

KAYA CHIKITSA (GENERAL MEDICINE)

Kayachikitsa is a branch of **Ayurveda** which has **Multi-Systemic Approach**. As the definition of **Kayachikitsa** goes it is a branch which treat various diseases of '**Kaya**'(body) like **Jwara, Raktapitta, Shosha, Unmada, Apasmara, Kushta, Prameha, Atisara** etc.

The routine examination, investigation, diagnosis and treatment of the disease related to the following body systems are treated here:

- **MANAGEMENT OF PSYCHIATRIC DISORDERS:** Epilepsy, Stress, Anxiety, depression, schizophrenia, sleeplessness, Alcohol and Drug abuse, behavioural disorders, Senile disorders.
- **MANAGEMENT OF STRESS RELATED DISORDERS:** Insomnia, Irritable bowel syndrome, Depression etc.
- **MANAGEMENT OF HEPATOBILIARY DISORDERS:** Jaundice, Liver Cirrhosis, Ascites, Hepatitis etc.
- **MANAGEMENT OF GASTROINTESTINAL AND GENITO-URINARY DISORDERS:** Hyperacidity, Constipation, Flatulence, Indigestion, Dysentery, Malabsorption, Food allergies, Renal calculi, etc.
- **MANAGEMENT OF RESPIRATORY DISORDERS:** COPD, Bronchial Asthma, Emphysema, Pneumonia etc.
- **MANAGEMENT OF NEUROLOGICAL AND MUSCULOSKELETAL DISORDERS:** Paralysis, Bell's Palsy, Osteoarthritis, Spondylosis, Slip Disc, Backache, Joint pain etc.
- **MANAGEMENT OF LIFE STYLE DISORDERS:** Diabetes Mellitus, Hypertension, Obesity, Cardiac diseases, Hyper lipidaemia etc.
- **MANAGEMENT OF SKIN DISORDERS:** Psoriasis, Atopic dermatitis, Eczema, Urticaria etc.
- **MANAGEMENT OF SEXUAL DISORDERS:** Erectile dysfunction, male Infertility, Azoospermia etc.

Another unique aspect of **Kayachikitsa** is **Rasayana, Vajikarana and Manas Roga**. **Rasayana** and **Vajikaran Chikitsa** are useful for the promotion of health, regresses aging and it enhances the sexual vigor of a person. **Manas Roga** is another branch of **Kayachikitsa** which deals with the role of the mind in the causation and cure of diseases. Here importance is given to strict mental discipline and adherence to moral values in the branch. Other than treating the above cases medical camps on specific disease are conducted by this department.