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The Importance of Ayurvedic Medicine in Today's World

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Abstract

Ayurvedic medicine, one of the world's oldest comprehensive medical systems, has been practiced in India for over 5,000 years. This science believes that the power of incarnation lies in nature. In the modern era, where diseases related to lifestyle, stress and environmental pollution have become common, Ayurveda offers a holistic natural approach to health and wellness. This article explores the importance of Ayurvedic medicine in contemporary healthcare, its principles, benefits and the increasing integration of Ayurveda with modern medical practices. The discussion also includes Ayurvedic treatments for chronic diseases, the role of medicinal herbs and scientific validation of Ayurvedic principles; in brief the Importance of Ayurvedic Medicine in Today's World.

Keywords: *Ayurveda, Allopathic Medicine, Charak Samhita, COVID-19, Immune system, Sushruta Samhita*

Introduction:

Our ancestors discovered a secret mystery in nature that is Ayurveda. The term 'Ayurveda', derived from the Sanskrit words 'Ayur' (life) and 'Veda' (knowledge), means 'science of life.'¹ It emphasizes balancing body systems through diet, herbal treatment, and yogic breathing. The revival of Ayurveda in the modern era is driven by the growing awareness of holistic health, the limitations of allopathic medicine and the demand for natural and sustainable healthcare solutions. This article examines the role of Ayurveda in the 21st century, focusing on its contribution to healthcare, its advantages over traditional medicine, and its integration with modern medical science.

In modern times, allopathic is considered a major branch of the medical field. It gives excellent result for trauma in critical condition etc., although it will fail to stop the path of chronic disease. Today, most people are suffering from various diseases like hypertension, nervous weakness, mental stress, anxiety, diabetes, obesity, etc. In harmful environments like environmental pollution, spoiled food, scarcity, lack of growth in household pollution, etc., people are misguided. Allopathic medicines are not enough to cure all these problems

of your paths. Therefore, to achieve complete wellness, one must lead a healthy and fit life. If we follow Ayurveda we can cure all these chronic diseases with the right medicine, hygiene foods, lifestyle changes, etc.

Ayurveda derived in India more than 5,000 years ago and was developed through ancient texts such as the Charaka Samhita, Sushruta Samhita and Ashtanga Hridayam. These texts provide detailed descriptions of herbal medicine, surgical procedures, and holistic health practices.² Ayurveda has influenced traditional medical systems all over the world, as well as Traditional Chinese Medicine and Unani medicine.

Ayurveda is based on the concept of the five elements (Pancha Mahabhutas) - earth, water, fire, air and ether - and their combinations in the three doshas: Vata (air and ether), Pitta (fire and water) and Kapha (earth and water). Balancing these doses is essential to maintaining health.³

According to the survey, many countries in Asia practice Ayurvedic treatment similar to grandma's home remedies, and it is a traditional and healthy practice. In India, Ayurvedic medicine is considered a primary healthcare resource. But in other countries it is considered a complementary health option. Ayurvedic treatment finds balance between our body-mind and gives us a healthy life. There are several natural ingredients and herbs in Ayurveda that help us boost our immune system.

If a person takes these medicines regularly, his immune system will be strong and as a result it will not be affected by viral fever, flu, etc. If we use all these Ayurvedic medicines in our daily life we can attain a healthy and hygienic life. There are many immunity boosters available in the market but Ayurvedic medicines are the best. During the Corona period, the medicines available in the market failed to boost our immune system. But Ayurveda has helped us to develop strong immunity power. Those with a low immune system are more likely to be affected by Covid-19. Therefore, it is very necessary to develop our immune power to prevent all these diseases.⁴

It is cheaper than allopathic medicine since it is made with natural components. It is true that Ayurvedic treatment takes a lot of time to cure the problem, but it gives a permanent cure. It is a complete treatment because it has no side effects. It helps us improve our physical, psychological and spiritual health. Try to maintain a balance between body, mind and soul. It also increases the immune power of the human body, allowing it to fight against diseases. It helps us rebuild body parts and provides good physical and mental health in the patient's life. By using Ayurvedic medicine we can achieve radiant and healthy skin. It can also be used as a weight loss remedy.

There are some principles of Ayurveda which includes:

- Prakriti (Individual Constitution): Each person has a unique body type based on the dominant dosha.
- Dinacharya (Daily Routine): Follow a structured daily regimen to maintain health.
- Rasayana (Rejuvenation Therapy): Strengthens immunity and slows down aging.
- Panchakarma (Detoxification Therapy): A fivestep purification process to eliminate toxins.⁵

There are several benefits of Ayurvedic medicine, which are as follows:

1. **Holistic Healing:** Ayurveda considers the body, mind and spirit to be interconnected and focuses on total well-being.
2. **Natural Remedies:** Ayurvedic treatments use plant-based remedies, which minimize the side effects of synthetic drugs.
3. **Personalized Approach:** Ayurveda offers personalized treatment based on each individual's dosha constitution.
4. **Preventive healthcare:** Emphasis on diet, lifestyle and detoxification helps prevent disease.
5. **Mental and emotional balance:** Ayurvedic practices such as meditation, yoga and herbal therapies improve mental health.
6. **Sustainability and environmental friendliness:** Ayurvedic medicines use natural ingredients, which reduces the environmental impact of pharmaceutical production.
7. **Ayurveda for digestive disorders:** Gastrointestinal problems such as acid reflux, irritable bowel syndrome (IBS), and indigestion are effectively treated with Ayurvedic dietary guidelines, herbal formulations (Triphala, aloe vera, ginger), and lifestyle modifications.
8. **Ayurveda for diabetes control:** Herbs like guduchi, bitter melon and fenugreek help regulate blood sugar levels. Ayurveda recommends dietary changes and Panchakarma therapies to improve metabolic health.
9. **Ayurveda for cardiovascular health:** Ayurvedic interventions, such as Arjuna bark and garlic, support heart health by improving circulation and lowering cholesterol.
10. **Ayurveda for mental health:** Ayurvedic herbs like Brahmi, Ashwagandha and Jatamansi are known for their neuro-protective effects and help in anxiety, depression and cognitive disorders.
11. **Ayurveda for skin and hair care:** Herbs like neem, aloe-vera and sandalwood are widely used in skin and hair care and offer natural solutions for acne, eczema and hair losses.⁶

In many parts of India, community-specific Local Health Traditions play a crucial role in supporting the ecosystem, deeply influenced by and influencing the practice of Ayurveda. While this knowledge is primarily intended for the general population, households, and communities and, in a more specialized way, physicians there has been growing global interest in recent years regarding Ayurveda's impact on healthcare systems and its ancient healing wisdom.

Today, when we are going through a critical situation, we need to sleep well every day. Sleeping at least 8 hours is very important for our brain functioning. By using Ayurvedic medicines we can eliminate all the stress and sleep well. Through regular practice of yoga, meditation and prānāyāma we can achieve a healthy body.⁷ That is why Ayurveda is still important in our life.

Ayurveda, though familiar as the 'knowledge of life' and the 'science of life,'⁸ expand beyond human health and is fundamentally multidisciplinary. Conventional Ayurvedic

literature and practices focus attention on not only human welfare but also the health of plants, animals, and the environment. Several branches, such as *Vrukshayurveda* (plant health), *Pashuayurveda* (farm animal health), and *Hasti Ayurveda* (elephant health), are scarcely included in modern Ayurvedic studies, practices, and policies. These branches offer a unique outlook on the correlation of life, recognizing that medical intercession is only one part of a wider approach to well-being.

Nowadays popularity of Ayurveda is growing in the modern healthcare system. With the spring up of chronic diseases such as diabetes, hypertension, obesity and mental health disorders, modern healthcare systems are facing limitations in providing long-term solutions. Ayurveda addresses the origins and not just the symptoms, promoting a more survivable approach to health.

Ayurveda views the physician's role as one of assisting the healing process, rather than merely treating disease. Its philosophy emphasizes not just curing ailments but primarily maintaining health and preventing illness. This is achieved through balanced lifestyle practices, a proper diet supplemented with specific formulations and medicines, and techniques that sustain homeostasis across bodily systems.

The Ayurvedic therapeutic approach highlights empowering patients by increasing their ability to combat illness and encouraging them to take responsibility for their own health rejecting the disempowering role of the passive patient. Health is regarded as a value in itself, with individuals actively participating in its on-going maintenance. Ayurveda recognizes that every person is unique, made by a variety of factors including geographic, climatic, seasonal, racial, familial, constitutional, and healthful influences. Treatments are tailored based on the dynamic interaction between patient and physician. However, with the standardization, commercialization, and professionalization of Ayurvedic practice, much of this personalized knowledge has been lost.

Ayurveda basically aims to create balance and homeostasis, which are crucial for disease prevention. However, modern practice has transferred toward a curative model, focusing primarily on treating diseases rather than maintaining wellness. No significant public health or preventive care programs have been developed using Ayurvedic principles. For instance, concepts such as 'Achara Rasayana' which emphasizes behavioural and social conduct for a healthy life and non-pharmacological lifestyle and dietary interventions have been largely neglected in contemporary healthcare policies.⁹ Thus, the integration of Ayurveda with modern medical practices is gaining momentum. Hospitals and research institutes are increasingly incorporating Ayurvedic principles for disease management. The World Health Organization (WHO) acknowledges Ayurveda as a system of traditional medicine and several governments have established regulatory frameworks to promote its standardization.

Recent scientific studies have validated the effectiveness of Ayurvedic treatments. Research on Ayurvedic herbs such as Ashwagandha, turmeric and brahmi has shown their anti-inflammatory, neuro-protective and adaptogenic properties. Clinical trials have shown the benefits of Ayurvedic formulations in the treatment of chronic diseases such as arthritis, diabetes and cardiovascular disorders.

However, Ayurveda is often mistakenly characterized solely as a system concerned with human health. In recent years, its holistic perspective acknowledging the fundamental interdependence of humans and nature has diminished. Today, Ayurvedic education has become highly medicalized, focusing almost exclusively on human-centered clinical care. It is now primarily taught in medical schools, where its scope is limited to hospital-based practice by qualified Ayurvedic practitioners, moving away from its traditional, more integrative roots.

Since the 19th century, Ayurvedic practice has progressively aligned with modern healthcare models, where treatment is provided by professionals in clinical and hospital settings.¹⁰ Ayurvedic education has gone through nationalization, standardization, and institutionalization, with training now based on biomedical curricula. This shift has established a new biomedical vocabulary into Ayurveda, including terms like Ayurgenomics, Ayurnutrigenomics, and Ayurpharmacoepidemiology. The professionalization of Ayurveda mirrors that of modern biomedical institutions in terms of policy, education, and research.¹¹ Moreover, the current curriculum is designed to resemble the Bachelor of Medicine, Bachelor of Surgery (MBBS) program, aiming to position Ayurveda on the same footing with contemporary biomedicine.

Despite its benefits, Ayurveda faces challenges in its global adoption due to lack of standardization, scientific validation and regulatory frameworks. Efforts are underway to close this gap through intensive clinical research, integration with modern medical education, and political support from health organizations.¹²

We should take some steps to overcome those challenges and for a great future of Ayurvedaic Medicines:

- Increased funding for research: Governments and private institutions should invest in Ayurvedic research.
- Standardization of Ayurvedic Medicines: Establishment of quality control measures to ensure effectiveness and safety.
- Global acceptance and regulation: encouraged the WHO and other health bodies to include Ayurveda in global health policies.
- Integration with modern healthcare: foster collaborations between Ayurveda practitioners and allopathic doctors.
- Public awareness and education: Promotion of Ayurveda through awareness programmes, workshops and digital platforms.¹³

Historically, Ayurveda was taught through the Gurukula system, an ancient Indian residential learning method where *shishyas* (students) lived with or near their *Guru* (teacher). Today, Ayurveda education is regulated under recognized universities with a nationally standardized biomedical framework. The Central Council of Indian Medicine has played a key role in this shift, aligning Ayurvedic curricula with modern biomedical courses to ensure parity. However, this has led to an artificial restructuring subjects that never existed in Ayurveda have been translated into Sanskrit (e.g., *śarīraracanā* for anatomy and *śarīrakriyā* for physiology) to fit the framework. Despite these changes, Ayurvedic

śarīra (body studies) remains clear, integrating disciplines such as metaphysics, genetics, embryology, obstetrics, vital points, anatomy, pathology, and forensic medicine.

A major gap in modern Ayurveda education is its restricted accessibility to the general public. Currently, it is taught exclusively in professional settings to qualified physicians, rather than being shared as a broader health philosophy for all. There is a crucial need to rectify India's health and wellness policies, especially in regard to Traditional Ayurvedic Therapy and Ayurveda. A key step is to reinvigorate Ayurvedic education, securing a more comprehensive approach to knowledge conveyance, practice, and care delivery. Ayurvedic training must go beyond human health and merge environmental well-being, as studies progressively highlight the critical relationship between humans and nature in sustaining health.

Restoring Ayurveda's holistic perspective is crucial not only for conserving conventional knowledge but also for addressing the growing disparity between public and private healthcare sectors. This approach could help counteract the pharmaceutical industry's rising influence, which has given to the industrialization of Ayurvedic pharmaceuticals and the overall medicalization of healthcare and life. By contributing alternative point of view on health, disease, and the environment, Ayurveda encourages sustainable healthcare practices and strengthen the connection between therapeutic landscapes and human well-being.

Conclusion:

In conclusion we can say that Ayurveda, with its comprehensive approach and natural healing methods, has notable significance in the modern era. As lifestyle-related diseases continue to increase, Ayurveda provides preventive and therapeutic solutions aligned with the principles of survivable and tailored medicine. The amalgamation of Ayurveda with modern healthcare, supported by scientific research and systematized practices, will provide to its global acceptance and fruitfulness. Highlighting Ayurveda in public health inventiveness can open the way for a healthier and fairer society.

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