

Healthy in ancient and modern times

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Abstract

Background: Health practices have evolved from ancient holistic approaches to modern scientifically driven methods. This comparative study aims to explore the continuity and transformation in healthcare practices from ancient times to the present, highlighting the enduring principles of wellness and the advancements in medical science.

Methods and Material: The research employs a comparative analysis of ancient health practices, such as Ayurveda and Traditional Chinese Medicine, against modern health practices influenced by scientific and technological advancements. Sources include archaeological findings, historical texts, and contemporary scientific literature.

Results: Ancient health practices emphasized a holistic approach, integrating diet, lifestyle, and spiritual practices to maintain balance and harmony. Modern health practices prioritize evidence-based treatments, technological interventions, and preventive care, leading to significant improvements in health outcomes. Both approaches highlight the importance of preventive measures, personalized care, and a comprehensive understanding of health and well-being.

Conclusion: This study reveals that despite the methodological differences, the fundamental objective of fostering health and well-being remains constant across time. Integrating ancient wisdom with modern scientific advancements offers a more holistic approach to health, addressing physical, mental, and spiritual aspects of well-being.

Keywords: Ancient Health Practices, Modern Healthcare, Holistic Wellness, Comparative Analysis, Preventive Medicine.

To offer knowledge of both ancient and modern times for being healthy

Exploring modern and ancient health care practice

Health is an essential part of human life that transcends time and culture. Cultures have devised various techniques to preserve and promote health, reflecting their own social, environmental, and cultural conditions. From ancient healing traditions anchored in nature to current medical achievements spurred by scientific investigation, the evolution of health practices has provided an extensive weaving of expertise and knowledge. This comparative research aims to investigate the crossovers of health practices through different epochs, with an emphasis on the comparison between ancient and modern periods. We want to gain insights into the lasting tenets of welfare and the changing nature of medical care across history by investigating how people controlled their health in prehistoric societies and comparing them to modern methods. Ancient health practices took a holistic approach to well-being, combining nutrition, lifestyle, theology, and traditional healing treatments. We may learn about past cultures' food habits, physical activity, and medical treatments using archaeological finds, historical documents, and indigenous knowledge traditions as resources. These acts were frequently closely linked with cultural ideas and rituals, demonstrating a fundamental bond between individuals and their surroundings.

On the other hand, modern health practices result from scientific advances, technical developments, and industrialization. The rise of contemporary health care, emphasizing evidence-based therapies, diagnostic procedures, and medication-based treatments, transformed healthcare delivery and results. Furthermore, the globalization of food infrastructure, the process of urbanization, and sedentary lifestyles have resulted in significant shifts in dietary preferences and workout levels worldwide. Crucial to this quantitative research is an evaluation of how individuals used pharmaceuticals in the past and today. Historically, therapeutic cures were developed from plants, minerals, and animal products, frequently based on empirical findings and passed down orally. These ancient pharmacopeias provide important insights into natural substances' medicinal capabilities as well as the long-term viability of traditional medical knowledge.

In contrast, current pharmaceuticals are the result of extensive scientific studies, experimental studies, and regulatory processes. Pharmaceutical discoveries, including antimicrobial agents, vaccinations, and targeted medicines, have drastically enhanced health outcomes and prolonged human lifetimes. However, they create legal, financial, and accessibility challenges, highlighting the difficulties of current healthcare systems. We hope this comparative research will shed light on the timeless foundations of health and wellness. By combining old knowledge and current science, we hope to build an in-depth comprehension of health that incorporates the finest practices from both eras. Finally, this undertaking has the potential to educate current health advocacy operations and motivate novel methods to promote well-being in the twenty-first century and beyond.

Healthy practices in ancient times

In ancient times, numerous cultures worldwide built complex healthcare systems aimed at improving overall well-being and longevity. Ayurveda is one such fundamental system, having evolved over 5,000 years ago on the Indian subcontinent. Ayurveda, sometimes known as the "science of life," is an extensive approach to wellness that considers the intellect, physique, and soul. The notion of balance, known as "doshas" (bad deeds), is central to Ayurveda. Three main energies control physiological functions: Vata (air and ether), Pitta (fire and water), and Kapha (earth and water). According to Ayurvedic beliefs, sickness occurs when these doshas are imbalanced or disrupted. As a result, the major purpose of Ayurvedic medicine is to restore harmony and balance to the body through a variety of holistic methods. One of the foundational principles of Ayurveda is to maintain a balanced diet according to individual temperamental types or "doshic" evil deed imbalances.

Ayurvedic dietary rules stress the intake of current, whole foods that are seasonal and locally produced. Foods are classified according to their flavor, warmth or cooling characteristics, and impact on the doshas. Individuals with a prominent Pitta dosha may benefit from cooling foods like cucumbers and mint, whereas those with a Vata imbalance may require anchoring and nourishing foods like root vegetables and grains. In addition to food advice, Ayurveda encourages lifestyle activities that improve general health and well-being. These practices include daily exercises known as "dinacharya," which involve oil pulling, tongue scraping, and self-massage with herbal oils. Dinacharya attempts to boost detoxification, digestion, and vitality by harmonizing everyday tasks with the body's and environment's life cycles.

Ayurvedic medicine includes a long history of herbal treatments and botanical preparations from roots, leaves, fruits, and seeds. These natural treatments are said to have therapeutic capabilities that aid in the balance of the doshas and address specific health issues. Herbs such as turmeric, ginger, and ashwagandha are frequently used in Ayurvedic formulations to enhance immune function, reduce inflammation, and improve stress resilience. In addition, Ayurveda emphasizes the significance of emotional and mental wellness in preserving total health. Meditation, yoga, and pranayama (Breathwork) are all important aspects of Ayurvedic lifestyle medicine since they build awareness, decrease stress, and nurture inner calm. Ayurveda emphasizes the deep effect of psychological elements on physical health and tries to promote holistic well-being at all levels of being. In a nutshell, traditional healing methods such as Ayurveda provide vital insights into an all-encompassing strategy for well-being that extends beyond the absence of sickness. Ayurveda offers a complete framework for enhancing health, energy, and longevity by combining dietary changes, lifestyle alterations, herbal medicines, and mind-body activities. By accepting these old wisdom traditions and incorporating them into modern healthcare systems, we may promote a more holistic approach to health that recognizes the interdependence of all areas of human life.

Healthy practices in modern times, Nutrition and Diet With the expanding globalization of food systems and a growing understanding of the importance of nutrition, current healthy eating habits emphasize a well-balanced diet rich in fruits and vegetables, whole grains, and lean animal products. Plant-based diets and environmentally friendly eating habits are also becoming more popular to promote both human and environmental health. Furthermore, nutrition-related educational programs and initiatives seek to enable people to make educated decisions about their food and lifestyles. Physical Exercise and Exercise: In the present-day sedentary environment, regular physical exercise is more vital than ever in preserving general health and lowering the risk of chronic illnesses like diabetes, overweight, and cardiovascular disease. Modern healthy practices promote regular exercise, which includes aerobic activities such as walking, jogging, and cycling, as well as flexibility and strength exercises. With the introduction of fitness trackers that are worn and smartphone applications, persons of all ages can track their workout levels and establish fitness goals with greater ease. Mental Well-being and Cognitive: Realizing the connection between mental and physical health, healthy practices promote psychological well-being through stress management strategies, mindfulness meditation, and therapy. With rising knowledge of the prevalence of mental health illnesses

such as depression and anxiousness, there is a greater emphasis on de-stigmatizing mental disease and encouraging open discourse about mental health concerns. Mindfulness-based therapies, cognitive-behavioral therapy (CBT), and other evidence-based treatments are gaining favor as helpful stress management and mental resilience strategies. Technology and Health Monitoring: Technological advancements have transformed healthcare delivery and enabled individuals to participate more actively in their health management. Wearable fitness trackers and health monitoring applications, as well as telemedicine and remote patient monitoring technologies, allow for the real-time monitoring of vital signs, physical activity, and health data. This data-driven approach to health management enables targeted interventions and early diagnosis of medical conditions, which leads to favorable outcomes and overall health. Preventive Healthcare and Inspection: In the present-day healthcare systems, there is an increasing emphasis on preventive medicine and illness detection through frequent health screenings and examinations. Preventive interventions such as immunizations, screenings for cancer, and health risk evaluations can uncover possible health issues early on, allowing for prompt action and treatment. Public health campaigns and initiatives also encourage healthy habits and lifestyle changes to avoid the emergence of chronic illnesses and increase survival. Overall, up-to-date healthy practices take an exhaustive approach to wellness and well-being, including diet, physical exercise, mental health, technology, and preventative treatment. Individuals who follow these habits can improve their well-being and standard of life in an immensely complicated and interconnected society.

Comparison of both healthy in ancient and modern times, Comparing ancient and modern healthcare methods reveals that, while the underlying objective of fostering health and well-being remains intact, there are significant changes in strategy, context, and execution. Ancient healthcare techniques, based on traditions and cultural beliefs, frequently stressed a holistic view of health, including the interdependence of the body, mind, and spirit. Ayurveda in India and Traditional Chinese Medicine (TCM) in China aim to restore body balance and harmony through food, lifestyle, herbal medicines, and mind-body practices. These ancient medical systems understood the value of prevention and highlighted the need for personalized care adapted to each individual's particular temperament and health requirements. In contrast, current healthcare practices in the twenty-first century are distinguished by scientific advances, technological advances, and evidence-based medicine. The rise of contemporary medical specialties such as allopathic health care, which focuses on identifying and treating particular

ailments through pharmacological treatments and surgical procedures, has transformed healthcare delivery and results. Modern healthcare systems promote preventative medicine, rapid identification, and intervention through routine screenings, immunizations, and wellness risk evaluations. One notable distinction between traditional and contemporary healthcare techniques is their approach to illness causes and treatment options. Ancient healthcare systems frequently saw sickness as the result of imbalances or interruptions in the body's natural equilibrium point, with therapies aimed at restoring balance and supporting self-healing processes. Herbal medication, dietary changes, and lifestyle changes were frequently employed to treat underlying imbalances and boost the body's internal healing ability.

In contrast, contemporary medicine takes a reductionist approach, focusing on particular infections, biochemical systems, or genetic elements that underpin disease processes. Pharmaceutical medications, surgical treatments, and other medical technology are commonly used to treat these specific disease processes. Although contemporary medicine has achieved significant advances in detecting and treating catastrophic and life-threatening diseases, critics contend that it may miss the more general ecological, social, and psychological health factors. Additionally, the use of electronic devices in healthcare marks a substantial change from ancient and modern approaches. In ancient times, healthcare was based on natural medicines, empirical research, and oral traditions transmitted down through generations. Today, technology is fundamental to healthcare delivery, allowing real-time vital sign monitoring, telemedicine consultations, and individualized health therapies. While technology has increased access to medical facilities and enhanced efficiency, it has also raised concerns about data privacy, equality, and the risk of over-reliance on analytics and mechanization. Despite their differences, ancient and modern medical practices share certain similarities. Both systems emphasize the value of preventative medicine, lifestyle changes, and comprehensive approaches to health and well-being. Integrative medicine, which integrates components of both traditional and modern healthcare approaches, has grown in importance in the past few years, emphasizing the significance of addressing the underlying causes of sickness and promoting health at all levels of being. While ancient and contemporary healthcare approaches differ in methodology, philosophy, and technical complexity, both provide useful insights for enhancing health and well-being. By combining the capabilities of both systems and taking an integrated viewpoint to medical care, we can aim to attain the highest level of health and improve the quality of life for people both locally and globally.

Case studies: medications of then and now, the evolution of pharmaceuticals across time offers an intriguing view into the evolution of wellness practices and advances in pharmacology. Comparing historical medical methods to current medications provides useful information about multiple therapeutic approaches' development, effectiveness, and cultural importance. Ancient civilizations depended largely on natural medicines derived from vegetation, minerals, and meat and dairy products to manage various illnesses. Herbal medicine was fundamental to medical practices in societies such as Ancient Egypt, Mesopotamia, China, and India, where medicinal plants were considered valuable for their therapeutic abilities. For example, the Ebers Papyrus, an ancient Egyptian medical treatise from around 1550 BCE, describes the usage of herbs like aloe vera, garlic, and opium to cure anything from gastrointestinal illnesses to skin diseases.

Similarly, Traditional Chinese Medicine (TCM) has a long history of herbal medicines, acupuncture, and other therapies that try to restore balance and harmony to the body. Ancient remedies were frequently prepared using traditional procedures such as decoction, infusion, and maceration before being delivered orally, topically, or by inhalation. These cures were founded on actual findings, passed down over several generations, and frequently included food suggestions, lifestyle changes, and spiritual rites. **Modern Pharmaceuticals:** In contrast to historical herbal treatments, modern drugs are the result of scientific studies, clinical trials, and regulatory processes. Modern medicine advanced throughout the nineteenth and twentieth centuries thanks to chemistry, pharmacology, and medical technology advances. Pharmaceutical medications now cover a wide range of therapeutic substances manufactured in labs and formed into exact doses for treating certain diseases and situations. Modern drugs, which include antibiotics, antihypertensives, and anticancer agents, provide powerful and effective treatments for an extensive spectrum of health problems. The discovery and development of contemporary medicines have transformed healthcare, resulting in considerable gains in illness management, patient outcomes, and public health. These drugs go through thorough testing to ensure safety and effectiveness and are administered oral pills, capsules, injections, and topical preparations among the administration methods. **Comparison and implications:** When ancient treatments are compared to current drugs, it becomes clear how medicinal practices have evolved and how both methods are compatible. While traditional treatments depend on natural components and empirical observations, current drugs are founded on scientific principles and standardized formulas. A significant distinction

is the amount of scientific rigor and supervision by regulators required for producing and administering contemporary drugs, which assures uniformity, safety, and efficacy. However, current drugs may cause adverse effects, drug interactions, and ethical concerns, needing careful monitoring and educated choices by healthcare providers and patients.

Additionally, there is a rising interest in incorporating components of traditional medicine into modern healthcare systems via integrative treatments and evidence-based complementary therapies. By combining the qualities of ancient and contemporary medicine, healthcare providers may provide more complete and tailored treatment solutions that suit patients' complicated requirements. Finally, the case studies of pharmaceuticals from the past and now highlight the changing character of healthcare and the significance of combining tradition and innovation in promoting health and wellness. Understanding the historical foundations of medical practices and embracing breakthroughs in pharmaceutical science can help us improve clinical results and standards of care in the present healthcare landscape.

CONCLUSION

The study of ancient and current healthcare techniques and the comparison of medicinal products from various eras provide valuable insights into the evolution of human health and the difficulties of healthcare delivery. Throughout history, civilizations have devised various techniques to preserve and promote health, reflecting their environmental, social, and cultural conditions. From ancient healing traditions anchored in nature to current medical discoveries spurred by scientific investigation, medical techniques have evolved over millennia, giving rise to a rich tapestry of expertise and knowledge. Traditional medical approaches were distinguished by a holistic view of well-being, including the interdependence of the body, mind, and spirit. Healing was frequently viewed as a joint endeavor between humans and nature in civilizations such as medieval Egypt, Babylonia, the People's Republic, and the nation of India. Herbal therapy was fundamental to ancient healing systems, with practitioners using empirical discoveries, conventional wisdom, and mystical practices to treat a variety of diseases. Dietary suggestions, lifestyle changes, and mystical ceremonies were included in healthcare procedures, emphasizing the significance of harmonious balance in maintaining health and avoiding illness.

Conversely, current medical procedures in the modern era are molded by scientific advances, technological developments, and medical science. The rise of contemporary medical disciplines like allopathic medicine has transformed how healthcare is provided and results, resulting in major advancements in disease treatment and patient care. Pharmaceutical medications, developed in labs and extensively verified for safety and efficacy, provide potent and effective treatments for an extensive spectrum of health disorders. Additionally, technology improvements have altered healthcare delivery, allowing for continuous tracking, teleconference evaluations, and individualized treatment alternatives. Ancient and contemporary healthcare procedures have advantages and disadvantages. Traditional therapeutic practices offer knowledge about the body, thoughts, and spirit but may lack scientific validity. Modern healthcare emphasizes evidence-based treatment, thorough testing, and oversight by regulators. However, contemporary medicine may fail to include larger social, ecological, and mental wellness variables. Integrating parts of both systems results in a more holistic, tailored approach to treatment. Innovative and based on evidence, alternative medicines are becoming increasingly popular to improve patients' health and healthcare quality.

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