



## Opinion

ISSN: 2454-5023  
J. Ayu. Herb. Med.  
2023; 9(3): 108-110  
Received: 05-08-2023  
Accepted: 30-08-2023  
© 2023, All rights reserved  
www.ayurvedjournal.com  
DOI: 10.31254/jahm.2023.9301

# The Imperative Need for Research in Ayurveda: Unraveling Ancient Wisdom through Modern Science

**Manish Kumar Sharma<sup>1</sup>, Pooja Pareek<sup>2</sup>, Priyanka Sharma<sup>3</sup>, Rajesh Kumar Sharma<sup>4</sup>, Dinesh Chandra Sharma<sup>5</sup>**

<sup>1</sup> Ph.D Scholar, PG Department of Kriya Sharir, UPGIA, Jodhpur, Rajasthan, India

<sup>2</sup> Assistant Professor, PG Department of Kriya Sharir, UPGIA, Jodhpur, Rajasthan, India

<sup>3</sup> M.D. Scholar, PG Department of Panchkarma, National Institute of Ayurveda deemed University, Jaipur, Rajasthan, India

<sup>4</sup> Professor & H.O.D., PG Department of Kriya Sharir, UPGIAS, Jodhpur, Rajasthan, India

<sup>5</sup> Associate Professor, PG Department of Kriya Sharir, UPGIA, Jodhpur, Rajasthan, India

## ABSTRACT

Ayurveda, the ancient system of traditional medicine, has been an integral part of various cultures and communities for centuries. With its holistic approach to health and well-being, Ayurveda offers a wealth of ancient wisdom that can potentially address contemporary health challenges. However, to validate and integrate Ayurvedic practices into modern healthcare systems, rigorous scientific research becomes indispensable. Standardization of Ayurvedic treatments is another vital aspect that can be achieved through systematic research. The establishment of standardized procedures ensures consistency in practice across different regions and among practitioners, enhancing the credibility of Ayurveda as a viable alternative or complementary system of medicine. Preserving and documenting Ayurvedic knowledge not only protects the cultural heritage but also enables the transmission of accurate information to future generations of practitioners and researchers. Research in Ayurveda is of utmost importance to unlock the profound potential of this traditional medical system through the lens of modern science. The integration of ancient wisdom and contemporary knowledge will pave the way for a more holistic and inclusive approach to healthcare, benefitting individuals and societies worldwide. This article emphasizes the critical need for research in Ayurveda to bridge the gap between traditional knowledge and modern scientific understanding. By employing modern scientific methods, researchers can validate the efficacy and safety of Ayurvedic treatments and practices, leading to wider acceptance and recognition within the medical community.

**Keywords:** Ayurveda Research, Ancient wisdom, Modern science, Validation, Cultural heritage, Innovation.

## INTRODUCTION

Ayurveda, the ancient Indian system of medicine, has stood the test of time as a holistic approach to health and well-being. Rooted in ancient texts like *Charaka Samhita* and *Sushruta Samhita*, Ayurveda emphasizes the balance of bodily systems to maintain optimal health. Although Ayurveda has been practiced for thousands of years, the world of modern science has only recently begun to recognize its potential and efficacy. In light of this, the need for research in Ayurveda has become more crucial than ever. This article explores the pressing reasons why research in Ayurveda is necessary to unlock its hidden treasures and establish it as a legitimate and evidence-based medical system. Research has been an integral part of *Ayurvedic* tradition since time immemorial. The classical texts of Ayurveda bear testimony to the profound commitment of ancient scholars towards systematic investigation and exploration. The terms like *Anusandhana*, *Anaveshana*, *Gaveshana*, and *Pariksha* exemplify the enduring quest for knowledge and the relentless pursuit of better solutions for the well-being of mankind. In the modern context, research in Ayurveda has gained even greater significance, promising to unlock the hidden potential of this ancient science and integrate it into the fabric of contemporary healthcare. As we continue on this journey of exploration, the time-honored wisdom of Ayurveda will undoubtedly continue to shine as a beacon of hope and healing for generations to come [1]. These ancient Sanskrit terms reflect the profound wisdom and scientific spirit present in the Indian tradition. The use of metaphorical language to denote research activities and the emphasis on observation and examination in Ayurveda exemplify the timeless pursuit of knowledge and understanding of the universe and humanity's place within it [2].

## I. Documentation and Preservation of Traditional Knowledge:

Ayurveda's vast knowledge is primarily transmitted orally from generation to generation, leaving it

\*Corresponding author:  
**Dr. Manish Kumar Sharma**  
Ph.D Scholar, PG Department of  
Kriya Sharir, UPGIA, Jodhpur,  
Rajasthan, India  
Email: manish.star10@gmail.com

vulnerable to dilution or loss over time Proper documentation of *Ayurvedic* practices, herbs, and formulations through systematic research ensures the preservation of this traditional knowledge for future generations [3].

The documentation and preservation of traditional knowledge like Ayurveda are essential to safeguarding its wisdom and ensuring its continuity for future generations. Oral transmission has been a valuable means of passing down knowledge for centuries, but in today's rapidly changing world, it is susceptible to dilution, distortion, or loss due to various factors like cultural shifts, globalization, and socio-economic changes.

Proper documentation involves systematic research, recording, and archiving of *Ayurvedic* practices, principles, herbs, formulations, and other aspects of this ancient healing system [4]. Here are some key points on the importance of documentation and preservation: like cultural heritage, scientific validation, standardization, education and training, intellectual property rights etc.

To achieve comprehensive documentation and preservation, it is essential to involve various stakeholders, including traditional practitioners, researchers, government bodies, and local communities. Modern technologies like digital databases, audiovisual recordings, and online platforms can play a significant role in capturing and disseminating this knowledge.

### **II. Validating the Efficacy of *Ayurvedic* Treatments:**

Conducting well-designed clinical trials and research studies can validate the efficacy of *Ayurvedic* treatments for various diseases and disorders [5]. This will not only build confidence among the medical community but also provide evidence-based guidelines for integrating Ayurveda into mainstream healthcare systems [6].

Validating the efficacy of *Ayurvedic* treatments involves using scientific methods and evidence-based research to assess their safety, effectiveness, and therapeutic benefits. Ayurveda is a traditional system of medicine originating from India, and while it has a long history of use, it is essential to subject its treatments to rigorous scientific scrutiny to determine their efficacy in treating various health conditions.

### **III. Safety and Quality Assurance of *Ayurvedic* Products:**

The quality, safety, and standardization of *Ayurvedic* products are critical concerns. Research endeavors can help establish guidelines and regulations to ensure the safety and efficacy of *Ayurvedic* medicines and practices, reducing the risk of adverse events and promoting responsible usage [7,8]. Ensuring safety and quality assurance of *Ayurvedic* products is crucial to protect. The safety and quality assurance of *Ayurvedic* products rely on a comprehensive approach that includes regulatory compliance, quality standards, testing, research, and vigilant monitoring. Consumers should always purchase *Ayurvedic* products from reputable sources and consult with healthcare professionals when needed.

### **IV. Integration of Ayurveda with Modern Medicine:**

Ayurveda's integration with modern medicine offers a holistic approach to patient care. By conducting collaborative research between *Ayurvedic* and modern medical practitioners, the potential for improved treatment outcomes and enhanced patient well-being can be explored [9]. The integration of Ayurveda with modern medicine holds promise as a complementary approach to healthcare. It offers a holistic perspective, natural remedies, and personalized treatment options. However, addressing challenges related to scientific validation, standardization, and legal considerations is crucial for successful integration [10].

### **V. Understanding the Mechanisms of *Ayurvedic* Interventions:**

Research in Ayurveda can help unravel the underlying mechanisms of its interventions. Studying the active components of *Ayurvedic* herbs and formulations can lead to the development of novel therapeutics and drug discoveries [11].

Ayurveda is an ancient Indian system of medicine that emphasizes maintaining balance and harmony within the body and mind to promote overall health and well-being. *Ayurvedic* interventions encompass a wide range of treatments, including dietary changes, herbal remedies, lifestyle modifications, yoga, and meditation.

### **VI. Addressing Global Health Challenges:**

Ayurveda's holistic approach can be invaluable in addressing global health challenges, including pandemics, lifestyle disorders, and the needs of the aging population. Research in Ayurveda can pave the way for integrating this ancient science into mainstream public health strategies [12,13].

Addressing global health challenges requires a comprehensive and collaborative approach involving governments, organizations, and communities worldwide. By strengthening disease surveillance, promoting healthy lifestyles, ensuring equitable healthcare access, implementing universal health coverage, and adopting sustainable development practices, the world can make significant progress in tackling these challenges and improving the health and well-being of all individuals [14].

### **VII. Cultivating an Evidence-based *Ayurvedic* Education:**

The lack of evidence-based education and standardization in Ayurveda has been a concern. Research initiatives can help improve the quality of *Ayurvedic* education, fostering a new generation of *Ayurvedic* practitioners who are well-versed in both traditional wisdom and modern scientific principles [15].

## **CONCLUSION**

Ayurveda is a treasure trove of ancient wisdom that has survived the passage of time. By embracing research in Ayurveda, we can unlock its potential and bridge the gap between ancient traditions and modern science. Evidence-based research will not only validate the efficacy of *Ayurvedic* treatments but also pave the way for its integration into mainstream healthcare systems worldwide. Moreover, research endeavors in Ayurveda will preserve and protect traditional knowledge, ensuring that this invaluable heritage continues to benefit humanity for generations to come.

## Conflict of interest

There is no conflict of interest.

## ORCID ID

Manish Kumar Sharma: <https://orcid.org/0000-0002-5310-7827>

## REFERENCES

1. Sharma P. V., Ayurvediya Anusandhana Paddhati, Third edition, Varanasi (India), Chaukhamba Orientalia, 2012; 3.
2. Dadu V., Textbook of Padartha Vijnana and history of Ayurveda, First edition, Jodhpur (India), 2016;119-124.
3. Sharma, R. K. Conservation of Indian Medicinal Plants through Ethnobotanical Approach. Plant Archives, 2019; 19(1): 1181-1193.
4. Patwardhan B. Bridging Ayurveda with evidence-based scientific approaches in medicine. EPMA J. 2014 Nov 1;5(1):19.
5. Goyal M. Clinical trials in Ayurveda: Issues, challenges and approaches. Ayu. 2017 Jan-Jun;38(1-2):1-2.
6. Patwardhan B. Bridging Ayurveda with evidence-based scientific approaches in medicine. EPMA J. 2014 Nov 1;5(1):19.
7. Gogtay NJ, Bhatt HA, Dalvi SS, Kshirsagar NA. The use and safety of non-allopathic Indian medicines. Drug Saf. 2002;25(14):1005-19.
8. Patwardhan B, Gautam M. Botanical immunodrugs: scope and opportunities. Drug Discov Today. 2005 Apr 1;10(7):495-502.
9. Patwardhan B, Mashelkar RA. Traditional medicine-inspired approaches to drug discovery: can Ayurveda show the way forward? Drug Discov Today. 2009 Aug;14(15-16):804-11.
10. Chandola HM. Lifestyle disorders: Ayurveda with lots of potential for prevention. Ayu. 2012 Jul;33(3):327.
11. Farooqui AA, Farooqui T, Madan A, Ong JH, Ong WY. Ayurvedic Medicine for the Treatment of Dementia: Mechanistic Aspects. Evid Based Complement Alternat Med. 2018 May 15.
12. Rao RV. Ayurveda and the science of aging. J Ayurveda Integr Med. 2018 Jul-Sep;9(3):225-232.
13. Nakanekar A, Kulkarni S, Khobarkar P, Belsare M. Integrative management of critical case of Covid 19 with Ayurveda and modern medicine: A case report. J Ayurveda Integr Med. 2022 Jan-Mar;13(1)
14. World Health Organization, Universal Health Coverage (UHC). Retrieved from [https://www.who.int/health-topics/universal-health-coverage#tab=tab\\_1](https://www.who.int/health-topics/universal-health-coverage#tab=tab_1)
15. Sujatha, V. The Universal and the Global: Contextualising European Ayurvedic Practices. Society and Culture in South Asia, 2020; 6(1): 52-73.

### HOW TO CITE THIS ARTICLE

Sharma MK, Pareek P, Sharma P, Sharma RK, Sharma DC. The Imperative Need for Research in Ayurveda: Unraveling Ancient Wisdom through Modern Science. J Ayu Herb Med 2023;9(3):108-110. DOI: 10.31254/jahm.2023.9301

### Creative Commons (CC) License-

This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY 4.0) license. This license permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited. (<http://creativecommons.org/licenses/by/4.0/>).