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Review Article

AYURVEDA PRACTICE: CURRENT CHALLENGES AND REMEDIES.

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ABSTRACT:

Ayurveda is ancient system of medicine. The dialogue system of teaching between *guru-shishya* has deteriorated over centuries hence there is gap between knowledge of *Ayurveda* and *Ayurveda* practitioners. To overcome this, new evidence based researches should be done with proper documentation and presentations in front of world. While doing this there are social, economic, academic, diagnosis, medicinal and treatment related challenges. To overcome these challenges efforts should be made at government, practitioner's and researchers level. Short-sighted attitudes, lack of trust and strategies, new evolving diseases like H1N1, competition between *Ayurveda* and other medical faculties, converting objective concepts into subjective like *tridosha*, costly *panchakarma* setups, use of gold compounds, unadulterated drugs, banned products etc., drug related regulatory concerns, variations in duration and ways of treatments as well as manufacturing processes, dosages etc are major challenges faced. For this, establishing specialized *Ayurveda* centers up to district level, training to practitioners, good communication, research, integration and linkage to modern technology, standardizing diagnostic principles and treatment protocols, invention of good quality equipments, preservative plans for rare species, knowledge of sources of funds, incorporating basics of biology, mineralogy, physics etc. are the solutions to make *Ayurveda* sustain and stand the test of time.

KEY WORDS: *Ayurveda*, Challenges, Remedies.

INTRODUCTION:

Ayurveda is unique system of medicine. It is based on question answer pattern between *guru* and *shishya*. This dialogue method helps in better understanding of the subject.

Over the centuries this pattern is deteriorated and hence the conceptual knowledge of *Ayurveda* mentioned in ancient *sanhitas* is not getting understood properly by the *Ayurveda* physicians, so we need to reinterpret those concepts in today's language which can be understood by common

man as well!

One should challenge this assumptions i.e. *Aapt Vachan* and dare to experiment, dare to research to generate fresh evidences in 21st century's emerging era of medical field. While trying this, there are various challenges faced by *Ayurveda* and *Ayurveda* physicians today, these are described in this article.

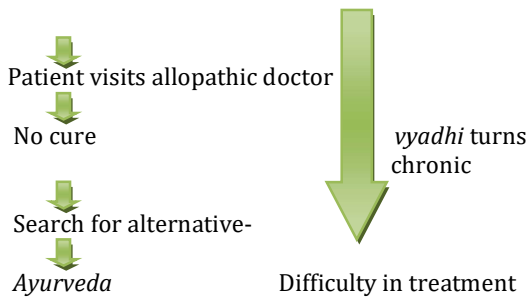
Challenges faced can be classified can be broadly classified into four categories –



fig. 1

Social challenges –

- 1) Conservative, short-sighted and narrow minded attitude of *Ayurveda* physicians , educators etc. They cannot follow the fact that knowledge increases by sharing though *Sambhasha vidhi* has explained in *Ayurvedic* ancient texts.
- 2) Lack of strategies and innovative ideas at government and administrative level to make *Ayurveda* accepted globally.
- 3) Competition between *Ayurveda* and other medical faculties like homeopathy, *Unani* and *Allopath* especially.
- 4) Lack of trust in consumer and practitioners as well!
Ayurveda practitioners themselves turn to allopathic treatments; they cannot explain the relation between *samprapti* and *samprapti bhanga of vyadhi*. Also, Explanation by physicians which often uses Sanskrit Words , are not understood by common man.
 Like concept of *Tridosha siddhanta* , *sapta-dhatu siddhanta* etc.
- 5) New evolving diseases in society like H1N1-Swine flu , HIV-AIDS , CANCER, Zika virus are some of the major social health issues faced today. *Ayurveda* practitioners are not fully prepared to face them.
- 6) Bio Medical Waste permission
- 7) Registration updating
- 8) Disease



- 9) Fake advertisement in media (100% guarantee of curing any disease)

Remedies for social challenges-

- 1) Training *Ayurveda* practitioners on primary care by establishing departments of *Ayurveda* in district hospitals & by establishing *Ayurveda* referral centers & research development points.
- 2) Teaching hospitals, research activities should be provided by government with proper funds.
- 3) Participation of National Health Programme and involvement of *Ayurveda* physicians in that will help to solve the social health issues like maternal and child health, geriatric care and other issues mentioned before.
- 4) Communication with W.H.O., N.H.R.C. etc. along with other institutes will help to solve social health issues as well as rights related to human life. This will also create a good Job opportunities for practitioners.
- 5) Provide proper qualified manpower in related every field like trained Lab in charge, pharmacists, Paramedical staff etc. These are the solutions to overcome the challenges faced at government level. To bridge up the gap between *Ayurveda* and other medical sciences -
- 6) Developing comprehensive classification & nomenclature for disease from *Ayurvedic* perspective i.e. “ACD”(Ayurvedic Classification of Diseases) similar to ICD (International Classification Of Diseases) and
- 7) Proper integration and linkage to modern Technology, is very essential to stand globally. To build a healthy doctor- patient relationship-
- 8) Increasing trust internally is the key! For that Communication with the patient needs to be relooked. Also,
- 9) Documentation increases trust!! For proper documentation this protocol should be followed-
 RESEARCH - DOCUMENT - PUBLISH - PROMOTE

Table 1

RESEARCH	DATABASE	PUBLICATION & PROMOTION
<ul style="list-style-type: none"> •Fundamental •Literary •Clinical •Drug •Inter- disciplinary 	<ul style="list-style-type: none"> •Medicinal plants •Treatments •Formulations •Success Stories •Conditions 	<ul style="list-style-type: none"> •Medical Journals •Private Domains for Practitioners •Public Domains in Easy language for public.

Creating more repositories like Pubmed for *Ayurveda* is also necessary in 21st century!

Academic and Diagnosis related Challenges-

Converting Subjective parameters in ancient text into Objective matter like- Objective to measure *tri-doshas* and *Ayurvedic* diagnosis of disease as per *sanhitas- Trividha , Panchavidha, Dashavidha Pariksha, Taila bindu Pariksha* etc. for diagnosis of disease. & *Panchabhautik Pariksha* for selection of medicine are biggest challenges faced.

Remedies for Academic and Diagnosis related challenges-

- 1) Making it more Evidence based science with the help of systemic documentation, experimentation.
- 2) Separate entrance for BAMS instead of CET must be conducted, so as to gather the crowd which will value and respect their own system of medicine and that crowd who wanted to enter Allopath but they couldn't, due to low scores, those will get eliminated.
- 3) Standardizing *Ayurvedic* diagnostic principles & treatment protocols for pinpoint diagnosis & effective treatment strategies.
- 4) Creating excellence centers for *Nadi Pariksha , Visha Chikitsa , Marma Chikitsa* & other special methods of *Ayurveda*.
- 5) Subjects like *Dravyaguna ,Rasashastra* must be studied outside the classrooms ,concept of "open to sky class rooms" should be applied to make them more interesting.

Economic Challenges -

- 1) OPD Setup along with *Panchkarma* equipments has a great financial investment to do in initial stages.
- 2) Herbal unadulterated medicines are costly. Like *Dashmula* etc.
- 3) Use of gold compounds, various *bhasma* increases cost of *Ayurvedic* medicine for patient as well as for *vaidyas* in its manufacturing.
- 4) For Obtaining animal origin products like

Mriga Shringa , gem stones like *hiraka* , metals like *Parada*, one has to pay good enough.

Remedies For Economic Challenges -

- 1) Inventing Good quality Equipments at reasonable rate.
- 2) Motivational plans for herbal plantations and protection of rare species of plants and animals by government to get quality raw material.
- 3) Knowledge of available sources of funds. Like Loan facilities provided by banks and various schemes for doctors, Insurance etc.
- 4) Banned products should be made available for registered practitioners with proper permissions.
- 5) ACD will also help to negotiate with regulatory authorities, insurance etc.

Treatment and Medicinal Challenges -

- 1) Regulatory concern of a drug :
 - ✓ Quality
 - ✓ Efficacy
 - ✓ Safety
 - ✓ Standardization of raw material, in process standardization and final product standardization.
- 2) Variation in duration of Treatments.
- 3) Difficulty in establishing appropriate Placebos because of the taste and aroma etc.
- 4) Variation in manufacturing processes and variation in ways of treatments i.e. *Patha bhedas* Ex. *Shodhana of Abhraka is mentioned in godugdha as well as in triphala kwath.*
- 5) Habitat of various herbal drugs.
- 6) Storage & preservation of *dravyas*.
- 7) FDA rules
- 8) Dosages: There are Very few established dosage standards available in market.



- *Asava & Arishta*
- *Arka*
- *Avaleha or Leha*
- *Kwatha*
- *Guggulu*
- *Ghrta*
- *Taila*



- *Churna*
- *Dravaka*
- *Lavana Kshara*
- *Vati*
- *Gutika*
- *Sattwa*
- *Pishti*



- *Lepa*
- *Mandura*
- *Varti*
- *Netrabindu*
- *Anjana*
- *Kupipakwa*

Table 2

Remedies for Treatment and Medicinal Challenges:

- 1) Sustainable manufacture and supply of good quality drugs for public health.
- 2) Provide high quality pharmaceutical standards to assure consistent quality of preparations.
- 3) Incorporating the basics of biology, chemistry, physics etc. Along with the ancient texts.
- 4) *Ayurvedic* physicians should not be deprived of bio-chemistry, pathology, imaging techniques, geology, mineralogy, gemology etc.
- 5) Intensive documentation & standardization of currently available *Ayurvedic* treatments practiced in different regions of country, like *vaman* , *snehan* etc. & other manufacturing processes like *shodhana* , *Marana* etc.
- 6) Dosage forms like *Kwath* , *Swaras* etc. must be converted into simpler forms with good odour and taste without decrease in its potency . Clinical trials, experimental studies must be carried out for this.
- 7) Well equipped laboratories and pharmacies.
- 8) Focus on-

 <ul style="list-style-type: none"> • <i>Aahar – e.g. Aahar vidhi visheshayatan</i> • <i>Vihar</i> • <i>Drugs like Amalaki, guduchi</i> • <i>Reduce NSAID with Dashmul, guggul</i> 	 <ul style="list-style-type: none"> • <i>Desha vichar – e.g. Aanup, Jangal</i> • <i>Agni vichar</i> • <i>Prakruti vichar</i> • <i>Panchkarma</i> 	 <ul style="list-style-type: none"> • <i>Rasayan prayog</i> • <i>Yog & Pranayam</i> • <i>Dharaniya & adharaniya vega vichar</i> • <i>Dincharya</i> • <i>Rutucharya</i> • <i>Sadvrutta</i>
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Table 3**CONCLUSION:**

- 1) Number of person studying & conducting research in the field of *Ayurveda* has increased, but there has not been a matching increase to facilitate learning & research in this field.
- 2) Development of Necessary and efficient Tools is required to understand *Ayurvedic* texts.
- 3) Modern research methodology is not completely suitable for *Ayurvedic* research hence a fundamental change is required in research methodology.

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