Ayurveda: Indian System of Medicine in the Main Stream of India - Problem & Its Solutions

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Abstract

The *Ayurveda* is known as "The Science of Life". *Ayurveda* is relevant globally because of its holistic and comprehensive approaches to health. *Ayurveda* system is imparting preventive, primitive and holistic health care to the people. Mainstreaming of *Ayurveda* into the existing public health system can have certain ethical implications. Now the new ideas and genuine research work has been hampered since long time so it is urgently needful for the progress of current *Ayurveda* society. Although many others problems and issues are strongly play as barrier in the path of *Ayurveda*. It is necessary to understand the problems of mainstreaming in the *Ayurveda* system. There are many problems at various levels of different issues come in the way of mainstream of Ayurveda like Academic problems, Research problems, undescribed problems, In global challenges.

Keywords

Ayurveda, Academic problems, Research problems, undescribed problem, in global challenges

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INTRODUCTION

Since 5000 years, science of life *(Ayurveda)* has been established in India. In others words we can say most ancient system of medicine called *Ayurveda*. The reason behind this is individual and universes both are having same structures and phenomena (*5 mahabhuta*). Entire body functions and functions of universe are having connectivity and similarity, that's why when seasons change it affects the human body internally. *Ayurveda* explained this beautifully. *Ayurveda* was at peak before 300 years. *Ayurveda* in the 21st century needs a fresh wave of new ideas, adventures and liberation, in order to play its required role in the newly emerging era of medical pluralism. The inquisitive culture in *Ayurveda* has deteriorated over the centuries. We can no longer live on the glory of the past. The critical outlook of *Ayurveda* must be regained to build a progressive future. We need to challenge assumptions, try to re-interpret meanings in new contexts and, most importantly, dare to experiment to generate fresh evidence. Principles of *Ayurvedic* treatment *Ayurveda* aims at making a happy, healthy and peaceful society. Mainstreaming of the *Ayurveda* system is necessary in order to help solve the human resource shortage in Indian healthcare system

Some of the problems and their solution are being discussed below.

(A)   Academic problems

(B)   Research problems

(C)   Internal problems

(D)   In global challenges

(A)   **ACADEMIC PROBLEMS**

Problems-

•   The lack of interest of *BAMS* students in some important subject's like- *Padartha Vigyana, Sanskrit, Dravyaguna* etc.

•   The study pattern does not improve their knowledge; they just pass the subjects in the good marks, but not in depth knowledge.

•   During the study students feel bore study pattern due to emphasis on theory part.

•   This study pattern remains same during the whole period of course, which results in incomplete knowledge of Ayurveda, which is a first drawback in this system of medicine in present scenario.

•   In present days lot of books related to subjects and syllabus are available in the

market, but the standardizations of books are absent.

Solution

- Standardized syllabus and reference books are backbone of *Ayurveda*.

- Pattern of examination and question papers must follow the aims and object of that exam.

- Case study methods, use of advance technology, deep knowledge faculty are helpful to bring *Ayurveda* in mainstream.

- Experts of other sciences like pharmacology, Phyto-chemistry, Biotechnology should be appointed in teaching institutions.

- We should focus on practical aspect of *Ayurveda* in teaching.

- Teachers training reform is urgently needed for the system.

- Administration reform like personality develop, deep *Ayurvedic* knowledge with spirituality, strict administration, good administration skill are required.

- Positive attitude, way of presentation is required in teachers and students both.

- MD scholar, who are joining research institute as a carrier must be trend by a panel of research academician.

- MD scholar, who are adopting clinical *Ayurveda* practice, as carrier should trend by dedicated *Ayurveda* practitioners, these are over moral responsibility towards *Ayurveda*. Now the time has come to share your knowledge and skill to others.

- A HR department must establish in each *Ayurveda* institution to maintain a quality human resource force.

(B)   **RESEARCH PROBLEMS**

Problems

- Indicate budget for clinical trial, MD, Ph.D. scholar, lack of awareness, in efficiency in record keeping and data presentation are main research problems.

- Quality research work is requirement of present time.

- Researchers do not clear about their objective and visions.

- Most of the *Ayurveda* practitioners are getting successes to cure various chronic diseases, but they do not know how to propagate their knowledge and results. Lack of professional attitude.

Solution

- Repudiated institute should be provided all facilities & platform for the researchers.

- Appointment of skillful, technician in the academic, research institutes.

- Professional training should be conducting each institute.

- Results orientate, research project should be launched.

- There should be stored scientifically documented study.

- Every *Ayurveda* institute should be develop own R & D system.

- Harmony should be established in between research institute and academic institute.

- It will be beneficial exposed UG, PG & Ph.D. scholars in *Ayurveda* research.

- Academic institute can do study on fresh preparations like *swaras, kashaya*, decoction and *kalka* to their OPD and IPD patients.

- We should motivate avoidance based research work.

(C) UNDESCRIBED PROBLEMS

Problems

- Good infrastructure & good administration.

- Sharing of knowledge

- Negligence of the ethics of *Ayurveda*

- Lack of dynamic working.

- Patients do not follow the whole course of medicine in busy life style.

- Improper and incomplete circulation of *Ayurvedic* knowledge.

- Proper qualified main power.

- Availability of improper medicine.

- Upgrade ion of new clinical department.

Solution

- Appointment of dynamic and dedicated personality in *Ayurveda* as a head of institute.

- Integration and linkage with the modern technology.

- Qualify accreditations in *Ayurvedic* institution and research units, hospitals.

- Continuous quality improvement.

- Governances, control, direction, leadership etc. responsibility of management should be clear and well define.

- Information management system should develop in the *Ayurveda*.

(D) IN GLOBAL CHALLENGES

Problems

- Poor qualify it *Ayurveda* graduated.

- Lack of proficiency in English communication.

- Lack of properly *Ayurvedic* educated middlemen who are handling the *Ayurveda* business globally.

- In efficient specialized health care services internationals reorganization of *Ayurveda* research in proper circulation *Ayurvedic* knowledge.

- New emergence diseases.

Solution

- We should provide high quality *Ayurveda* services to the world.

- We should communicate with W.H.O., UN, NHRC, IUCM, along with other institutions.

- We should focus on quality *Ayurveda* education.

CONCLUSION

If we should focus academic, research, global challenges then we can find their proper solution and their implementation. It will be milestone in field of *Ayurveda.* It is urgent need to implement the *Ayurveda* knowledge in our routine life then it will be positive impact *Ayurveda*. If given proper patronage and proper platform *Ayurveda* can contribute immensely to the prevention and prevalence of diseases. *Ayurveda* can help attaining the physical, spiritual, mental and social well-being. As health is a state matter, Govt. of India should give directives to states to implement laws to make *Ayurveda* the main system of healthcare.

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