

## ADVANCEMENTS IN AYURVEDA: AN INNOVATIVE APPROACH TO BETTER HEALTH.

Nishant Paika

Ph.D, Assistant Professor, Department of Kriya Sharir, Desh Bhagat Ayurvedic College & Hospital, Mandi Gobindgarh.

**Corresponding Author:** Dr. Nishant Paika, Ph.D, Assistant Professor, Department of Kriya Sharir

Desh Bhagat Ayurvedic College & Hospital, Mandi Gobindgarh. Email id: drnishantpaika89@gmail.com.

### ABSTRACT

Currently based on the ongoing Global trends, where the Health is considered as the treasure for the long life, it can be held accountable for the sound working of the mind & the body. Ayurveda is the science based on encouraging to improve the longevity of the age, guiding us with the sound advice to held that health is a sound condition by various personal & social measures. Based on the today's scenario of changing personal preferences, food choices & weather conditions, our knowledge needs the Advancements, Innovation & research in the direction of New Product development, New Product patents, manufacturing ideas & tools to address the challenging concerns of the today's era.

**Keywords:** Research, Innovation, Patent, Health, Ayurveda, Food.

### INTRODUCTION

The science based on increasing the age expectancy, the Ayurveda is the science which binds us with the collection of the ancient wisdom & way of living, to held that health together is a sound condition. In the era of ever changing personal preferences, multiple food choices & variable weather conditions, there is a need of finding the new directions in Innovation & research in the field of Ayurveda to address the ever changing concerns of the today's tough times.

The Ancient medical system with its roots in India, The Ayurveda is undergoing another major transformation after being stepped into the another century. Originally perceived as a traditional wellness practice, it is now gaining wider recognition as a sophisticated, research-based approach to health, across the Globe via Yoga, Dietary awareness & other areas of Ashtang Ayurveda. Multiple areas needs to be addressed to explore the variable opportunities in the field of Ayurveda.

The Emergence of Ayurveda developing manufacturing sector, calls for various Entrepreneurial involvements for the development of various drug refining, purification & final manufacturing processes which include the new equipment introduction using faster, simpler & efficient manufacturing methods. New patent developments should be introduced to recognise the efforts of the development personnel for bringing the new key Innovation to the manufacturing sector. Use of AI (Artificial Intelligence) & super skill involving techniques should be brought mainstream to address the backlog issues of Drug quality development & related to production.

Sustainable manufacturing processes should be brought into the production processes to improve the cost benefit structure of the manufacturing units to improve their market sustainability & profitability, which is ultimately needed for the better Quality control, future Research & Development activities. Also, it helps in lesser environmental impact through controlled waste management methods of that manufacturing units.

Quality controlled methods of Drug manufacturing, Quality certifications for the production process, safeguarded storage & logistics methods are to be followed to preserve the integrity & potency of the produced drugs. Multiple Organizations like the Central Council for Research in Ayurvedic Sciences (CCRAS) in India are conducting various scientific studies and clinical trials to prove the efficacy of Ayurvedic treatments for various diseases. This research is providing evidence for the benefits of traditional Ayurvedic herbs like Ashwagandha for stress reduction, Triphala for digestive health, and Rasayana treatments for boosting immunity with clearer scientific data evidence, enabling more precise documentation and global recognition of Ayurvedic health interventions. Due to which many Ayurvedic formulations are proven to be functioning at par with the most expensive drugs available in the market.

### INNOVATION IN PATIENT CARE METHODS

As per the Ayurveda principle of 'Purusham Purusham vikshaya' which integrates perfectly with modern trends is its emphasis on personalized medicine. The core concept of Prakriti, saar (based on individual's unique constitution), has been a foundational element of Ayurvedic practice for centuries. Today, this principle is being combined with

advanced diagnostics and genomic science to create a new field called Ayurgenomics. This transdisciplinary approach seeks to correlate an individual's Prakriti parikshan with their genetic profile, allowing for highly customized treatment plans. By understanding an individual's unique balance of doshas (Vata, Pitta, and Kapha), practitioners can tailor dietary recommendations, lifestyle modifications, and herbal remedies to not only treat disease but also to prevent its onset. This personalized, root-cause-focused approach offers a compelling alternative to the "one-size-fits-all" model of conventional medicine, hence helps understanding the patient constitution better for suitable treatment.

#### INNOVATION IN APPLIED METHODS FOR THE PATIENT APPROACH

Innovation is not only validating Ayurveda but also making it more accessible and effective in the best way possible, whose main motive is to understand the patient health in the most suitable, detailed parameters so that a conclusive decision can be taken to address the patient. These include the following,

**Digital Health tools :** Telemedicine platforms and mobile applications are improving the patients and Ayurvedic physician communication a lot clearer, detailed & well understandable to initiate the treatment. It also enables them to provide personalized lifestyle guidance, and allow patients to track their disease & the health progress, making Ayurvedic care more convenient and widely available.

**Integrative Therapy & methods:** Asthang Ayurvedic methods like Panchakarma are being integrated with modern diagnostic tools such as biochemical markers and imaging technologies to enhance their therapeutic efficacy and provide evidence-based outcomes to cure the patient.

**Understanding Lifestyle-based Disorders:** As the global prevalence of lifestyle-related illnesses like obesity, diabetes, and hypertension has increased multi-folds in last few decades, based on Aahar vidhi visheshayatan, pathya-apathya, ritucharya evam dincharya. Ayurveda is providing innovative clinical protocols that combine diet, exercise, and herbal supplements to address the root causes of these conditions, not just the symptoms, which in turn improves the patient health in the longer run, in line with the Ayurvedic principles of 'Aayushkameeya'.

#### CONCLUSION

To address all the issues relating to the development of Ayurveda, an Innovative approach has to be taken into consideration to bring the much needed advancements to this field, in every sector where the two sided member approach is there. Innovation should be brought in to bring the stability, sustainability & suitability for its users, where the development should play the key role improving the quality of life for the people.

#### REFERENCES

1. Shukla A.V, Tripathi, R.D. (2007), Carakasamhita of Agnivesha, Chaukhamba Sanskrit Pratishthan, Delhi, Volume II.
2. Shastri A.K. (2006), Susrutasamhita (Uttaratantra) of Maharsi-Susruta, Chaukhamba Sanskrit Sansthan, Varanasi, Part-II.
3. Tripathi B. (2011), Astanga Hrdayam of Srimad vagbhata, Chaukhamba Sanskrit Pratishthan, Delhi.
4. Shriyadunandanupadhaya A. (V.S.2066) Madhav Nidan, Volume 1, Varanasi, Chaukhambha Prakashan.