

# **Review on Traditional System of Medicine**

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**Abstract:** *Traditional systems of medicine represent the collective wisdom, healing practices, and cultural heritage developed over centuries across diverse civilizations. Systems such as Ayurveda, Siddha, Unani, Yoga and Naturopathy, and Homeopathy emphasize a holistic approach to health, focusing on the balance of bodily elements, preventive care, lifestyle modification, and natural therapeutic interventions. These systems rely on medicinal plants, minerals, physical therapies, and individualized treatment plans to restore harmony within the body and mind. In recent years, traditional medicine has gained global recognition due to its integrative approach, cost-effectiveness, and potential in managing chronic and lifestyle-related disorders. Scientific validation and standardization efforts continue to strengthen its relevance in modern healthcare. This abstract provides an overview of the foundational principles, therapeutic methods, and growing significance of traditional medicine in contemporary health systems.*

**Keywords:** Traditional system of medicine, Ayurveda, yoga, Naturopathy, Unani, Siddha, Homeopathy

