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## Need Of Collaboration Of *Ayurveda* With Other Systems Of Health Science: A Review

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### ABSTRACT: -

Modern period is era of technology and full of information. Everyone is connected to each other in one way or other. Science, technology, infrastructure, etc. are developing together. The modern scientific medicine has begun to recognize that the traditional Indian system of medicine, *Ayurveda*, is an extensive storehouse of knowledge relevant to human health, disease, medicines and general health-care. In present era there is intense need of collaboration but without excluding the basic subject and concepts of *Ayurveda*. We can easily use the vast potential of *Ayurveda* available along with the other sciences in maintaining and improving the existing health structure and hygienic status of public.

**Keywords:** - *Ayurveda*, Global, Science



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## INTRODUCTION: -

*Ayurveda* is not merely a system of medicine rather it is a way of life. *Ayurveda* is commonly referred as 'science of life' because the Sanskrit meaning of *Ayu* is life and *Veda* is itself is a science or knowledge. It is a gift and heritage for humankind. *Ayurveda* is a result-oriented science due to its existence since 5000(approx.) years of its origin. Modern health science is based on logics i.e., which is based on physical evidences, that only exists, that can be seen or felt by sensory organs, whereas in *Ayurveda* there are so many ways through which we can diagnose the various problems like "*Nadi-Pariksha* (Pulse diagnosis)", diseases associated with "*Manovaha Srotas* (channels of mind)", *Praamaan Sharir* (Measurements of human body) etc. and some theories like *Mana* (heart & mind), *Aatma* (soul), *Shatchakra* etc. Main attention and address of the invited speakers was on the concept of "relationships" that, connecting living beings with environment, shape Nature itself. This concept is central in *Ayurveda*.

## MATERIALS AND METHODS:

Article was prepared by Survey of the literature sources for the overview included the following: Classical Ayurvedic texts, Authentic texts/ monographs, websites, modern books and texts Current and earlier textbooks, Ayurvedic journals, Health periodicals, Ph D/MD theses, Published citations.

## OBSERVATIONS AND RESULTS

Modern period is era of technology and full of information. Everyone is connected to each other in one way or other. Science, technology, infrastructure, etc. are developing together. The modern scientific medicine has begun to recognize that the traditional Indian system of medicine, *Ayurveda*, is an extensive storehouse of knowledge relevant to human health, disease, medicines and general health-care. However, mutual incoherent of the terms and concepts has been a major hindrance in meaningful dialogue between modern scientific medicine and *Ayurveda*. *Ayurveda* and other health

sciences also have to work collaboratively to achieve complete health. Despite of various

scientific advancement in modern health science still there is a rise of various diseases which can only be cured by following basics of *Ayurveda* like "*Dincharaya* (daily regimen)", "*Ritucharya* (seasonal regimen)" and "*Sadvruta* (code of good conduct)" etc. Collaboration with other science is must but without ignoring the basic concepts of *Ayurveda*. We should have to work together as team to make *Ayurveda* globally accessible and also to make it scientifically authentic science and get evidences.

*Ayurveda Samhita's* explain principles of living for human being in society, their behavior towards elders, parents, teachers, family and friends.<sup>[i]</sup> In result of following these principles one is benefitted with health and peaceful mind with control over their senses.<sup>[ii]</sup> *Ayurveda* is of great importance for ethical values for medical practitioners, nursing staffs regarding his duties towards their practice, their patients and society and those practices which are harmful in present or future should be avoided by practitioners.<sup>[iii]</sup>

*Ayurveda* also focuses on the human behavior which somehow responsible for the development of illness as explained in *Ayurveda Samhita* how for the first-time human's development illness in regard of their behavior.<sup>[iv]</sup> *Acharya* explained for prior collection and storage of raw drugs in case of pandemic to prevent from panic in society.<sup>[v]</sup>

*Ayurveda* is also a person-centered medicine (PCM), which deals with healthy lifestyle, health promotion and sustenance, disease prevention, diagnosis and treatment.

## DISCUSSION: -

The basic goal of all health sciences is to achieve complete health and make that available to all general public. This will be possible only by making them cost effective and approachable for all. Every country in present world spends a lot of money on health care system and health technologies whereas the main requirement is to collaborate the health and basic science in primary education level so that it will help in maintaining health hygiene and social status of general public by awaking them the basic

hygiene and use of modern technologies in daily routine. There are many other fields which are described in detail in various *Ayurveda Samhita*, even before the development of Modern Science. Although we can say that Modern science is best in emergency or critical conditions but that is just a 1% and remaining 99%, we can easily treat the patient with conservative treatment mentioned in *Ayurveda*. In present era there is intense need of collaboration but without excluding the basic subject and concepts of *Ayurveda*. Systematic documentation, appropriate methodology and rigorous experimentation in accordance with good practices coupled with epistemologically sensitive approaches will remain crucial to move towards evidenced-based *Ayurveda*. There are so many fields of modern science in which *Ayurveda* can easily collaborate to increase its efficacy and productivity like Social Anthropology, Sociology, Horticulture, Herbal farming, Classical Drug Methods, Parapsychology and Indology. The new philosophy of health care is moving from illness to wellness, from treatment to prevention and early diagnostics and from generalized approach to personalized medicine.<sup>[6]</sup> Still there are various concepts from *Ayurveda* that have not yet been validated with help of modern science. Therefore, it is felt that collaborative efforts between scientific researchers from *Ayurveda* and modern health science seems to be a mutually beneficial proposition. Such integration brings the best of the western biomedicine and eastern traditional knowledge systems like *Ayurveda* and may lead to high impact projects.

To achieve the collaborative approach there must be seminars, delegates exchange, memorandum of understanding (MOU) between different fields of science, scientific documentation and good clinical practices must be adopted. Technical field integration is very much necessary for the betterment of various fields like

- e-learning
- Large scale farming

For all these there is a need of machines, internet, manpower and for that there must be the collaborative approach between *Ayurveda* as well as modern science not only with modern health science. For achieving and promotion of *Ayurveda* as Science for Healthy Life globally there is a need for the collaborative approach between different

aspects of Modern science. There are so many advance technologies developed by scientists like *Nadi Taringani*. which can be easily used in the field of development of *Ayurveda* science by collaborative approach.

### CONCLUSION: -

*Ayurveda* is a science which not only deals with physical wellbeing but it also deals with spiritual wellbeing of an individual which is the main concept of all health sciences. So, for achieving this, need of the present era is to integrate all health sciences and basic science. Although in modern science and *Ayurveda* the main difference is at the level of pathological view of diseases but we can collaborate them both at the level of treatment. So, we can easily use the vast potential of *Ayurveda* available along with the other sciences in maintaining and improving the existing health structure and hygienic status of public.

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