



Need of Scientific Research in Ayurveda.

Sunil C. Bakare

Editor-In-Chief, Ayurved Darpan - Journal of Indian Medicine

Email: drbakare@rediffmail.com

Whenever we come across our traditional knowledge, its basic principles and theories related to treatment are brilliant. Ayurveda a huge source of our traditional knowledge along with ethno-medicinal knowledge it's a giant resource for research. Because the basic principles regarding diagnosis, drugs with their actions, treatments which explained in classical Ayurvedic texts are too much correct and effective if we come across diagnosis, drug selection and patients treatment. But in this advanced years of medical evolution we are still not able to establish effectively our valuable Ayurvedic knowledge. This is also can not be said that throughout our country lot of efforts are already been made and are in progress.

Here in this study an effort has been taken to brighten the subject, "need of scientific research in Ayurveda." Because, Scientific research's are considered to be best, as they are done by involving appropriate samples of specific criteria with standard as control group, placebo against drug. For research in Ayurveda, Ayurvedic parameters are of more important as if we go to prove Ayurveda according to parameters of modern science failures are often seen. So, it is necessary to study deeply Ayurvedic principles, try to find out subjective or objective parameters in Ayurveda. Also, while choosing these parameters try to apply maximum objective parameters to avoid bias. Include similar or merely same parameters of modern sciences. Avoid repetition in topic of research. So many researches fails due to improper understanding about the Ayurvedic principles and its applied parameters. A known topic can be taken here for

better understanding of research problem. e.g. if topic of research is "effect of *Yashad bhasma* in individuals with Diabetes Mellitus (*prameha*)" and if our analysis is totally depend only on blood sugar level(BSL). And the control drug is Modern Anti hyperglycaemic agent, failure of research here is natural. For this we must know the properties and action of *Yashad bhasma* according to Ayurveda. *yashad bhasma* is more effective in *Prameha* when there is predominance of *Pitta dosha*. And controlling only BSL is not a solution for *prameha*. Control over digestion, metabolism, urination (polyuria is more in Diabetes mellitus patients) is important. If we go to the problem without understanding and analysing above parameters we will fail in our research. There will be a waste of time and money, also a wrong research could be come in front of students and society.

So, it's our prime duty to study deeply our science, understand well with the help of available resources, help from Ayurvedic teachers, Vaidyas to explore it and provide it global acceptance.

The core aim of this treatise is not to discourage my friends but to encourage you in positive direction. We heartly congratulate them who are working hard in contribution to Ayurvedic research and best wishes for them who are working on the Research area and who want to do a great work for our traditional system of Medicine an **Ayurveda**.