

**AYURVEDA RESEARCH - TODAY AND TOMORROW****Varghese Jibi Thankachan<sup>1</sup>, Aboli Pati<sup>2</sup>, Kalpesh Chaudhari<sup>3</sup>, Dnyanesh Joshi<sup>4</sup>**<sup>1</sup>Lecturer, Dept of kayachikitsa, <sup>2</sup>Lecturer, Dept of Kaumarbhritya, <sup>3</sup>Lecturer, Dept of Panchakarma, <sup>4</sup>Lecturer, Dept of Samhita.

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**ABSTRACT**

Ayurveda has been sustaining since its evolution from thousands of years. Eversince its principles have never changed and it has been practiced with full confidence and faith. Ayurveda is an observational and research oriented science, even though at present era with the evolving world, every field of science requires justification, and for it Research becomes mandatory. Ayurveda has also not been untouched. New diseases have evolved which are proving fatal and so it becomes the need of the hour to establish and validate our system of medicine and its efficacy which can be useful to humankind as a whole. Also, to make Ayurved a popular way of treatment modality worldwide, research efforts should be done.

**Keywords:** Research, humankind, worldwide.**INTRODUCTION**

Ayurveda has been sustaining since its evolution from thousands of years. Ever-since its principles have never changed and it has been practiced with full confidence and faith. Ayurveda is an observational and research oriented science, even though at present era with the evolving world, every field of science requires justification, and for it Research becomes mandatory. Ayurveda has also not been untouched. New diseases have evolved which are proving fatal and so it becomes the need of the hour to establish and validate our system of medicine and its efficacy which can be useful to humankind as a whole. Also, to make Ayurved a popular way of treatment modality worldwide, research efforts should be done.

Keywords – Research, humankind, world-wide.

Ayurveda has been said that it is Anadi and Shasvata because of its swabha-

vasansiddhilakshana and bhavaswabhavanityatva<sup>1</sup>. Even today its principle stand firm as it was thousand years ago. As the famous Scientist Darwins theory states – Survival of the Fittest; Ayurveda has survived till date and proves to be fittest and attains the adjective of Trikaalabadhita. Thousands of years back our Ancient seers have understood the geographical changes in atmosphere, climate and its effect on our body and introduced Ayurveda for us. Now in this era where technology has advanced even in the field of medicine we need to prove our science to be true and for that evidence based research is necessary.

**Research and Ayurveda**

Truth and Science is one, they both go hand in hand. There can be no competition between truth and truth, but only between truth and error<sup>2</sup>.

Research – Research is an endeavor to discover new facts or co-relate old facts, by scientific study of a subject, or a course of critical investigation. – Oxford dict.

Research in Ayurved – it can be stated to establish and validate old principles with fresh proof or evidences.

Finally the main goal of a researcher should be the quest for truth and happiness.

Medicine, being related to the living system needs a firm scientific footing, so as to dispel the prevailing misbeliefs and doubts among different sections of people.

Charaka has very specifically stated that those physicians are only wise who treat the patients after proper clinical and physical examination and investigations.

We get many references in our samhita explaining research eg. anveshana, parishodhana, anusandhan, manthan, vimarsha, parikshya etc<sup>3</sup>.

According to Indian code of life, a person is born to achieve the chaturvidhapurusharthai dharma, artha, kaam and moksha for which life span is of 100 yrs. During these days many people used to die without achieving purusharthas rendering their life worthless. So Maharshi Bharadwaj organized a conference on the Himalayas where all Maharshis like Jamadagni, Parashara assembled to eradicate the diseases and restore health iedeerghayu to attain purushartha. This great quest for longevity began in the Himalayas which could be described as Worlds first Health convention.

In past centuries work which indicates research are Inclusion of Rasa aushadhi, adoption of Nadipariksha from Sharangdhara for diagnosis of diseases, inclusion of new diseases like phiranga, aamavata and new

drugs like madhusnuhi, ahiphena, copcini etc.

### **Need for Research**

Our attempt should be to enhance the utility and widen the areas of Ayurved treatment, we should first of all survey the areas in which we are deficient and we should be in apposition to accept our deficiencies and fill the lacuna. The deficiency may be due to non prevalence of the disease in ancient times or due to lack of facilities to study them in detail, for example heart disease and neurological diseases.

Ayurveda has a Health oriented approach where as Modern medicine is largely limited to materialistic and quick relief from diseases. In present time there are more number of deaths and disabilities occurring from diseases of cardiovascular systems, cancer, psychosomatic disorders, diabetes, Aids etc. There is no specific cure for certain disease and more over the palliative treatment has also become costly.

Proper research should be done to understand the concept of disease formation ie Samprapti. For this we should know, as well as be in a position to explain the formation of doshas, dhatus in its uttarotar form, concept of aama, Agni and ojas by using some parameters. Interpretation of concepts like pitta to be termed as bile, or kapha to be termed as mucous will be misleading and unjustifiable.

Research is needed even in treating a disease and to prove its efficacy for example the Role of panchakarma for maintaining proper homeostasis of the body with respect to climatic variations of dinacarya and rutucarya. How snehana and swedana act, how the vitiated doshas are expelled out, these all require evidences which can be attained by

proper biomedical engineers and biophysicists. Also the role of our medicine – herbal or herb mineral, role of *Rasayana* and *Vajikaran* drugs in various diseases. Many of our *Rasayana* drugs do show good results in diseases like cancer, aids, tuberculosis, sars, H1N1 etc. This needs proper documentation and research.

Pharmaceutical companies also play an important role in the development of Ayurveda. Our Classic' shave mentioned a number of medicine in different diseases. Medicines which they prepare should be authentic and should follow the indications as said by the *shastraeg. bhavanas* and *samskara* and proper studies and assessment should be done accordingly. New species of plants should be studied for their medicinal properties.

There is going to be a great demand for Ayurveda once the world recognizes its Power of Healing and Healthy living. Language had been a barrier for keeping the knowledge hidden but now it has been trying to overcome it. Moreover the Ayurvedic physicians need to give adequate thought over the conceptual part of Ayurveda than being a drug oriental medicine practice. Now time has come to recall these techniques and adopt them to the present day condition.

Sufficient unbiased objectives scientific documentations thus generated will allow Ayurveda to be practiced in its truly pristine form, safely and effectively in this century and years to come.

## CONCLUSION

Ayurveda is not a system of medicine but a science of life and longevity. The concept of Ayurveda is based on the study of body-sharira, sense organs – indriya, mind- satva

and soul – *aatma*. Equilibrium of this is related to health and vice versa to death.

Fundamentals on which the science is based cannot be changed as they are based on eternal varieties like *panchamahabhutas*.

For an intelligent person, the entire world is a teacher and an enemy to a fool. So we should shed our inhibition and get the knowledge from all side and absorb and assimilate it as our own.

## REFERENCES

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