

The Ayurveda Perspective

Ayurveda is a very precious Indian heritage, a comprehensive system of healthcare that Indians have historically derived primary care, diet, and lifestyles from. Qualified clinicians practicing puristic Ayurveda are minuscule in number, leading to an inadequate professional connect when needed. Unfortunately, this vacuum in the vast clinical space is occupied and exploited by the academically uninitiated opportunists.

An Ayurveda practitioner, in India, with a BAMS, MD or MS, or a Ph.D. would have spent 5+, or 8+, or 11+ years on a medical university education, hospital internship, and research. The syllabus is an exhaustive combination of applied Vedic, and modern medical sciences, common are many reference books for Ayurveda and MBBS. All the voluminous and original source textbooks of Ayurveda are in Sanskrit, and learning this language is inevitable to get access and progress deeper into the expansive realms of the ancient yet vibrant science of life.

Not all Ayurveda practitioners subscribe to Baba Ramdev's views, his statements have to be seen as a much needed pushback for the slander that Ayurveda faces perpetually, despite making rich and continued contributions to the world of medicine across vast geographies and historic timelines. Though Baba Ramdev's professional expertise remains Yoga and not Ayurveda, his zealous and impulsive outpourings seemingly emanate from the strength of his own hard earned popularity, and presumably the documented findings of his company's effective yet affordable medicines.

Quality Ayurveda Pharmaceuticals comply with guidelines of Certificate of Pharmaceutical Product (CoPP) granted as per WHO-GMP scheme by Central Drugs Standard Control Organisation, and FSSAI, HACCP etc as applicable. Heavy Metal slur is a nasty arm twisting tactic with scant supportive data. Natural substances including herbs, metals and minerals, etc are used with purpose, proper knowledge and processing, in a safe, therapeutic, and non-toxic dose. It is necessary not to disown any of the original concepts on the face of agenda-driven confrontations or attempts to shame. For example, metallic bhasmas, the use of ghee, or the much debated GoMūtra. We now know Bhasmas contain therapeutically active nanoparticles. GoMūtra is free or the cheapest non-invasive animal source for biologically active enzymes, hormones, minerals, anti-microbials, and possibly even stem cells! It can be processed and safely employed for intended therapeutic outcomes in various conditions up to cancer care, making it worthy of multiple international patents.

There are plenty of similarities, dissimilarities, and conflicts between Ayurveda and Modern Medicine, hence many grey areas. Immunosuppressives Vs immunomodulators, past surgical glory Vs modern tech, Panchakarma Vs no parallel concept, are examples of a conflict zone.

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Robust scientific principles are established first, technology catches up later to ease its practice. Ayurveda, though a broad-based science, self-reliant and scalable, was largely denied access to modernise for a long time, probably for want of common ground, or internal complacency. Things are fast changing with newer materials, methods, and technologies. Rapid access to mainstream generates huge amounts of research data and obviously brings scientific validation to the timeless practices. Every such newfound validation adds to ever growing and more confident global outlook of Ayurveda, and this fact has seemingly unsettled many cartels.

Possibilities and limitations are a part of every healthcare system, one should appreciate the possibilities on the other side when ridden by limitations within. While diagnostic methods, emergency care, surgical advances, prosthesis, newer medical technologies are achievements on one side, shouldn't it also be intriguing for them to appreciate the yet unexplained phenomena behind how Ayurveda manages chronic autoimmune disorders like Rheumatoid Arthritis, Ankylosing Spondylitis, Crohn's disease or Psoriasis without a need for steroids or methotrexate (immunosuppressants); or management of recurrent multi-drug resistant infections without a need for further antibiotics, or how the non-healing ulcers heal, cases of avascular necrosis getting better, plenty of such examples on record. When everything works as per the smooth mechanics underlying the well established Ayurvedic principles, should the world not participate in such success stories? Remember, it is the differences in concepts that keep the sciences unique, but only until a common language evolves.

It is not all about IMA and Baba Ramdev, or their legacies, they are neither an authority nor the sole representatives of systems they assume to be saviours of. In reality, it is not uncommon to see practicing Ayurveda physicians and academicians, and those from modern medicine having a clean working relation. Discussions on contentious topics, inter referrals, or seeking remedies from each other is an ongoing process. A practitioner who sticks to his or her domain finds no reason for a tiff, and wishing each other well becomes a norm! To arrive at this point of ease, a need for continued interdisciplinary learning, healthy criticism, mutual respect, acceptance of strengths and weaknesses is a must. Efforts in the right direction to synergise the mountains of ancient wisdom with newer learning and technology is the way forward for the betterment of the health of our Nation and beyond.

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