



AN UPDATE ON GLOBALIZATION OF AYURVEDA

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ABSTRACT:

Ayurveda is the ancient science which is originated and practiced in India and it has been a topic of curiosity from ancient times. With the advance of lifestyle related diseases medical researchers require new therapies as there are no very good medicines for Such diseases. This favors Ayurveda across the world. But there are certain issues for practicing Ayurveda abroad. This paper gives an update on Ayurveda in various parts of the world.

KEYWORDS: *Ayurveda*, Update, Globalization.

INTRODUCTION:

Ayurveda is the system of medicine which has been practiced from ancient times in our country. It is considered as *Upaveda* of atharvaveda¹. The word Ayurveda consists of 2 words ayu means life and Veda means to know. Ayurveda is not confined merely to the diseases and their treatment but it also deals with psychological, social, philosophical part of human life. It teaches us how to be in harmony with living and non living parts of the nature. It not only suggests about cure from the diseases but also about the care from the diseases. Ayurveda is connected with social life of India and the traditions, festivals celebrated in India.

Such a unique system of medicine was a point of curiosity from ancient times. India was invaded by various foreigners repeatedly. The foreign rulers were interested in Ayurveda. They took away some Ayurvedic experts to the Arab nation. Translation of famous Ayurveda text *Ashtanga Hridayam* from Sanskrit to Arabic language was carried out during this period. For that purpose Ayurvedic scholars were invited to Bagdad.^[2]

During British period more attempts to stop the Ayurveda practices were made since propagation of modern system of medicine was part of agenda of the British rule. Even after independence Ayurveda was not mainstreamed by our government. First PM

of India Jawaharlal Nehru was never in favor of Ayurveda personally^[3].

Ayurveda was firstly introduced to the western world by works of Maharshi Mahesh yogi mission. Swami Vivekananda worked assiduously throughout his life to propagate Hindu religious out of the boundaries of the subcontinent. His lectures and teaching created interest and respect to Hindu culture and yoga in the west.

The credit of taking Ayurveda to the west mainly goes to the people like Mahesh yogi, Deepak Chopra, Subhash Ranade etc.

AIM AND OBJECTIVES:

- To assess the current status of Ayurveda worldwide
- To assess the issues related to Ayurveda practice in different countries
- To find the solutions to the problems.

Ayurveda became popular due to the its unique philosophy. From thousands of years it survived. Ayurveda and Yoga are the part and parcel of the Indian medicine. Yoga is now widely accepted. The Ayurveda was introduced to the western world in 1960 -70s. As the yoga consists of certain *Yogasans* and *Pranayam* it was widely accepted but as

Ayurveda consists of certain internal medications it was not easily accepted. The Ayurvedic medicines got heated discussion after a paper published in the Journal of American medical association (JAMA) observing heavy metal toxicity due to Ayurvedic drugs in 2004⁴. Some subsequent publications observed the same.

Ayurveda in India

Ayurveda has now recognized medical system and the union government formed a new ministry for the welfare of AYUSH. In fact department of Ayurveda, Yoga, Unani, Siddha and Homeopathy (AYUSH) is a governmental body for the purpose of developing education and research in Ayurveda. The union government has formed a separate ministry of AYUSH on 9th November 2014.⁵ This government will lay emphasis on the Ayurveda it would increase public investment to promote AYUSH. The government planned a 100 bedded AYUSH hospital at Hrishikesh⁶.

Traditional Knowledge Digital Library (TKDL)⁷ A collaboration with the Council for Scientific and Industrial Research (CSIR), set up in 2001, to prevent grant of "bed" patents on traditional knowledge and biopiracy. The digital library is being developed on codified traditional knowledge on Indian systems of medicines such as Ayurveda, Unani, Siddha and Yoga. Nearly 805,000 Ayurveda formulations, 98,700 Unani formulations, and 9,970 Siddha formulations have been transcribed in patent application format in five languages: English, French, German, Spanish and Japanese

Indian Medicine Pharmaceutical Corporation Limited⁸ (IMPCL), Mohan, Uttaranchal (a public sector undertaking) Department of AYUSH, Ministry of Health and Family Welfare, Government of India has launched National AYUSH Mission (NAM) during 12th Plan for implementing through States/UTs. The basic objective of NAM is to promote AYUSH medical systems through cost effective AYUSH services, strengthening of educational systems, facilitate the enforcement of quality control of Ayurveda, Siddha and Unani & Homoeopathy (ASU & H) drugs and sustainable availability of ASU & H raw-materials. It envisages flexibility of implementation of the programs which will lead to substantial participation of the State Governments/UT. The NAM contemplates establishment of a National Mission as well as corresponding Missions in the State level. NAM is likely to improve significantly the Department's outreach in terms of planning, supervision and monitoring of the schemes.

Ayurveda and WHO

World Health Organization⁹(WHO) realized at Alma Ata in 1978 the role of traditional, alternative and complementary systems of medicine in the healthcare sectors of both developing and the

developed nations with the slogan of "Health for All". Later, this issue has been globally addressed by the Traditional Medicine Program of WHO on several perspectives ranging from cultivation of herbs, manufacturing, dispensing, to preparation of guidelines for common masses in traditional medicine (TM).

As per definition, "Traditional medicine is the knowledge, skills and practices of holistic healthcare, recognized and accepted for its role in the maintenance of health and the treatment of diseases. It is based on indigenous theories, beliefs and experiences that are passed on from generation to generation".

Ayurveda [traditional medicine (TRM) of India as per WHO], the holistic science of medicine, as practiced and utilized by Indians at large since centuries, is getting global at present by virtue of its qualitative strength, essential elements of health and important clues for consistent functioning of life. Ayurveda is basically more oriented toward the management of lifestyle disorders which are in prominence due to stress-related phenomena and some other reasons among certain age groups in the society. Worldwide recognition of academic courses in Ayurveda is an additional accreditation of the establishment of wellness centers in general and its therapeutics value as a system of medicine in particular. Department of AYUSH has launched a few projects in association with WHO under APW and DFC programs to address this issue, and several documents are being prepared which will promote rational use of herbal medicines of Ayurveda. Institute of Post Graduate Teaching and Research in Ayurveda, Gujarat Ayurved University, as well as WHO country office have published two documents which are serving the purpose. But still much more needs to be done in this arena.

Ayurveda in SAARC

Sri Lanka¹⁰

This is the only country where Ayurveda enjoys the status of National Health System. They have a separate National Policy on Ayurveda. This Ayurvedic tradition is centuries old and the practitioners are as qualified and efficient as in India. Almost 70 Years back itself the country had started Ayurvedic institutions for education. At present, they have two full-fledged Ayurveda institutes offering BAMS degree.

1. Institute of Indigenous Medicines (IIM), *Rajgiriya*.
2. Gam Paha Wickramarachchi Ayurveda Institute, under *Kelonia* University.

The fracture management techniques of Sri Lankan Ayurvedic doctors is excellent and the best of the kind. Many good doctors are successfully practicing Ayurveda in the classical form. Many Ayurveda graduates are coming to India from Sri Lanka for

post Graduate education.

Nepal¹¹

They also have recognized the systems of Ayurveda and have a national Policy on Ayurveda. They also consider Ayurveda as a National Health systems and good percentage of people follow Ayurveda as CAM systems for healing purposes. Nepal runs a recognized Ayurveda degree course at the *Tribhuvan* University in Katmandu. Bangladesh is another neighboring country of India, which has recognized Ayurveda legally. They also conduct 5 1/2 year degree course in Ayurveda by University of Dhaka. In the second group of nations, in some countries like Portugal, Italy, Germany, Australia, Mauritius, Hungary etc. Ayurveda has a foothold and in UK, US and Russia, Ayurveda is very widely spread.

USA¹²

In USA, Ayurveda is having a very high commercial potential and the Panchakarma therapy is practiced widely. 47% of American population is estimated to have resorted to CAM systems and Ayurveda is highly preferred. The Ayurvedic drugs are sold under the label of food and dietary supplement. Under the dietary supplement and Health Education Act, USFDA allows certain structure function claims of herbal products.

People like Dr. Deepak Chopra, Robert Svoboda, David Frawley etc. have created a good number of followers and they have written many books on Ayurveda. Many educational institutes are offering training for self-healing certification as practitioners with home study and minimal classroom training. The California College of Ayurveda conducts a 2 year course, which certifies the student as clinical Ayurvedic specialist, and the State of California has officially approved the college as a vocational training institution in the field of Ayurveda. Apart from this, the states of Florida, New Mexico and New York have approved the Ayurveda teaching in the territory level and the certificate holders enjoy the status of herbal practitioners. So many Associations are there in U.S like American Academy of Ayurvedic Medicine, American institute of Vedic Studies etc.

Russia¹³

Lots of interest has been generated in Ayurveda and Yoga in Russia. Since last 6

years, the NAAMI Ayurveda Medical Centre runs successfully. They have entered into a Memorandum of Understanding with the Government and has recognized Panchkarma and KsharaSuthra therapies. The Russian translation of Charaka Samhitha, SusrutaSamhitha and AshtangaSamgraha are available. In the institute of Medico-Socio Rehabitology, Ayurveda is taught from the second year until the end. Eminent scholars like Dr. C.R Agnives, Dr. Unnikrishnanetc are among the Indian Ayurvedic experts visiting Russia.

United Kingdom/EU countries¹⁴

In the recent days, there is a wide increase in the awareness about Ayurveda in U.K. About 150 Ayurvedic doctors are practicing in UK irrespective of the hostile attitude of the Government to recognize Ayurveda as a medical system with independent status. Two Ayurveda Colleges are run in London, and these institutions offer a B.A. (Hons.) degree to the students with a part-time three-year course with just 1000 hours of classes! The Ayurveda College of Great Britain had a charitable hospital attached to it but it was closed down recently due to bad response. UK allows the sale of Ayurveda medicines under the label of herbal medicine, the present practitioners are practicing without license as herbalists.

CONCLUSION:

Ayurveda the science of life has been reaching on the global platform. But the government and Ayurveda experts should have to work hard and solve the problems related to Ayurveda at global level. It is also need of hour to propagate and practice real Ayurveda in India first since it is the demand of the Indian people for the Ayurvedic treatment.

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