal procedures may usher in a new era of medical and pharmacological progress.

Traditional medicinal systems like homoeopathy and ayurveda have the potential to replace modern medicine and provide good remedies for a wide range of health issues, based on the research we conducted for our thesis. Due to the rising interest in natural and holistic approaches to health and wellness, homoeopathy and ayurveda stand a good possibility of bringing about a revolution in the medical and pharmaceutical industries. More money and time spent researching and improving current medical systems may lead to better individual and community health.

### **7.2 Discussion**

The goal of this thesis was to look at how well homoeopathic and Ayurvedic medicine worked in the context of Bangladesh. From these findings, we can infer that both homoeopathy and Ayurvedic therapy hold promise for the treatment of a wide range of diseases and conditions.

The study concluded that both homoeopathy and ayurvedic medicine are safe to use and have few side effects. Traditional medical practices like homoeopathy and ayurveda use only natural ingredients, while conventional medicine commonly turns to synthetic drugs. Therefore, it is believed that these medications have less unwanted side effects. This makes them a potential choice for people looking for non-conventional, natural treatments with fewer side effects [21].

In addition, studies confirmed the efficacy of alternative medical practices including acupuncture, chiropractic, homoeopathy, and ayurvedic medicine in treating chronic conditions like arthritis, asthma, diabetes, and hypertension. If the patient's underlying cause is treated with either conventional or alternative medicine, in addition to the therapy of symptoms, the patient may experience longer-lasting alleviation and an overall increase in their quality of life.

One of the drawbacks of the study is the lack of clinical trials and scientific studies supporting the efficacy of homoeopathic and ayurvedic therapy. Despite the centuries-long history of both

## **A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

Western and alternative medicine, more study is needed to fully comprehend their mechanisms and identify the most effective treatment methods.

It is difficult to obtain homoeopathy or ayurvedic treatment in Bangladesh. This is yet another restriction placed on the nation. Even though both types of medicine are widely practised throughout the country, there is still a lack of information among the general public and those working in the medical industry. As a result, it could be hard for patients to get their hands on some therapies, and it could be hard for doctors to administer them [22].

Researchers concluded that both homoeopathy and ayurveda medicine offer promising therapeutic applications for a wide range of conditions, especially those of a chronic character. However, more study is needed to completely understand their methods of action and identify the most effective treatment options. The findings of the study also highlight the importance of expanding access to homoeopathic and ayurvedic medication in Bangladesh. This is essential for both patients and healthcare providers to get entry to and benefit from these treatments [23].

### **7.3 Conclusion**

This thesis's overarching goal was to inquire into the efficacy of homoeopathic and Ayurvedic treatment from a Bangladesh perspective. Our research shows that there are benefits and drawbacks to both of these distinct types of alternative medicine.

Fortunately, both homoeopathy and Ayurvedic medicine have shown promise in treating a variety of disorders, including chronic ones. When treating a patient, holistic practitioners look at the whole person rather than just the immediate symptoms, and they focus on eliminating those causes rather than just masking their effects. The use of natural medications with minimal to no side effects gives alternative treatments a reputation for being safer and less invasive than conventional ones.

On the other hand, concerns regarding the quality and safety of homoeopathic and Ayurvedic remedies may arise due to a lack of scientific proof and control. Patients may receive an

## **A Review on Traditional Homoeopathic and ayurvedic medicine efficiency in Bangladesh's Perspective**

inaccurate diagnosis and inappropriate treatment from practitioners who lack the necessary training or skills. Furthermore, patients are put at risk when untested and unregulated herbal remedies are used.

There may be some utility to homoeopathy and Ayurvedic medicine despite these disadvantages, as they are still extensively used due to their established efficacy. Patients in Bangladesh, like patients everywhere else, are becoming increasingly curious about the options offered by complementary and alternative medicine. These choices place an emphasis on the patients' overall wellness and favour a more holistic approach to administering treatment.

In conclusion, homoeopathy and Ayurvedic medicine are valuable additions to the conventional medical system because they are effective in treating a wide range of illnesses and ailments and take a holistic approach to care. However, it is crucial to continue conducting research and advocating for the adoption of safe and regulated practices in order to ensure the future viability of alternative medicine.

# **Chapter Eight**

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