



The Abstract Proceedings

TWO-DAY INTERNATIONAL WEBINAR ON 'HISTORY OF SCIENCE'

Organized by

Department of Chemistry

SHRI SHIKSHAYATAN COLLEGE, Kolkata

&

**INSTITUTE OF SCIENCE,
EDUCATION AND CULTURE**

in collaboration with

INDIAN CHEMICAL SOCIETY

held on

27th and 28th July, 2020

at

10:30am-12:30pm and 1:00pm-3:00pm

Published by

INSTITUTE OF SCIENCE, EDUCATION AND CULTURE

Kolkata



Published by

INSTITUTE OF SCIENCE, EDUCATION AND CULTURE

ISEC House, Dr. Murali Mohan Biswas Bhavan,
42-B, Syed Amir Ali Avenue, Kolkata 700 017

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ISBN: 978-93-81042-00-7

Paperback edition first published: 2020

Price : ₹ 150.00

Layout & Design

Debraj Gayen, 7980155199

Printed at

Sarat Impressions Pvt. Ltd.
Kolkata

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International Webinar on
History of Science
July 27-28, 2020

Department of Chemistry, Shri Shikshayatan College
Institute of Science, Education and Culture
Indian Chemical Society

ARTICLE ID : 3

Looking Back at Ayurveda in Ancient India and Reemergence of it in Modern India

| Agnita Kundu[†]

ABSTRACT

India is the birthplace of the Medical system called Ayurveda. Ayurveda studies the intrinsic system of human body and its connection to nature. It uses natural herbs, spices to treat the ailments of the human body. It was the main form of treatment available in India for a long time. As a result of foreign invasion and British Colonialism Ayurveda lost its place as the mainstream medicinal practice. During 19th century, it made a revival in South India and Bengal. In 1995, Government of India created Department of Indian System of Medicine and Homeopathy, which later was renamed as AYUSH to promote the indigenous medical practices of India, including Ayurveda. With the catastrophe of COVID-19 striking people, India with its huge and diverse population and limited medical infrastructure is facing a difficult time. Government of India has been promoting the immunity boosting powers of Ayurveda to prevent the spread of the disease. There are several clinical trials ongoing in different laboratories for a possible cure for COVID-19 using Ayurvedic medicines. However, there are many misconceptions and misrepresentations of the Ayurveda in the public perception that need to be addressed. The recent limelight on Ayurveda can be used to regain the respect and interest in this medical system that it deserves.

Keywords: Ayurveda, ancient India, reemergence, modern India, Ayush, COVID-19.

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