A INTEGRATIVE RENAISSANCE IN AYURVEDA

“It’s better to light one candle than to curse the darkness”

Chinese proverb

The recent decade has witnessed many landmark observations, which have added to the scientific credentials of Ayurveda. Gone are the days when ayurveda was treated as secondary to allopathic medicine now, it has evolved as an integrated and independent stream to treat all kinds of ailments. It is also one of the oldest surviving medical systems in the world. The dictionary meaning of Integrative Medicine is “A term for the corporation of alternative therapies into mainstream medical practice”. The core idea of integrative medicine is that anything and everything potentially useful for human health should be explored & if proved useful evidence based approaches, considered for inclusion in mainstream. Ayurveda is deep rooted globally & it is starting point of all science this is because it has wider, more holistic approach to healthcare management & emphasizing health promotion & prevention of disease, properties this the modern system greatly needs.

Ayurveda always entertain integrative approach even charaka has been mentioned “Pratyakshama hi alpam, analpam apratyakshama” What you Know that is drop what you do not know that is ocean, with the help of the Anumana Hypothesis we have to think beyond the box and prove the concepts, to support this statement sushrutha also said in same manner Satata adhyana, Vada, Partanatratra avalokana, we have to take the shelter of contemner scence and has prove our concepts, as said by vagbhata Yuganausrarupa sandrabha we have updated our science, to bring ayurveda into mainstream we have to integrate our Traditional with Innovation and advance technology.

FUTURE DIRECTIONS: Standardizing ayurvedic diagnostic and treatment protocols by in situ studies and documentation of clinical practices. Creating centers of excellence for naadi pariksha, marma chikitsa, visha chikitsa treatment of paralysis, medicinal preparation, and other special methods of Ayurveda, Creating regional ayurvedic protocols for the public health system, including prenatal and postnatal care and maternal health, Sustainable manufacture and supply of quality drugs for public health,
Greater research into new food stuffs in the market, contemporary dietary habits and lifestyle and their effect of body constitution and dosha dhatu satmya as measured in various regions, rather than single-drug research for export.

Health care systems need to understand the complex interplay of biology, physics, chemistry, and behavior, socioeconomic & environmental factors that shape health. In this regards scholars should actively implement their knowledge in contemporary science & integrative practice in teaching and clinics.

ACRL has been encouraging to students to develop a scientific validation by using contemporary science & motivated to work with mentor, gain ideas from them and investigate into the new & unseen frontiers of medicine.

Indeed for global health issues a different stand with a broad vista vision should be adopted an integrative approach with advancing modern science especially Ayurveda need to bring into mainstream.

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