

The Pandemic and Beyond



11th of March 2020 marked the new era, with the WHO declaration of Covid-19 as a pandemic. Governments across the world were faced with every possible and imaginable hurdle to isolate all reported cases and limit the transmission rate of the virus. There have been mostly negative and certain positive impacts chronicled across the globe: be it in the healthcare systems, economies, agriculture, properties, industries, or trade. The pandemic-driven policies advanced rampantly everywhere, throwing decisive changes to existing models of practices. Survival was the primary challenge. There are theories about the sustainability of these quickly adapted policies and decisions, which have proved conducive to many stakeholders and detrimental to the others. As a system of healthcare of Indian origin - arguably India's pride - Ayurveda's preventive and curative potential against the Covid-19 pandemic is being highlighted now. For many, there is unprecedented optimism in Ayurveda to be a promising vibrant model in post pandemic scenario, at least in India. There is immense pressure on Ayurveda to prove as a dependable model in the general healthcare sector and public health.

To meet some of the benchmarks, Ayurveda needs to refabricate itself and encourage renovations, adaptations, and inclusiveness. When the Covid-19 pandemic hit the population at large, and the popular system of medicine did the best and admitted the void, Ayurveda had two options. First was to imbibe every established evidence of microbiology, virology, immunology and vaccines, community medicine and public health in terms of the new pandemic; assimilate those ideas and proceed further with Ayurvedic remedial measures as evidence based researches, and come out with relevant data and claims. The second option was to ignore the above confirmations, adhere to the core principles of Ayurveda and propose textual initiatives, approximations, and ingenuities with 'definitive' claims. Both trends were treading, along with an unhealthy mixture of both.

Scanning through the available data, one can appreciate that the guild of Ayurvedic physicians, fraternity of researchers in Ayur-

veda, and institutes in isolation have come up with a few agents to be used in Covid-19, accredited by the India's governing councils. Formulations from these limited-sample studies are being made extensive by the permission granted to practice across the country. These can gain the status of multi-centric studies, if planned and executed diligently. Factors for poor outcome, if any, has to be specially analysed in the light of patient-at-risk characteristics, co-morbidities, age, etc. Effect of Ayurvedic medicines on the vaccinated population comprises a different cohort. These research programs are to be meticulously designed and supervised by a team of trans/multi-disciplinary scientists with the right balance of knowledge base in Ayurveda and modern science.

Accredited foundations of Ayurveda have an exceptional role to play in the exercise to combat Covid-19. Vaidyaratnam has been in the vanguard of furthering the cause of Ayurveda and allied research domains. Showcasing the true spirit of authentic practice of Ayurveda, quality medicines with highest safety profiles, alongside research and innovations can harness the future of Ayurveda through the pandemic and the post-pandemic years to come. V-JAM salutes the great visionary and dedicated soul Ashtavaidyan Padmabhushan E.T.Narayanan Mooss (1933-2020) whose tremendous loss can only be alleviated by the example he set in the international landscape of Ayurveda.

Dr. N.K.M. Ikbāl
Executive Editor