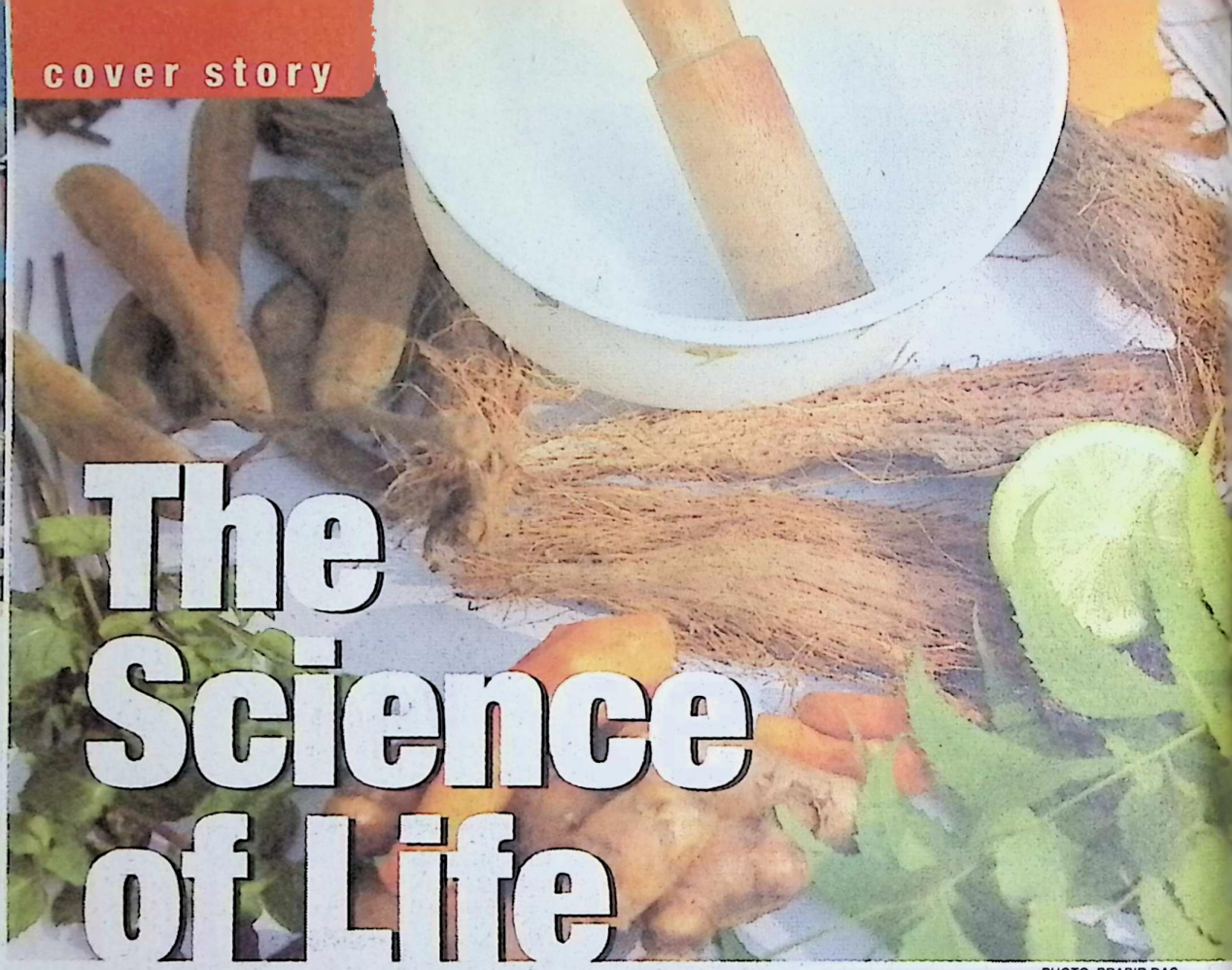


The Science of Life

PHOTO: PRABIR DAS

Ayurveda or Unani – call it what you will – both the practices use nature as the centre of their healing process. The two medical practices rely on a holistic understanding of the human life and try to connect the body's constitution and life forces with nature. *The Star* Magazine looks at how Sadhana Aushadhalaya and Hamdard Laboratories Bangladesh, two of the biggest herbal medicine producers in the country, aim to keep the practice of natural medicine alive in today's world of quick cures and instant gratification.

UPASHANA SALAM

The Origin

Thousands of years ago, the 17th incarnation of Lord Vishnu descended to the worldly realms with the sole purpose of spreading the 'knowledge of life.' Dhanvantari, usually depicted in images with medical herbs in one hand and a pot in another, was the physician of the gods but his source of medicine was one that came from earthly means. Nature was his muse, and he made full use of this abundant source by using herbs to treat both celestial beings and mortals.

In a more material setting, Dhanvantari was said to be an early Indian medical practitioner and one of the first surgeons of the world, whose knowledge of herbal based cures and natural remedies earned him a coveted position as one of the