

**CONCEPT OF RESEARCH METHODOLOGY IN AYURVEDA**

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**ABSTRACT**

Medical sciences hold diversity in methodology, objects and their achievements representing to different branches of medicine & health sciences. *Ayurveda* advancements have multi-dimensional approaches and areas for the studies of various technical interests. It is one such ancient Indian medicinal science that represent to the different aspects of medicines. It develops gradually on the basis of different *Pramanas*, is a universal truth which is present since before the existence of mankind and it will remain after the life of mankind. But truth has no limits; therefore it is very essential to do the research continuously by taking the supports of the available works. Research methodology is a way of examining your practice. It is undertaken within most professions. More than a set of skills, it is a way of thinking, examining critically the various aspects of professional work. It is a habit of questioning what you do and a systematic examination of the observed information to find answers with a view to instituting appropriate changes for a more effective professional service. When you say that you are undertaking a research study to find answers to a question, you are implying that the process, is being undertaken within a framework of a set of approaches; uses procedures, methods and techniques that have been tested for their validity and reliability; is designed to be unbiased and objective. This paper deals with how Research methodology can be useful in the advancement of *Ayurveda*.

**Keywords:** *Ayurveda*, Research Methodology, *Anusandhan*

**INTRODUCTION**

*Ayurveda*, the Science of life, is an ancient system of medicine which guided the mankind to be healthy and stay away from any physical, mental or spiritual illness throughout the life.<sup>1</sup> Research Methodology is the cornerstone of any science. It refers to the organized, structured and purposeful attempt to gain knowledge about a suspected relationship.<sup>2</sup> Research means searching the knowledge which is forgotten or which is hidden in us under the cover of ignorance and methodology refers to a systematic procedure for carrying out an activity and in the present context of medicine, implies a set of rules. It is the characteristics of today's modern world

that there is no place for blind faith in tradition and authority of *Shashtras*. Faith has been replaced by skepticism and scientific enquiry even for truths which are traditionally established. Only the facts established by proofs derived after careful investigations, observations and experiments and supported by accurate data and convincing reasoning can convince the people about validity or otherwise of any statement. Facts require to be supported by figures and that figures can emerge out through research. So, Research methodology is an important to carry out fine and fruitful work.

## OBJECTIVES

*Ayurveda* is not an historical relic. It adapts according to need of time and requires to be expressed in the language of the place. Unless *Ayurveda* is dilated, expanded, made elaborate, it cannot catch up with other sciences ever progressing and expanding. For re-modeling of *Ayurveda*, new materials and methodology should be supplemented.

Whatever concepts and experiences are accepted as established facts in *Ayurveda* and stood the test of time should be re-examined and their validity in the present era through acceptable scientific parameters. The old concepts require to be re-evaluated in the light of present theories and experiences.

The work is based on literary research material compiled from *Ayurvedic* classics, articles, journals etc. analyzed and evaluated to find out fruitful conclusion. The allied literature has been referred keenly to throw light on Research methodology in advancement of *Ayurveda*.

### Review

*Ayurveda* developed ways to maintain positive health including *dinacharya*, *ritucharya*, *sadvrita*, *rasayana* etc.<sup>3</sup> Because of not following these regimens when disease developed, then it described details etipathogenesis of every condition and also found their solutions. So, *Ayurveda* has never denied the need of research in its advancement. Student of *Ayurveda*, a post-graduate scholar, *Ayurvedic* Practitioner, Pharmaceutical companies cannot understand the classical texts written, until and unless, underlying utility and importance is not revealed. It can only be done with extensive research.

### Scope

There is a huge scope of research in *Ayurveda* from the view point of each

factor mentioned above. For carrying out any research, there should be some steps or procedure by which a hypothesis is studied. Such systematic procedure is called methodology. *Ayurveda* has its own research methodology. *Pancha anumana vakya* consists of *Pratigya*, *Hetu*, *Udaharan*, *Upanaya* and *Nigamana*<sup>4</sup> which respectively means the hypothesis, supportive theory or experiment, example having same phenomenon proved, acceptance of hypothesis and establishment of a principles. Similarly many concepts like *Nidanapanchaka*<sup>5</sup>, *Shat kriyakala*<sup>6</sup>, *Janapadodwansaniya*<sup>7</sup> etc. are nothing but the excellent examples of highly developed research methodology in *Ayurveda*.

### Types

#### 1. Three types<sup>8</sup> -

- a. **Pure**- It is research done to find out something by examining anything
- b. **Original / Primary**- It is looking for information that nobody else has found
- c. **Secondary**- It is finding out what others have discovered through original research

#### 2. Two types<sup>9</sup>

- a. **Directed**- Specific purpose in mind
- b. **Non-directed**- No specific purpose

#### 3. Three types<sup>10</sup> -

- a. Application of research study- Pure, Applied
- b. Objectives in undertaking the research
- c. Inquiry mode employed

#### 4. Four types<sup>11</sup>

- a. **Descriptive**- To describe systematically a situation, problems etc.
- b. **Co- relational** – To discover or establish the existence of a relationship
- c. **Explanatory**- To clarify why and how there is relationship etc.
- d. **Exploratory** – To explore an area where little is known or to investigate etc.

### **Problems in the advancement of Ayurvedic research methodology**

1. U G Students, though literary research is carried out, it is very difficult to understand the concepts of *Ayurveda* thoroughly.
2. PG Scholars, research is meant for the development and strengthening of *Ayurveda* as a system. But practically, problems arise just at the starting of research work.
3. In case of disease or drug or any other work when apply the parameters mentioned in classics those are not accepted by the modern science and if modern parameters are applied for each and every *Ayurvedic* research, those are insufficient to express the results of study in true sense and the question of strengthening *Ayurvedic* methodology remains unsolved.
4. The hospitals where PG researches are carried out have patients of specific income group. So, random selection is not possible and the study becomes biased.
5. *Ayurveda* practitioner is a true implementer of research methodology. Many practitioners work hard to find newer ways of diagnosis and treatment but are lacking the standard *Ayurvedic* research protocol for documentation and presentation of cases.
6. Pharmaceutical companies to do all types of research constantly including literary, fundamental, drug research clinical trials etc. To find out different medicines as per the need of time.
7. Government has laid down some rules and regulations for the manufacturing and marketing of medicines and their patency which come under the GMP.
8. Some herbal, animal and metallic originated drugs are banned by government due to their toxic effects to the human Role of

Research Methodology in Advancement of *Ayurveda*.

### **Suggestions in the Advancement of Ayurvedic research methodology**

1. Proper methodology should be developed at the institute level for teaching *Ayurveda*.
2. All the available literature can be studied and accordingly subjects along with latest additions or changes made by research in concerned topics should be taught in the colleges.
3. Government has all the power of administration & regulation over *Ayurveda* colleges, PG institutes, research center etc and all the system which by one or the other way are related to *Ayurveda*.
4. At the level of pharmacies also whatever researches carried out, those can be conducted through PG institutes.
5. Information regarding every project related to *Ayurveda* being carried out by the government anywhere in India.
6. A Standard protocol for *Ayurvedic* research work which is uniquely accepted all over India.
7. To develop own parameters for the study topics.

### **Ancient methods of Research Methodology in *Ayurveda*<sup>12</sup>**

1. **Vidya**- Knowledge
2. **Vitarka**- Reasoning
3. **Vignana**- Scientific Method
4. **Smruti**- Memory
5. **Tatparta**- Repeated observation / Curiosity
6. **Kriya**- Practical application

### **Pramanas (Investigations)<sup>13</sup>**

1. **Aptopadesha**- Knowledge through the teaching of Authoritative resources.
2. **Pratyaksha**- Knowledge from senses.
3. **Anumana**- Knowledge by reason and logic
4. **Yukti**- Knowledge by ingenuity

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### Choosing and developing a research topic<sup>14</sup>

1. Suggestion for finding a topic
2. Identifying a topic
3. Testing the topic
4. Finding background information
5. Encyclopedias & dictionary
6. Exploit bibliography
7. Finding books articles and other materials
8. Evaluating resources
9. Initial appraisal
10. Content analysis
11. Objective reasoning
12. Coverage
13. Writing style
14. Evaluative reviews

### Steps of Research Methodology in Advancement of Ayurveda<sup>15</sup>

1. Determining a theory
2. Defining Variables
3. Developing the Hypothesis
4. Standardization
5. Selecting subjects
6. Testing subjects
7. Analyzing Results
8. Determining significance
9. Communicating results
10. Replication

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### DISCUSSION

Research methodology in advancement of *Ayurveda* needs and requirements vary with each assignment, project or paper. Although there is no single "right" way to conduct research, certain methods and skills can make research efforts more efficient and effective.

It is pure, original or secondary, carries with it an inherent danger to those who are close-minded or comfortable in their preconceptions and prejudices. One thing that many people leave out of their discussions of just about anything is evidence. They often rely more on volume or

force of personality rather than proof to back up their ideas. Evidence is also the key to understanding your subject. A way to understand something is to break it down into its component parts, examine each one, and put it back together. By having a solid understanding of research methods and statistical inference, chances of completing a research project are greatly enhanced. Remember that nobody knows everything about doing research and that asking questions and getting advice along the way is not only accepted, it is highly recommended. Research as a global phenomenon and prepare for the whole gestalt of project but always make sure are preceding in a logical and organized fashion. If work hard and work smart, will soon be published and will be adding to the Knowledge base in *Ayurveda*. Because this paper is designed to focus on the Research methodology in advancement of *Ayurveda*, a basic understanding of statistics is assumed.

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### CONCLUSION

The process of research can be painstakingly time consuming. It can involve the overcoming of many obstacles and may unfortunately need to be revised several times as progress through the steps. All work in such a coordinated and well organized way with no bias and giving best of us.

This paper will look at each of the areas discussed in more detail and provide an overview of research methods. By the end of this text, should have a solid understanding of research methods and be able to intelligently analyze and critique research methods.

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