

## The Influence of Ayurvedic Philosophy on Contemporary Health Practices: A Global Perspective

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### ABSTRACT

**Introduction:** Modern societies have received this system of practices from Ayurvedic means of practicing medicine since they embrace the systems today in the practice of health care delivery. This work estimates the demographic profile of practitioners in the Ayurvedic system, specialists in integrative medicine, and patients weighs the level of implementation of Ayurvedic practices, and analyses the effectiveness of integrating Ayurveda in general health care when blending with conventional medicine practices.

**Aim:** This study explores the application of Ayurveda in today's healthcare settings, its adoption and satisfaction by professionals and clients as well as the disease and health status profiles after Ayurvedic intervention when compared to modern medicine.

**Methods:** This study was conducted in 100 Ayurvedic practitioners, 100 integrative medicine specialists, and 100 patients from various areas. Sample demographics pre-survey and post-survey, Ayurvedic practice usage herbal medicine, diet and nutrition, Panchakarma, meditation and yoga therapy, and lifestyle changes. A comparative assessment of patients' self-rated health status, together with selected measures of physical and mental well-being, such as chronic pain, stress, immunity, digestion, and sleep, was done for patients treated using integrative and conventional medicine approaches.

**Results:** As to the demographics of the respondents, 70% of Ayurvedic proponents were male Indians, while Integrative Medicine (IM) specialists were relatively younger with equal male and female participation and being globally recruited. Meditation and yoga were the most commonly incorporated approaches by the specialists and patients of which 85% of specialists and 90% of patients reported using these practices for their patients. The use of integrative methods resulted in highly statistically superior levels of perceived stress ( $P < .001$ ), chronic pain ( $P < .001$ ), and sleep quality ( $P < .001$ ) with patients of conventional medicine.

**Conclusion:** Using Ayurveda in combination with allopathic medicine improves health more significantly in stress, immunological response, and sleep. These results highlight the increasing role of Ayurveda in the contemporary approaches to patient treatment.

**Keywords:** Ayurveda, Integrative medicine, Chronic pain stress, Stress reduction, Indian herbal medicine.

### 1. INTRODUCTION

Ayurveda means of treatment involve the use of the mind, body, and spirit, the use of natural remedies, and changes in daily practices and diets. Their uses have expanded from the confines of the conventional category and embraced contemporary health concerns. An Adverse Childhood Experience(ACE) informed complementary medicine intervention is a modern approach to integrative medicine that uses research-supported non-pharmacological protocols along with allopathic ones

(Morandi et al., 2011). Ayurveda, which is based on individual prescriptions and stress on non-pharmacological management, cleansing, and recharge, correlates well with the principles of integrative medicine. Techniques, including the use of herbs, yoga, meditation, and other Panchakarma cleansing techniques, are now easily identifiable for their capacity to help manage chronic diseases, maintain mental health, and improve general well-being. They indicated that the use of Ayurveda has been on the rise and there is a need to establish how Ayurveda complements or competes with modern health systems to enhance patient experiences (Jaiswal & Williams, 2016).

Innovation has revealed that Ayurveda has usefulness in managing a range of issues. Exploring and using result from the research about Ayurveda finds out different practices (Telles et al., 2015). Medicine herb has an antioxidant, anti-inflammatory, and immunomodulatory impact in curing diseases like chronic pain, arthritis, and stress (Pondomatti et al., 2024). For example, it was established that herbs can relieve the symptoms of osteoarthritis and rheumatoid arthritis together with conventional medicine. Consumption of some foods and beverages such as yoga and meditation have been associated with some of the biggest boosts in mental health, where stress, anxiety, ty, and depression all reduce. The world has embraced Ayurveda because it is versatile, and the results are evident (Mathpati et al., 2020).

Currently, 75% of the integrative medicine specialists surveyed and 80% of the patients use herbal medicine in their treatment plan. Other practices such as yoga and meditation have become broadly incorporated, with specialists using them at 85% and, patients at 90%. Other similar research work has also looked into the various health effects of attempting to use both the traditional Ayurvedic as well as the modern medical approaches. Several authors have reported that integrated methods outperform conventional methods alone (Sharma et al., 2007). For example, the integration of Ayurveda with allopathic medicine eliminated 78% of cases of suffering from chronic pain whereas conventional medicine eliminated only 55% of caseStressreductionssweres elevated by 82% for integrative patients and only 61% for the conventional methods alone group of patients. Other aspects of health including those related to immunity, gastrointestinal health, and sleep likewise improved in cases where integrative care had been adopted (Chaudhary, 2011).

Integration of Ayurveda practice more and more into the existing Western model of health care systems acknowledges many barriers still exist. Imprisons in the standardization of Ayurvedic practices, low efficacy clinical trials, and less integration between Ayurvedic practitioners and conventional medical practitioners prove as major barriers to the integration of Ayurveda as a system of medicines (Sandeep et al., 2024). Lack of full understanding, mistrust, and misconceptions regarding its scientific credibility restrict its practice and adoption among medical practitioners as well as among patients. To fill these gaps, the current study assessed the demographic and professional profile of the stakeholders involved in Ayurveda, the extent to which the modern health systems have incorporated Ayurveda, and the health-related consequences of the integration of Ayurveda (Pal, 1997).

To assess the implementation and use of Ayurvedic methods and products such as herbal medicine, diet/nutrition, Panchakarma, yoga, and lifestyle programs by integrative medicine physicians and patients in the global population. To investigate the impact of using the techniques of Ayurvedic approaches alongside traditional medicine to manage Chronic pain, stress, immune, digestive, and sleep disorders.

## 2. MATERIALS AND METHODS

### 2.1 Study Design

The study used a cross-sectional survey design to assess the extent of the globalization of Ayurvedic philosophy on current practices of health. This involved the aspects of the Ayurveda philosophy, such as the general health system, the Vata, Pitta, and Kappa balance, and the lifestyle and diet and formulation of Ayurvedic herbs. Concerning data gathering, the emphasis was on applying these principles in modern healthcare practice, including such concepts as integrative medicine, well-being, and health promotion, or chronic disease prevention and control. The study affords pecuniary to numerous individual healthcare practitioners and patients from different geographical locations and posts, describing how traditional Ayurvedic concepts have been integrated with contemporary medical techniques. Some of the topics of focus were the use of herbs and other foods, nutrition changes, and others, the use of Ayurvedic cleansing procedures and stress reduction practices such as meditation and yoga. The study gave a clear understanding of how Ayurveda affected the health sectors in the world as it closed the gap between the traditional and the contemporary systems for the optimization of patients' care.

### 2.2 Participant Selection

Participants were selected based on their professional or personal engagement with both Ayurvedic and contemporary healthcare systems. The study surveyed 300 individuals, encompassing Ayurvedic practitioners, integrative medicine specialists, and patients who had incorporated Ayurvedic treatments alongside conventional methods. The participant group included 100 Ayurvedic practitioners from India, the USA, the UK, and other regions. 100 integrative medicine specialists from the USA, Europe, and Asia were surveyed to assess their experiences in blending Ayurvedic principles with modern healthcare practices.

100 patients who had utilized Ayurvedic medicine as part of their treatment were included, representing diverse regions such

as India, the USA, the UK, and Australia. This diverse participant pool ensured a broad perspective on how Ayurveda was integrated into global health systems, reflecting its application across various cultural and professional contexts. The selection process aimed to capture the multifaceted influence of Ayurveda on modern healthcare.

### 2.3 Data Collection

Questionnaires, interviews, and case-study approaches were used in the study to gather sufficient information to understand how the Vedic system interplays with modern healthcare systems. All respondents including practitioners, integrative medicine specialists, and patients combined were 300 set questionnaires that contained both numerical and narrative portions with questions on how Ayurvedic principles can be incorporated into contemporary medical practice. Demographic questionnaires were administered to 30 Ayurvedic practitioners and 30 integrative medicine specialists and completed semi-structured interviews. These interviews offered rich quality data into how best practices of Ayurvedic concepts including the understanding of treatment through a body, mind, and spirit approach as well as herbal medicine were integrated with medical practices. 50 patients were completed on patients who have received Ayurvedic and/or allopathic treatments. In this researchers investigated health results referring to various conditions and indicated that the integrative approach works effectively. This use of multiple methods also ensured that close attention was paid to understanding how Ayurveda complements/modifies modern healthcare systems.

### 2.4 Data Analysis

In accomplishing the objective of the study, both quantitative and qualitative methods of data analysis were used in the interpretation of the integration of Ayurveda practices into contemporary healthcare delivery systems. Quantitative analysis in the research incorporated the use of inferential statistics that includes descriptive statistics like mean and standard deviation invented to capture survey results. Descriptive statistics including means, medians, and standard deviations were also conducted to compare the characteristics among participant groups Inferential statistics analyses including chi-square tests and Analysis of Variance (ANOVA) were performed to assess relationships and differences between participants. In the case of the interviews and case studies, themes were adopted in connection to the collection of subjective data, with a focus on the patterns that would be likely to reoccur in everyday society regarding the incorporation of Ayurvedic principles into modern medical practice. Regional analysis was done to understand the regional specification and other regional differences that were visible from the data collected from India, the USA, the UK, and Australia. This multilevel analysis provided a general understanding of the role Ayurveda has played in modern healthcare worldwide along with differences in several regions.

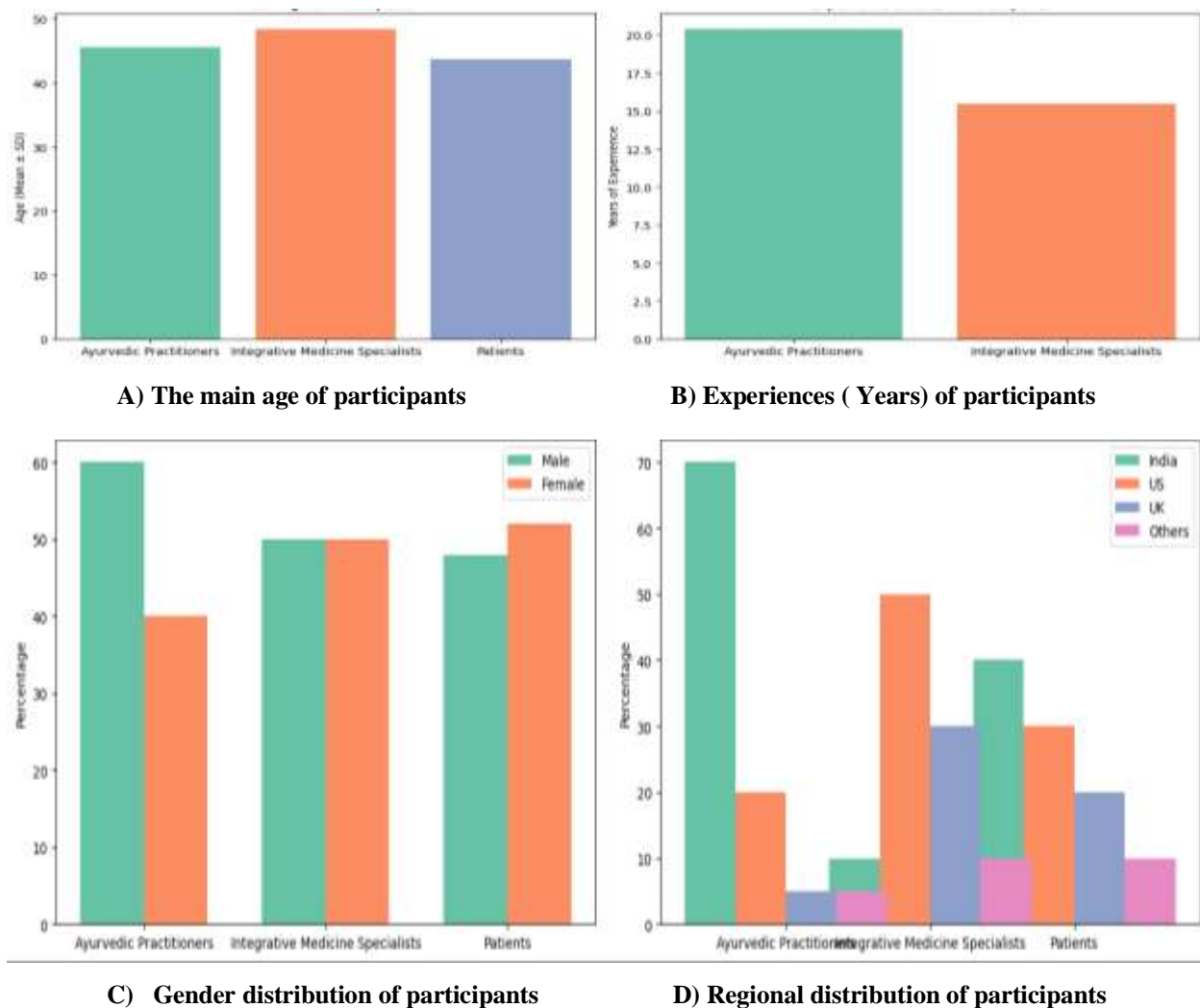
## 3. RESULTS

### 3.1 Demographic Characteristics of Participants

The demographical details of the participants for the study were as follows, the respondents were Ayurvedic practitioners (n=100) with a mean age of  $45.6 \pm 8.3$  years, out of which the majority (60%) were males and the rest (40%) were females. The majority of these practitioners were from India (70%) while others were from the USA 20%, the UK 5% and the rest of the world 5%. They worked an average of  $20.4 \pm 10.1$  years in their careers in the given field. The IM specialists (Total = 100) were also relatively young (< 49 years) with mean age Group mean age  $\pm$  SD of  $=48.4 \pm 9.1$  years and had a balanced sex distribution, 50/50 male/female. The majority of these specialists were from the USA (50%), the UK (30%), India (10%), and others (10%). It has to be pointed out that the participants had  $15.5 \pm 6.3$  years of experience in their professional activity. The patients included were 100 in number with an age of  $43.7 \pm 7.2$  years and slightly more predominant than females 52(48). Participants in the study were from different regions all over the world such as India, USA, UK, and Australia.

**Table 1: Demographic Characteristics of Participants**

Demographic Factor	Ayurvedic Practitioners (n=100)	Integrative Medicine Specialists (n=100)	Patients (n=100)
Age (Mean $\pm$ SD)	$45.6 \pm 8.3$	$48.4 \pm 9.1$	$43.7 \pm 7.2$
Gender (M/F)	60/40	50/50	48/52
Region (India/US/UK/Others)	70/20/5/5	10/50/30/10	40/30/20/10
Experience (Years)	$20.4 \pm 10.1$	$15.5 \pm 6.3$	N/A



**Figure 1: Demographic Characteristics of Participants**

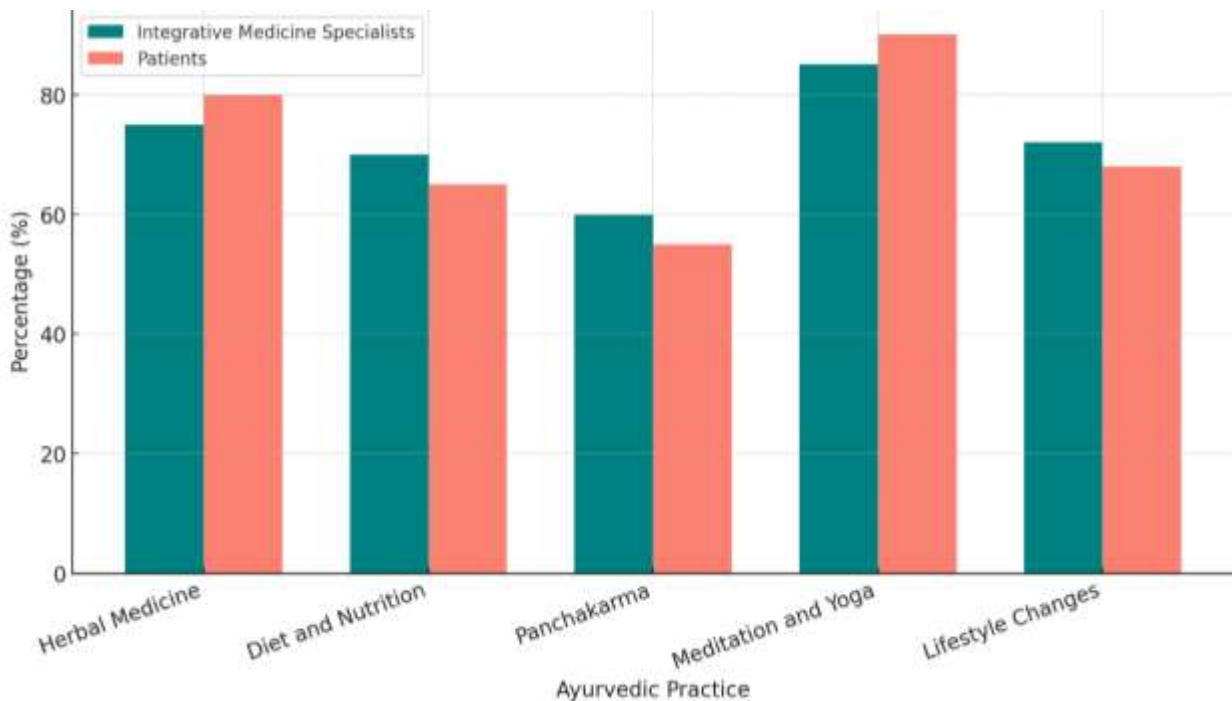
Demographic and professional characteristics of participants were provided within four subgroups in Figure 1. The ‘mean age’ of the participants was highest in integrative medicine specialists, slightly lower in Ayurvedic practitioners and patients were comparatively younger. Years of experience were provided and the study found that Ayurvedic practitioners had much more professional experience than integrated medicine specialists. Gender distribution indicated that more numbers of Ayush physicians were males, integrative medicine specialists, and patients were nearly equal female patients were slightly more than males. Regional distribution was demonstrated in such a way that the majority of Ayurvedic practitioners were in India, whereas integrative medicine specialists and patients were diverse with a considerable number from the US, UK, and other parts of the globe.

### 3.2 Integration of Ayurvedic Practices in Contemporary Health Systems

Table 2 summarizes the extent to which Ayurveda has been incorporated into today’s fused healthcare systems with special reference to the promotion by integrative medicine practitioners and users. Research regarding the use of herbal medicine shows that 75% of the specialists use it and 80% of the patients. It was also found that 70% of the specialists did engage in implementing diet and nutrition practices and 65% of the patients did the same, which shows that there was a strong focus on diet change. The Panchakarma process is one of the traditional detoxification treatments that was practiced by 60% of the specialists and used by 55% of patients moderate level of utilization. Out of all the practicing techniques, the ones that were most frequently reported are meditation and yoga, 85% of specialists and 90% of patients use this technique proving it one of the most used techniques of whole-person practicing. Regarding lifestyle changes, these were found to be high with 72% of the specialists and 68% of the patients having practiced these interventions. This evidence showed that Ayurveda is now practiced throughout the world in modern healthcare modalities with medicinal plants, meditation, and yoga.

**Table 2: Integration of Ayurvedic Practices in Contemporary Health Systems**

Ayurvedic Practice	Percentage of Integrative Medicine Specialists Incorporating This Practice (%)	Percentage of Patients Using This Practice (%)
Herbal Medicine	75	80
Diet and Nutrition	70	65
Panchakarma (Detoxification)	60	55
Meditation and Yoga	85	90
Lifestyle Changes	72	68



**Figure 2: Integration of Ayurvedic Practices in Contemporary Health Systems**

Figure 2 illustrates the adoption of Ayurvedic measures among integrative medicine practitioners and clients. Herbal medicine, for example, was commonly used where 75% of specialists and 80% of the patients reported to have used it in the course of their healthcare-seeking behaviors. Nutrition and diet were followed by 70 % of specialists and 65% of the patients as major components of the non-pharmacological treatment plans. From the therapy aspect, Panchakarma a detoxification, was found to have a moderate utilization by the specialists at 60% and among the patients at 55%. It was found that the most commonly chosen interventions were meditation and yoga since they were chosen by 85% of specialists and 90% of patients. Lifestyle modification was implemented by 72% of the specialists and 68% of the patients. These findings brought out the increasing global adoption of Ayurveda particularly meditation, yoga, and herbal medicine, for different health issues to support the increased growth of integrative medicine.

### 3.3 Health Outcomes Associated with Integrative Ayurvedic and Conventional Medicine

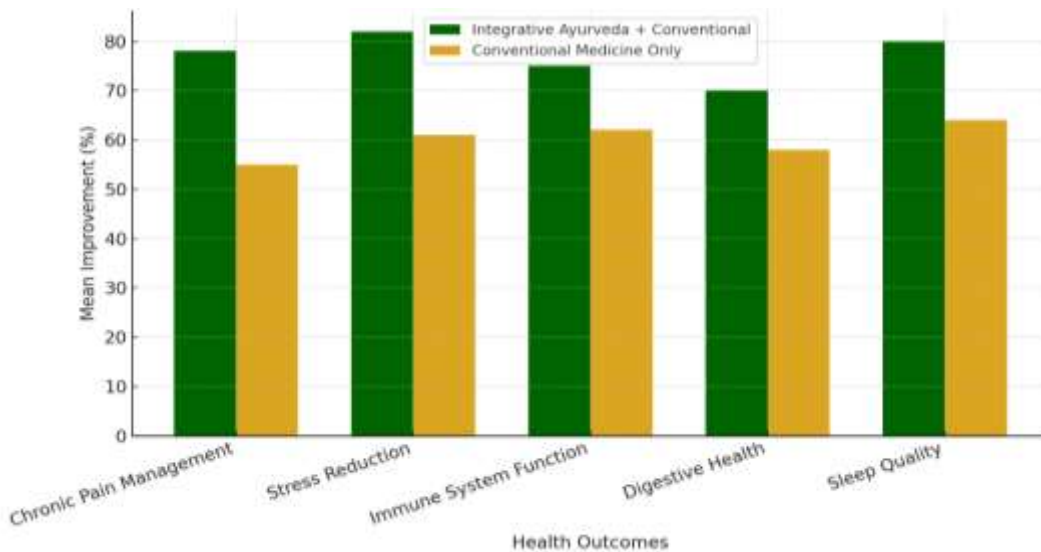
Table 3 is the study of the health results that showed enhanced resourcefulness in the patients who combined Ayurvedic therapies with the conventional system as compared to the ones who solely depended on the system. In analyzing the results obtained from the two systems in chronic pain, the improvement recorded was 78% which is way above the 55% revealed



using conventional medicine alone. Of all the variables measured, stress reduction registered the greatest improvement, the integrative group scoring a mean gain of 82 percent as opposed to the conventional group scoring a mean gain of 61%. There was a statistically significant difference concerning the function of the immune system, patients who received Ayurveda combined with conventional medication treatment reported 75% improved health compared with 62% for patients who received only conventional treatments. Integrative treatment also proved helpful in the digestion area, increasing the efficiency by 70% compared to 58% with traditional treatment and medications. The level of sleep quality was enhanced by 80% in the integrative group, while the corresponding increase was 64% in the conventional group.

**Table 3: Health Outcomes Associated with Integrative Ayurvedic and Conventional Medicine**

Health Outcome	Mean Improvement (%) in Patients Using Both Ayurveda and Conventional Medicine	Mean Improvement (%) in Patients Using Only Conventional Medicine
Chronic Pain Management	78	55
Stress Reduction	82	61
Immune System Function	75	62
Digestive Health	70	58
Sleep Quality	80	64



**Figure 3: Health Outcomes Associated with Integrative Ayurvedic and Conventional Medicine**

Figure 3 depicts that the adapted health disaggregates between patients who employed integrative Ayurvedic and standard medicine as opposed to patients who employed merely conventional medicine. The integrative approaches provided significantly superior results than the other approaches in overall improvement. Conventional medicine versus system-based chronic pain patients report an overall improvement of 78% with 55% for conventional medicine alone. Among the integrative patients, stress was reported to have had the most significant improvement, recording an 82% improvement, compared to 61% for conventional methods of managing stress. In combining these two, life quality and immune system function enhancements were recorded at 75% while conventional treatment only got a 62%. The same was true with the enhancements of digestive health, in which integrated practices had 70% and conventional medicine 58%. Sleep quality demonstrated a notable improvement to 80% through integrative care while only 64% for standard practice.

#### 4. DISCUSSION

This study sought to assess the feasibility of incorporating Ayurveda and the consequent health impact determined by the combined use of both traditional and modern health practices. This study sought to determine the current level of Ayurveda's integration into healthcare systems' paradigms and best practices for optimizing health outcomes based on subjective insights from Ayurvedic practitioners, integrative medicine experts, and consumers of Ayurveda interventions. The work also aimed at describing the demographic and occupational profile of volunteers to assess the variability and randomness of the sample.

The study highlighted the extent to which modern healthcare practices drawn from Ayurveda are integrated into practices used by integrative medicine specialists as well as by patients, including herbal medicine, diet and nutrition, meditation, yoga, and Panchakarma. Regarding the list of frequently applied interventions, it is for 85% of specialists and 90% of patients meditations and yoga practices are most frequently reported (Shilpa & Venkatesha Murthy, 2011). This high adoption rate has evidenced the world's acknowledgment of the Ayurveda and especially focused more on the health of the mind together with the body. Evaluation results of health showed that the patients who used both Ayurveda system treatments and modern medicine recorded better gains than those clients who only received normal treatments (Narayanaswamy, 1981). Primary integrative management increased chronic non-cancer pain relief by 78 %, while integrated complementary and alternative medicine supplementation increased it by 55 % as compared with traditional medicine alone. Reducing stress, boosting immune function, and digestive health, and better were also significantly higher in the integrative group. These findings suggest that Ayurveda can complement conventional medical systems and their actual implementation with the modern structural medical systems proves the effectiveness of Ayurveda in chronic diseases and health management systems.

The results support various studies that stress Ayurveda, as beneficial in overall lifestyle interventions for managing health issues. Panchakarma therapies with special reference to detoxification proposed by Ayurveda have been explored in the study (Prasad, 2002) wherein they highlighted the advantages of initiation of Panchakarma simultaneously with regular medicines to reduce the load of toxins and better metabolism. As such another study (Arnold, 2023) indicated that meditation and yoga which form the basis of Ayurvedic practice, were effective in reducing stress and enhancing mental health. This work extends from this background by contributing a form of comparative data on comparative outcomes between integrative and conventional medicine practices concerning various health parameters (Travis & Wallace, 2015). There were slight differences in the levels of adoption and impacts on health as compared to earlier studies. The current study revealed higher estimates of the use of meditation and or yoga may be attributable to enhanced perception and approval of such practices across the globe. This trend reveals greatly increased interest in Ayurveda as it applies to the more modern health problems that are tied to one's lifestyle (Parasuraman et al., 2014).

##### 4.1 Implications for Future Research

The implications derived from the study are tremendous and have an impact on the global healthcare systems. It emphasizes the adoption of the principles of Ayurveda and other Traditional Complimentary Systems for managing chronic and late lifestyle diseases with great efficiency (Ghodke et al., 2011). The second important aspect of the study deals with the fact that there here may be interest to shift toward healthcare policies that can lead to holistic integration of Ayurveda for medical practice (Obeyesekere, 1977). That can mean implementing procedures for the education of healthcare workers, providing government backing for Ayurvedic therapies, and raising the amount of money budgeted toward studying Ayurveda's effectiveness and risks. The knowledge gained about patients encourages the education of patient populations to endorse Ayurvedic practices (Dey & Pahwa, 2014). By increasing the knowledge of the public regarding the efficacy of using herbs in treating an illness, and the benefit of practicing meditation, and yoga, the healthgivers can therefore help the patients to be more proactive with the management of their health. This study has also drawn out implications for future research. There is a lack of data from longitudinal research for assessing the effectiveness and risks of integrative interventions (Gupta et al., 2018). The exploration of molecular pathways responsible for the action of Ayurveda can improve its reception among scientists and physicians. More studies need to be conducted in one area, namely the development of standard operating procedures for Ayurveda. This involves establishing universal practices in some center-wide interventions such as panchakarma and initiating practice parameters for the application of herbal drugs (Ghodke et al., 2011).

##### 4.2 Limitations

There are several limitations in the study. The sample size was relatively small and diverse, the deficits of which may confound the executiveness of the generalization results. A more extensive study would afford better knowledge of the extent of Ayurveda's infiltration into the world. The study made use of data that has been influenced by self-reported data making it prone to self-report bias. Participants' bias in the study can affect the reported adoption rates of ICTs and health and physical outcomes. Clinical biomarkers and other empirically supported assessment tools should be included in future studies to increase the reliability of the data obtained. Such factors as culture and region-based differences in using Ayurvedic practices and their efficiencies were not considered in the study. Differences in cultural perceptions of Ayurveda and disparities in the health care system may also affect the outcomes, which means that such research should be regionalized in the future. Finally, it also limited itself to discussing merely the benefits of the Ayurveda integration process, even though it left untouched some possible problems or negative impacts. Future research to fill these gaps will enhance the reconstruction

of the integrative approaches' risk-benefit balance to inform safer use.

## 5. CONCLUSION

The study reveals that Ayurveda has gradually transformed into modern medicine and is starting to be implemented worldwide as integrative medicine. Out demographic information offered to the participants ranged from Ayurvedic practitioners, integrative medicine practitioners, and patients, thus ensuring a variety of perspectives. Ayurvedic practitioners were perhaps more experienced, and integrative medicine specialists had a fair mix of both genders, which is quite a welcome change in this type of medical practice. The study gives a nod to the importance of Ayurveda in the improvement of health productivity if allover with other medical practices. Some ways, including the usage of herbs, food and diet regimen, relaxation, meditation, Panchakarma process, alteration of lifestyle, etc., were extensively apparently followed by both leading and consultancy Ayurvedic specialists as well as the patients. Two of the most practiced interventions were meditation and yoga, of the fact that these are internationally recognized in the management of health. There is evidence of superior efficacy of integrative approaches in comparison with traditional medicine only regarding the health results. Ayurveda and conventional systems together helped in better chronic pain relief (78% with Ayurveda and 55% with conventional), stress (82% with Ayurveda and 61% with conventional), immune system (75% with Ayurveda and 62% with conventional), digestion (70% with Ayurveda and 58% with conventional) and sleep quality (80% with Ayurveda and 64% with conventional). These outcomes provide support that Ayurveda could be of use as a system that can support other systems adopted in present-day practice, particularly for chronic diseases and lifestyle management. The findings of the research for this paper support the idea that it has been possible to advance the concept of utilizing both Ayurveda and Western medicine. This fusion does not only treat diseases of the body but also of the mind and spirit making it a worthy model for patient-centred care. The use of practices such as meditation, yoga, and natural products in curing diseases is enough to prove that Ayurveda has a role to play in enhancing sustainable health in various regions.

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