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Mainstreaming Ayurveda medicine - Need of the hour

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ABSTRACT

Non communicable diseases are becoming common in India and the whole world According to one survey, more than 2/3 Rd of world population are having the opinion that only modern medicine alone cannot fulfill healthcare needs of the society and there is urgent need to collaborate other systems of medicine like Ayurveda, yoga, homeopathy Unani, acupuncture, accupressure, and Chinese system of herbal medicine to give better relief to the people. In this context, there is an urgent need to mainstream Ayurveda medicine at global level. Ayurveda system of medicine is accepted as scientific and safe, cost effective and affordable also. Ayurveda is directed to maintain health in healthy individuals and cure in diseased people. By following *Dinacharya, Rutucharya, Sadvritta* and *Acharya Rasayana*, we can prevent the occurrence of diseases in human being. By the practice of *Vyadhi Pratyhanika Aushadhi Prayoga, Panchkarma* therapy, *Pathyapathya Prayoga*, and yoga therapy are useful in the eradication and cure of the diseases. In non-communicable diseases, psychosomatic diseases, life style disorders, metabolic and endocrine disorders are becoming common in world population. These can be better managed by practice of Ayurveda and integrative medicine. So we have to bring Ayurveda to mainstream for the betterment of society.

Key words: *Ayurveda, Integrative medicine.*

INTRODUCTION

Ayurveda is a traditional system of medicine which is originated and popularly practiced in Indian subcontinent. It has eight branches like - *Kaya Chikitsa, Bala Roga, Graha Chikitsa, Shalaky Tantra, Shalya Chikitsa, Agada Tantra, Rasayana*, and *Vajikarana*. It deals with both prevention and cure of the diseases occurring in the society.^[1,2]

Steps to be taken.^[3,4,5]

1. Syllabus of both UG, and PG of Ayurveda courses should be revised. Practical and applied aspect of

Ayurveda medicine has to be included in the syllabus.

2. Drug manufacturing should be standardized and quality Ayurveda medicines should be made available to the public.
3. Research has to be given priority in Ayurveda medicine and new treatment modules should be developed to make Ayurveda more cost effective, safe and affordable one.
4. Training of Ayurveda graduates and doctors should be done regularly as it makes the Ayurveda doctors updated in knowledge.
5. Repeated CMEs, TOTs, symposia, seminars and webinars should be held to disseminate knowledge of Ayurveda medicine widely.
6. Outcomes of research should be published in indexed journals and seminars and gist of research outcomes should be introduced in the syllabus of Ayurveda graduates. Same can be applied in pharma industry so that quality Ayurveda medicines are made available to the society in national and international levels.

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7. More quality research papers on Ayurveda should be published so that the system is updated.
8. Evidence should be generated in Ayurveda medicine.
9. Propaganda should be done in Ayurveda by using mass communication tools like television, radio, print media like dailies, magazines, and social media and the internet.
10. Skits, road shows, can be done to cultivate awareness about Ayurveda.
11. The primary, secondary and high-school students should be taught about basics of Ayurveda.
12. Degree and professional college students should be made aware of Ayurveda.
13. IITs, IIMs, NITs and other CSIR labs and research organisations should collaborate with Ayurveda institutions
14. Knowledge and training about herbs and their cultivation should be done to the public and farmers.
15. Free distribution of Ayurveda plants should be done.
16. Plant genome banking is to be done for preservation of endangered and extinguishing plant species should be done by the government.
17. Market to be encouraged of plant produces as this will promote farmers to cultivate herbs and plants of medicinal value.
18. Separate Ayurveda department should be started on major universities of foreign countries and collaborative research in Ayurveda should be on priority.
19. Twist and transfer of faculties and students of Ayurveda institutions.
20. Innovative approach, critical thinking, creativity communication skills and collaboration with other sciences should be encouraged in Ayurveda students so that they are well absorbed and accepted in the society and healthcare and pharma industry.

21. Projects on Ayurveda clinical medicine can be given to undergraduate students by the government and University With grants students can develop Ayurveda by innovative ideas about Ayurveda medicine.

DISCUSSION

Mainstreaming Ayurveda medicine is need of the hour. Ayurveda system of medicine is cost effective, safe and affordable and people friendly also.^[6,7,8]

It is directed to avoid disease occurrence and keeping the healthy people in total health and cure of the disease that has occurred. Most of the Ayurveda medicines are easy to prepare and preserve and protect also.^[9] Health care delivery should be available for all sectors of the society. In Europe the expenditure on the medicines is borne by the government or insurance company. But in India, health care costs are paid by the patients by their pocket only. This has to be changed and the government should spend health care expenditure of its own so that health care is made available to all the sectors of society. Now, for health care needs, the patient has to spend more money and afterword's he gets exhausted. By integrating Ayurveda and bringing Ayurveda to mainstream, health care costs can be minimised and health for all can be achieved.

CONCLUSION

Health care delivery should be made available to all the sectors of the society the rich and the poor also. By integrating Ayurveda and other systems of medicine with modern medicine we can achieve this. Ayurveda is directed for both prevention and cure of the diseases. Ayurveda medicine is safe, cost effective and affordable also. So, Ayurveda medicine should be brought to mainstream.

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