

Assimilating Research Reports in Ayurveda



There is an upsurge in research activities apparent in Ayurveda – conceptual, fundamental, and applied. We have been witnessing hundreds of researches that are happening in the academic institutes and industry-based research departments, published on a daily basis. A close review of the situation reveals that the findings and recommendations of the researchers are neither being applied directly by the stakeholders nor integrated enough into the mainstream academia.

Search for research reports in ayurveda on the Internet usually fetch partial research models conducted by post-graduate research scholars contemplated as part of their masters' program. These titles are often misleading or overlapping, with inconclusive results and bizarre interpretations.

There is another category of research findings which have come about as by-products of government funded researches undertaken in “dedicated” research centres for Ayurveda. These papers hardly have any original input and project repetitive data masquerading as research results.

Yet another category of researches appears to be diligently planned and executed in collaboration with institutes of modern science. The data and results of these papers are published in reputed journals, however, mainstream Ayurvedic doctors who are general professionals and practitioners often miss out these relevant researches owing to their minimal or absolute lack of Continuing Medical Education. The small proportion of interested Ayurvedic readers unfortunately find the language inaccessible or non-palatable, making any clinical application impossible.

A fourth category of “scientific Ayurveda research papers” showcases tall claims and fake results of disease-based findings. These are habitually seen in online journals who extract a fee for the publication. As is evident from the aforementioned categories, research in Ayurveda does not yield the benefits of research into the actual clinical practices. Notwithstanding the immense rise in

number of researches, the quality of works are not commendable and the purpose remains unfulfilled.

It is admitted that partial research communications by post-graduate scholars are to be published. Their supervisors and guides should routinely ensure the quality of papers in terms of research problem and results, and that the analyses are presented with clarity and brevity. Dedicated research centres using government funds should make sure that the works are original and that researches are not done for the mere sake of it. Mainstream Ayurveda doctors and professional bodies of Ayurveda physicians should ensure Continuing Medical Education (CME) with emphasis on bringing frontline research developments into the domain of practice. CMEs should invite outstanding original researchers in Ayurveda and hear them so that they are rendered accessible to the average Ayurveda practitioner. Journal editors of every category should scrutinize research papers and discard claims not supported by evidence or relevant data.

Above all, every Ayurvedic doctor pursuing ethical practice should strive to inculcate a committed and continued intellectual vigour to update and assimilate original research findings to their everyday clinical practice.

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