

Review Article

A Review: Globalisation of Ayurveda

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Ayurveda the oldest healing science is an important part of traditional systems of medicine. Ayurveda has its origin from the *Vedas*, the ocean of knowledge. In Ayurveda, each cell is considered to be inherently an essential expression of pure intelligence hence called self-healing.^[1] Since 5000 years, Ayurveda has gone through many ups and downs, the negative attitude, foreign destruction, neglect from our very own Government. In spite of all these, Ayurveda has survived helping the population to fight and win over many chronic diseases. Ayurveda focuses on prevention, applying techniques of self-care to restore health balance quickly and effectively. It has very good results in non-communicable diseases and anti-microbial resistance as well.^[2] Ayurveda is becoming global but the struggle to accept it as evidence-based healing science continues in India as well as outside India.

We have to understand the present status of Ayurveda and we have to figure out the need to go global at the more faster pace. The *Siddhantas*, basic ideologies of Ayurveda are poorly accepted due to the lack of evidence. There is a lack of proper documentation of clinical cases using standard scales for measuring outcomes. Many of the ayurvedic drugs are not fully explored in terms of pharmacology, pharmacokinetics, pharmacovigilance, proper mode of action. Majority of the global population prefers modern medicine due to its faster relief providing capacity. But now people are slowly turning towards alternative medicine because of awareness of toxic effects of allopathic drugs.

For achieving the goal of the globalisation of Ayurveda, there are many challenges like difficulty in explaining the system, bad perception of the herbo-mineral system of medicine, lack of qualified

doctors and therapists, unavailability of herbs and raw materials abroad, competition and many more. We need to know why Ayurveda lags behind, what are the factors responsible for it. One of the major issues that are preventing Ayurveda to contribute to the healthcare needs of the world is the expectation that ayurvedic medicinal preparation must stick to western standards of pharmaceutical parameters.

There is need to improve the research methodology. There is need for research on Ayurveda to upgrade the vast knowledge of it. Research protocols must be designed considering difference between Ayurveda and modern medicine. This will surely help to move a step ahead towards globalisation.

The validation of ayurvedic drugs with reverse pharmacology must be considered. The reverse pharmacology refers to reversing the routine clinical practice to the laboratory examination for the proper validation of a traditional medical system.^[3] In past few years, few concepts of herbal drugs were validated which generated a lot of interest in researches towards herbal medicines. Ayurveda recommends the use of copper pot for water purification as copper pot has anti-bacterial effect against important diarrheagenic bacteria including *Vibrio cholera*, *Shigella flexneri*, enterotoxigenic *Escherichia coli*, enteropathogenic *coli*, *Salmonella* group, which is scientifically validated.^[4] There is need of involving all basic sciences such as Physics, Chemistry, Molecular biology and Biotechnology together with Ethnopharmacology, ayurvedic drug discovery, pharmaco-epidemiology, reverse pharmacology and various other areas for better understanding and optimistic outcome of Ayurveda research. In the past few years, the interdisciplinary

concept of research is also introduced in Ayurveda mainly for integrative medicine.^[5]

Another major issue is the non-availability of certain raw drugs that ultimately affect the quality of drugs. A possible solution can be started by the Government and leading NGO's procuring free land and promoting mass cultivation. Lack of standardization is yet another important point. There should be a specific criterion laid down for the choice of ingredients, uniform standard for the composition, manufacturing process and so on.

Also other things that can be done are raising the moral, legal and financial support. Ayurvedic tourism can be thought of.

CONCLUSION:

For overcoming the problems and achieving the goal of globalisation, the entire fraternity should come forward under the same roof with more transparency. Moral, legal and financial support should be raised. If our medicines are to cross the seas, we have to think and step ahead for uniformity in all aspects. Now it is time to define Ayurveda itself that whether the use of herbs is Ayurveda or the use of herbs and other treatment modalities as per ayurvedic principles is Ayurveda. Our ultimate goal is the global acceptance of Ayurveda.

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