

Ancient wisdom and working the grassroots secure medical progress

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Introduction

The peoples from all over the world follow systematic modern medicines. Hippocrates is the one who discovered modern medicine. He is known as the popular father of modern medicine. As even though Modern medicines cure diseases it also has side effects and impacts on the health of the human being. Modern medicines play a very important role in everyone's life. But, due to modern medicine and its impact everyone forgets about the ancient wisdom medicines.

Explanation

Modern medicines have more impact on humans. Modern medicines are loved and liked by all age group peoples because of decreasing pain, reducing the stress, decrease the death rate, and control and reduce the disability with modern equipment and techniques. But everyone in the world forgot about their ancient medical practice. Ancient medicines use only the natural ingredients obtained from plants. But modern medicines are synthesized by many chemicals. Using modern medicines regularly can have more side-effects in human's life.

Modern medicine has more significant in human's life. Modern medicine with the help of technology changes the patterns of human life. Modern medicine helps humans to live a long-life span. the other disadvantage of modern medicine is the preparation of new vaccines against various diseases. The vaccines are tested on various animals leads to the death of the animals. Modern medicine alters the lifestyle of a human being. But the world has no option to adapt to the changing conditions. But the peoples are advised to use even ancient medicine and also modern medicine.

This article speaks more about the uses of ancient medicine. The knowledge of many

diseases can be cured with the ancient medicine. The grassroots of secure medical progress. The article explains about the ancient medical practice and creates an awareness and benefits present in the medicines obtained from ancient times. Different countries follow various ancient methods to treat patients. Some of the famous ancient medicine practicing countries are Roman, Egyptian, Greece, and Indian. The various history of ancient medicine tells about the uses of the different medicinal plants and herbs.

The ancient medicines followed by Romans used to combine holistic medicines with their physical techniques. The ancient Indian medicine is popularly known as Ayurveda. The modern medicine developed in the times of ancient Greek medicine. The most popular ancient medicines are ayurvedic and roman medicines.

Many diseases can be cured using medical progress in ancient medicines. Nature helps us with varieties of ayurvedic plants that have numerous benefits to humans. The ancient medicines can reduce the sugar level, blood pressure, skin problems, arthritis, and many more diseases. Even ancient medicine has the power to stabilize the person's mental illness. With proper diet and with the help of ancient medicines the person can completely cure various diseases.

Ancient medicine has the ability to cure even Parkinson's disease. Parkinson's disease attacks the central nervous system. with the help of ancient progress herbs such as Bacopa, turmeric has played an important role in treating this disease in ayurvedic medicine. Turmeric is a valuable food product with a lot of medical benefits. Curcumin is the product extracted from turmeric that has an impact on this disease.

Medicinal plants play a significant role in ancient medicine. The plant has the ability to

synthesize and produce various alkaloids and chemical constituents that help to treat diseases is known as the medicinal plant. There are more than a hundred medicinal plants have been used in the treatment of ancient medicine.

Various plants and herbs have been utilized in ancient medicine. Some of the plants have medicinal properties are *Canthanthus roseus*, Aloe vera, basil, Mint, Plantain, and *Urtica dioica*. These plants have an impact on ancient medicine. The leaves of the *Canthanthus roseus* have pharmacological activities such as antibacterial activity, anti-inflammatory activity, antidiabetic activity, antihelminthic activity, anti-ulcer activity, cardiovascular activity, and wound healing activity.

All human beings present in the world uses and praises modern medicine and its uses. But the people forget the benefits provided in ancient medicine. Modern medicine is also useful to humans but it can also have a high impact on health. But the ancient medicines followed by many countries like Greece, Rome, India, and Egypt doesn't have any side effects on the health of the human.

The drawback of using modern medicines is the side effects of the chemicals used in medicine. The most common side-effect by using a lot of modern medicine can affect the gastrointestinal system. Although modern medicine is considered as evidence-based medicine. Modern medicine can able to cure the disease in a short span of time using chemicals and its constituents. The ancient medicine is known as observation medicine. Even though ancient medicine takes a long duration to cure the disease. The ancient medicines are safe to use and don't have any side effects. The ancient medicine good for health than considering modern medicine. The other major difference between ancient medicine and modern medicine. modern medicine are prepared in the laboratory using various chemicals. Ancient medicine is obtained from natural sources such as plants and herbs.

Results

Modern medicine has crossed almost every boundary we imagined being eternal mere years ago. However, basic principles of preserving patient health and of regaining it, unfortunately, seem to have been forgotten or - even worse - ignored. Give more importance to ancient medicine than considering modern medicine. But the world has no option to adapt to the changing conditions. But the peoples are advised to use even ancient medicine and also modern medicine