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ayurworld

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Ayurveda's Role in Reducing
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Vd. Rajesh Kotecha

Secretary, Ministry of Ayush
Government of India

I am extremely pleased to note that the World Ayurveda Foundation is launching an international magazine on Ayurveda titled *Ayur World*. Aligned with the needs of today's connected world, the magazine will be available in both print and digital formats.

As Ayurveda continues to grow nationally and globally, it is vital that credible voices guide and support this progress. For over two decades, the World Ayurveda Foundation has served as a pillar of strength for the global Ayurveda community. Through its flagship initiative—the World Ayurveda Congress and Arogya Expo—it has built the largest platform for Ayurveda anywhere in the world. It is heartening to learn that over one lakh professionals have joined the Ayurveda 'Stakeholder Family' through this mega platform, serving as true 'Ambassadors of Ayurveda' in their respective regions.

Sustaining this global network over the years is an achievement in itself. Yet, leading it forward towards the shared vision of 'Universal Wellness through Ayurveda' is a greater challenge. In this endeavour, effective communication among stakeholders is indispensable. *Ayur World*, as a credible and engaging communication channel, will play a crucial role in nurturing connections within the community and strengthening the global Ayurveda movement.

I extend my full support to *Ayur World* and convey my best wishes to the team behind this meaningful initiative. 🙏

Ayur World, as a credible and engaging communication channel, will play a crucial role in nurturing connections within the community and strengthening the global Ayurveda movement.



Dr Shivkumar Sharma

National Organising Secretary, Vijnana Bharati

We are extremely happy to see the magazine initiative of the World Ayurveda Foundation (WAF) finally come to fruition. This is something we have been discussing for quite some time, and its timing could not have been better—given the rapid global growth of the Ayurveda community. Much like Yoga, Ayurveda is now generating great interest and recognition in the West. In this context, *Ayur World* will certainly serve as a vibrant platform for regular exchange of knowledge, ideas, and information.


This occasion takes me back to the early days of WAF. Vijnana Bharati sowed the seed of the World Ayurveda Foundation with the firm conviction that Ayurveda deserved an organisation devoted exclusively to its advancement and to the welfare of its stakeholders. It is heartening to see that today, WAF stands as a strong and self-sustained platform, owned and driven by the Ayurveda community itself.

Likewise, I am confident that *Ayur World* will soon evolve into the ‘go-to’ platform for the global Ayurveda fraternity—a space to share views, news, opinions, and the latest developments in research and innovation, thereby generating stronger evidence for the world to see.

We fully share the vision articulated by the Editor and WAF for *Ayur World*. With so much happening—and so much more yet to unfold—it may not be long before *Ayur World* transforms into a dynamic daily digital news portal! We are in no rush; let it happen organically with your collective support.

Until then, let us stay connected by sharing our Ayurveda stories and making *Ayur World* rich in content, meaningful in purpose, and beneficial to all stakeholders.

Our best wishes to the entire Ayurveda fraternity and to the dedicated team behind *Ayur World*.

Thank you. 

I am certain that Ayur World would soon become an important platform for the global Ayurveda stakeholders to share their news, views, opinions, and research and innovation, thereby generating stronger evidence for the world to see.

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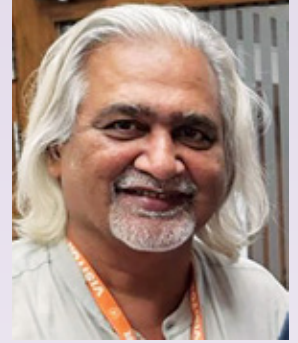
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Why *Ayur World*? A fair question—**W**one that we at the World Ayurveda Foundation (WAF) have asked ourselves many times over the past few years. Each time, the answer was the same: *Yes, we must publish it!* But other priorities delayed us—until now. The resounding success of the 10th World Ayurveda Congress and Arogya Expo in Dehradun (December 2024) gave us the push we needed.



So, why this magazine? Two reasons, *inter alia*, stand out.

First, the global Ayurveda community is growing rapidly. WAF now connects with over one hundred thousand stakeholders worldwide. This community deserves a reliable source to stay informed and inspired. *Ayur World* seeks to meet that need.

Two, Ayurveda thrives on community and there is so much happening within it. It's vital to know what our peers are doing across the world—to learn, collaborate, and celebrate each other's efforts. *Ayur World* hopes to be that platform of connection and shared growth.

Having answered the 'why', we faced the 'how'. How do we sustain this initiative—given the costs of editorial, design, and printing? While the e-version will remain free and will reach out to all stakeholders in our database, we believe the print version is essential, purely for its physical presence. WAF is taking that leap, trusting in community support through subscriptions and advertisements. It won't be sufficient as we move forward with more number of stories, but then we will seek out viability gap funding from a few sources. If it comes through, good for the sector as a whole. This is a **not-for-profit** venture, driven purely by the wish to share Ayurveda stories. With your encouragement, we believe it will endure.


Our vision is clear: to begin as a bimonthly, soon move to monthly, and eventually evolve into a digital portal carrying daily Ayurveda news and views—driven by stakeholders themselves, with WAF as facilitator.

With that vision, we present the inaugural issue of *Ayur World*. It opens with a message from Vd. Rajesh Kotecha, Secretary, Ministry of Ayush, and features a Cover Story on Ayurveda in Europe. You'll also find updates from Uttarakhand, highlights of CCRAS research, a feature on Ayurveda and cancer, and an inspiring piece by Dr Bhushan Patwardhan on integrating Bharatiya Jnana into mainstream education.

As we dedicate this first issue to you, I recall Lord Krishna's words to Arjuna in the *Bhagavad Gita*:

"Whatever you do, whatever you eat, whatever you offer or give—do it as an offering to Me." (Chapter 9, Verse 27)

With that spirit in mind, we humbly present the first issue of *Ayur World* to Lord Dhanwantri and to you all.

Editorially yours. 

WAF SCIENTIFIC COMMUNICATION FELLOWSHIP

Building the next generation of scientific communicators in Ayurveda & Integrative medicine
Explore. Express. Elevate!

On the occasion of Ayurveda Day, the World Ayurveda Foundation (WAF) is launching their first Scientific Communications Fellowship to nurture young voices in the field. The fellowships will be operated as online or onsite mode. This fellowship invites applications to gain hands-on experience in scientific communication, editorial processes, and innovative outreach programs.

Fellowship for Students

Who can apply? Undergraduate / Postgraduates
Students of Ayurveda / Health Sciences / Biomedical sciences / Library and Information Sciences

Duration: 6 months

Students will get an opportunity to train with the J-AIM Editorial office, short terms hands-on projects in scientific writing, communicate science through social media

Stipend: ₹ 5000/month

Desirable: Basic skills in writing and editing, familiarity with digital tools (reference manager, social media), ability to work independently with tight deadlines

Fellowship for Professionals

Who can apply? Teachers/ Ph.D. scholars/Clinicians

Duration: 1 year

Active involvement with J-AIM editorial office, contributions in scientific communication initiatives, innovative outreach project.

Stipend: ₹10,000/month

Desirable: Prior experience in research or teaching, a flair in writing and wide interest in diverse areas on integrative health communication, innovative mindset for outreach through digital platforms, or academic initiatives, commitment to ethical scientific communication.



WORLD
AYURVEDA
FOUNDATION

AN INITIATIVE OF VJNANA BHARATI

You can apply online at our website www.worldayurvedafoundation.org

A team of experts will evaluate the applications and the shortlisted candidates will be contacted for interviews. For any further queries, please email at:

jaim@ayurworld.org



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Ayur World offers you direct access to one of the most diverse, influential, and fast-growing communities in traditional medicine and wellness. Reach your stakeholders where it matters—through our print and digital platforms.

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- AYUSH departments in every Indian state, public healthcare centres, and media organisations
- Key officials and programme experts at the World Health Organization and its centres

With a healthy balance between editorial integrity and commercial presence, each issue offers limited advertising space. Ensure your brand is featured prominently by booking in advance for the January–February 2026 issue.

For tariffs and space booking, please contact: magazine@ayurworld.org

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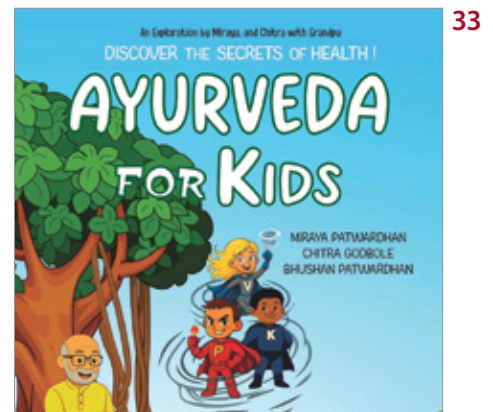
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International News

Major International Collaborations by India

The Ministry of Ayush, Government of India, continues to strengthen the global footprint of traditional Indian systems of medicine through dynamic international collaborations and academic exchange programmes. In a landmark move, the Ministry has formalized a series of initiatives under the Central Sector Scheme for Promotion of International Cooperation (IC Scheme), aimed at positioning Ayurveda and other Ayush systems as integral components of global healthcare and wellness ecosystems.

51 Ayush Academic Chairs Across the Globe

The Ministry of Ayush has successfully established 51 Ayush Academic Chairs in foreign universities and institutes. These chairs span a diverse list of countries including Australia, Bangladesh, Hungary, Latvia, Malaysia, and Mauritius, among others. These academic positions are set up in partnership with premier educational institutions and supported by Indian Missions abroad. The primary objective is to promote research, education, and awareness about Ayurveda, Yoga, Unani, Siddha, and Homoeopathy on a global scale.

The scholars occupying these chairs are expected to engage in teaching, organizing workshops and seminars, offering consultancy, and facilitating collaborative research with local faculties.

Strategic MoUs and Global Engagement

In addition to academic outreach, the Ministry has signed 24 Country-to-Country Memoranda of Understanding (MoUs) and

50 Institute-to-Institute MoUs, cementing its commitment to international cooperation. These agreements cover a wide range of areas such as research collaboration, education, regulatory harmonization, and capacity building.

The Ministry has also supported participation in over 40 international events, enabled registration of Ayush products in foreign markets, and facilitated dialogue on regulatory convergence for wider market access.

Promotion through Information

Cells and Market Expansion

The Ministry of Ayush has also established 42 Ayush Information Cells in 38 countries. These act as cultural and knowledge exchange hubs, providing authentic information about India's traditional medical systems, promoting safe practices, and addressing misconceptions.

In a bid to promote Ayush products and services, the Ministry is actively supporting exporters through agencies like AYUSHEXCIL, helping with market development, and fostering brand building of Indian wellness traditions in international arenas.

With increasing global awareness of preventive healthcare and holistic well-being, India's traditional knowledge systems are emerging as valuable contributors to sustainable and inclusive global health.

- Source: PIB, India [\[57\]](#)

India Reinforces Commitment to WHO Global Traditional Medicine Strategy

At the 78th World Health Assembly (WHA) held in Geneva under the theme One World for Health, India reiterated its strong commitment to strengthening Traditional Medicine (TM) systems as part of an integrated approach to healthcare. Speaking on behalf of India, Shri Arindam Bagchi, Permanent Representative to the United Nations in Geneva, welcomed the adoption of the new WHO Global Traditional Medicine Strategy 2025–2034 and highlighted India's efforts to embed evidence-based traditional practices into national and global health frameworks.

India's approach, characterized by the integration of modern medicine with scientifically validated traditional systems such as

Ayurveda, Yoga, Unani, and Siddha, was emphasized as a practical model for other nations. Mr. Bagchi noted that India had shown strong leadership in implementing the previous WHO Traditional Medicine Strategy (2014–2023) and expressed support for its successor framework.

India's significant contribution to the global TM ecosystem is reflected in the establishment of the WHO Global Traditional Medicine Centre (GTMC) in Jamnagar, Gujarat. Launched in 2022 with the support of the Government of India and inaugurated by Prime Minister Shri Narendra Modi alongside WHO Director-General Dr Tedros Adhanom Ghebreyesus, the Centre is the first

of its kind and plays a vital role in data analytics, policy support, standard-setting, and research collaboration.

A key development this year was the signing of a Donor Agreement between the Ministry of Ayush and WHO to initiate work on a dedicated Traditional Medicine module under the International Classification of Health Interventions (ICHI). Lauding this milestone during his Mann Ki Baat address, Prime Minister Modi noted it would enable Ayush systems to reach a global audience through a scientific and standardized framework.

“India is proud to contribute to the global integration of Traditional Medicine. The ICHI module will enhance scientific credibility and facilitate global recognition of Ayush systems. We remain committed to supporting WHO’s efforts of inclusive, safe, and evidence-based traditional healthcare,” said Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush.



As per the news release issued by the WHO, the new WHO strategy encourages Member States to enhance regulation, integrate TM services where appropriate, and uphold indigenous knowledge, environmental sustainability, and biodiversity. India’s initiatives resonate strongly with these principles, underscoring its role as a committed partner in advancing traditional medicine for global well-being. [\[2\]](#)

National News

AI Meets Ayurveda: WHO Hails India’s Digital Leap in Traditional Medicine

In a significant endorsement of India’s commitment to digital innovation in healthcare, the World Health Organization (WHO) has lauded India’s pioneering efforts in integrating Artificial Intelligence (AI) with traditional medicine systems. The recognition comes through WHO’s first-ever technical brief titled “*Mapping the Application of Artificial Intelligence in Traditional Medicine*”, which prominently showcases India’s strides in merging modern AI technologies with age-old knowledge systems such as Ayurveda, Siddha, Unani, Sowa-Rigpa, and Homoeopathy.

India’s AI-driven advancements are transforming traditional medicine into a dynamic and globally relevant healthcare option. The WHO document spotlights several cutting-edge initiatives where AI is being utilized to enhance diagnostic accuracy by blending traditional assessment methods—like pulse reading and Prakriti analysis—with machine learning algorithms and deep neural networks. These technologies are facilitating personalized and preventive healthcare based on individual constitutional profiles.

One of the most notable innovations is the **Ayurgenomics** project—a ground-breaking fusion of Ayurvedic principles with genomic science. Leveraging AI, this initiative helps in identifying disease susceptibility markers and customizing health recommendations. Simultaneously, AI tools are also being used to decode the molecular basis of herbal formulations, effectively bridging India’s traditional wisdom with modern biomedical understanding.

The **Traditional Knowledge Digital Library (TKDL)**—an ambitious initiative led by India—has been hailed by WHO as a global model for safeguarding indigenous medical heritage. AI is being employed to catalogue and conduct semantic analysis of

ancient classical texts, thereby improving access to therapeutic knowledge for researchers, scholars, and practitioners worldwide.

WHO’s technical brief also acknowledges India’s innovative use of AI in drug action pathway identification, comparative system studies, and the development of artificial chemical sensors to interpret traditional pharmacological parameters like **Rasa (taste)**, **Guna (qualities)**, and **Virya (potency)**. These advancements are modernizing and standardizing traditional medicine practices for wider clinical relevance.

India’s integrated digital health platforms such as the **SAHI portal**, **NAMASTE portal**, and the **Ayush Research Portal** were recognized for enabling remote consultations, fostering digital literacy among practitioners, and promoting interoperability between traditional and modern healthcare systems. These initiatives fall under the ambit of the **Ayush Grid**, launched in 2018, which serves as a backbone for citizen-centric health delivery in the Ayush sector.

Highlighting India’s vision, Union Minister of State for Ayush, **Prataprao Jadhav**, called the WHO recognition a testament to India’s leadership in using technology to elevate traditional medicine. He emphasized that through robust platforms and innovative applications, India is not only preserving its ancient healing traditions but also making them accessible and credible on a global scale.

Ayush Secretary **Vaidya Rajesh Kotecha** underscored the transformative role of AI in the sector, pointing out its impact on predictive diagnostics, formulation standardization, and global integration. He noted that India’s advancements, aligned with Prime Minister **Narendra Modi’s** vision for using AI for inclusive growth, are ushering in a new era of evidence-based, personalized traditional healthcare. [\[2\]](#)

Business in Ayush is a Global Opportunity

India launches the Ayush Nivesh Saarthi portal to transform its ancient healing traditions into a trillion-rupee investment magnet—welcoming global investors to be part of the world’s fastest-growing natural health economy.



In a powerful move to position India as a global hub for traditional medicine and holistic wellness, the Government of India has launched *Ayush Nivesh Saarthi*—a dedicated digital investor facilitation platform.

The launch was graced by two key dignitaries—Shri Piyush Goyal, Union Minister of Commerce & Industry, and Shri Prataprao Jadhav, Union Minister of State (Independent Charge) for Ayush.

Developed by the Ministry of Ayush in partnership with ‘Invest India’, this portal is a strategic digital window into India’s rapidly growing Ayush sector. With features including (a) Investment-ready projects, (b) Policy frameworks and incentives, (c) Real-time investor facilitation, and (d) Market intelligence and analytics, the portal is designed to attract both domestic entrepreneurs and global investors to India’s vibrant natural health economy.



Ayush Nivesh Saarthi is more than a platform—it’s a bridge between opportunity and ancient wisdom, said Shri Prataprao Jadhav.

He added that with over 8000 species of medicinal plants and a globally respected wellness heritage, India is opening new doors for sustainable and scalable investment.

A Growing Market, Backed by Vision

With 100% FDI allowed through the automatic route, the portal exemplifies India’s welcoming policy climate. The impressive growth of the Ayush industry since 2014 is driven by increasing demand for natural and preventive health solutions.



Shri Piyush Goyal remarked, *We are aligning our ancient wellness systems with global investment and innovation ecosystems. Through Ayush Nivesh Saarthi, we connect the world with India’s heritage—digitally, transparently, and powerfully.*

From Heritage to Global Health Economy

Ranked among the top five health services in India, the Ayush sector also plays a pivotal role in Medical Value Travel (MVT) and contributes to India’s 13 billion dollar MVT industry. The portal is expected to act as a catalyst for (a) foreign direct investment (FDI), (b) entrepreneurship in health tourism, and (c) digital integration of traditional medicine.

With the launch of *Ayush Nivesh Saarthi*, India is reaffirming its vision to make Ayush a pillar of public health, economic growth, and global wellness leadership. [\[2\]](#)

CCRAS Champions Ayurveda Manuscript Research

CCRAS takes impressive steps to unlock timeless health knowledge to address contemporary health challenges while strengthening India's leadership in global traditional medicine research.

The Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, has successfully conducted two national-level workshops on 'Transliteration of Rare Ayurvedic Manuscripts'. The CCRAS has carried out these workshops in collaboration with National Mission for Manuscripts (now known as Gyan Bharata Mission - GBM) under Ministry of Culture and the Central Sanskrit University (CSU) under the Ministry of Education. The workshops were aimed at building the capacity of young Ayurveda and Sanskrit scholars to work on traditional manuscripts transliterating over 1600 pages of manuscripts.

The workshops were designed to (a) build a strong resource pool of Ayurvedic and Sanskrit scholars, (b) safeguard India's tangible Ayurvedic manuscript heritage, (c) foster greater access to rare classical texts for scholars and researchers, and (d) encourage collaborative academic exchange.



According to Prof. Rabinarayan Acharya, Director General, CCRAS, CCRAS, GBM, and CSU intend to organise more such workshops in the future, training a larger pool of experts from both the fields of Ayurveda and Sanskrit to further transliterate and preserve India's priceless Ayurvedic manuscript heritage.

Workshop Highlights

To advance the systematic study and preservation of Ayurvedic manuscripts, CCRAS-CARI, Bhubaneswar organized two intensive workshops in 2025.

The **first workshop**, held in Bhubaneswar, brought together **30 scholars** under the guidance of **7 eminent resource persons**. The focus was on **transliteration from Nagari to Devanagari script**, covering **eight classical texts** including *Sarvasangraha*, *Kwathadhikara*, *Vaidyabhaskarodaya*, *Kesharanjanam*, *Yogasudhanidhi*, *Vrttamanikyamala*, *Arogyasundara*, and *Vrttasu*

ndara. In just under two weeks, participants successfully transcribed **712 pages** of rare manuscripts.

The **second workshop**, held in Puri, witnessed a much larger participation of **67 scholars** guided by **15 experts** drawn from across India. The workshop focused on **six classical scripts** - *Medieval Bengali and Gaudi*, *Grantha*, *Nagari*, *Karani/Medieval Odia*, *Sharada*, and *Medieval Telugu*. A diverse collection of **15 texts**, including *Vaidyasaraswa*, *Sutrasthana*, *Abhidhanaratnamala*, *Chikitsanjanam*, *Aushadhakalpa*, *Goshastra*, *Karmavipaka*, *Ayurvedasaroddhara (Divakara Samhita)*, *Vaidyashastra*, *Gyanabhaishajyamanjari*, *Aushadhakumbhasamapana*, *Charucharya*, *Indrakshistotra*, and *Padarthagunapatham*, were transcribed, resulting in **888 pages** of valuable material.

Together, these two workshops not only enhanced scholars' expertise in classical scripts but also created a significant repository of transcribed manuscripts, thereby contributing to the **Gyan Bharata Mission** and strengthening the foundations of Ayurvedic knowledge preservation.



Future Roadmap

CCRAS, in partnership with GBM and CSU, plans to edit and publish these transcribed texts as separate scholarly volumes. Additionally, the valuable insights from these manuscripts will serve as a foundation for advanced research in various branches of Ayurveda, contributing to innovative healthcare solutions. Building on this momentum, CCRAS, GBM, and CSU intend to organise more such workshops in the future, training a larger pool of experts from both the fields of Ayurveda and Sanskrit to further transliterate and preserve India's priceless Ayurvedic manuscript heritage.

These initiatives are a crucial step forward in fulfilling the vision of the Gyan Bharata Mission—ensuring the enduring accessibility, preservation, and advancement of India's traditional knowledge for the benefit of current and future generations. [\[3\]](#)

Rebalancing Health: Ayurveda's Rise and Challenges in Europe



Once viewed as an esoteric Eastern tradition, Ayurveda is now steadily gaining ground across Europe—as a holistic, evidence-informed complement to modern medicine. From Germany's integrative clinics to Switzerland's insurance-backed therapies, the ancient Indian system is being embraced for its emphasis on preventive care, mental well-being, and chronic disease management. Yet, regulatory hurdles, limited clinical validation, and fragmented policy landscapes remain. As India strengthens its trade and diplomatic efforts, and the WHO champions traditional medicine, Ayurveda's role in shaping Europe's future healthcare narrative is becoming increasingly significant. This cover story, by **Eashwar K P and Dr Amrutha Ashok**, explores the evolving landscape, challenges, and immense potential of Ayurveda in Europe.

Introduction: A Tradition Reawakens in the West

Once relegated to the margins of alternative health discussions in Europe, Ayurveda—a 5000-year-old holistic system of healing from India—is experiencing a quiet renaissance. The rising global quest for sustainable health solutions, deeper mind–body integration, and natural therapeutics has led to a perceptible shift in the European mindset. Today, Ayurveda is not only gaining acceptance as a complementary system of healthcare but is also influencing policy dialogues, medical education, and cross-border trade across the continent.

This story traces Ayurveda's journey in Europe—how perceptions are changing, how deep its roots have spread in various countries,

what barriers it still faces, and how integrative models are opening up transformative possibilities in healthcare. It also unpacks India's trade dynamics with Europe in Ayurvedic products and explores the growing role of WHO in legitimizing traditional medicine worldwide.

Changing Perceptions: From Exotic to Essential

Not long ago, Ayurveda was perceived in Europe as an exotic, mystical Eastern practice—often lumped together with astrology or spiritual healing. The knowledge gap was vast, and scepticism was common among both health professionals and policymakers.

The growing demand for evidence-based, structured clinical protocols is further accelerating its integration into European healthcare ecosystems.

However, this perception has significantly evolved in the past two decades.

The rise of wellness tourism to India and Sri Lanka, increased scientific inquiry into herbal pharmacology, and cross-cultural exposure through yoga and meditation have softened attitudes. Several European countries now regard Ayurveda as a viable complementary and alternative medicine (CAM) system.

In Germany, for instance, Ayurveda is recognized by the Central Association of Physicians for Naturopathy and Complementary Medicine (ZÄN). Prestigious universities such as Charité Medical University in Berlin conduct Ayurvedic research and offer modules in medical curricula. In Switzerland, Ayurveda has been integrated into public insurance coverage for certain therapies.

The pandemic further accelerated the shift. With the limitations of allopathy in treating long COVID, anxiety, and lifestyle-induced disorders, more patients and practitioners have turned to traditional systems for resilience and recovery.

Integrative Healthcare: Measurable Transformations

The incorporation of Ayurveda into mainstream healthcare in Europe is no longer anecdotal; it is now backed by *peer-reviewed, clinical evidence* showing measurable improvements in patient outcomes and cost-effectiveness—particularly in managing chronic and lifestyle-related disorders.

In Germany, a randomized controlled trial conducted by Prof. Andreas Michalsen and his team at the *Charité Medical University*, Berlin, involved 151 patients with osteoarthritis of the knee. The study, published in *Evidence-Based Complementary and Alternative Medicine* (2018), found that patients receiving Ayurvedic treatment showed significantly better outcomes than those receiving conventional care. The WOMAC index scores improved by 61 points in the Ayurveda group compared to 32 points in the standard care group ($p < 0.001$, Cohen's $d = 0.68$), with benefits sustained for up to a year (<https://pmc.ncbi.nlm.nih.gov/articles/PMC6333787/>).

In Austria, a *pilot study* published in the *Journal of Integrative and Complementary Medicine* (March 2024) assessed the effects of a 4-month online Ayurveda-based lifestyle and detox programme on 98 participants. Conducted by Susanne Schmiedel, MD, and collaborators from Immanuel Albertinen Diakonie and the European Academy of Ayurveda (Birstein, Germany), the study found statistically significant improvements in anxiety,

depression, fatigue, physical symptoms, and BMI, with large effect sizes across multiple parameters (<https://www.liebertpub.com/doi/full/10.1089/jicm.2024.0489>).

A European multi-centre observational study led by Dr Hedwig H Gupta and colleagues from the Rosenberg European Academy of Ayurveda, and published in *Complementary Therapies in Medicine* (2023), evaluated outcomes for 170 clients receiving Ayurvedic consultations across several European countries. The findings were compelling:

- **85%** of patients were satisfied with the outcomes,
- **61%** reported 'much to exceptional' health benefits,
- **63%** observed notable improvement in physical, emotional, digestive, or energy-related issues (<https://pubmed.ncbi.nlm.nih.gov/36822960/>).

From a cost-effectiveness standpoint, the WHO and several EU-based institutions recognize Ayurveda as part of the broader Traditional, Complementary, and Integrative Medicine (TCIM) framework. A review of integrative medicine economics by Dr Claudia Witt (University of Zurich, 2010) indicated that systems emphasizing prevention and holistic care—such as Ayurveda—could significantly reduce long-term healthcare costs, particularly in chronic pain, stress, and metabolic disorders (<https://pubmed.ncbi.nlm.nih.gov/20832763/>).

Though large-scale insurance-based trials are still evolving, Ayurveda is already being adopted in hospital-affiliated wellness centres, rehabilitation clinics, and corporate health programmes across Europe. The growing demand for evidence-based, structured clinical protocols is further accelerating its integration into European healthcare ecosystems.



European Penetration: A Country-wise Snapshot

Ayurveda's reach across Europe is neither uniform nor accidental—it reflects cultural openness, regulatory landscapes, and health economics in each country. Given below is a brief account of Ayurveda's status in some of the prominent countries in Europe.

Germany

Germany is arguably the most fertile ground for Ayurveda in Europe. The country has a long tradition of naturopathy and is open to CAM practices. The European Academy of Ayurveda in Birstein has been a cornerstone for education and clinical practice. Several spas and clinics integrate Panchakarma and Ayurvedic consultations with modern diagnostics.

Switzerland

Switzerland has been at the forefront of validating traditional medicine. Ayurveda is included under the umbrella of therapies covered by basic health insurance (with certified practitioners), and the country supports formalized training through institutions such as the Ayurveda Academy in Lucerne.

United Kingdom

Though more conservative in approach, the UK has a growing number of Ayurvedic centres. Ayurveda Pura in London and the College of Ayurveda (UK) are noteworthy. However, stringent regulations of MHRA (Medicines and Healthcare Products Regulatory Agency) have curtailed the availability of certain herbal formulations. Yet, integrative medicine is making inroads, particularly in private practice.

Italy and France

Both countries show promising growth in Ayurveda, though often restricted to private wellness and retreat centres. Regulatory structures remain ambiguous. Ayurveda is more prominent in the beauty, wellness, and detox sectors than in clinical therapeutics.

Nordic Nations

Sweden, Norway, and Denmark are seeing a growing interest in Ayurveda, particularly for stress management, nutrition, and seasonal health. However, there is still caution in integrating it into formal healthcare due to lack of regulatory clarity.



Regulatory Challenges: Between Tradition and Bureaucracy

Despite increasing interest, Ayurveda's growth in Europe is tempered by several regulatory hurdles.

- **Lack of Uniform Framework:** The European Union does not have a common policy for traditional medicine systems. This creates a patchwork of rules that vary significantly from one member country to another.
- **Herbal Medicine Regulation:** The Traditional Herbal Medicinal Products Directive (THMPD) 2004/24/EC under EU law mandates rigorous testing and registration for herbal formulations. Many Ayurvedic products, particularly those with complex compound formulations, fail to meet the documentation requirements or lack the funds for extensive clinical trials.
- **Professional Licensing:** In most European countries, there is no standardized system for Ayurvedic practitioner licensing. This leaves room for both qualified professionals and unregulated charlatans, undermining public trust.
- **Scientific Scepticism:** While modern research on Ayurvedic botanicals such as Ashwagandha, Turmeric, and Triphala has grown, mainstream European medical circles still demand large-scale, peer-reviewed trials before accepting Ayurveda's efficacy in clinical settings.

These challenges demand more robust diplomatic, academic, and trade engagements between India and Europe.

India–Europe Trade: Numbers and Opportunities

India's exports of Ayurvedic products to Europe have seen a steady uptick, although they still form a fraction of the global market. According to the Ministry of Commerce (India), India's total

With Europe's increasing focus on plant-based and preventive health systems, India's Ayurvedic exports are well poised to expand.

export of Ayurvedic and herbal products stood at approximately 800 million dollars in FY 2023/24. Europe accounted for nearly 20% of this, led by Germany, the UK, France, and the Netherlands.

- Germany alone imported over ₹400 crore worth of herbal and Ayurvedic products in 2023, including nutraceuticals, essential oils, and raw herbs.
- The UK is a significant consumer of Ayurvedic cosmetics and dietary supplements.
- France and the Netherlands are emerging markets for certified organic Ayurvedic teas, balms, and oils.

However, Ayurveda's potential is yet to be fully realized. With increasing efforts towards more stringent quality standards, harmonized labelling norms, and streamlined supply chains, trade in Ayurveda products/services is expected to do much better in the coming years.

The Ministry of Ayush has taken several proactive steps including:

- Promoting Ayush clusters with EU-compliant Good Manufacturing Practices (GMP).
- Facilitating Mutual Recognition Agreements (MRAs).
- Launching the Ayush Export Promotion Council (AYUSHEXIL).

With Europe's increasing focus on plant-based and preventive health systems, India's Ayurvedic exports are well poised to expand.

Integrative Medicine: Treating the Whole Person

Perhaps the most exciting frontier is the emergence of integrative medicine. This model combines conventional biomedicine with evidence-based traditional systems—offering a 'whole person' approach that is especially effective for chronic, lifestyle-related, and psychosomatic conditions. For instance, the areas where Ayurveda is complementing Western medicine in Europe are as listed below:

- **Chronic Pain and Arthritis:** In Germany and Switzerland, Ayurvedic massage therapies, herbal poultices, and *Rasayana* regimens are being used alongside physiotherapy and anti-inflammatory drugs.
- **Mental Health:** Ayurvedic lifestyle counselling, *nasya*, and adaptogenic herbs like *Brahmi* and *Ashwagandha* are used to treat anxiety, sleep disorders, and mild depression, often in integrative clinics.
- **Metabolic Disorders:** Diabetes and obesity management now increasingly involve Ayurvedic dietary protocols, detox therapies, and yoga.

- **Oncology Support:** Ayurvedic immunity-boosting and detoxifying protocols are offered as adjunctive care during cancer treatment in select European clinics.

Moreover, some pilot projects are exploring Ayurveda in managing long COVID, autoimmune diseases, and women's health (like PCOS and endometriosis).

While full-scale integration into national health systems remains a long-term goal, early collaborations between Ayurveda practitioners and allopathic doctors are sowing the seeds of trust.

WHO's Role in Traditional Medicine Integration

The WHO has played a pivotal role in repositioning traditional medicine, including Ayurveda, as a vital part of global health. Key milestones include:

- **WHO Traditional Medicine Strategy 2025–2034:** Adopted by WHA in its 78th session on 27 May 2025, aims to strengthen the role of traditional and complementary medicine in health systems.
- **Global Traditional Medicine Centre (GTCM):** Inaugurated in Jamnagar, India, in 2022, the GTCM serves as a hub for global collaboration on traditional medical systems, with a vision to integrate them scientifically and ethically.





WHO's recent European Traditional Medicine Report (2023) recommended increased documentation, research, and regulation of CAM therapies across Europe, and recognized Ayurveda among the influential systems under this domain.



Prof. Pawankumar Ramesh Godatwar, Technical Officer for Traditional Medicine at the WHO South-East Asia Regional Office (SEARO), emphasises that “Ayurveda’s deeper integration into European health systems hinges on increased documentation, rigorous research, and robust regulation, ensuring its safe and evidence-based acceptance.”

This underscores the international consensus that Ayurveda’s global future lies in scientific credibility and regulatory alignment, particularly in regions like Europe, where integrative healthcare is gaining traction.

The collaboration between WHO, India’s Ministry of Ayush, and European public health bodies is expected to deepen in the coming years—helping create interoperable frameworks for training, product regulation, and clinical validation.

Looking Ahead: A Shared Future in Healing

Europe’s embrace of Ayurveda reflects more than just a health trend—it’s a deeper shift towards holistic, sustainable, and preventive healthcare. As climate change, mental health crises, and antibiotic resistance redefine global health priorities, Ayurveda offers wisdom honed over millennia.

Yet the road ahead demands commitment from all stakeholders.

- **India** must invest in standardization, clinical research, and transparent regulation.
- **Europe** must revisit outdated biases and create enabling environments for pluralistic healthcare.
- **Academia** must foster dialogue between disciplines, enabling Ayurveda to be studied, validated, and innovated upon.
- **International** bodies like WHO must continue to foster global guidelines that protect both safety and heritage.

For the millions seeking healing that addresses the root causes—not just the symptoms—Ayurveda in Europe is not a revival. It is a rebalancing.

Conclusion: Reclaiming the Balance

As Ayurveda gradually finds a home in European hearts, clinics, and conversations, the ancient principle of *Swasthasya Swasthya Rakshanam* (preserving the health of the healthy) resonates anew. Whether in a Berlin hospital ward, a Swiss wellness spa, or a London yoga studio, the pulse of Ayurveda is steady and strong.

Europe, once the epicentre of biomedicine’s rise, now becomes a bridge where tradition and modernity meet not in conflict, but in convergence. [BCJ](#)

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Ayurvedic Medicine in Europe: Inadequate Regulatory Framework and Emerging Strategic Opportunities



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Ayurveda in Europe faces a paradox: significant market share with sustained growth, yet structural regulatory obstacles limit institutional development. Analysis of the regulatory framework, professional recognition, and market dynamics reveals systemic criticalities alongside concrete strategic opportunities.

Ayurvedic medicine operates within a structural regulatory void. The THMPD Directive 2004/24/EC, designed for Western herbal traditions, requires 30 years of traditional use including 15 years in the EU and excludes polyherbal formulations and typical Ayurvedic ingredients (ghee, bhasma). By 2016, of 1577 THMPD registrations covering 158 herbal substances, no authentic Ayurvedic product had been registered (no more recent statistics are publicly available) [<https://www.nutraingredients.com/Article/2016/09/29/THMPD-Has-it-delivered/>]. The European Commission acknowledged in 2008 that THMPD requirements are “not appropriate for a global regulation” of traditions like Ayurveda and TCM [Report on experience with Directive 2004/24/EC on traditional herbal medicinal products. COM(2008)584 final].

Recent ingredient restrictions compound these challenges. Denmark banned ashwagandha in April 2023 based on a 2020 Technical University of Denmark risk assessment [J Ayurveda Integr Med, 15(5)]. Sweden and Finland are considering similar bans, while France and UK initiated risk evaluations. Poland set maximum limits (3 g/day root, 10 mg with anolides). This regulatory fragmentation creates significant commercial uncertainty.

Professional recognition varies markedly across Europe. Italy represents an advanced case: in 2002, the National Federation of Medical Boards (FNOMCeO) acknowledged Ayurveda as a medical act reserved to physicians with adequate training. In September 2019, UNI Standard 11756:2019 defined requirements for Ayurvedic Technicians, with certification valid throughout the EU under Law 4/2013.

Switzerland recognizes a federal diploma in Ayurvedic naturopathy; Germany permits practice by Heilpraktiker; UK practitioners operate in regulatory limbo after 2015 rejection of statutory regulation. No European country provides public health reimbursement.

The Rosenberg European Academy of Ayurveda (REAA) in Germany offered a Master of Science in Ayurvedic Medicine validated by Middlesex University (UK) with Charité Medical University Berlin, representing the only formal European university qualification.

Despite regulatory obstacles, Europe holds approximately 30% of the global Ayurvedic market (3.5 billion USD in 2024 of 11–17 billion USD global), with 12%–16% annual growth [www.cognitive-marketresearch.com/ayurvedic-products-market-report].

The WHO Strategy for Traditional Medicine 2025–2034, adopted in May 2025, offers opportunities for regulatory harmonization and shared quality standards.

Epistemological challenges persist: Ayurveda’s holistic-systemic approach conflicts with Western reductionist paradigms. However, academic partnerships, growing integrative medicine demand, and preventive health interest create concrete opportunities. The Collaborative Medicine and Science (Co.M.S.) framework demonstrates how Ayurvedic epistemology can provide holistic interpretations of modern medical concepts, offering a methodological approach for pragmatic clinical validation that preserves traditional systems’ conceptual integrity.

Priorities for institutional decision-makers and industry: Coordinated advocacy for dedicated regulatory frameworks recognizing Asian traditional medicine specificities (following WHO models), and pragmatic clinical validation using EMA-accepted methodologies while maintaining traditional systems’ epistemological coherence. [\[37\]](#)

Bridging Continents

COVER STORY

Dr Hans H Rhyner (MD & PhD Alternative Medicine)

With over four decades of experience across Switzerland, Austria, Spain, and India, Dr Hans H Rhyner is a leading voice in bringing authentic Ayurvedic practice into the heart of Europe. He holds the prestigious Swiss Diploma for Ayurveda Medicine and heads Ayurveda Rhyner clinics in Europe and India, combining tradition with clinical rigour.

Operating from Lustmühle, Vienna, and Palma de Mallorca, Dr Rhyner consults up to 120 patients monthly, with a patient base of over 13,000. His work spans a broad spectrum—from infertility and cancer to psychosis—firmly rooted in classical Ayurveda. He offers consultations, Panchakarma therapies, herbal-mineral medicines, and individualised lifestyle counselling, bringing deep, system-based healing into modern therapeutic contexts.

Switzerland's alternative healthcare ecosystem is uniquely progressive, where Ayurvedic diploma holders are covered under private insurance. While Ayurvedic medicines face regulatory hurdles—requiring European GMP compliance, Dr Rhyner believes constructive engagement between India and Europe will ease these barriers.

Though Ayurveda remains a smaller stream within Switzerland's recognised systems compared to TCM and Homeopathy, the depth of clinical training, growing interest in holistic health, and the solid foundation of Swiss diplomas equivalent to BAMS-level training, are setting the stage for long-term integration. With three major



accredited schools and rising public interest in natural therapeutics, the region is poised for thoughtful expansion.

Dr Rhyner prefers the term Cooperative Medicine over integration—advocating that Ayurveda must be practised in its entirety by well-trained professionals, not fragmented into symptoms-based use. He sees potential for Ayurveda to thrive through focused policy support, better public communication, and greater cross-border recognition.

As Ayurveda charts its course in Europe, visionaries like Dr Hans H Rhyner exemplify the possibility of merging clinical excellence with cultural authenticity, healing one patient, one system, and one policy at a time. [\[30\]](#)

France's Ayurvedic Whisperer

Nordine Meguellati, a French national, stands out as an Ayurvedic massage specialist and *teacher* offering a unique blend of psychological insight and Ayurvedic wisdom. He teaches across Europe, Africa, and India, but practices one-on-one sessions exclusively in France, where he also designs signature massage protocols for spas and cosmetic brands globally.

Nordine offers 4–8 sessions a month—each lasting up to six hours and designed for individuals facing chronic stress, burnout, and long-term depression. His treatments integrate psychological counselling, *Nadi* and *Jiva Pariksha*, and therapeutic massage, followed by customised herbal prescriptions. His clients often trusts his Ayurvedic recommendations. He estimates that there are around 200 independent practitioners in the country who uphold the essence of Ayurveda through well-being treatments.



He points out that scientific validation, political will, and media resistance remain barriers to wider acceptance. However, he observes a growing curiosity for Ayurveda in France and across Europe, especially in countries like Germany, Switzerland, Portugal, and Italy, which signals a cultural and medical shift—one where people are seeking wholesome, time-tested systems of healing. [\[30\]](#)

Ayurveda Across Borders: A Dutch Perspective

COVER STORY



Gaurav Kumar, a Dutch national based in the Netherlands and Croatia, is pioneering efforts to bring authentic Ayurveda to the forefront of European wellness. As the founder of Svedica B.V. and Authentic Ayurveda d.o.o., he runs the Art of Vedas and Nirmal Ayurveda brands, a leading Ayurveda platform (ShopAyurveda.eu), and Panchakarma training centres across Europe.

His operations span the Netherlands, where about six full-time Ayurveda centres function, with a growing practitioner base of roughly 15 BAMS doctors, two of whom are part of his team.

The top conditions addressed by Ayurveda include stress, digestive issues, and skin disorders. With over 3000 retail customers monthly and a growing patient base, his centres are at the helm of a shift in public interest. However, he emphasizes that scientific validation remains the key barrier to broader acceptance.

His institutions also provide certified Panchakarma courses and distribute Ayurvedic medicines to clinics, wellness stores, and pharmacies across European Union—while simultaneously working on a project to formally introduce Ayurvedic medicinal products in Europe by 2028. Gaurav calls for research collaborations with India's Ministry of Ayush to boost awareness and credibility. [\[30\]](#)

Europe presents extraordinary opportunities for Ayurveda's flourishing... the future is bright – collaboration between businesses, practitioners, and communities is creating a thriving ecosystem that honours our ancient Indian traditions.

Bridging the Gap

How Nirva Health is revolutionizing women's wellness with personalized, evidence-based care

Dr Naveen Chandran

BAMS, MD (Ayurveda), Osteopathy (ESO, UK)

Chief Medical Officer, Nirva Health

In an age where women aged 35–55 are increasingly seeking effective alternatives to traditional healthcare, a quiet revolution is taking place in the realm of chronic condition management. Nirva Health, a progressive health and wellness company, stands at the forefront of this change, blending the best of personalized care with modern technology to offer holistic, evidence-based solutions for women's health.

A New Chapter in Chronic Care

Founded in 2021 by a trio of visionary IIT Madras graduates – Nived Narayanan, Sreeshyam CP, and Amit Verma – Nirva Health emerged out of the pandemic’s wake. The founders recognized a growing need for accessible, remote healthcare solutions that addressed the underlying causes of chronic conditions. They envisioned a platform that would not only provide personalized care, but also integrate ancient wellness wisdom with contemporary scientific understanding. Supported by Y Combinator, the company has rapidly grown to serve markets in the UK and the USA, generating a turnover of 3 million dollars and catalyzing change in how chronic health conditions are managed.

The Founders’ Vision:

A Global Shift in Healthcare Delivery

The journey of Nirva Health began with the founders’ commitment to creating a global monopoly in personalized chronic care. Their ambition to transform healthcare delivery has led them to innovate beyond the constraints of traditional models, making holistic care more accessible and adaptable for women struggling with chronic conditions like gut health, menopause, and joint pain. As a telehealth company, Nirva Health’s online platform facilitates an intuitive, user-friendly experience that allows individuals to take charge of their health—wherever they are.

Nirva Health’s Holistic, Personalized Approach

At Nirva, healthcare is far from one-size-fits-all. The company’s core philosophy centres on offering highly personalized treatment plans tailored to the individual’s specific constitution, lifestyle, and health goals. By looking beyond symptom management, Nirva’s programmes address the root causes of conditions, taking a holistic approach to well-being that includes dietary adjustments, therapeutic yoga, lifestyle coaching, and evidence-based health consultations.

This commitment to personalization is particularly effective for chronic conditions like digestive disorders, stress, and menopause symptoms, which require nuanced and adaptable solutions. Nirva’s evidence-backed approach is grounded in modern science and Ayurvedic principles, which work in tandem to nurture lasting health improvements.

Technology: Empowering Health Journeys

Nirva’s innovative use of technology sets it apart. Through its app, clients can track their progress, communicate with health coaches, and access an extensive library of resources, creating an ongoing

Dr Naveen Chandran



support system that empowers them to make informed decisions. This level of technological integration ensures that Nirva’s clients remain engaged and actively involved in their wellness journeys.

The integration of modern technology with ancient Ayurvedic wisdom has led to tangible outcomes, as evidenced by Nirva’s recent internal study. The study found that 76.9% of participants reported a positive return on investment, with over half of them experiencing improved productivity and reduced healthcare costs.

The Future of Women’s Health

Nirva’s commitment to transforming women’s health is reflected in its impressive Net Promoter Score (NPS) of 56.3, and its growing client base, which includes healthcare professionals who advocate for the brand’s holistic, evidence-based approach. As demand for sustainable, personalized healthcare rises, Nirva is uniquely positioned to lead the way in reshaping how women’s health is approached in the 21st century.

By bridging the gap between Eastern and Western healthcare approaches, Nirva is setting a new standard in personalized wellness. The company’s ongoing success is a clear indicator that the future of women’s healthcare is not just about managing symptoms—it’s about fostering whole-body wellness that empowers women to thrive. www.ayurworld.org

Carrying Ayurveda to Canada: The Legacy of Dr Ramesh N Modi

Back in 1988, when Ayurveda was virtually unknown in Canada, Dr Ramesh N Modi took a bold step. Armed with ancient Indian wisdom and modern conviction, he began introducing Ayurveda not only to Canadian citizens but also to government bodies. His efforts earned him the reputation of being a true *Pioneer of Ayurveda* in the country.

What started as a single practitioner's mission soon grew into a movement. Dr Ramesh Modi guided other Ayurvedic experts to establish their own practices across North America. Over the years, Ayurveda gained a foothold in Canada—today, spas, wellness centres, and resorts openly advertise Ayurvedic therapies, herbal remedies, Indian vegetarian food, and even teas like Amla juice. Despite not being part of Canada's healthcare or insurance system, people are willing to pay out of pocket, a sign of the trust Ayurveda has earned.

At the family-run practice, now managed by the next generation, demand is stronger than ever. Around 200–240 patients a month seek consultations—both online and in person—for issues ranging from stress and pain management to skin care, digestion, and even sexual wellness. “People are amazed by pulse assessment (Nadi Pariksha),” Dr Rakesh Modi, son of Dr Ramesh Modi, says. “It's often their first experience of how precise and personalized Ayurveda can be.”

The consultations typically combine dietary guidance, Panchakarma therapies, high-quality herbal medicines, and wellness packages. Spiritual aspects—yoga, meditation, vegetarian diets, and even Vedic astrology—resonate deeply with Canadian and European-origin patients, many of whom turn to Ayurveda for its promise of inner peace in a fast-paced, mentally challenging world.



To further spread awareness, the family established the International Institute of Ayurveda and Complimentary Medicines Inc., offering degree and diploma courses in Ayurveda. Ayurvedic products—regulated under Canada's Natural Product Number (NPN) system—are now widely available in clinics, health food stores, pharmacies, and online.

The COVID-19 pandemic gave Ayurveda a further boost. As people began questioning vaccine side effects and seeking natural immunity, more turned towards Ayurvedic practices. The internet has also fuelled awareness, while the Indian diaspora popularizes golden turmeric milk, masala chai, Chyawanprash, and herbal

The internet has also fuelled awareness, while the Indian diaspora popularizes golden turmeric milk, masala chai, Chyawanprash, and herbal remedies among Canadian and European friends.

remedies among Canadian and European friends.

Challenges remain—insurance coverage is absent, scientific validation is still questioned, and certain Ayurvedic practices are restricted by regulation. But Dr Rakesh Modi believes the way forward lies in evidence-building and collaboration. “If Ayurvedic practitioners are well-trained and well-informed, they can showcase the true Ayurveda to the Western world,” he emphasizes.

After more than three decades, Ayurveda in Canada is no longer an experiment. It is a growing movement—rooted in ancient wisdom, guided by pioneers, and embraced by a society ready for holistic healing. [\[30\]](#)

Rasayana in Cancer Care: Ayurveda's Role in Reducing Chemotherapy Side Effects

In the modern fight against cancer, where radiation and chemotherapy remain vital yet taxing treatments, Ayurveda is emerging as a supportive companion. Recent clinical research highlights how a classical Ayurvedic preparation—Rasayana Avaleha—may help cancer patients endure treatment more comfortably, reducing side effects while enhancing quality of life.

A Clinical Study Validates the Supportive Potential of Rasayana Avaleha in Oncology

A study titled “*Efficacy of Rasayana Avaleha as an Adjuvant to Radiotherapy and Chemotherapy in Reducing Adverse Effects*”, published in the AYU journal (Vol. 31, Issue 4), explores how this traditional Ayurvedic formulation can significantly ease the burden of cancer treatments. The research presents a compelling case for Ayurveda's role as a supportive therapy within modern oncology (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3202271>).

Understanding the Study

The study was conducted by Dr Purvi Vyas and a team of Ayurvedic scholars from Gujarat Ayurved University. It aimed to assess the therapeutic efficacy of Rasayana Avaleha, a rejuvenative polyherbal formulation, as an adjuvant to modern cancer therapies.

A total of 36 cancer patients undergoing chemotherapy and/or radiotherapy were divided into two groups:

- Group A received Rasayana Avaleha along with their standard cancer treatments.
- Group B (Control group) received only the conventional treatments.

Over a treatment course of one month, patients in Group A showed significant reduction in adverse effects such as:

- Nausea and vomiting
- Loss of appetite
- Fatigue and weakness
- Mucositis (oral ulcers)
- Hair loss

Moreover, patients receiving the Rasayana reported better energy levels and improved digestive capacity—suggesting improved systemic resilience.

What is Rasayana Avaleha?

The Rasayana Avaleha used in the study is a traditional Ayurvedic jam-like preparation made with milk and ghee, enriched with herbs known for their Rasayana (rejuvenating and restorative) properties. The formulation included:

- Amalaki (*Embllica officinalis*) – antioxidant and immunomodulatory
- Ashwagandha (*Withania somnifera*) – stress adaptogen and anti-fatigue agent





- Guduchi (*Tinospora cordifolia*) – immune enhancer
- Yashtimadhu (*Glycyrrhiza glabra*) – anti-inflammatory and mucosa-protective
- Tulasi, Pippali, Jivanti – support digestion, vitality, and detoxification

These ingredients, when prepared traditionally, form a synergistic blend aimed at restoring ojas, supporting immunity, and minimizing the physical toll of invasive treatments.

Implications for Integrative Oncology

This study supports what Ayurveda has long suggested: the human body can withstand disease and treatment-related trauma better when supported by holistic, nourishing interventions.

Importantly, the researchers do not propose Rasayana Avaleha as a cancer cure, but as an adjuvant—a supportive therapy that works in conjunction with chemotherapy and radiotherapy. The Ayurvedic treatment was provided under medical supervision, ensuring compatibility with allopathic protocols and patient safety.

Such research reflects a growing shift toward integrative medicine in India. Institutions like the Tata Memorial Centre have already initiated collaborations with the Central Council for Research in Ayurvedic Sciences (CCRAS) to study similar interventions under controlled, evidence-based frameworks.

A New Paradigm in Patient-Centered Care

The significance of this research lies in its scientific validation of Ayurvedic principles in a modern clinical context. For patients undergoing cancer treatment, the journey can be physically and emotionally draining. Rasayana therapies, backed by empirical evidence, offer a potential pathway for enhancing resilience, comfort, and recovery.

With increasing emphasis on integrative oncology, this study sets the stage for further large-scale trials and public healthcare inclusion. It also emphasizes the role of Ayurveda in addressing chronic diseases not by replacing modern medicine, but by complementing it meaningfully. [AC](#)

Healing the Force

Ayurveda-led wellness mission for India's security force aims to cut antibiotic dependence

When India's security forces move, the nation feels protected. Yet behind the uniform lies a constant struggle—long duty hours, high-stress environments, irregular meals, and recurring health issues that often lead to routine antibiotic use. In a significant shift towards preventive healthcare, the Central Industrial Security Force (CISF) has decided to integrate Ayurveda-based wellness programmes into its health systems—an initiative driven by internal directives following the sector-wise priorities outlined by India's Home Minister, Amit Shah.

The move aligns with a broader national vision: a healthier, more resilient security workforce prepared not just with weapons and strategy, but with a strengthened body–mind balance rooted in India's traditional knowledge systems.

Why Antibiotic Dependence Needed Attention

Personnel working in high-stress zones often rely heavily on antibiotics to treat recurring infections and fatigue-induced ailments. Over time, this dependence contributes to resistance, weakened immunity, and long-term side effects.

The DG CISF's directive champions a preventive alternative:

- Ayurvedic treatment modalities
- Prakriti-based assessments
- Dietary reforms with millet inclusion
- Unit-level wellness programmes



The goal is not only to improve health but also to strengthen immunity, reduce sick days, and enhance overall operational readiness.

Weaving Partnerships That Matter

A major action point from the meeting held in October was the DG's instruction that Assistant DG South of CISF collaborate closely with the All India Institute of Ayurveda (AIIA), Goa, and work with its director to secure full support and expertise.

Additionally, all CISF sectors have been directed to identify and partner with reputed Ayurveda centres in their regions. These centres will support the force by conducting regular wellness camps and offering Ayurvedic interventions tailored to the specific needs of personnel.

The *Prakriti Parikshan* initiative—already implemented across sectors—marks the first step. The next phases will bring in specialised therapies, lifestyle correction programmes, herbal treatments, and yoga-based interventions.



Millets: the New Nutrition Battalion

As part of the broader wellness mission, the inclusion of millets has become an important dietary reform. Sectors have begun integrating millets into meals, and the DG CISF has emphasised that future reports must include quantitative consumption data and innovative millet-based recipes to improve acceptance among personnel.


Millets, known for their digestive benefits and rich nutrient profile, are expected to reduce lifestyle-related issues and bolster physical stamina—an essential asset for personnel who work long hours in demanding environments.

A Force Becoming a Model of Preventive Healthcare

The integration of Ayurveda into CISF's wellness ecosystem represents more than an administrative direction—it marks a transformative step. It signals that India's security personnel deserve both the strength of modern practices and the depth of traditional wellness wisdom.

Millets, known for their digestive benefits and rich nutrient profile, are expected to reduce lifestyle-related issues and bolster physical stamina—an essential asset for personnel who work long hours in demanding environments.

With partnerships being formed, antibiotic dependence addressed at its root, and nutritious dietary reforms underway, CISF is positioned to become a national model for preventive, sustainable healthcare in uniformed services.

As the Force Headquarters prepares to issue detailed implementation guidelines, one thing stands clear: *CISF is entering a new era of health and resilience—powered by Ayurveda, strengthened by science, and guided by vision.* 



From Sacred Peaks to Healing Paths: How Uttarakhand is Reshaping the Ayurveda Sector

With a unique confluence of biodiversity, spiritual heritage, and government push, Uttarakhand is building a holistic ecosystem for Ayurveda-led wellness and enterprise. K P Eashwar delves deeper into the state of the Ayurveda sector in Uttarakhand.

Introduction

Nestled in the lap of the Himalayas, Uttarakhand has long been a cradle of traditional healing systems, with Ayurveda deeply woven into the region's cultural and ecological fabric. Over the past decade, the state has emerged as a prominent hub for Ayurvedic education, clinical services, pharmaceutical manufacturing, and wellness tourism. Supported by proactive government policies and players in the private domain, the Ayurveda sector in Uttarakhand has witnessed remarkable growth in scale and structure. However, this expansion comes with its own set of challenges—ranging from regulatory bottlenecks and practitioner licensing issues to the need for quality control and scientific validation. This story explores the thriving Ayurvedic ecosystem in Uttarakhand in totality.

Practitioners and institutions

Uttarakhand has built a robust network of professionals and institutions across the state. When it comes to practitioners, the state has over 5000 registered Ayurvedic doctors, including about 800 Ayurvedic medical officers serving in government healthcare facilities. In addition, about 300 Ayush doctors are deployed through various state and national health initiatives, reflecting the growing integration of Ayurveda into mainstream health systems.

As for institutions, it is creditable that a small state like Uttarakhand houses close to 850 Ayurvedic hospitals, wellness centres, and Panchakarma centres. This would not have been possible without the state government providing an enabling environment. Many of these institutions provide both inpatient and outpatient care. In addition, there are over 200 dispensaries and clinics delivering healthcare in remote and semi-urban regions.

Manufacturing

Thanks to the rich biodiversity of this hilly state, the pharmaceutical industry, comprising both allopathic and Ayurvedic medicines, contributes to about 20% of the national pharmaceutical production. That is a significant share to have, especially when one takes into its relatively nascent industrial base. Besides, the pharma industry provides employment to over 100,000 people, directly and indirectly.



Patanjali Yogpeeth and its manufacturing arm Divya Pharmacy, Shree Baidyanath Ayurved Bhawan, and the Himalaya Drug Company with its Dehradun branch are some of the largest manufacturers of Ayurvedic medicines operating in the state. In addition, there are a number of startup manufacturing units coming up in Pantnagar and Haridwar.

The export potential of herbal medicines – natural immunity boosters and wellness products – has also gone up after the covid pandemic. The participation of the manufacturers in global expos like the 10th World Ayurveda Congress has opened up new international markets, signalling future revenue growth and increased foreign investment.

As manufacturing expands, the state Ayush department and the manufacturing units are working overtime and in tandem to address the challenges head on. The main challenges include maintaining quality assurance, achieving WHO-GMP certification, and ensuring compliance with international phytopharmaceutical standards, which are key to building a sustainable global footprint.

Education and Research

Ayurvedic education remains the backbone of herbal medicine manufacturing and healthcare set-ups. Uttarakhand is not falling behind on this aspect. The state has a mix of public institutions, private colleges, and specialized research hubs driving both traditional knowledge and modern scientific inquiry.

For instance, the Uttarakhand Ayurved University, set up in 2009 in Dehradun, has 16 affiliated colleges, including 13 Ayurveda

colleges, 2 homeopathy colleges, and 1 Unani college. Apart from public institutions, there are 17 undergraduate colleges in the private domain. Dev Bhoomi Uttarakhand University (Dehradun), Government Rishikul Ayurvedic College and Hospital (Haridwar), and Gurukund Kangri Vishwavidyalaya are some of the leading educational institutions.

The policy push for improving the quality standards of educational institutions is noteworthy. This policy mandates all Ayush colleges to secure NAAC (National Assessment and Accreditation Council) accreditation within 5 years of establishment, to ensure consistent quality benchmarks across institutions. Going a step further, the state government provides performance-based grants to educational institutions based on their NAAC grading.

The Herbal Research and Development Institute (HRDI) in Gopeshwar leads the state's research ecosystem. The Institute has catalogued over 1800 species of medicinal plants, many of them endemic to the Himalayan region. The HRDI also validates traditional herbal formulations and preserves indigenous plant knowledge. The Patanjali Research Foundation and the Dev Sanskriti Vishwavidyalaya, both located in Haridwar, are well known for their thrust on research and development activities.

What augers well for the Ayurveda sector as a whole is the state government's increasing policy focus on evidence-based Ayurveda. The gradual integration of modern diagnostics, AI-driven herbology, and digital documentation of clinical outcomes in the state's academic and research institutions reflects the systematic implementation of the policy on the ground. In addition, MBBS doctors getting trained in Ayurveda speak volumes about the innovative integrative medicine strategy backed by the state government.

Towards Building a Scalable and Credible Ayurveda Ecosystem

Uttarakhand has taken decisive steps in recent years to transform itself into a model state for integrative and regulated Ayush-based healthcare. A bouquet of enabling policies now guides infrastructure development, standardisation, digital outreach, and educational excellence across the sector.

For instance, the Uttarakhand Ayush Policy (2023–2025) offers multiple incentives to boost both public and private sector participation. Capital subsidies to the tune of 5%–10% for manufacturing and wellness centres, pushing clinics and hospitals for acquiring NABH (National Quality Accreditation for Hospitals) certification, and encouraging manufacturing units through incentives to obtain WHO-GMP certification and Ayush Premium or Ayush Standard Marks are some of the major policy initiatives.

In addition, the introduction of teleconsultation platforms, mobile apps, Ayush Gram programmes, and well-coordinated, branded marketing campaigns goes a long way in promoting wellness tourism and Ayurvedic product awareness at the national and international levels.



Yoga being an integral part of Ayurveda, the Yoga Policy 2025 of the state government insists on integrating Yoga into all Ayush centres, offers grants to Yoga hubs, and funds Yoga-related research projects, particularly in integrative healthcare.

Uttarakhand is also aggressively implementing the National Ayush Mission by enhancing service delivery at the grassroots level.

Summary of Decadal Growth (2014–2024)

Parameter	2014	2024	Growth Trend
Registered Ayurvedic Doctors	~800	5000+	6-fold increase
Licensed Manufacturers	<100 (est.)	250+ (est.)	Strong surge
Export Destinations	~40 countries	150+ countries	Global reach
Clinics and Panchakarma Centres	<200	800+	Increasing acceptance
AYUSH College Enrolments (BAMS)	~600/year	1,140+/year	Nearly doubled

Challenges

Despite notable progress, the Ayurveda sector in Uttarakhand faces several structural and operational challenges, which the government is trying to address systematically through reforms and enforcements. Some of them are given below.

- **Revocation of practitioners’ licences:** In a controversial and strong move to clean up the system, the state revoked 450 licences of Ayurvedic practitioners with dubious degrees from unaccredited institutions. This was done at a time when there were only 800 ‘licensed practitioners’ in the state. Although the decision impacted healthcare access in rural and underserved areas and in the loss of public trust to a great extent, the intention of the government to clean up the system gained greater acceptance over time. Also, proper checks and balances have been put in place now to avoid a recurrence of such issues in the future.
- **Tensions with allopathic system:** The inter-system tensions pose administrative gridlocks, hamper cross-referral frameworks, and discourage integrated healthcare models that could otherwise benefit patients. With emphasis on integrative medicine, the state government now focuses on cross-training doctors of both systems to lessen the impact of inter-system tensions.
- **Quality control in products:** With reports of adulterants, heavy metals, and label inconsistencies in Ayurvedic formulations produced across the country, including some from Uttarakhand-based units, their credibility in the domestic and overseas markets takes a beating. To

counter these, today there are advanced testing labs in the state; there is a system to profile phytochemical and heavy metals batch-wise; and there is a conscious policy push for compulsory regulatory audits and better implementation of Ayush Premium/Standard Marks.

- **Shortage of skilled and specialised workforce:** From 800-odd registered practitioners in 2014, the number has increased to over 5000. Despite this, there is a shortage of skilled professionals trained in integrative medicine, clinical research, or evidence-based Ayurvedic practice. Although the state government has initiated cross-training strategy, there is a need for more of the same, including structured internship programmes, residency-like clinical fellowships, and upskilling modules in diagnostics, pharmacovigilance, and digital health.
- **Bottlenecks in the supply chain:** The quality of herbal raw material remains an important element in Ayurvedic formulations. There are issues of inconsistent raw material supply chains, lack of widespread adoption of Good Agricultural Practices (GAP), insufficient cold storage and processing infrastructure, etc. This is not just an issue of Uttarakhand alone.

The state government is trying its best to circumvent these bottlenecks by working with the Department of Agriculture in training the farmers on GAP. Although the big pharma companies such as Patanjali have built cold storage and processing infrastructure facilities within their premises, the smaller firms suffer due to lack of adequate financial health. It will be prudent for the state government to build such structures for common use of smaller firms.

The Way Forward

At every step in the growth phase, there will be challenges. They have to be overcome collectively. And it requires a coordinated push involving state regulators, educational bodies, farmer cooperatives, other relevant departments of the government, and the Ministry of Ayush at the central level. With better enforcement, stronger inter-disciplinary collaboration, and investment in training and infrastructure, Uttarakhand can tide over these issues.

While speaking to the authorities in the Department of Ayush in the state government and deducing from the recent statements and actions of the Chief Minister of Uttarakhand, *Ayur World* gets a sense of positive vibes and a strong sense of urgency from the state government in tacking the issues at hand. 📄

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Ayurveda and Yoga: Tradition Inspiring Tomorrow



Dr Bhushan Patwardhan, National Research Professor - Ayush

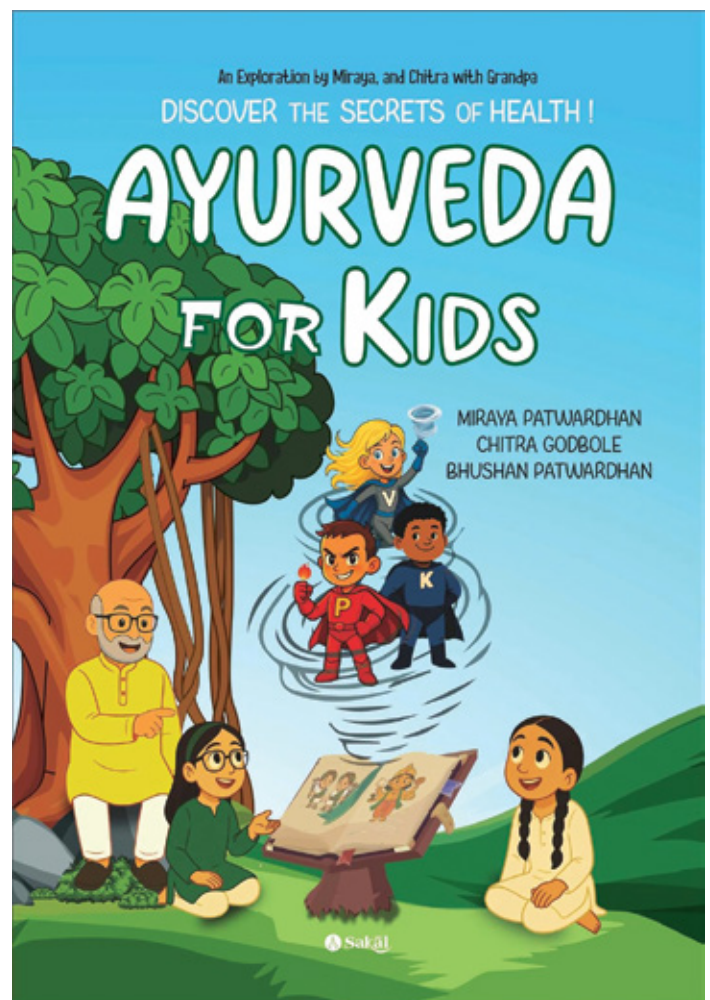
For many years, Ayurveda and Yoga were seen as symbols of the past, spoken of with pride in festivals and speeches but often dismissed in classrooms and clinics. Colonial education played its part in this neglect, making us believe that only what came from the West counted as science. Yet, the tide is slowly turning. What was once ignored is now entering laboratories, journals, and even the agendas of global health agencies.

Ayurveda is not just a collection of age-old remedies. It is a sophisticated framework of medicine that always places the individual at the centre. The idea of prakriti that each of us has a unique constitution resonates with the modern quest for personalized medicine. Today, this is being studied under the banner of Ayurvedic biology. Fields like Ayurgenomics are showing how classical descriptions align with genomic and metabolic profiles. Reverse Pharmacology, a method born in India, uses the traditional experience of safe herbal use as a starting point for drug discovery. These efforts show that Ayurveda is not about nostalgia but about future innovation.

Yoga tells a similar story. Once dismissed as mysticism, it is now part of mainstream healthcare. Trials at AIIMS, Harvard, and Stanford confirm what practitioners have always known: Yoga reduces stress, prevents diabetes, improves heart health, and enhances mental balance. The World Health Organization has recognized Yoga as a tool against non-communicable diseases and has established its Global Traditional Medicine Centre at Jamnagar. Now, its relevance continues to grow from classrooms to corporate offices.

For these traditions to truly flourish, it is necessary that Bharatiya Jnana becomes part of mainstream education in science, humanities, and social sciences. This is not about replacing modern knowledge but about restoring balance and regaining the confidence that Macaulay's design of colonial education tried to destroy. When students learn that their own civilization has given the world concepts like zero, surgery, linguistics, and holistic health, they grow up not as imitators but as innovators. The recently published *Ayurveda for Kids* on the 10th National Ayurveda Day, and the forthcoming *Yoga for Kids*, are steps in this direction, helping the next generation engage with these traditions in ways that are simple, joyful, and contemporary.

What excites me is not only the validation of these traditions but the new questions they invite us to ask. How do body and mind interact



in healing? How can low-cost, community-based practices transform public health? Can a science rooted in balance and ethics guide us towards humane technology and sustainable living? Ayurveda and Yoga are not relics of a bygone age. They are living systems, evolving with science, and carrying lessons for the future of health. They remind us that true innovation does not come from rejecting our roots but from nurturing them and giving them wings. [sakal](https://www.sakal.com)



NATIONAL AYURVEDA DAY

Celebrations at AIIA, Goa: a Brief Report

National Dhanwantari Ayurveda Awards 2025 conferred on eminent contributors to ayurveda and allied sciences

The Ministry of Ayush celebrated the 10th National Ayurveda Day on 23 September at the All India Institute of Ayurveda (AIIA), Goa. The celebrations marked a significant milestone in the Ministry's continuous efforts to promote Ayurveda as a holistic system of health and well-being rooted in sustainability and natural living.

Speaking on this occasion, the Governor of Goa, Shri Ashok Gajapathi Raju, praised this year's theme, 'Ayurveda for People and Planet,' as timely and relevant to the United Nations' Sustainable Development Goals. He underscored the importance of preserving the authenticity of Ayurvedic knowledge while leveraging digital platforms like the NAMASTE portal and Ayush HMIS, which are enhancing accessibility and evidence-based practice.

He commended the establishment of the Integrative Oncology Unit at AIIA Goa, a collaborative initiative with the Tata Memorial Centre, which aims to integrate Ayurveda with modern oncol-



Goa has the potential to become a global hub for ayurveda-based wellness tourism. – Governor of Goa Shri Ashok Gajapathi Raju

ogy for holistic cancer care. He appealed for scientific validation of Ayurvedic therapies and emphasized ethical promotion grounded in research and tradition.

Chief Minister of Goa, Dr Pramod Sawant, emphasized the contemporary relevance of Ayurveda in tackling rising lifestyle-related disorders such as obesity, diabetes, and stress. He stated that the time-tested concepts of Dinacharya (daily routine) and Ritucharya (seasonal regimen) provide sustainable models for preventive health-care. Dr Sawant referenced Prime Minister Shri Narendra Modi's concern over the growing prevalence of obesity and said Ayurveda offers simple yet powerful tools such as detoxification, balanced diet, herbal medicines, and yoga for promoting long-term wellness.



The Chief Minister highlighted the rich biodiversity of Goa, especially the Western Ghats and coastal ecosystems, which are home to many of the medicinal plants mentioned in classical Ayurvedic texts. He called for enhanced research, conservation, and commercial cultivation of these plants to strengthen Goa's place in the global Ayurvedic economy.

Ayurveda is the answer to modern lifestyle disorders like obesity and diabetes. – Goa Chief Minister Dr Pramod Sawant

Over 1.29 crore citizens participated in health assessments using Ayurvedic parameters, supported by more than 1.8 lakh volunteers, including students, teachers, and doctors.



Union Minister of State (Independent Charge) for Ayush, Shri Prataprao Jadhav, in his keynote address, highlighted the tremendous response to the 'Desh ka Swasthya Parikshan Abhiyan,' which was launched on Ayurveda Day last year under the leadership of Prime Minister Shri Narendra Modi. Over 1.29 crore citizens participated in health assessments using Ayurvedic parameters, supported by more than 1.8 lakh volunteers, including students, teachers, and doctors. The campaign set five Guinness World Records and marked a new era of data-driven Ayurvedic research. Shri Jadhav noted that such initiatives are laying the groundwork for integrating traditional knowledge systems with modern healthcare to develop predictive, preventive, and personalized medical solutions.



Ayurveda offers time-tested solutions to today's health and environmental crises. – Minister of State, Shri Shripad Naik



Ayurveda Day on 23 September aligns with Nature's balance, reflecting core Ayurvedic principles. – Shri Prataprao Jadhav, Minister of Ayush

Union Minister of State for Power and New and Renewable Energy, Shri Shripad Yesso Naik, in his address, praised the contributions of Goa and institutions like AIIA Goa in promoting integrative medicine and public outreach. He welcomed the establishment of the Integrative Oncology Unit in collaboration with Tata Memorial Centre as a model of convergence between Ayurveda and modern science. He urged researchers, youth, and practitioners to follow an evidence-based, ethical approach and invited all citizens to support government-led initiatives like Swachhata Hi Sewa and the Swasth Nari Sashakt Pariwar Abhiyan.

The inauguration of this year's Ayurveda Day included the unveiling of several new initiatives, including the nationwide Desh ka

Swasthya Parikshan health assessment campaign and the launch of the DRAVYA portal, a digitized platform for Ayurvedic substances. These initiatives are aimed at enhancing accessibility to Ayurvedic knowledge, improving community health assessments, and fostering innovation in the Ayurvedic sector.

In keeping with the theme, the Ran-Bhaji Utsav was also launched, celebrating the diverse and health-promoting forest vegetables that form the foundation of Ayurvedic dietary practices. Additionally, the prestigious National Dhanwantari Ayurveda Awards 2025 were conferred upon Prof. Bamwari Lal Gaur, Vd. Neelakanthan Mooss E T, and Vd. Bhavana Prasher for their outstanding contributions to Ayurveda and allied sciences.

Several publications were released during the event, including the 25 Years Journey of National Medicinal Plants Board, Ayurveda for Sports Medicine, and Ayurveda Insight for Restful Sleep, as well as technical releases related to Ayurvedic research and innovations.

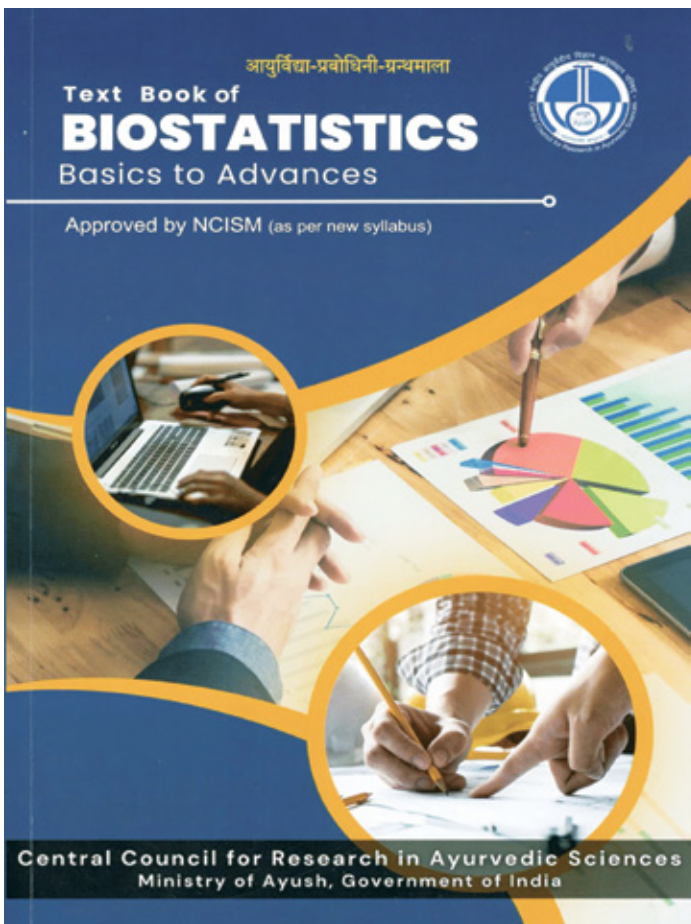
Union Minister Shri Prataprao Jadhav also inaugurated 'Prayas', a first-of-its-kind centre blending Ayurveda, Yoga, and modern therapies for paediatric neuro care.

The event was graced by the august presence of Shri Praveen Arlekar, Member of the Legislative Assembly, Goa; Shri Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush and Padma Shri awardee; Prof. (Vd.) Pradeep Kumar Prajapati, Director, All India Institute of Ayurveda (AIIA), New Delhi; Prof. (Dr) Sujata Kadam, Dean, AIIA Goa; and Padma Shri and Padma Bhushan awardee Vd. Devendra Triguna. [\[A\]](#)

Education

Empowering Research in Ayurveda

CCRAS's 'Text Book of Biostatistics: Basics to Advances' promises to be an invaluable resource for the development of the next generation of Ayurveda scholars.



In a significant stride towards strengthening scientific rigour within Ayurvedic education, the Central Council for Research in Ayurvedic Sciences (CCRAS), under the Ministry of Ayush, Government of India, has released a comprehensive academic textbook titled *Text Book of Biostatistics: Basics to Advances*. This publication has been approved by the National Commission for Indian System of Medicine (NCISM) and is aligned with the newly revised curriculum for undergraduate and postgraduate programmes.

The new textbook is part of the Council's educational series titled *Ayurvigyan-Prayogiki-Prayāmālā*, which aims to provide structured, modern academic resources for Ayurveda students, researchers, and institutions.

Bridging Tradition with Science

The text book has been prepared under the editorial guidance of Dr B S Prasad, former Vice Chancellor of Rajiv Gandhi University of Health Sciences, Bengaluru. A well-respected academician in Ayurveda and modern healthcare education, Dr Prasad and his team have ensured that the book balances theoretical precision with practical applications tailored specifically to Ayurvedic research settings.

In his editorial note, Dr Prasad underscores the importance of statistical literacy in a time when Ayurveda is increasingly expected to stand up to rigorous scientific evaluation. He highlights that biostatistics is no longer a peripheral subject but a core component that enables students and practitioners to design meaningful studies, analyse clinical data, and contribute effectively to the growing field of integrative medicine.



This is high-quality academic publishing. I commend the Council for its wide-ranging contributions, particularly during the pandemic and in projects like 'Utkarsh,' which positively impacted over five lakh adolescent girls suffering from anaemia.

- Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, Government of India

The Text Book of Biostatistics: Basics to Advances is not just a curriculum update—it is a cultural shift. As global demand rises for integrative healthcare models, India must equip its Ayurveda professionals with skills in research methodology and data analysis. This publication signals a readiness to participate meaningfully in international research landscapes, clinical trials, and health policy planning.



- Dr Bhushan Patwardhan, National Research Professor–Ayush

A Tool for Modern Ayurvedic Scholars

The *Text Book of Biostatistics: Basics to Advances* offers a wide-ranging curriculum, catering to beginners as well as advanced learners. The book covers:

- Data types, data collection, and sampling methods
- Measures of central tendency and dispersion
- Probability theory, statistical distributions, and hypothesis testing
- Correlation and regression analysis
- Analysis of variance (ANOVA) and non-parametric testing
- Sample size estimation and research design
- Introduction to statistical software
- Ethical data reporting and scientific writing

What distinguishes this text book is its incorporation of real-world examples drawn from Ayurvedic studies and community health projects. Each chapter is supplemented with diagrams, tables, case

studies, and exercises that help contextualize statistical principles within traditional medicine frameworks.

The text book will now serve as the **official reference material** for biostatistics courses in Ayurveda institutions across India. It is particularly relevant for students involved in thesis work, clinical trials, and health surveys, offering the tools to bridge traditional knowledge with scientific inquiry.

Professor (Vaidya) Rabinarayan Acharya, Director General of CCRAS, emphasized that the Council is actively collaborating research activities with reputed institutions such as AIIMS, NIMHANS, CSIR, DRDO, and IITs. He stated that publications like this one are critical in building a culture of evidence within Ayurvedic systems.

With the release of *Text Book of Biostatistics: Basics to Advances*, CCRAS has provided a critical building block for the next generation of Ayurveda scholars—one that will enable them to validate traditional knowledge, engage in interdisciplinary research, and contribute confidently to the global discourse on holistic health. 📖

Equipping our research scholars and students with advanced knowledge on biostatistics is important to align them with scientific models of research while preserving Ayurveda's holistic world view.



- Prof. Shrinivasa Varakhedi, Vice-Chancellor, Central Sanskrit University

National Workshop on 'IT Solutions in the Ayush Sector' Concludes in Kerala

Integrated digital infrastructure to connect the Ayush ecosystem.



At the two-day National Workshop on 'IT Solutions in the Ayush Sector,' held in Kerala in September 2025, Ayush Grid demonstrated several digital platforms for healthcare, education, research, and regulation. The digital infrastructure showcased as to how the integrated system is laying the foundation for a unified, citizen-centric, and globally connected Ayush ecosystem. The platforms demonstrated included:

- Ayush Hospital Management Information System (A-HMIS): enabling digital healthcare delivery and efficient patient care.
- e-Learning Management System (e-LMS): providing modern learning tools for Ayush education.
- Yoga Portal and Y-Break App: promoting healthy lifestyles and workplace wellness.

- NGO and National Ayush Mission (NAM) Portals: digitizing Central Sector Schemes and capacity building, with state-specific access to State Annual Action Plans (SAAPs).
- e-Aushadhi Portal and Ayush Suraksha: streamlining drug regulation, ensuring patient safety, and quality standards.
- Ayush Research Portal, Clinical Case Repository, and Ayusoft: strengthening research, clinical documentation, and knowledge exchange.
- NAMASTE Portal: standardising Ayush practices across states.
- mYoga App (developed with WHO) and Ayush Global Portal: supporting international collaborations and global outreach.
- PM-GatiShakti Ayush Asset Mapping Tool: enhancing infrastructure planning and monitoring.

Ayush Grid also showcased emerging AI-based platforms being developed to strengthen predictive analysis, clinical decision support, and real-time monitoring within the Ayush digital framework.

The workshop brought together 91 representatives from 23 States and Union Territories and 155 participants overall, including senior officials, technical experts, and policymakers. [📄](#)



Embracing rapid technological advancements must go hand in hand with preserving traditional values... digital tools should seamlessly integrate into the health ecosystem, enabling real-time monitoring, transparent financial tracking, and enhanced accessibility for citizens.

- Smt. Veena George, Minister for Health and Women and Child Development, Government of Kerala



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