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## TRADITIONAL MEDICINE: ROLE IN HEALTHCARE PRACTICE

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### Abstract

India has a long history of medicine. The Indian systems of medicine are one among the well-known global traditional systems of medicines. It is based on various systems including Ayurveda, Siddha, Unani and Yoga, Naturopathy and Homeopathy. Each of these are unique in nature having a common thread in their basic principles and practices. These traditional systems of medicine always play an important role in providing primary health care needs globally to a large section of the population. They are still continuing to do so at present and might be so in the future too.

**Keywords:** Medicine, India, Traditional system, Ayurveda, Siddha, Unani

### Introduction

India is a unique country of great cultural and social plurality. In different places people talk in different languages and practice different traditions, customs and religion. This diversity is also visible in the practice of medicine and its acceptance by the people. India has a rich tradition of medicinal wisdom. The Indian system of medicine originated in India as well as from other countries. Traditional Indian medicine is one of the oldest medicinal sciences in the world. Traditional medicines as defined by the World Health Organisation is the sum total of the knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures, whether explicable or not used in the maintenance as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness.