

## GLOBALIZATION OF AYURVEDA MEDICINE - A NEED OF THE HOUR

[Shripathi Acharya G](#)

Director Academic and WHO Collaborator  
Muniyal Institute of Ayurveda Medical Sciences, Manipal, India

Corresponding Author: [shripathi\\_acharya@yahoo.co.in](mailto:shripathi_acharya@yahoo.co.in)

<https://doi.org/10.46607/iamj1410052022>

(Published Online: May 2022)

Open Access

© International Ayurvedic Medical Journal, India

Article Received: 10/04//2022 - Peer Reviewed: 20/04/2022 - Accepted for Publication: 21/04/2022



### ABSTRACT

Due to advances on the internet and network, the whole globe has become one, and communication between nations had become an easy matter. Due to the internet and technology growth and development of each country have accelerated and there is a growth in the economy of an individual nation and the world also. The research outcomes and knowledge are shared between nations which have resulted in the fast growth of nations worldwide. However, the incidence of Covid 19 has rendered apart and decreased in pace, but due to rapid and rigorous vaccination control, overspread and incidence has been stopped. This has resulted in rebound growth in the economy worldwide. There are many advantages by network and internet. Each person is eligible to access the knowledge and improve himself. Communication has become successful by improvements in tools of social media. The present paper describes how the globalization of Ayurveda medicine is beneficial to society at the global level.

**Keywords:** Ayurveda, Globalization, economy

### INTRODUCTION

With the intervention of the internet and social media, communication has become fast and worldwide. Effective communication has resulted in successful knowledge sharing and the economy of the whole world has raised. 1,2. Modern medicine alone cannot

fulfill the healthcare needs and there is an urgent need to collaborate and include other systems of medicine like Ayurveda, yoga, homeopathy Unani, and the Chinese system of medicine. Ayurveda medicine is di-

rected to maintain health in healthy people and eradicating the diseases in diseased ones.<sup>3,4</sup> In Ayurveda stress has been given to maintaining the health of healthy people Dinacharya, Rutucharya, Sadvritta, and Achara Rasayana are helpful in the maintenance of health. Disease-specific Ayurveda medicines, pan-chakarma therapy, Pathyapathya prayoga, diet therapy, the practice of pranayama, and yogasanas are included in Ayurveda management. Non-communicable disorders are on the rise in the whole universe. Metabolic disorders, endocrine disorders, psychosomatic diseases, and lifestyle diseases are included in non-communicable disorders. They can be better managed by Ayurveda and integrative management. Hence there is an urgent need to take Ayurveda global. <sup>5,6,7</sup>. Aim and objectives - To discuss the need for globalization of Ayurveda medicine.

#### Methods

An effort has been made by accessing scientific journals, research monographs, and the internet to compile about the need for globalization of Ayurveda medicine in the era of computers and the internet.

Globalization can be made by following steps.

Steps to be taken in the following groups and nations. <sup>8,9,10</sup>.

1. ASEAN pacific nations
2. North America
3. European
4. Latin America
5. Arabic and Middle Eastern
6. African countries

The following can be done

1. Workshops
2. Symposiums
3. Group discussion groups
4. Guest lectures
5. Poster presentation
6. Oral presentations
7. Task groups

Other steps to be taken for globalization and wide acceptance <sup>11,12,13</sup>.

1. The syllabus has to be updated for both UG and PG in Ayurveda.

2. Standard drugs have to be made available to the public by implementing GMP guidelines for Ayurveda pharmacies
3. The infrastructure of teaching institutions should be upgraded so that applied and practical subject teaching is done.
4. CMEs, TOTS, and symposiums have to be conducted from time to time for students and practitioners of Ayurveda.
5. Separate Ayurveda departments have to be started in foreign universities worldwide for collaboration and Ayurveda training.
6. Twinning and transfer of teaching faculties and students of Ayurveda have to be done from time to time.
7. The public has to be made aware of the advantages of Ayurveda
8. Ayurveda institutions should collaborate with professional and degree colleges so that each person should be familiar with Ayurveda medicine.
9. The fundamentals of Ayurveda medicine can be included in the syllabus of primary, higher primary, and secondary education.
10. Ayurveda institutes should collaborate with institutes like IIT, IIM, NITs, and research institutes of CSIR.

Merits and limitations of Ayurveda system of medicine

1. Non-communicable disorders management can be done through Ayurveda and integrative medicine.
2. Ayurveda is directed to eradicate disease permanently. Eg. Hemiplegia, obesity, bronchial asthma, etc.
3. Ayurveda medicine is cost-effective, safe, affordable, and people-friendly also.

Syllabus and training: Innovative approach, critical thinking, creativity, collaboration, and communication skills have to be developed in Ayurveda students. <sup>14,15</sup>. Applied Ayurveda and sound practical training have to be given priority while training the students of Ayurveda.

Transdisciplinary research has to be given priority. Medical students have to be trained in Ayurveda yoga and other allied health sciences along with modern

medicine. To make doctors skillful in multiple systems of medicine. Ayurveda Medical graduates must be trained in Ayurveda, yoga, unani, homeopathy, siddha, Chinese herbal medicine, acupuncture, acupressure, and marma therapy. 16,17,18. Ayush guidelines can be developed which apply to the USA, UK, Europe, ASEAN Pacific, and other countries. A basic requirement of Ayurveda subjects has to be made mandatory to practice Ayurveda medicine in foreign countries - Exchange of knowledge banks among the different nations. This can be done as it results in the not only fast and overall development and growth in both developing and developed countries. Research outcomes can be disseminated worldwide which will result in the growth of the economy of the whole world. With the help of the internet, and IT, it can be achieved. Collaboration between the academy, research, and Industries. Research outcome has to be included in the syllabus of medical graduates and should be incorporated by the industry also. This will result in updated and better management of disorders prevailing in modern society. Changes in teaching methodology - Both online and offline classes i.e., hybrid method of teaching and training has to be given emphasis and importance. 19. This is more beneficial to society. Education should reach people in remote areas and villages also by the hybrid method of Education.

## DISCUSSION

The globalization of Ayurveda is the need of the hour. There are more than 250 Ayurveda colleges present all over India. PG institutions of Ayurveda medicine have also been raised. These provide good Ayurveda treatment and training to the general public with a better outcome. By incorporating Ayurveda and yoga national expenditure for health care needs can be reduced and the quality of life improves. There will be a rise in the economy of the world in general and India in particular. Hence Globalization of Ayurveda should be supported. Especially developing nation's economies will get improved and also health for all by 2030 AD will be fulfilled by making Ayurveda global. The Association of Ayurveda professionals of North America (AAPNA) is having more than 2,00,000 members

from more than 120 countries. There are other organizations in the world also which promote Ayurveda medicine. These organizations conduct repeatedly seminars, webinars, and publications on Ayurveda medicine which is helpful in the dissemination of Ayurveda wisdom. Hence by fast and effective communication, the economies like developing and developed nations will grow and improve worldwide.

## CONCLUSION

Globalization has made the exchange of knowledge and wisdom worldwide between nations easy. Because of the fast internet and tools of social media, there is effective communication on international levels. Research outcomes and updated knowledge and technologies can be made exchanged between the nations which will result in the improvement of economies worldwide. From this perspective, Ayurveda medicine also should be updated time to time and spread worldwide. This will result in the increase and growth of economies internationally.

## REFERENCES

1. Acharya S, Updated Ayurveda, Shripathi Acharya, 2011, Manipal, PP 140.
2. Acharya S, Research in Ayurveda, Shripathi Acharya Manipal 2010, PP 127.
3. Shastry J L N, Dravyaguna Vijnana, Choukhamba press, New Delhi Vol 2, 2005, PP 640
4. Acharya S, Ayurveda Vijnana, Shripathi Acharya, Manipal, 2012, PP 140.
5. Acharya KG, Agraushadhigalu, Shripathi Acharya, Manipal, 2012, PP 160.
6. Shastry J L N, Dravyaguna Vijnana, Choukhamba Press, New Delhi, Vol 2, 2005, PP 640
7. Shastry J L N, Dravyaguna Vijnana, Choukhamba Press, New Delhi, Vol 2, 2005 PP 640
8. Shastry J L N, Dravyaguna Vijnana, Choukhamba Press, New Delhi, Vol 2, 2005, PP. 640
9. Anonymous, Vaidya yoga ratnavali, IMCOPS, 5 th edition, 2000, Chennai 696.
10. 10. Udupa K N, 1985, Promotion of Health for all by Ayurveda and Yoga, India, The Tara printing works.
11. World Ayurveda Congress, 2002, Pamphlet distributed for propaganda in advance, Kochi, World Ayurveda Congress.

12. Wujastyk. D, 1998, The Roots of Ayurveda, New Delhi, Penguin books.
13. Zimmermann, F, 1987, The Jungle and the Aroma of Meats. An ecologic theme in Hindu medicine Berkeley University of California Press.
14. Transcendental meditation, Ex-members support group, 1991, The Advent of Maharshi Ayurveda TM - Ex, newsletter (3), Summer 1991.
15. Chopra D, 1989, Quantum Healing, Exploring the frontiers of mind/body medicine. New York Bantam Books.
16. Lad V, and D Frawley, 1993, The Yoga of Herbs, An Ayurvedic guide to herbal medicine, Twin lakes, Lotus press.
17. Lad V, 1984, Ayurveda - The Science of self-healing, Twin lakes, Lotus press.
18. Chandola HM, New challenges of Ayurveda, how it will be standing Ayu. 2012, 33 (2), 65 - 6.

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Shripathi Acharya G: Globalization of Ayurveda Medicine - A Need of The Hour. International Ayurvedic Medical Journal {online} 2022 {cited May 2022} Available from:  
[http://www.iamj.in/posts/images/upload/1197\\_1200.pdf](http://www.iamj.in/posts/images/upload/1197_1200.pdf)