

GLOBALISATION OF AYURVEDA

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INTRODUCTION :

Ayurveda medicine is a traditional system of medicine which is popularly practiced in modern India. As a result of urbanisation, we have to face the effects of climate change. Good clinical practice should be followed by Ayurveda doctors in India as well as in abroad. Strong guidelines should be developed for Ayurveda medicine practice in foreign countries like European and USA. Certification and accreditation guidelines have been developed by Government of India. Government of India is encouraging Ayurveda and Integrative medicine practice in India and foreign countries like Switzerland, Hungary etc. Indo Swiss organisation has developed guidelines for the practice of Ayurveda and it is suggested by WHO to implement the same in other European countries. Ayurveda department and a Chair is going to be introduced in some foreign reputed universities. By following these steps, Ayurveda can be made more beneficial in the society. Promotion and practice of Ayurveda at global level will certainly boost national as well as global economies as Ayurveda system of medicine is cost effective, safe and also, affordable. Certain modification can be made in Ayurveda therapy according to the national interest and global trends so that their economies also can be benefited. In nutshell, by promoting Ayurveda and integrative medicine we can achieve growth of global economy and health for all by 2030 can be achieved.

FOLLOWING STEPS CAN BE IMPLEMENTED IN AYUSH:

1. Clinical outcome and research

2. Health Technology Assessment
3. Consortiums asia consortium
4. Task Forces
5. Special Interest Groups
6. Asian Network
7. African Network, Arabian Network
8. Medical Devices
9. Patient Preference Groups
10. Global Member Groups
11. Group of regulatory body of delivery of Health care in collaboration with WHO.
12. Councils and round tables
13. Student forums

STEPS TO BE TAKEN TO MAKE AYURVEDA GLOBAL ACCEPTANCE:

1. Seminars and Expos to be conducted in different nations
2. World Ayurveda Congress with meeting of Global leaders and foreign governments
3. Promotion of trade of Ayurveda medicines
4. Making guidelines for the practice of ayurveda and Integrative medicine officially in different foreign countries
5. Opening of Ayurveda departments in foreign universities
6. Starting standard new journals of Ayurveda and Integrative medicine
7. Promoting scientific papers getting published in indexed and high impact, peer reviewed journals.
8. Student and faculty exchange programmes within Indian institutes and foreign universities.

9. Study abroad projects for Ayurveda students in some reputed foreign universities.

ADVANTAGES OF GLOBALISATION OF AYURVEDA MEDICINE:

1. Ayurveda is a system of medicine where the people are treated by changing the lifestyle, stoppage of causative factors of the disease, Ayurveda dietetics, use of Vyadhi pratyanka aushadhis (specific drugs and formulations,) Panchakarma procedures, and use of Rasayana aushadhis. Each disease is treated with same principles of treatment based on dooshya, Desha, Bala, Kala, Prakruthi, Anala, Vayas, Satva, Sathmya, Ahara, and Roga awastha. This is a holistic approach
2. Ayurveda and Integrative medicine can contribute for Indian economy in particular and global economy in general perspective.
3. By the practice of Integrative medicine including Ayurveda , we can make healthcare services safe, cost-effective and affordable, patient friendly and available to all sectors of society.

CONCLUSION:

Globalisation of Ayurveda medicine is need of the hour. In this, we can achieve health for all by 2030 as the vision of Geneva meeting last year. If healthcare services are to be made cost effective, safe, and affordable, this is mandatory. Integrated medicine is most suitable in this era. Modern medicine alone is not capable to cater the healthcare needs . Integrative medicine is capable of addressing the non

communicable diseases more effectively as these disorders are more common in these days. If the health is normal, we can achieve the growth of economy. Hence, in achieving national interest, health should be given priority.

That is practice of Integrative medicine. Dinacharya, Ruthu charya, Sadvritta (Codes of good conduct) and Achara Rasayana are having deciding role in maintainance of good health. Ayurveda medicine, not only has preventive role, but curative also. About 60% of global population are having the opinion that, mere modern medicine is not able to address all type of diseases, Integration of Alternative and Traditional medicine is necessary for this purpose. Ayurveda medicine improves health, increases the immunity and body strength and general condition also. It is also helpful in increasing longevity of life.

In nutshell, Integrative medicine including Ayurveda is most beneficial for the society.

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