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### Specialized treatment methods in ayurveda as probiotic

Charaka, Sushruta and Vagbhata Samhita-texts are the fundamental trinity for explanation of deep knowledge regarding various aspects of preventing diseases and illustration of various treatments for various disease conditions in 5000 BC. Ayurveda explains Ashtanga Ayurveda- eight pillars of different specialties of treatment for different types of ailments. These are kaya chikitsa- medicinal treatment, Bala chikitsa - pediatrics, Graha chikitsa - Psycho- somatic diseases, Urdhvaanga chikitsa - (Shalakyas) - diseases pertaining to ear, nose, throat, mouth, eye, Shalya chikitsa - surgical treatments/surgeries, Danshtra-toxicology, Jara chikitsa - geriatrics and Vrisha chikitsa - science of aphrodisiacs. Basic texts of Ayurveda elucidate various types of treatments such as Shamana- medicinal treatment, shodhana-Panchakarma-body cleansing treatments along with some specialized treatments such as, Kshara sutra treatment, Agnikarma- Heat therapy- cauterization, Jaluka treatment- leech therapy, Vrana chikitsa- wound management and Shalya chikitsa – surgeries and fracture management. In this paper various examples of therapies of Ayurveda like Rejuvenation, Panchakarma, Pottalli pindasweda, Agnikarma, Ksharasutra, Ksharkarma, jaloukavacharana, Viddha chikitsa etc. will be presented with their role in prevention and management of various diseases. Also, probiotic effect of this therapies as well as Seasonal regimen (Ritucharya).

### Biography

Shriniwas Narsingrao Gujarwar is working as Professor and Head of Dept. of Shalyatantra (Surgery) under department of AYUSH, Govt. of Haryana at Shri Krishna Govt. Ayurved College, Kurukshetra, Haryana. He is having 20 years of Academic and Clinical experience in the field of Ayurveda. He has completed her graduation and post-graduation in Ayurveda from Dr. Babasaheb Ambedkar University, Aurangabad, Maharashtra state with specialization in Shalyatantra. Dr. Shriniwas is received Award - Prestigious SUSHRUTA- 2016 Award is honoured by Association of Ayurvedic Professionals of North America (AAPNA), USA for Excellence in Ayurveda Shalyatantra (surgery) practice and teaching.

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