

# The Role Of Ayurvedic Principles In Holistic Health Management: A Comprehensive Review Of Ancient Practices And Modern Applications

Dr. Ankur Singh<sup>1\*</sup>, Dr. Archana. Panchaxarimath<sup>2</sup>, Dr. Sangeeth Somanadhapai<sup>3</sup>, Navneet Sharma<sup>4</sup>, Dr. Dhimant Bhatt<sup>5</sup>, Dr. Rajeshwari Ullagaddi<sup>6</sup>

<sup>1\*</sup>Associate Professor, Sahu Onkar Saran School of Pharmacy, Faculty of Pharmacy, IFTM UNIVERSITY, Moradabad, India, ankursingh108@gmail.com

<sup>2</sup>Professor, Department of Swasthavritta and Yoga, Parul Institute of Ayurveda and Research, Parul University, Vadodara, Gujarat, drarchanavp2@gmail.com

<sup>3</sup>Professor and Dean, Faculty of Naturopathy and Yogic Sciences, Shree Guru Gobind Tricentenary University, Gurugram, Haryana, sangeeth\_fnys@sgtuniversity.org

<sup>4</sup>Associate Professor, Department of Optometry, Chandigarh Pharmacy College, Chandigarh Group of Colleges, Jhanjeri, Mohali, Punjab, India.

<sup>5</sup>Associate Professor, P.G. Department of Shalya Tantra, G. J. Patel Institute of Ayurvedic Studies and Research, CVM university VV Nagar, Anand, Gujarat, India, dhimant.dhimantbhatt.bhatt7@gmail.com

<sup>6</sup>Assistant Professor, Department of Life Sciences, Sri Sathya Sai University for Human Excellence, Kalaburagi, Karnataka, ORCID ID: 0009-0004-3533-3910, rajeshwari.u@sssuhe.ac.in

---

## Abstract

Ayurveda is among the old medical systems that has its origin in India and its aim is on the holistic approach to health through integration of the body, mind and soul. Unlike the traditional medicine which tends to be skewed towards symptoms, Ayurveda is based on treating the causes of diseases where there is the use of individually tailored interventions that focus on doshas, prakriti and environment. It is a critical analysis of Ayurveda principles and practices in holistic health management, the significance of their therapeutic value, and the ways that may be employed in integrating them into contemporary medical practice. The synthesis of information in classical Ayurvedic literature, peer-reviewed articles, clinical trials, systematic reviews, and policy documents published between 2019 and 2025 was used to conduct a comprehensive narrative review. The philosophical background, treatment approach, evidence, and global utilization of Ayurveda have been assessed, and important themes have been identified. The findings have revealed that Ayurveda has employed a variety of methods among them being application of herbal medicine, detoxification therapies, lifestyle changes and diagnostic techniques that have been found clinically effective in management of chronic diseases and enhancement of health. The evidence-based analysis proves its immunomodulatory and anti-inflammatory and preventive potential, although there are methodological limitations to the research. Combining Ayurveda and modern medicine is also being increasingly acknowledged as a way of enhancing patient outcomes, preventive care, and healthcare expenditure. In addition, the worldwide spread of Ayurveda, which is facilitated both by regulatory bodies and health sectors, contributes to its applicability in sustainable healthcare. Ayurveda emerges as a scientifically adaptable, proactive, and patient-centric health care process that complements modern medicine. With the addition of standardized research to its evidence base, it will be an even more accepted and contributive part of integrative medicine worldwide.

**Keywords:** Ayurveda, Holistic Health, Integrative Medicine, Herbal Therapeutics, Preventive Healthcare

---

## 1. INTRODUCTION

Ayurveda is one of the oldest and most detailed health care systems that has been developed over thousands of years as a comprehensive health care system that is firmly entrenched in the Indian sub-continent. It is not a system of disease treatment but a whole philosophy of life with the focus on the dependence of body, mind, and spirit on each other to stay healthy and avoid illness (Chandewar, 2025). The ideas of the organization are founded on the realization that a human being is a component of nature, and health is the consequence of the balance between inner processes of the human body and the outside environment. Ayurveda is a complex system of health care that has been in practice over 3,000 years and integrates the preventive, promotive, and curative aspects of health care (Kizhakkeveetil et al., 2024). Such holistic nature is one of the aspects in which Ayurveda differs with most modern medicine, which is more symptom-based rather than aiming at the core of the issues (Saini et al., 2022).

In the modern world, healthcare is characterised by a high level of technological innovation and biomedically focused therapy that, although being very successful in acute care, has proven inadequate in treating chronic lifestyle diseases and psychosomatic disorders. This has led to a re-interest in the ancient systems such as Ayurveda that are preventive in nature and long-term well-being (Elendu, 2024). The preventive nature of Ayurveda and the fact that it focuses on lifestyle are also consistent with the increasing focus on preventing non-communicable diseases in contemporary public health policy. Besides, as the healthcare systems across the world are pursuing sustainable and culturally flexible interventions, Ayurveda has become a system that can be used to provide physical health along with mental, social, and spiritual aspects of health. Such an integrative approach is reflected in the shift towards integrative medicine that is being experienced all over the world today, where the traditional and conventional approaches to medicine are being merged to offer a more holistic solution to treatment (Sunkad, 2025).

The contemporary applicability of Ayurveda is furthermore supported by the fact that the burden of chronic conditions has been increasing and now constitutes most morbidity and mortality in the world. Disorders like diabetes, hypertension, cardiovascular diseases, and stress-related disorders are conditions that need long-term management approaches that are not limited to pharmacological therapy. It is a preventive and patient-centered medicine that is concerned with lifestyle, balanced diets, detox therapies, and mind-body interventions, including yoga and meditation (Verma et al., 2024). The preventive approach of Ayurveda is in itself consistent with the modern concepts of personalized medicine where the interventions are customized to individual constitution, lifestyle, and environment. Also, Ayurveda may be integrated into contemporary healthcare and increase patient satisfaction, quality of life, and decrease the costs of chronic disease management (Veerakannan, 2024).

The increased awareness of Ayurveda is not limited to its native country. It is also becoming well known globally as a very effective alternative healthcare system. The sustainable nature and ecological harmony that are emphasized in Ayurveda can be of tremendous insight as health policies in different parts of the world adapt to be more ecologically concerned (Veerakannan, 2024). Its sustainability as a health practice is desirable because the formulations are plant-based, it is founded on natural therapies, and the ecological footprint is minuscule (Goyal & Chauhan, 2024). Additionally, some of the Ayurveda philosophical concepts like the theory of tridosha, and the concept of prakriti (individual constitution) also have quite a lot to do with the contemporary scientific quests to comprehend how genetic and epigenetic factors influence health (Saini et al., 2022). This kind of (ancient) principles being affirmed to modern science is not just the means of making Ayurveda more credible, but it also provides a platform to perform research and innovation (Sunkad, 2025).

Ayurveda is a traditional medicine that has been quite adaptive to the contemporary health problems. That Ayurveda is applied in the modern wellness corporations, in hospitals, and even in research systems shows that it is dynamic (Kizhakkeveetil et al., 2024). There is a chance that Ayurvedic interventions can be used alongside modern medicine that provides safe, effective, and holistic means of preventing and treating the diseases that can be accepted with the help of rigorous scientific applications (Goyal & Chauhan, 2024). Moreover, the holistic approach of Ayurveda takes into consideration the psychosocial determinants of health, which is not given much attention in the traditional medicine. One can consider its holistic philosophy in having mind-body practices, meditation, and dietary counseling included in the therapy programs, and this feature is gaining popularity in integrative health programs worldwide (Elendu, 2024).

This review is justified by the fact that there is an urgent need to connect the traditional knowledge with modern scientific research. Although Ayurveda is centuries old, the urgent need to bring the principles of Ayurveda into the context of modern biomedical science and evidence-based research to justify the interventions is now required (Kizhakkeveetil et al., 2024). Such integration is not only necessary to improve the credibility and acceptance of Ayurveda but also to maximize its potential in the contribution to world health (Veerakannan, 2024). This review will present an objective analysis of the history of Ayurvedic practices, its treatment methods, and the science behind them in an attempt to give a complete overview of its effectiveness in managing holistic health. It also evaluates the prospects and issues of the integration of Ayurveda into modern healthcare networks, and what its benefits and limitations can be (Goyal & Chauhan, 2024).

**In this context, the present article pursues two primary objectives:**

1. To critically analyze Ayurvedic principles and practices within the framework of holistic health management, highlighting their philosophical foundations and therapeutic relevance
2. To evaluate the contemporary applicability of Ayurveda within modern healthcare, supported by scientific evidence and global perspectives.

2. METHODOLOGY

This Article adopts a comprehensive narrative review approach, integrating insights from classical Ayurvedic texts with findings from contemporary scientific research. Data were collected from reputable academic databases such as PubMed, Scopus, and Google Scholar, along with authoritative Ayurvedic literature, WHO reports, and recent policy documents. Inclusion criteria comprised peer-reviewed articles, clinical trials, systematic reviews, and classical texts relevant to Ayurvedic principles, therapeutic approaches, and their modern applications, published primarily between 2019 and 2025. Exclusion criteria involved non-peer-reviewed sources, anecdotal evidence without scientific validation, and studies lacking methodological rigor. Data extraction focused on identifying key themes related to Ayurvedic philosophy, therapeutic interventions, and integrative healthcare models. Findings were critically analyzed and synthesized from both historical and scientific perspectives to ensure a balanced and evidence-informed discussion.

3. Historical Context of Ayurveda

Ayurveda is considered as one of the oldest medical practices and it can be traced back to the ancient Indian texts, the Vedas, specifically the Atharvaveda in which the first records of healing practices and herbal medicine are found. With the passage of time, the system was refined and formalised in classical texts like the Charaka Samhita and Sushruta Samhita that give detailed accounts on pathology, diagnostics, therapeutics, surgery, and preventive health. These seminal books gave Ayurveda the status of not only a medical science but also a philosophy of life that focused on harmony between the person and the surrounding environment (Tiwari & Kadam, 2024).

The Ayurvedic philosophy is based on tri-Dosha concept of Vata, Pitta, and Kapha that are considered to control physiological and psychological processes. The balance of these doshas is considered to be a dynamic equilibrium of health and the absence of this balance is considered to be disease (Jaitwar et al., 2024). To this, doctrines of Panchamahabhutas (five great elements: earth, water, fire, air and ether) that make up all the matter including the human body, are added. The predisposition to illnesses is predetermined by the individual constitution of a person, called Prakriti, which guides personalized treatment procedures (Kumari & Bhambu, 2025). The core philosophical foundations of Ayurveda, including the principles of Doshas, Panchamahabhutas, and Prakriti, are summarized in Table 1. These concepts form the backbone of Ayurvedic theory and demonstrate how ancient philosophical doctrines translated into practical healthcare strategies. Figure 1 provides a conceptual framework of Ayurvedic health management, visually depicting the relationships between core principles, interventions, and health outcomes.

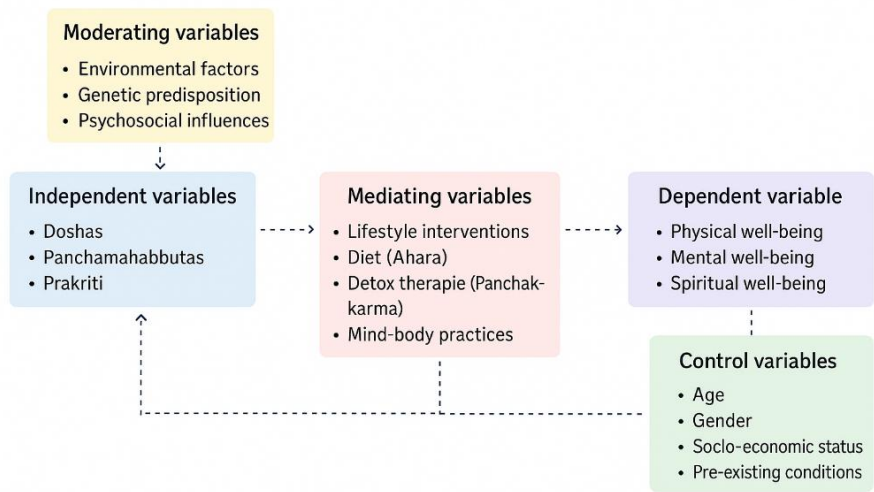


Figure 1: Conceptual Framework of Ayurvedic Health Management

Table 1. Core Philosophical Foundations of Ayurveda and Their Historical Significance

Concept	Description	Historical Significance	References
Doshas (Vata, Pitta, Kapha)	Three biological energies governing all bodily functions.	Basis for diagnosis, personalized treatment, and disease prevention.	Jaitwar et al. (2024)

<b>Panchamahabhutas</b>	Five elemental building blocks (earth, water, fire, air, ether).	Explains the constitution of the human body and the natural world.	Kumari & Bhambu (2025)
<b>Prakriti</b>	Individual constitution determined by the predominance of doshas.	Guides personalized medicine and preventive strategies.	Tiwari & Kadam (2024)
<b>Dinacharya &amp; Ritucharya</b>	Daily and seasonal regimens to maintain doshic balance.	Preventive measures integral to ancient public health.	Rai et al. (2022); Shalini (2020)
<b>Swathavritta (Public Health)</b>	Ayurveda's approach to environmental hygiene and social well-being.	Emphasized preventive medicine and community health practices.	Sharma (2025); Bhagadkar & Adhao (2024)
<b>Ethics &amp; Education</b>	Guidelines for physician conduct and structured medical education in ancient times.	Established Ayurveda as a systematic, ethical, and science-based discipline.	Pratibha et al. (2023)

Ayurveda was a central medical practice in the healthcare system of the ancient world, with a combination of preventive, promotive and curative strategies. Such rituals as Dinacharya (daily routine) and Ritucharya (seasonal regimen) were properly designed to maintain a balance and prevent a disease (Rai et al., 2022). In pre-modern societies, the health of the population was guaranteed by preventive medicine in the form of lifestyle control, seasonal detoxification (Shodhana), and herbal interventions (Shalini, 2020). Furthermore, Ayurveda emphasizes the community health as it is noticeable in terms of hygiene, dietetics, and environmental health (Sharma, 2025). The psychosocial elements of health were also recognized within the system and practices prescribed by the system aimed to support mental health in addition to physical care (Bhagadkar & Adhao, 2024).

Moreover, Ayurveda also provided an organized system of healthcare in ancient India, and institutions, medical education of physicians, and standardized medical procedures helped organize medical care. It was not only used in individual therapy but also at the community level, shaping eating habits, sanitary standards, and professional ethics of doctors (Pratibha et al., 2023). These historical underpinnings remain relevant to the Ayurvedic principles and practice today, and these underpinnings are the foundation of how Ayurveda can be incorporated into current wellness and population health plans.

This historical overview illustrates how Ayurveda evolved as a comprehensive healthcare system, rooted in philosophical principles and practical applications that remain relevant today. By understanding its origins, core doctrines, and societal role in ancient India, we gain insight into why Ayurveda continues to influence modern integrative medicine.

#### 4. Core Ayurvedic Principles of Health Management

The Ayurveda management of health is based on the concept of establishing and maintaining a balance and harmony between the body, mind, and environment (Dahiya et al., 2025). Good health is partly dependent on this harmony, which is to a large extent determined by the harmony of these three doshas, Vata, Pitta, and Kapha. When these doshas are disturbed due to lifestyle, food, and environmental factors, it causes disease (Jaitwar et al., 2024). Health is therefore not considered as the absence of disease but as a condition of total physical, mental, and spiritual well-being.

##### ***Balance and Harmony***

The main principle of Ayurveda is to find the balance in the body and the outer world. The principle is concerned with preventive care in the context of lifestyle modification, diet, and stress management strategies to achieve the balance of the elements of doshas and strengthen the immune system (Manisha et al., 2025).

##### ***Dietary Guidelines (Ahara)***

In Ayurveda, food is considered to be medicinal. The type, amount, and the time of food consumption is very significant to health maintenance. Certain diet plans are prescribed depending on personal prakriti (constitution), season and health condition. The categorization of food items is on the basis of their qualities (guna), tastes (rasa) and its effect on doshas which is the basic principle of personalized diet (, 2024).

##### ***Daily and Seasonal Routines (Dinacharya, Ritucharya)***

Ayurveda proposes Dinacharya (daily regimen) and Ritucharya (seasonal regimen) to be healthy. Dinacharya involves tongue cleaning, oil pulling, exercise, and meditation, whereas Ritucharya proposes dietary and lifestyle changes depending on the seasonal changes to prevent doshic imbalances (Shrivastava et al., 2020; Upadhyay, 2023).

### ***Mind-Body-Spirit Connection***

Ayurveda puts together mind-body activities and recognizes the psychological determinants of health. It is advisable to use meditation, yoga, and spirituality to attain clarity of mind, steadfast emotions, and overall wellness (Baragi & Ganer, 2025). The practices increase tolerance to stress and chronic diseases through synchronization of the mind and the body.

### ***Detoxification and Rejuvenation (Panchakarma and Rasayana Therapies)***

Ayurveda lays a lot of stress on detoxification and rejuvenation treatments. Panchakarma is a group of five purification methods that remove toxins that have built up (ama), balance, and boost energy (Shareef et al., 2024). The Rasayana treatments are aimed at rejuvenation, anti-aging, enhancement of immunity, and prolongation of life (Gautam et al., 2025; Khan et al., 2019). These therapies consist of a combination of herbal products, dietary, and lifestyle modification to achieve health. Table 2 summarizes the most important principles on which Ayurvedic health management is based and how they are practically applied in the therapeutic context. This table underscores the way the main concepts of Ayurveda, balance, diet, daily routine, mind-body practices, and detoxification are transformed into preventive and curative health care approaches.

**Table 2. Core Ayurvedic Principles of Health Management and Their Applications**

Principle	Description	Therapeutic Applications	References
Balance and Harmony	Maintenance of doshic equilibrium and overall body-mind balance.	Preventive strategies to avoid lifestyle disorders and stress-related conditions.	Manisha et al. (2025)
Dietary Guidelines (Ahara)	Food as medicine: individualized diet plans based on constitution, season, and health condition.	Therapeutic diets for chronic diseases and digestive health.	Singhania (2024)
Dinacharya & Ritucharya	Daily and seasonal regimens promoting routine cleansing and balance.	Seasonal detox, strengthening immunity, and reducing disease susceptibility.	Shrivastava et al. (2020); Upadhyay (2023)
Mind-Body-Spirit Connection	Integration of yoga, meditation, and spiritual practices for holistic well-being.	Reduces stress, enhances emotional stability, and improves mental health outcomes.	Baragi & Ganer (2025)
Detoxification & Rejuvenation (Panchakarma & Rasayana)	Purification and regeneration therapies using herbs, oils, and specialized treatments.	Detoxifies the body, enhances immunity, and promotes longevity.	Shareef et al. (2024); Gautam et al. (2025); Khan et al. (2019)

## **5. Ayurvedic Therapeutic Approaches**

Ayurveda employs a wide range of therapeutic interventions, such as herbal medicine, diagnostic tests, and lifestyle-related modifications to create a balance and improve health (Pondomatti et al., 2024). They are intimate and they target the cause of the sickness rather than the symptoms.

### ***Herbal Medicine and Formulations***

The Ayurvedic therapeutics is centered on herbal treatments. Classical formulas of Maharishi Amrit Kalash (MAK) and other Rasayana formulas have been extensively researched due to their antioxidant, immunomodulatory and anti-inflammatory actions (Koch et al., 2024). The meta-analyses published recently proved the effectiveness and safety of these formulations in terms of bettering metabolic parameters and quality of life in long-term conditions (Murugaiyan et al., 2024). The formulations are of vegetal nature, prepared using ancient methods of pharmacopeia, though modern methods are being introduced to bring about standardization in terms of consistency and strength.

### ***Ayurvedic Diagnostics***

Ayurveda diagnostic techniques focus on personal evaluation based on diagnostic methods that include Nadi Pariksha (pulse examination), Jihva Pariksha (tongue analysis), and other methods of observation. The purpose of these diagnostic tools is to find doshic imbalances and evaluate the constitution of the patient (Prakriti) as opposed to finding symptoms of the disease (Gautama, 2021). Despite the subjectivity of such methods, the research on the way to integrate them with biomedical diagnostic devices to make them more reliable and reproducible is underway (Maheshwari et al., 2025).

**Lifestyle Interventions and Non-Pharmacological Therapies**

The Ayurvedic treatment involves lifestyle change. The treatment plan frequently consists of individualized diets, yoga, meditation, breathing exercises (pranayama), and daily routines (dinacharya) that are used to encourage health and ward off the recurrence of the disease (Agrawal & Nagraj, 2025). Cleansing, rejuvenation, and stress reduction are carried out through non-pharmacological therapies like Panchakarma (detoxification), Abhyanga (therapeutic oil massage), etc. According to clinical studies, these interventions have a major positive impact on chronic illnesses and psychosomatic disorders (Ahuja et al., 2024; Makhija et al., 2025). In addition, translational research is also paying more attention to the question of how these conventional practices can be transformed and legitimized in the context of modern medical systems (Maheshwari et al., 2025). These therapeutic factors of food, lifestyle, detoxification, and medicinal interventions are interconnected with each other, whereby, as a totality, Ayurvedic therapies are balanced and ultimately have effective results on holistic health (Figure 2). The various modalities of treatment of Ayurveda and their clinical significance are summarized in Table 3. The table shows a clear image of how the herbal medicine, the diagnostics approaches, and the lifestyle-based therapy can contribute to the holistic health management, and the evidence provided by modern research.

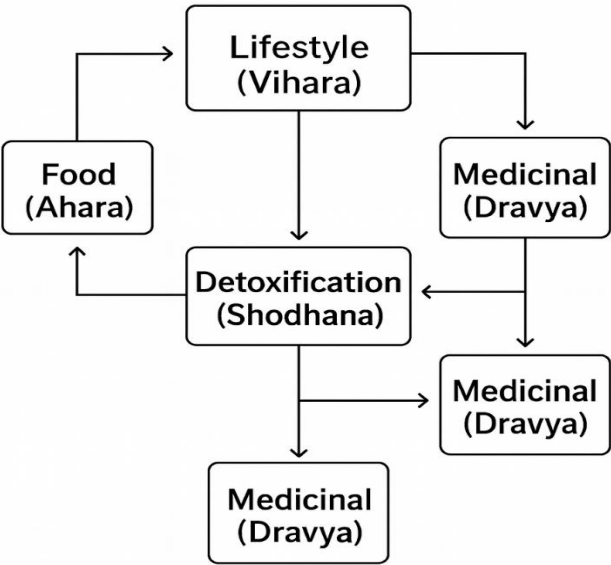


Figure 2: Flowchart of Ayurvedic Therapeutic Approaches

Table 3. Overview of Major Ayurvedic Therapeutic Approaches

Therapeutic Approach	Description	Clinical Evidence/Benefits	References
Herbal Medicine	Use of plant-based formulations like Rasayana and MAK.	Improves immunity, reduces oxidative stress, and supports chronic disease management.	Koch et al. (2024); Murugaiyan et al. (2024)
Ayurvedic Diagnostics	Nadi Pariksha, tongue analysis, and observation-based assessment of doshic imbalance.	Guides personalized treatments; research explores integration with modern diagnostics.	Gautama (2021); Maheshwari et al. (2025)
Lifestyle & Non-Pharmacological Therapies	Yoga, meditation, Panchakarma, and dietary/lifestyle interventions tailored to individual constitution.	Reduces stress, prevents lifestyle disorders, and improves overall quality of life.	Ahuja et al. (2024); Agrawal & Nagraj (2025)

**6. Evidence-Based Analysis of Ayurvedic Practices**

Ayurveda has been scientifically legitimized in the last 2 decades and more and more studies are clinically based on clinical trials, meta-analysis and translational research (Khare et al., 2019). Considerations of Ayurvedic medicine have been actualized in terms of randomized controlled trials (RCTs) and systematic reviews, particularly when chronic diseases like diabetes, arthritis, hypertension, and stress-related diseases are concerned (Chattopadhyay et al., 2022). Such research is a reflection on the therapeutic potential of Ayurvedic preparations, detoxification therapies, and lifestyle-based treatment when introduced as a system of procedures.

**Review of Clinical Trials and Meta-Analyses**

These studies on Ayurvedic treatments in form of meta-analysis studies have demonstrated great positive impacts of Ayurvedic treatments. To illustrate, a systematized review of Maharishi Amrit Kalash (MAK) demonstrated its

antioxidant and immune-enhancing properties, which improve the quality of life of the patient without any major side effects (Koch et al., 2024). On the same vein, a combination of Ayurvedic modalities in the treatment of diabetes has shown improvement in glycemic levels and lipid profiles (Murugaiyan et al., 2024). In another review where Yoga Nidra therapy was used, there was a significant decrease in systolic and diastolic blood pressure, which shows that the Yoga Nidra therapy can be used as an adjunctive therapy in hypertension (Ahuja et al., 2024).

**Efficacy in Chronic Disease Management and Wellness**

Ayurveda has been found to be effective in treating chronic lifestyle diseases by focusing on both the physiological and psychosocial aspects through clinical evidence. Panchakarma is also a detox treatment that has been discovered to reduce inflammatory markers and improve metabolism (Maheshwari et al., 2025). The rejuvenation therapies (Rasayana) enhance immune modulation, anti-aging processes, and lifestyle changes enhance resistance to stress and recurring diseases (Agrawal & Nagraj, 2025). The results show that Ayurvedic traditions can be used together with biomedical practice, especially in prevention and whole health.

**Critical Appraisal of Scientific Validation and Limitations**

Although the results are encouraging, there are a number of issues that have been facing the establishment of the evidence base of Ayurveda. Clinical studies have inadequate sample size, no blinding, and a lack of homogeneity of interventions, which restricts the generalization of results (Gautama, 2021). The classical models of RCT do not necessarily correspond to the individualized treatment of Ayurveda that needs adaptive designs of the trial and pragmatic strategies (Maheshwari et al., 2025). Moreover, the problem of the standardization of formulations and control of the quality is a hindering factor towards global acceptance. However, these constraints are being defeated by the ongoing translational research projects, which are integrating omics and advanced analytical technologies to scientifically prove the traditional practices. Table 4 provides an overview of the most critical clinical trials, meta-analyses, and translational research, which support the practices of Ayurveda. This table contains an overview of the evidence of systematic reviews and clinical trials proving that Ayurvedic interventions in the treatment of chronic diseases and wellness exist.

**Table 4. Evidence Supporting Ayurvedic Practices**

Study/Analysis	Focus Area	Key Findings	References
Systematic Review (RCTs) on MAK	Ayurvedic herbal formulation efficacy	Improved immunity, metabolic parameters, and quality of life without adverse events.	Koch et al. (2024)
Meta-Analysis on Integrated Therapy for Diabetes	Ayurvedic formulations combined with allopathy	Significant glycemic control improvement, reduced complications, and better patient compliance.	Murugaiyan et al. (2024)
Yoga Nidra Clinical Trials	Non-pharmacological interventions in hypertension	Substantial reduction in blood pressure and stress indicators.	Ahuja et al. (2024)
Translational Research on Panchakarma	Detoxification therapies	Reduced inflammatory markers, improved metabolism, enhanced wellness outcomes.	Maheshwari et al. (2025)
Review of Ayurvedic Trial Designs	Clinical methodology	Highlights the need for pragmatic, personalized trial designs to validate Ayurvedic interventions.	Gautama (2021)

These findings collectively demonstrate Ayurveda’s potential to address modern healthcare needs while also highlighting the importance of methodological rigor in research to strengthen its scientific foundation.

**7. Integration of Ayurveda with Modern Medicine**

The combination of Ayurveda and modern medicine is a notable milestone in the healthcare system of the world as it combines ancient knowledge and experience with modern clinical practice (Balkrishna et al., 2024). This integrative practice does not have the intention of replacing biomedicine but to supplement it in order to produce holistic patient outcomes. Integrative medicine is the practice of evidence-based Ayurvedic medicine (herbal formulations, lifestyle interventions, and detoxification practices) with conventional medical treatments to increase efficacy and reduce side effects, and improve the quality of life (Raina & Verma, 2025). The similarities in the roles of Ayurveda and modern medicine are well exemplified in Figure 3, which indicates the similarities in the objectives and the differentiation of the roles in providing care to the patients in a holistic manner.

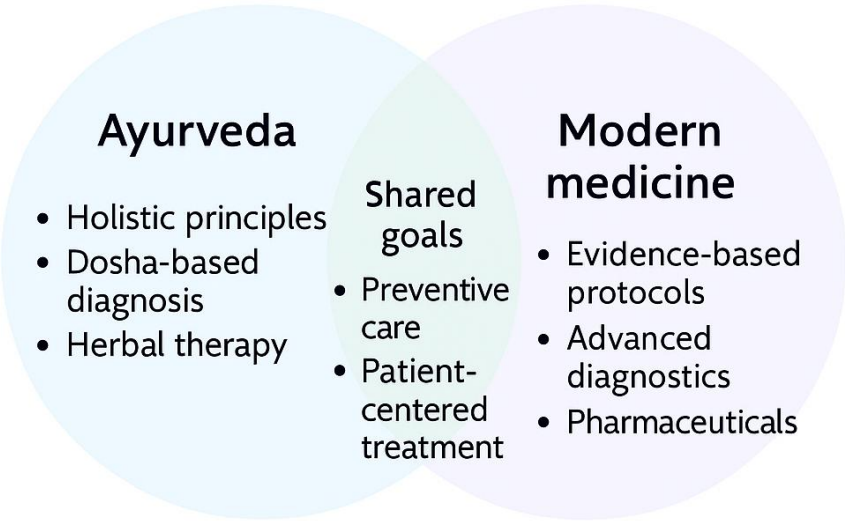


Figure 3: Integration of Ayurveda with Modern Medicine

*Complementary and Integrative Healthcare Approaches*

Some of the healthcare institutions that have implemented integrative models effectively have Ayurvedic practitioners who collaborate with allopathic doctors. The approaches offer a more comprehensive experience to the patient as they take into account the physiological and psychosocial components of health (Soni et al., 2025). Joint studies have also shown that Ayurvedic treatment in combination with the use of modern interventions increases the effectiveness of treatment of such chronic diseases as diabetes, arthritis, and cardiovascular diseases (Kalariya et al., 2023). Such hybrid models focus on preventive care as well, which is now a trend in the world of wellness and disease prevention.

*Examples of Collaborative Clinical Practices*

Practice integration also takes the form of co-located Ayurvedic departments in modern hospitals, as in India with the Ministry of AYUSH, where the services of Panchakarma and yoga are offered alongside regular care. Studies have indicated that integrated care programs result in high patient compliance, reduced treatment costs, and good long-term outcomes (Gupta, 2024). In addition, pilot programs of integrative diabetes management have shown that metabolic health and patient satisfaction can be increased substantially (Reddy, 2024). The research collaborations also include interdisciplinary teams, and this is done to make sure that the Ayurvedic principles will be tested and modified on the basis of the scientific standards (Goswami, 2025).

*Contribution to Preventive Medicine and Public Health*

Ayurveda focuses on lifestyle management, dietary rules, and preventive treatments; these aspects are very helpful in complementing modern public health programs. Non-communicable diseases have been reduced by the integration of Ayurvedic practices in the communities through their Akshayakalpa interventions and preventive activities that reduce the risk factors (Chouhan & Joshi, 2025). Sustainable wellness can also be attained through integrative models of public health in the context of modern diagnostics and Ayurveda personalized preventive and adoption models (Kalariya et al., 2023). Such synergy shares the concept of the WHO of integrative medicine within the realms of universal healthcare. The various models in which Ayurveda as a medical practice is being incorporated into modern practices in medicine can be summarized in Table 5. This table shows the effectiveness of combined clinical practice, research-based collaborations, population health programs, and institutional integration, and the impacts of the same on patient outcomes and health systems as documented.

Table 5. Integration of Ayurveda with Modern Medicine: Approaches and Impacts

Integration Model	Description	Impact on Healthcare Outcomes	References
Collaborative Clinical Practices	Ayurvedic and allopathic practitioners work together in hospitals and clinics.	Improved patient compliance, enhanced outcomes, reduced side effects.	Gupta (2024); Reddy (2024)



<b>Research Collaborations</b>	Joint studies evaluating Ayurvedic interventions using biomedical methodologies.	Evidence-based validation of Ayurveda, enhanced credibility in global healthcare.	Kalariya et al. (2023); Goswami (2025)
<b>Public Health Preventive Programs</b>	Community-level interventions integrating Ayurvedic diet, lifestyle, and yoga with public health campaigns.	Lower incidence of chronic diseases, improved community wellness.	Chouhan & Joshi (2025); Soni et al. (2025)
<b>Institutional Co-Location (AYUSH Units)</b>	Ayurveda is integrated into government and private medical institutions for combined treatment services.	Cost-effective healthcare delivery with broader patient acceptance.	Raina & Verma (2025)

Complementation of Ayurveda and modern medicine has been an optimizing tactic, proving that the combination of preventive measures, the patient-centric approach, and the evidence-based interventions can be a detour to the solution. Such collaborative models not only lead to individual health gains, but they also lead to the enhancement of sustainable and inclusive systems of public health.

## 8. Modern Applications and Global Perspective

Ayurveda has emerged as a folk medicine of the global wellness phenomenon, as it is getting recognized in other parts of the world due to its preventative possibilities and due to the fact that it is a holistic practice. This is what the industry of nutraceuticals, herbal supplements, and integrative health services, also called Ayurvedic wellness, has experienced in a phenomenal young age (BASU & MUKHERJEE, 2024). The factors that stimulate this growth as a result of consumer demand are natural therapies and preventive care plans. The Ayurvedic goods sector is undergoing internationalization, and herbal products and dietary supplements are well on their way to becoming a household activity in the application of immunity, stress, and chronic illness handling (Singh et al., 2024; Gaikwad, 2025). Meanwhile, it has also flourished in areas like wellness tourism, like Ayurveda-based vacations, Panchakarma centers, and so on, and this has further extended its wings.

### *Growth of Ayurvedic Wellness, Nutraceuticals, and Herbal Industries*

The global use of Ayurveda is in the nutraceutical industry and the herbal industry. The pharmaceutical innovations and standardization of quality have been marketing the international acceptance. Countries other than India have been utilizing Ayurvedic nutraceuticals as an integrative treatment of chronic illnesses in addition to preventive health supplements (M Alswaidi & Abualssayl, 2025). These processing procedures and intense quality assurance programs have also caused these products to become more dependable and safer as well (Nair, 2024).

### *Incorporation into Global Healthcare Systems and Policies*

It is slowly becoming part of the healthcare policy in the world. They have facilitated this due to their joint research, identification by the World Health Organization (WHO), and their cross-cultural health programs being absorbed into the international health systems. In several countries, Ayurveda has been accepted as part and parcel of complementary and alternative medicine (Sinha et al., 2025). The public health strategies are using Ayurvedic traditions, that is, yoga, dietary advice, and seasonal practices, as preventative health (Chaturvedi et al., 2021).

### *Regulatory Frameworks and International Acceptance*

Ayurveda relies on the regulatory steps to gain acceptance as a medically accepted system in the world. Some of the countries that have devised importation, labeling, and safety assessment of Ayurvedic medicines are the United States, Germany, and Australia. The protocols that will ensure standardization in the quality of herbal formulations are under development (Vijayan & Ajitha, 2024). However, regardless of the regional variations in the regulation, the international recognition of Ayurveda keeps increasing, with the help of evidence-based research and consumer demand (M Alswaidi & Abualssayl, 2025). In addition, the transnational partnerships are also introducing a standard regulation code, and Ayurveda will find it easy to infiltrate the international healthcare system (Soni et al., 2025). According to Table 6, Ayurveda has diffused wellness industries, health policy, regulatory framework, and cultural tolerance across the entire globe. In this table, a summary of how these new applications are influencing the health outcome of the world and the economic development is presented.

**Table 6. Modern Applications and Global Integration of Ayurveda**

Application Area	Description	Impact on Global Health & Economy	References
<b>Wellness &amp; Nutraceutical Industry</b>	Expansion of herbal supplements, Rasayana products, and wellness centers worldwide.	Growth of multi-billion-dollar markets; improved preventive care outcomes.	Singh et al. (2024); Gaikwad (2025)
<b>Global Healthcare Incorporation</b>	Inclusion of Ayurveda in national complementary medicine policies and WHO CAM programs.	Enhanced accessibility and integration into mainstream health services.	Sinha et al. (2025); Chaturvedi et al. (2021)
<b>Regulatory Frameworks</b>	Development of quality standards and import/export regulations for Ayurvedic products.	Increased consumer confidence; safety and efficacy validation for international trade.	Vijayan & Ajitha (2024); M Alswaidi & Abualssayl (2025)
<b>International Acceptance</b>	Adoption of Ayurveda in diverse cultures and its recognition as a sustainable healthcare model.	Greater cross-cultural adoption and global recognition of traditional healing systems.	Nair (2024); Soni et al. (2025)

The contemporary implications of Ayurveda depict how it has developed into a global integrative medicine system that originated as a local practice. Ayurveda has succeeded in bringing together cultural overlaps with evidence-based, and improved shipping markets, which have allowed it to reach a wider range of people and provided clinically established means of attaining healthcare societal sustainability.

## 9. Challenges, Standardization, and Ethical Considerations in Ayurvedic Practice

On the one hand, Ayurveda is becoming a known brand on the global market; on the other hand, its integration into the mainstream medical service can pose some very serious problematic issues and ethical dilemmas. All of these problems need to be resolved so as to maintain the safety, efficacy, and credibility of Ayurvedic practice in contemporary medical configurations.

### *Issues in Standardization, Safety, and Quality Control*

Lack of standardization of the herbal formulation and the therapies is one of the main issues of Ayurveda. The fluctuation of the source of plants, their preparation, and dose is also very dangerous in terms of uniformity and safety of the products (Sharma et al., 2024). The other safety concerns are associated with contamination, adulteration of products, and poor storage of herbal products that render the commercial drugs unreliable (Salvi & Kadam, 2025). An attempt to process uniform guidelines in manufacturing and advanced analysis techniques to regulate the quality attempt is made, but not implemented all over the industry (Chaturvedi et al., 2021).

### *Addressing Myths, Misconceptions, and Commercialization*

It is further a problem that Ayurveda has become famously popular worldwide, and thus now it is one of the most over-commercialised medical beliefs that lacks sufficient clinical evidence and control to abide by in most of the products. All-natural remedies are safe, and this is one of the legends and myths that have entered the air along with of commercial boom. There is a risk of the unchecked products of Ayurvedic being misused and bringing negative outcomes and the distrust of the system (M Alswaidi & Abualssayl, 2025). There must be created awareness, and evidence-based marketing so that Ayurveda can be kept clean to help combat the spread and the resulting inaccuracies of the same (Sunkad, 2025).

### *Ethical Concerns in Research and Clinical Applications*

The ethical considerations are of great importance in Ayurvedic studies. The issues are the absence of close clinical trial designs, incompleteness of informed consent in certain studies, and the cultural abuse of traditional knowledge with little or no credit (Chaturvedi et al., 2021). Also, ethical consideration of the use of artificial intelligence and other current technologies in the analysis of Prakriti is prone to invading data security and algorithms' performance bias (Salvi & Kadam, 2025). It is necessary to focus on these problems through transparent research practice as well as community interaction, international cooperation, so that Ayurveda should not be promoted in the wrong way.

To make Ayurveda a global integrated healthcare system, all such challenges have to be overcome. Strict standardization, ethically conducted research, and commercialization without bias will play a significant role in its authenticity and in securing the trust of the people.

## 10. Future Directions

The current studies on Ayurveda need to be geared towards reducing the knowledge gap through experiments of large-scale clinical trials and sophisticated research in the future. Although the present evidence demonstrates the potential of Ayurvedic intervention as a treatment, lack of consistency and standardization in methodology continues to hinder international recognition (Gautama, 2021). New advanced technologies (genomics, metabolomics, and AI) can also be used in the scientific basis of such Ayurvedic concepts as Prakriti and doshic balance (Salvi & Kadam, 2025; Nair, 2024). It will be critical to collaborate with Ayurvedic institutions and biomedical research centers to produce high-quality data, reproducibility, and the possibility of being incorporated into evidence-based healthcare systems (Chaturvedi et al., 2021).

The contribution of Ayurveda to personalized and precision medicine is being realized all over the world. Its personalized diagnosis and treatment strategy do not contradict the modern medical tendency of customizing the treatment to genetic, environmental, and lifestyle conditions (Raina & Verma, 2025). The second policy is to promote integrative methods of Ayurveda and conventional medicine that will enable preventative methods and affordable healthcare (Gupta, 2024). The regulatory systems of both international health organizations and national governments ought to be strengthened to determine the safety, quality, and ethical behavior of Ayurvedic studies and commercialization (M Alswaidi & Abualsayl, 2025). Working on these aspects, Ayurveda can turn into a worldwide applicable, scientifically proven, and policy-supported system of holistic and sustainable health management.

## 11. CONCLUSION

The comprehensive review of this paper shows that Ayurveda is a timeless concept as a sophisticated holistic health management system, which can ideally incorporate the traditional philosophical origins and the contemporary medical science. As demonstrated in the historical analysis, Ayurvedic concepts of dosha, prakriti, and panchamahabhutas were the foundations of the preventive and personalized healthcare that is still relevant in meeting contemporary health needs. The evidence synthesis is used to show the effectiveness of Ayurveda due to the integrated treatment strategies it has, such as herbal medicine, detoxification therapy, and lifestyle strategies, which all play a part in physical, mental, and spiritual health. Contemporary uses of Ayurveda with clinical and translational research evidence promote the use of Ayurveda in the treatment of chronic illnesses, boosting immunity, and developing strength against lifestyle disorders. Moreover, the fact that Ayurveda is increasingly being accepted worldwide, with the help of regulatory systems, wellness tourism, and integration into the system of complementary care, demonstrates that it can be a sustainable and culturally flexible model of care. The advantage of integration with modern medicine presents a potentially viable option to harness the power of evidence-based traditional practice and integrate it with modern biomedical innovations to achieve comprehensive patient outcomes and fill gaps in chronic disease management. But Ayurveda may be able to gain more credibility in the future through strict standardization, ethical research practices, and further validation by quality clinical trials. With a move towards the preventive, personalized, and sustainable paradigm of healthcare on the global front, Ayurveda is in a unique position to add to this paradigm by merging ancient wisdom with modern scientific rigor. Therefore, Ayurveda is not only a living evidence-based system but also an ancient tradition with a great potential contribution to world health and integrative medicine.

## REFERENCES

1. Agrawal, A. S. S., & Nagraj, C. (2025). Timeless Wisdom of Yoga: Bridging Philosophy, Science, and Liberation.
2. Ahuja, N., Bhardwaj, P., Pathania, M., Sethi, D., Kumar, A., Parchani, A., ... & Phadke, A. (2024). Yoga Nidra for hypertension: A systematic review and meta-analysis. *Journal of Ayurveda and Integrative Medicine*, 15(2), 100882.
3. Balkrishna, A., Sharma, N., Srivastava, D., Kukreti, A., Srivastava, S., & Arya, V. (2024). Exploring the safety, efficacy, and bioactivity of herbal medicines: bridging traditional wisdom and modern science in healthcare. *Future Integrative Medicine*, 3(1), 35-49.
4. Baragi, U. C., & Ganer, J. M. (2025). Innovative Ayurvedic Formulations: Bridging Tradition with Modern Science & Technology. *Journal of Ayurveda and Integrated Medical Sciences*, 10(6), 1-3.
5. BASU, S. K., & MUKHERJEE, S. S. (2024). INVESTIGATION ON THE POPULARITY AND PROSPECT OF AYURVEDA AS A HOLISTIC, ALTERNATIVE GLOBAL HEALTHCARE SYSTEM FROM THE PERSPECTIVE OF AN EMERGENT POST PANDEMIC PLANET. *SCIENCE AND CULTURE*.
6. Bhagadkar, L., & Adhao, M. (2024). ROLE OF IMMUNOMODULATOR DRUGS AND PRACTICES FROM AYURVEDIC PERSPECTIVE.
7. Chandewar, R. N. (2025). *Ayurveda and Indian Tradition: Ancient Wisdom for Modern Life*. Addition Publishing House.
8. Chattopadhyay, K., Wang, H., Kaur, J., Nalbant, G., Almaqhawi, A., Kundakci, B., ... & Leonardi-Bee, J. (2022). Effectiveness and safety of Ayurvedic medicines in type 2 diabetes mellitus management: a systematic review and meta-analysis. *Frontiers in pharmacology*, 13, 821810.

9. Chaturvedi, S., Kumar, N. A. N. D. I. N. I., Tillu, G., & Patwardhan, B. (2021). Research, biomedicine and Ayurveda: From evidence-based medicine to evidence-informed healthcare. *Indian J Med Ethics*, 6(4), 301e5.
10. Chouhan, P. N., & Joshi, A. (2025). INTEGRATIVE AYURVEDA STRATEGIES FOR GLOBAL HEALTH RESTORATION: BRIDGING TRADITION WITH SCIENTIFIC INNOVATION. *Ayurveda Rising*, 124.
11. Dahiya, Y., Devi, D., Verma, S., & Meena, S. (2025). SADVRITTA: A HOLISTIC APPROACH TO PHYSICAL, MENTAL AND SOCIAL WELL-BEING-AN AYURVEDIC AND MODERN PERSPECTIVE.
12. Elendu, C. (2024). The evolution of ancient healing practices: From shamanism to Hippocratic medicine: A review. *Medicine*, 103(28), e39005.
13. Gaikwad, S. (2025). Exploring the Relevance of Indigenous Medicinal Practices in India: A Comprehensive Analysis. *International Journal of Sciences and Innovation Engineering*, 2(4), 37-50.
14. Gautam, A., Asutkar, S., Nagpure, D., & Dagar, M. (2025). Ayurveda meets surgery: Exploring ksharasutra's role in modern anorectal disorders. *Multidisciplinary Reviews*, 8(7), 2025216-2025216.
15. Gautama, P. A. (2021). RCTs and other clinical trial designs in Ayurveda: A review of challenges and opportunities. *Journal of Ayurveda and Integrative Medicine*, 12(3), 556-561.
16. Goswami, A. (2025). Integration of Yoga with Ayurveda and Traditional Medicine-A Concise Study. *Sanatanodaya*, 638-643.
17. Goyal, M. R., & Chauhan, A. (2024). Holistic Approach of Nutrients and Traditional Natural Medicines for Human Health: A Review. *Future Integrative Medicine*, 3(3), 197-208.
18. Gupta, R. (2024). Integrating Ayurveda with modern medicine for enhanced patient care: Analysis of realities. *The Physician*, 9(1), 1-6.
19. Jaitwar, A. P., Jatav, R., & Verma, R. (2024). *Holistic Healing: The Principles and Practices of Ayurvedic Medicine*. Academic Guru Publishing House.
20. Kalariya, Y., Kumar, A., Ullah, A., Umair, A., Neha, F. N. U., Madhurita, F. N. U., ... & Khatri, M. (2023). Integrative medicine approaches: bridging the gap between conventional and renal complementary therapies. *Cureus*, 15(9).
21. Khan, M. S. S., Islam, S., Li, C. G., & Ahmed, M. (2019). Technological Advancements in Herbal Medicine: Enhancing Efficacy, Safety, and Accessibility. *Advances in Herbal Research*, 1(1), 1-12.
22. Khare, C. P. (Ed.). (2019). *Evidence-based Ayurveda: Defining a new scientific path*. Routledge.
23. Kizhakkeveetil, A., Parla, J., Patwardhan, K., Sharma, A., & Sharma, S. (2024). History, Present and Prospect of Ayurveda. In *History, Present and Prospect of World Traditional Medicine* (pp. 1-72).
24. Koch, A. K., Patel, M., Gupta, S., Wullenkord, R., Jeitler, M., & Kessler, C. S. (2024). Efficacy and safety of the Ayurvedic herbal preparation Maharishi Amrit Kalash: a systematic review of randomized controlled trials. *Frontiers in Medicine*, 11, 1325037.
25. Kumari, S., & Bhambhu, S. K. (2025). ROLE OF DINCHARYA IN LIFESTYLE, DISORDERS, AND PREVENTION.
26. M Alswaidi, F., & A Abualsayl, A. (2025). Ayurveda; safety, effectiveness, and acceptance around the world. *F1000Research*, 14, 62.
27. Maheshwari, N. V., Tripathi, M. K., Kumar, S., & Kumar, A. (2025). Translational Research in Ayurveda: An Introduction to Evidence-Based Approaches. In *Innovations in Ayurvedic Nutrition: Translational Research and Applications* (pp. 1-14). Singapore: Springer Nature Singapore.
28. Makhija, D., Mata, S., Sharma, A., Kachare, K., Jain, S., Jameela, S., ... & Acharya, R. (2025) Effectiveness of composite Ayurveda regimen in a black box design for the management of Rheumatoid arthritis: Protocol of community-based study.
29. Manisha, D. R. B., Begam, A. M., Chahal, K. S., & Ashok, M. A. (2025). Medicinal Plants and Traditional Uses and Modern Applications. *Journal of Neonatal Surgery*, 14(3).
30. Murugaiyan, V., Samuel, K. S. K. J., Kalaiselvan, S., & Marokey, A. S. (2024). Evaluating the Impact of Integrating Ayurveda with Allopathy in Diabetes Management: A Meta-Analysis. *Biosciences Biotechnology Research Asia*, 21(4), 1373-1382.
31. Nair, D. S. (2024). Ayurvedic Personalized Healthcare: Integrating Genomics, Epigenomics and Traditional Wisdom. *Journal of Ayurveda and Integrated Medical Sciences*, 9(11), 192-197.
32. Pandomatti, S. C., Tyagi, I., Shrivastava, K. K., Mahajan, S., Patel, J., Shinde, M. A., & Shrivastava Sr, K. (2024). A Literature Review of the Integration of Ancient Indian Mythology in Clinical Medicine: A Holistic Approach to Health and Healing. *Cureus*, 16(7).
33. Pratibha, N., Mukesh, E., & VinodKumar, M. V. (2023). Ayurvedic practice, education and research, beyond dilemmas and confessions. *Journal of Ayurveda and Integrative Medicine*, 14(6), 100814.
34. Rai, V. K., Singh, V., & Rai, S. (2022). Ayurveda daily regimen practices (Dinacharya): a scientific system model approach suitable as a quaternary prevention strategy for non-communicable diseases. *TMR Integr Med*, 6, e22020.
35. Raina, S., & Verma, N. (2025). An Integrated Approach in the Present Era: Scope & Applications. *Journal of Ayurveda and Integrated Medical Sciences*, 10(1), 151-154.
36. Reddy, A. (2024). A Comparative Analysis of Ayurvedic and Allopathic Approaches to Diabetes Management. *Indian Journal of Ayurveda & Alternative Medicines*, 1(1), 47-52.
37. Saini, A., Bhanot, R., Sharma, R., & Gulati, D. (2022). A Comprehensive Review of Ayurveda: From Ancient Roots to Modern Applications. *GURU GOBIND SINGH COLLEGE OF PHARMACY*, 7.
38. Salvi, G., & Kadam, P. (2025). Prakriti Analysis Using AI: A Convergence of Ayurveda and Modern Technology. *The Voice of Creative Research*, 7(2), 85-95.
39. Shalini, H. E. (2020). Ritucharya as preventive medicine. *Journal of Ayurveda and Integrated Medical Sciences*, 5(04), 361-366.
40. Shareef, T. H., Navabshan, I., Masood, M., Yuvaraj, T. E., & Sherif, A. (2024). Investigation of phytochemicals, spectral properties, anticancer, antidiabetic, and antimicrobial activities of chosen Ayurvedic remedies. *arXiv preprint arXiv:2412.17005*.
41. Sharma, K., Ramachandran, A., & Patel, A. (2024). Scope of Integrative Approach in Present Era. *Journal of Ayurveda and Integrated Medical Sciences*, 9(9), 56-67.
42. Sharma, R. (2025). ENVIRONMENTAL HYGIENE AND PUBLIC HEALTH AN AYURVEDIC PERSPECTIVE THROUGH SWASTHAVRITTA.

43. Shrivastava, S., Soundararajan, P., & Agrawal, A. (2020). Ayurvedic approach in chronic disease management. In *Integrative and Functional Medical Nutrition Therapy: Principles and Practices* (pp. 783-798). Cham: Springer International Publishing.
44. Singh, K., Gupta, J. K., Jain, D., Kumar, S., Singh, T., & Saha, S. (2024). Exploring the ancient wisdom and modern relevance of Chinese medicine: A comprehensive review. *Pharmacological Research-Modern Chinese Medicine*, 11, 100448.
45. Singhanian, A. (2024). Exploring ayurvedic herbal formulations for stress relief and mental Well-being. *Indian Journal of Ayurveda & Alternative Medicines*, 1(1), 27-33.
46. Sinha, A., Sidana, S., Rao, G. M., Rathore, N., Raj, S., Jha, A., ... & Kumar, V. (2025). Application of Artificial Intelligence in Ayurvedic Science Healthcare Practices: A Detailed Survey. *Ethical Dimensions of AI Development*, 437-466.
47. Soni, K., Upreti, J., Goswami, A., Sharma, R., & Soni, P. (2025). Integrated care programs for chronic diseases: A worldwide and Indian overview. In *Integrated Pathy* (pp. 185-215). Academic Press.
48. Sunkad, G. (2025). The timeless wisdom of Hinduism: Its impact on philosophy, ethics, and contemporary society. *Journal of Language, Literature, Social and Cultural Studies*, 3(2), 197-208.
49. Tiwari, P., & Kadam, S. T. (2024). Health Determinants in Ayurveda: A Comprehensive Review of Concepts and Practices. *International Journal of Ayurveda and Pharma Research*, 95-97.
50. Upadhyay, D. (2023). Padartha in Ayurveda: A comprehensive study of fundamental concepts and categories.
51. Veerakannan, S. (2024). Ayurveda: A Pathway to Sustainability in a Modern World. *Aathiyoga Indian Journal of Ancient Medicine and Yoga*, 1(03), 106-113.
52. Verma, S. K., Pandey, M., Sharma, A., & Singh, D. (2024). Exploring Ayurveda: principles and their application in modern medicine. *Bulletin of the National Research Centre*, 48(1), 77.
53. Vijayan, V., & Ajitha, K. (2024). A REVIEW ARTICLE ON EXPLORING THE SCOPE OF AI IN AYURVEDA. *Kerala Journal of Ayurveda*, 3(2).