



AYURVEDA'S ROLE IN THE INDIAN MEDICAL SYSTEM: A REVIEW

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ABSTRACT

Ayurveda, one of the oldest healthcare traditions, continues to play a significant role in India's medical system. Rooted in holistic principles of balance, prevention, and natural therapies, Ayurveda has gained renewed importance in modern healthcare. This review highlights Ayurveda's historical foundations, clinical relevance, integration with allopathic medicine, and its role in India's public health. Evidence from PubMed- and Scopus-indexed studies, along with WHO and government documents, suggests Ayurveda can complement conventional medicine in chronic disease management, lifestyle disorders, and preventive care. Challenges remain in quality control, standardization, and global acceptance. This article critically reviews Ayurveda's contribution, limitations, and future prospects in the Indian medical system.

**Keywords: Ayurveda, Indian Medical System, Traditional Medicine, AYUSH,
Integrative Medicine**

Graphical Abstract (Flowchart Representation)



1. INTRODUCTION

India has a pluralistic healthcare system in which **Ayurveda** plays a foundational role alongside allopathy, homeopathy, Unani, Siddha, and other indigenous systems. Ayurveda emphasizes the balance of *doshas* (Vata, Pitta, Kapha), prevention through lifestyle, and the use of herbal/mineral preparations. Globally, Ayurveda is recognized as part of **Complementary and**

Alternative Medicine (CAM), contributing to holistic health care [1, 2].

2. AYURVEDA IN INDIAN HEALTHCARE

Ayurveda contributes significantly to India’s **public health framework**, particularly through the **Ministry of AYUSH**. According to national reports, more than **65% of India’s rural population** still uses Ayurveda-based remedies [3].

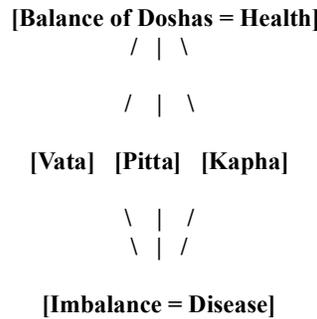


Figure 1: Conceptual framework of Ayurveda: Interrelationship of Doshas



Figure 2: Flowchart of Ayurveda integration in Indian healthcare system

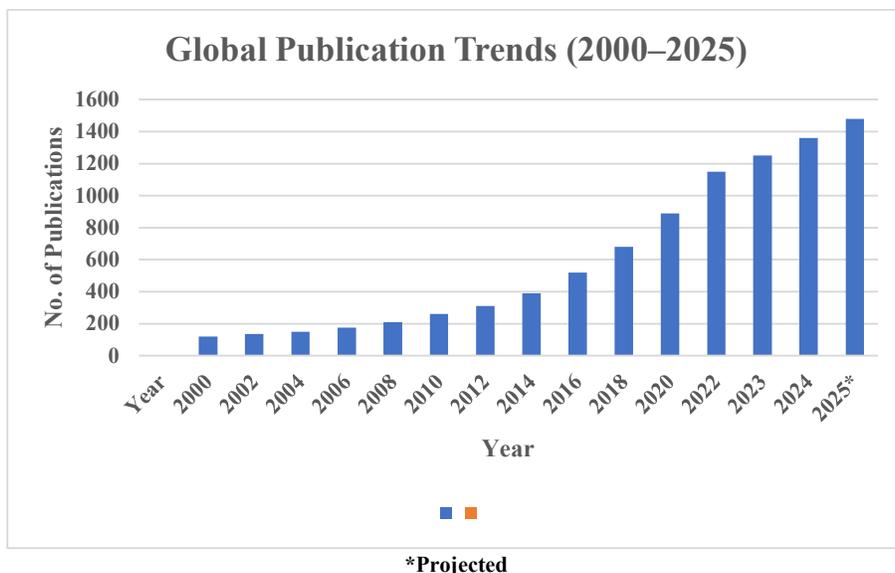


Figure 3: Trends in global Ayurveda research publications indexed in PubMed/Scopus between 2000 and 2025 (projected)

3. EVIDENCE AND CLINICAL DATA

3.1 Ayurveda in Chronic Disease Management

Clinical trials have demonstrated Ayurveda’s role in managing arthritis, diabetes, hypertension, and skin diseases [4–6]. Herbal formulations such as

Ashwagandha, Triphala, and Guduchi

show significant pharmacological activity.

3.2 Preventive Role

Ayurveda emphasizes **Dinacharya (daily regimen)** and **Ritucharya (seasonal regimen)**, which have been linked to improved lifestyle outcomes and prevention of non-communicable diseases [7].

Table 1: Common Ayurvedic Formulations and Their Applications

Formulation	Major Ingredients	Clinical Application	Reference
Triphala	Amalaki, Bibhitaki, Haritaki	Antioxidant, Digestive health	[8]
Ashwagandha	Withania somnifera	Stress, Anxiety, Immunity booster	[9]
Guduchi (Giloy)	Tinospora cordifolia	Anti-diabetic, Anti-inflammatory	[10]
Brahmi	Bacopa monnieri	Cognitive enhancer, Memory	[11]

4. INTEGRATION WITH NATIONAL HEALTH POLICIES

The **National AYUSH Mission (2014)** aimed to mainstream Ayurveda by co-locating AYUSH centers within primary

health centers. The government has launched **integrative programs** combining Ayurveda with modern medicine for cost-effective healthcare [12, 13].

Table 2: Government Policies Supporting Ayurveda

Policy/Initiative	Year	Focus Area	Reference
National AYUSH Mission	2014	Integration with PHCs, quality care	[14]
WHO Global Report on CAM	2019	Recognition of Ayurveda in global health	[15]
Pharmacopoeia of India (AYUSH)	2021	Quality standards for Ayurvedic drugs	[16]

5. Quality Control and Safety

A major challenge in Ayurveda is **standardization of drugs and safety concerns** related to heavy metals and

adulteration [17]. The AYUSH Pharmacopoeia and pharmacovigilance programs have been introduced to address these issues [18, 19].

Table 3: Strengths and Challenges of Ayurveda

Strengths	Challenges	Reference
Holistic & preventive approach	Lack of standardization	[20]
Rich pharmacopoeia of herbs	Quality control of formulations	[21]
Integration in PHCs	Limited global acceptance	[22]
Cost-effectiveness	Insufficient large-scale clinical trials	[23]

6. FUTURE PROSPECTS

Ayurveda has the potential to contribute to **personalized medicine**, integrative therapies, and global wellness industries. Research into molecular mechanisms of Ayurvedic herbs, nanotechnology-based drug delivery, and international collaborations are expanding [24].

7. CONCLUSION

Ayurveda continues to play a **vital role in India's medical system**, offering a holistic and cost-effective approach to healthcare. Despite challenges in standardization, evidence-based integration, and global acceptance, Ayurveda remains indispensable

in chronic disease management, preventive health, and integrative medicine. Strengthening research, policy support, and safety protocols will ensure Ayurveda's sustainable role in the 21st century.

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