

Preserving Tradition, Embracing Modernity: Ayurveda in Today's Health Landscape



Ayurvedic system of Medicine is in the focus world-wide for a variety of reasons. Holistic approach towards health and disease, prescriptions based on the spirit of personalized medicine, abundance of preventive healthcare options on individual and social domains, usage of natural remedies and herbal formulations, concentrating on the mind-body connection with exceptional practices integrating yoga, meditation and breathing exercises are some of the key highlights of this system. Added strength in the management of chronic diseases thereby gaining global influence and acceptance elevated its status to be recognized by the World Health Organization. Wellness tools and programs in Ayurveda with the strong segment of rejuvenation as well as accredited detoxification methods are evaluated to be unique and rewarding for special age groups to do away with diseases. Rampant researches are being conducted in several institutes across the world to strengthen the evidence base for addressing many challenging medical conditions. On the whole, Ayurveda serves a strong role of Complementary Medicine in Modern Medicine and allied disciplines.

Having solid foundational and fundamental principles that are tuned and updated in terms of modern medical, technological and scientific developments, Ayurveda is all set for a quantum leap in the coming years. Many scientists are of the opinion that Ayurveda, well-integrated to contemporary healthcare offers a sustainable, natural and comprehensive approach to health in today's world.

The onus of the Ayurvedic fraternity is enormous in this direction. There are significant roles to play in ensuring that Ayurveda is not only preserved as a traditional system, but also evolves to meet contemporary healthcare needs. To be fruitful in this endeavor, Ayurvedic practitioners and researchers need to build a robust body of scientific evidence supporting Ayurvedic treatments. Collaborative researches with trans-disciplinary fashion needed are to

validate the safety and efficacy of all the remedial measures in Ayurveda. Standardization of the practices and products, ensuring the quality of formulations are crucial. Updating Ayurvedic education and training to make it high-quality, incorporating scientific advancements while staying true to Ayurvedic principles is essential. Clinical skill sets of the practitioners are to be up-scaled by integrating with modern medical expertise. This will enable us to setup departments in modern medical hospitals to establish joint treatment protocols for chronic and lifestyle diseases. Focus on preventive healthcare with emphasis on Ayurveda aligns well with modern wellness trends. Above all, public awareness is to be increased and accessibility to Ayurveda is to be ensured by outreach programs and utilizing digital platforms.

Adhering to high ethical standards, innovative practices and adaptation to changing times are vital. If the Ayurvedic fraternity focus on these pointers, Ayurveda will evolve into a globally respected and scientifically validated healthcare system addressing both preventive and therapeutic needs of contemporary society.

Dr. N.K.M. Ikbāl
Executive Editor