



Ayurveda: Its impact on Indian well-being

S. Mohan¹, S. Kumar²

¹*Precision Skills International LLC, Oman*

²*Devanga Arts College, India*

ABSTRACT

Ayurveda was developed in India 3000 years ago. It is the world's oldest holistic body-threptic system. The primary goal of Ayurveda is to promote ideal well-being in society. As per the Ayurveda medical practitioner, when there is an imbalance of doshas in our bodies, we shall become sick. The significance of Ayurveda was identified only 150 years ago in India. In the post-Indian independence era, Ayurveda development is on the rise due to the revolution of modern energetic health and medical systems, though there is an imbalance of modern research in Ayurveda in India. The empirical study of qualitative research was conducted by the author, and secondary data were used. It is indeed needed for Ayurveda to adopt the modern medical system, reaching its ultimate peak in the Indian economy. Ayurveda treatment for chronic diseases is superior to Allopathy treatment. Hence, the ideologies of Ayurveda are to be rationalized by Ayurveda experts through the government. The government of India needs to initiate various steps for progressing Ayurveda and reaching people.

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INTRODUCTION

India is the sole country that has several predictable traditional medications such as Sowa Rigpa, Ayurveda, Unani, and Siddha, which have solid linkage of antique, social impacts. Ayurveda seems to be all-around professed in Asian countries. The advantage of Ayurveda to subcontinental people is 75 % of 100 million individuals. The society of Ayurveda was founded in 1969 at Osaka Medical School, Japan, and it is also prevalent in Myanmar and Thailand. The training and routine of Ayurveda is flourishing in many states in the USA.

The Ayurveda medicine is a prominent Indian system of Medicine which is gaining popularity in various countries such as Brazil, Argentina, Venezuela, Nicaragua, Chile, Guatemala, Costa Rica, Austria, Germany, France, Switzerland, the Czech Republic, Israel, Greece, Russia, South Africa, UAE, Indonesia, the Netherlands, Sweden, Spain, Italy, and Hungary. These countries are recognized by Ayurveda, and a few more countries are to be recognized by Ayurveda in the near future. (Patel. P -2003). The Indian system of medicine is prepared in the traditional way, which encompasses Organic matters, Medical Plants and, minerals, and ingredients. The ingredients are derivative of herbal products (Thillaivanan, S.& Samraj, 2014). India has nearly 21.5 % of biodiversity, and it encompasses 8 % of the world's variety. 25000 herbal-based preparations are practiced in India through more than 80,000 producers 'units. These producer units follow the traditional formulation in making. (Kochaar -1981). Consuming herbal drugs is increasing nowadays; however, several contrary trials have been reported by people who thought the World Health Organization had created the quality control of herbal drugs. (Aneesh T.P -2009). Because, Individuals, those involved in the production of herbal medicines. They are unaware of World Health Organization guidelines, which leads to yielding polluted herbal products. As a result, the ingestion of Ayurveda products is progressively increasing day by day among all kinds of people in India due to negligible side effects.

METHODOLOGY

The author followed the empirical study with qualitative research. And the data are secondary data, which were referred to from Internet sources, magazines, and books. The additional data/ information collected keenly participated in various seminars, which were conducted by the Ayurveda medical practitioners. The research that I conducted was qualitative research rather than quantitative research. I referred to the secondary data through magazines and Internet sources only. I mention all references in the references column properly as well. Besides, I did not conduct interviews with respondents by circulating questionnaires for their responses. Whilst attending Ayurvedic doctors' conferences, I gathered several Ayurvedic pieces of information. Then, with the assistance of internet sources, I did my Qualitative research for my manuscript.

LITERATUREREVIEW

Ayurveda directs us to use many home-based therapies for their normal health disorders. Its medications have classy, beneficial formulations. It is person-centered medicine (PCM) because its main aim is to prevent and treat diseases for health preferment to getting a good lifestyle. (Morandia, Tosto, EPMA J 2011). There are significant resemblances between the traditional system of Ayurvedic (PCM-person-centered medicine) and the Innovative approach of preventive, Predictive, and personalized medicines (PM) (Roberti di Sarsina P EPMA J 2012). Ayurveda has a legitimate valuation that can guide diagnoses, preliminary prevention, and healing. It also gives us the complete direction of nutrition, diet as per the constitution of the individual (Prakrit), and the season. (Tachaparamban NA EPMA J 2014). Prakriti is one of the fundamental principles of Ayurveda and has its unique scientific value because of studying it through the framework of Genomics and biology. (Patwardhan B, -2008). The orthodox Ayurveda cannot be practiced without modern-day modifications, and there is a need for procedures of quality, efficiency, and protection of Ayurvedic drugs. The clinical practice & analysis are to be systematically documented. Other than Sanskrit scholars of India, many Western scholars, such as Meulenbeld, contributed to the emergence of innovative Ayurveda. (Wujastyk D EMPA -2014). The modernism in Ayurveda, which accepts Western lucidity and reductive

procedures after analyzing only it, may lead to the integration of Ayurveda, Western Biomedicine, and modern science. (Fischer FH -2014). Hence, to consider Ayurveda through Contemporary terms, it is necessary to know Ayurveda epistemology

What is Ayurveda

Ayurveda is one of the world's oldest holistic/whole-body therapeutic systems, and it was developed in India 3,000 years ago. The primary goal of Ayurveda is not to fight ailments but to promote ideal well-being. Its treatment is to be specific to health issues. It is intended as a complementary and alternative medicine in the USA.

Ayurveda and Your Life Energy

It is obligatory for coherence among body, mind, and spirit with the universe, and it aids us in living in ideal well-being. When there are upsets in their bonds, we will become sick. The Practitioners of Ayurveda trust that each one is made up of space, air, fire, earth, and water, which also exist in the universe. Our body gets energy through the combination of them. It is called Doshas. In the view of Ayurveda practitioners, there are three life forces or energies, such as

- ✓ Vatadosha
- ✓ Pitta dosha and
- ✓ Kaphadosa

We all have an irreplaceable amalgam of these doshas that control our body functions; the imbalance of Doshas in our body leads to sickness.

VataDosha

When there is vatadosha to a person who suffers from asthma, heart disease, skin issues, or rheumatoid arthritis. It is the most potent of the three doshas because of controls the essential body functions such as blood flow, breathing, flow of blood, and clear of waste by the intestine. Eating again soon after a meal, grief, and fear are other illnesses.

Pitta Dosha

Whilst a patient suffers from pitta dosa, the Ayurveda practitioner understands that there are developed conditions of heart disease, infections, and high blood pressure. It disturbs consuming spiced diets as well, and the sufferer likes to occupy much time in the sun.

KaphaDosha

It controls the strength of our body & stability, growth of Muscles, Immune system, and weight. The kappa Dosa patient usually eats too much sweet food and likes to eat/ drink food containing salt. The medical Practitioner of Ayurveda has faith that the patient may have a breathing disorder, diabetes, cancer, vomiting after eating, and Obesity.

Treatment of Ayurveda

The Key aim of the Ayurveda treatment is to cleanse the body of undigested food because the presence of undigested food is the source of the ailment in our body. The PANCHAKARMA is a cleaning process for our body to diminish signs and restore hormone imbalance. Massage, medical oils, enemas, and herbs are commonly followed by the Ayurveda practitioner (Kelli Miller, " What is Ayurveda 20/03/2021). Also, it needs to be familiarized with commonly existing delicious herbs & spices and their benefits to our welfare. This aids us in being acquainted with them whilst Ayurveda doctor prescribes them while analyzing "doshas" in our bodies.

Some Delicious Herbs and Species with Powerful Health Benefits in India

Whilst analyzing the meaning & treatment of Ayurveda, it is important to know some delicious herbs & species and their benefits. And it aids us in knowing about the significance of Ayurveda and its impacts. Besides, it helps to reduce addiction to Ayurveda medicines rather than Allopathic medical treatment.

Cinnamon

It is a widespread spice, available in all kinds of procedures and seared goods. Cinnamaldehyde is a compound that is in cinnamon, and it has medical properties. Cinnamon has Antioxidant activity, and it assists in the fight against inflammation. It also reduces fasting blood sugars to 10-29 % in Diabetic patients.

Sage Can

Acetylcholine is a chemical messenger of the human brain. The sage can prevent the breakdown of Acetylcholine. Hence, it is a good medication for Alzheimer's disease. And the brain function of both & young and old can be improved by using it.

Peppermint

Peppermint reduces the pain of irritable bowel syndrome. It assists with the smooth function of muscles in the colon and reduces abdominal swelling. It fights against nausea, too.

Turmeric

It contains curcumin, which is a powerful antioxidant and helps to fight oxidative damage and boost the body's antioxidant enzymes. It is a strong anti-inflammatory, too.

Holy Basil

It is a sacred herb in India, and it prevents growing bacteria, molds, and yeasts. It reduces the blood sugar level before and after food in considerable amounts and anxiety-related depression.

Ginger

It is used in several forms as an alternative medicine, including Morning sickness, sea sickness, nausea, and Chemotherapy. It has very good anti-inflammatory properties, hence it is used in pain management as well. The 2 grams of extract of ginger, like Aspirin, decreases colon inflammation.

Fenugreek

It is commonly used in Ayurveda, and it has plant protein, namely 4- 4-hydroxyl isoleucine, which improves the function of insulin. Consuming one gram of the extract of Fenugreek may reduce diabetic patients' blood sugar levels.

Rosemary

It contains Rosmarinic acid and suppresses allergy symptoms and nasal congestion.

Garlic

It contains allicin, which gives a distinct smell. The supplementary food of garlic is good for the common cold. Garlic is good for heart health and blood pressure. (Joe Leech, 10 delicious herbs and species with powerful health benefits

Ashwagandha (Withania somnifera)

It is a small woody plant, and its berries and roots are used very widely in Ayurveda. It aids in a stress-free body and lowers blood sugar levels, male fertility, growth of muscle, and sound sleeping.

Boswellia

It is made of resin from the Boswellia Serrata tree. It reduces joint pain and is good for oral health improvement. It gives a very good breathing remedy to those suffering from chronic Asthma.

Triphala

It consists of three Ayurveda species: Amala, Bibhitaki, and Haitaki. It diminishes inflammation caused by Arthritis and promotes digestion & oral health.

Cumin

It is commonly used to add flavor to meals and improve risk factors for heart disease & type 2 Diabetes. It gives protection against infection by foodborne pathogens, too.

Gotu kola (Centella asiatica)

It is called an” herb of longevity. “It helps to boost memory, reduce stress and depression, and improve skin conditions.

Bitter melon (Momordica charantia)

It is a tropical vine. It is closely related to Pumpkin, Cucumber, Zucchini, and Squash. It is a powerful antioxidant. It helps lower blood sugar levels, promotes insulin secretion, and reduces bad cholesteric level.

Precaution

The Ayurveda herbs and spices are used as supplements, though they are safe for us whilst consuming. The supplement with huge dosage quantities is not suitable for pregnant women, children, or breastfeeding women. Hence, it is necessary to get advice from the healthcare provider before adding any supplements to your regimen. There is a mix of metal, gems, and minerals with Ayurveda herbs and spices during the preparation of Ayurvedic products, which are higher than the safe daily limit. Hence it is better to buy ayurvedic products from reputable companies because their products are checked by Third party (Alina Peter M.S (N.L) 12 Powerful Ayurveda Herbs and species with health benefits,27/11/2019)

Renaissance in Ayurveda

After decades of neglect, the ancient Indian healing and cure system is poised to take its place in the healthcare mainstream. The need to transform Ayurveda was recognized about 150 years ago. Progress was made, but probably not enough to sustain its development. In the post-independence era in India, the development of Ayurveda is on a fast-track mode in its development through the revolution of modern energetic health & medical system.

The need for changes to Ayurveda was documented 150 years ago. However, there was no proper development in its strategy for implementation because of several challenges. In the year of 2014, the Ministry of AYUSH was formed; it has its system of a well-organized setup for communication. It supervises doctors of Ayurveda, Ayurveda medical colleges, Ayurveda Hospitals, and Ayurveda pharmacies. It also involves Ayurveda Research and education, medical plant preservation, etc. During the COVID-19 pandemic in India, Ayurveda was involved in the combat against COVID-19. The Ministry of AYUSH released recommendations to the public for developing their immune system against COVID-19. The framework of the health & medical care system was planned by the Sir Joseph Bhore Committee in the year 1945. Nevertheless, the legal framework of recognition of the non-Allopathic system of medicine was conferred. In the year 1970, only. The self-determining/independent department started in 1995, and in 2003 it was retired as AYUSH. The AYUSH, which was included in the NRHM ‘s (National Rural Health Mission) agenda in 2005. The All-India Institute of Ayurveda was established in Delhi in 2017. The TKDL (Traditional Knowledge of Digital Library) was established and has a huge source of formulation of the Unani system & Ayurveda. During the British Era in India, Ayurveda was considered an Unscientific, supernatural & religious belief. The Ayurveda teaching was put off in 1835 at the Medical College in Calcutta.

The graduates of the Madras Ayurveda College (established 1909) were up in arms against the British government's decision to recognize and register the LIM (Licentiate in Indian Medicine) doctors from the Government Indian Medical School, Madras (established 1924). The LIM diploma was launched earlier in Calcutta Medical College in 1851 to meet the growing demand for doctors. LIM contained elements from both modern and traditional medicine and required a relatively shorter period of training. Many believed it to be a kind of check on Ayurveda. LIM doctors were useful in independent India, but the diploma was soon abolished following the Bhore Committee's recommendations in favor of modern medicine. The Graduates of Madras Ayurvedic were established in 1909. They protested the resolution of the British government against recognizing graduates from Madras Ayurvedic College and the subsequent registration of LIM (Licentiate in Indian Medicine) at the Indian Medical School, Madras. The Madras Medical College was established in 1924. For the demand of doctors, the Licentiate in Indian Medicine (LIM), which was a diploma course, started at the Calcutta Medical College in 1851. The LIM had the subject of learning both modern & traditional medicines with a needful short period of training too. However, the LIM course was abolished as per the recommendation of the Bhore committee. Due to the domination of Europeans and Americans, recent/modern medicine reached its peak in the global mainstream of the medical system.

Ayurveda did not get political & social support in the early post-era of Independence, though there were Ayurveda institutions in Mumbai, Indore, Pune, Benares, and Kolkata. The well-established Ayurvedic medical colleges were started in Kerala and Gujarat. Ram Nath Chopra (1882-1973) was an eminent Modern medicine physician. With the help of V. Ramalinga Swami and G.V. Satyavati (Directors of the Indian Council of Medical Research), they prepared a validated inventory of medical plants and Ayurveda pharmacopeia. There was a miserable acceptance of Ayurveda for several years in India because the dominance of the carriers in engineering and modern medicine was a superior honor. The modern medicine system that initiated the Ayurveda doctors stimulated them to learn swift – fix therapies and tricks of modern medicine. Despite the lack of treatment and meaningful comprehensive research on severe infections and surgery in Ayurveda, young Ayurvedic Physicians have several setbacks in their practice. Ayurveda has outstanding records in the treatment of non-communicable diseases and lifestyle disorders; however, Ayurveda medicines are slow to heal, and act and have complex therapeutics and several dos and don'ts.

In Ayurveda, there is no uniform treatment. There is a rational disparity between South (India) and North (India) treatments in India. The medical plant's cultivation strategy depends on geography, agricultural practice, and climate. The seasonal dissimilarities are as well to affect Ayurveda. The Individual constitution is a fundamental aspect of the clinical assessment in Ayurveda. Nevertheless, there is no such drawback in modern medicine because all diseases are pre-classified and treated according to earlier established norms. In the post-independent era in India, several herbal pharmaceutical industries were established. It led to the practice of Ayurveda Pharmacopeia. Due to the lack of law & regulation, the pharmaceutical industries started their business technique through Ayurveda texts. Several modern physicians with less knowledge of Ayurveda recommended herbal medications for hard-to-treat ailments. Though the modern medicine trail was progressively followed by Ayurveda, there were no side effects while consuming the Ayurvedic medicines, and it treated life correction from disease rather than polypharmacy.

The consciousness and inevitability of global interest in Ayurveda increased in the last few years because of bitterness toward modern medicines. It seemed to be a grown-up of the Ayurveda Pharma Industry. Though the Ayurveda drug export increased, there was no promotion of Ayurveda as a system. Many countries restrict the use of Ayurveda medicines, and Ayurveda medicine is sold as a health product rather than a medicine in the USA. Another huge setback to Ayurveda is research neglect. There is no upkeep and fiscal aid from the Pharmaceutical Industry to Ayurveda. The bureaucrats of modern medicine also neglected the vital importance of Ayurveda. It was numerous research conducted on several Ayurveda drugs through modern medicine methods, but it was second-rate in terms of statistics, eminence of process, and formulation standardization. It described only the kinetics of the drug rather than the biological action in the human body. The findings of the research were not published regularly in reputable medical journals. Further, many research studies were conducted on various medical disorders by the NMITLI program team (New Millennium Indian Technology Leadership Initiative), a notable output was only the treatment

of Arthritis and osteoarthritis knee (OS) without using any painkillers. The research work was published in Rheumatology, a British journal. Unfortunately, the drug for arthritis is on the shelf of CSIR now. (Center for Science and Invention Research Check. Other than Kerala, a southern state of India, the other states in India do not have a unique system of Ayurveda like Kerala. Diseases like filariasis and Rheumatoid arthritis are being successfully treated through Ayurvedic medicine. The reputed Ayurveda medical centers, i.e., Kotakkal-Arya Vaidya Sala, P.S Warrior family, at Kerala, are conducting various research through relevant modern medicine. There is an urgent need for Ayurveda to be adopted in modern India through a modern medical system. (Aravind Chopra, Home Opinion Renaissance in Ayurveda, 19/06/2020)

Recent Scenario of the Indian Ayurveda Industry and the Road Ahead

In the year 2015, Ayurveda's total worth was \$3.4 billion in the global landscape, and it is expected to reach \$9.7 billion by 2022. It is because of the emerging awareness among the public of Ayurveda. And the media and unsuccessful modern medicine (to give harmless outcomes), which are prominent factors in reaching the Ayurveda products to the public, Today's public must spend a significant portion of their monthly budget on Ayurveda products such as toothpaste, pain relievers, and immunity boosters such as almond oil, sahilajit, and ashwagandha. The Ayurvedic companies did not attract their customers to consume Ayurveda products earlier; nevertheless, the modern generation of businessmen is working elegantly to fascinate customers towards Ayurveda products through their awesome tackle and strategy. The medical tourism to Tamil Nadu and Kerala (the southern parts of India) in India gives them more revenue since there are suitable set-ups, manpower experts, attractive landscapes, and well-developed environs there. The governments of these states are loyal to medical tourism. Despite certain enduring challenges and shortcomings in India, there are setbacks in the development of Ayurveda, such as:

- The quality of herbs is essential for Ayurveda products. Thus, there is a need for land and farms for organic cultivation without using artificial fertilizers.
- Ayurveda is a tradition in science that originated in India, but the number of colleges for studying and the number of career opportunities are too low.

To reach Ayurveda at its ultimate peak in the Indian economy, it needs the government and private companies to come forward to seize upcoming opportunities in appropriate ways, and it should help Ayurveda push the Indian economy to a novel peak. (Vishal Kaushik, Present Scenario of Indian Ayurveda and the Road Ahead, 05/06/2022)

Why India Needs To Regulate Ayurveda to Win the World Market for Natural Remedies

Due to the “coronil” (immune booster-Ayurveda pills) debate in recent days, it is indispensable for the Indian government to encourage the usage of Ayurveda by people in the two functions.

1. Ensuring safety
2. Checking the truth of claims of efficacy

Datura and Nux vomica are plants used in Ayurveda, and their dosage needs to be limited to add to the medicine. Because the overdose is toxic to human beings when consumed. In 2017, the FDA (Food and Drug Administration) of the USA issued a warning for consuming some Ayurveda medicines due to the identification of a dangerous level of lead. Besides, certain Ayurveda medicine producers mix allopathic medications, i.e., steroids. Some steroids, like corticosteroids, give an untrue sense of well-being. The King Edward Memorial Hospital, Mumbai, which conducted a study about Ayurveda medicine, identified and tested around 40% of Ayurveda medicines containing steroids. Further, the status of Indian medicines is damaged because of the use of uncontrolled poisonous plants, the existence of heavy metals, and the addition of steroids. The dishonest and inattentive manufacturers get profits by double-dealing, which leads to impairment in the entire Ayurveda industry. We easily categorize the difference between established brands and suspicious ones in India; nevertheless, it is very difficult for those in other countries. There is a possibility of avoiding the entire range of Ayurveda medicines if a patient has a

negative experience. (ILA Patnaik, Why India needs to regulate Ayurveda to win the world market for natural remedies, 17/07/2020)

The western medical system has almost reached its ultimate unique level because of authenticated exploration and innovative systems, but the ample acquaintance with the fundamental ideologies of Ayurveda is poorly accepted scientifically because of a lack of evidence. Though the treatment of Ayurveda is highly effective and has suitable modes of action, the Ayurveda drugs are not explored extensively. Hence, it is necessary to validate the essential doctrines with drugs of the Ayurveda system of medicine through advanced research methodology. The Ayurveda treatment is more effective than the allopathic treatment for chronic diseases, but it gains less popularity among the global population. They favor allopathic medicine because it gives fast relief from disease. Due to the high cost and fear of toxicity of allopathic drugs, many people search for alternatives; hence, researchers of Ayurveda enhance their research without affecting fundamental principles. (Basisht, 2011)

FINDINGS

The author conducted systematic references to internet research and library research. In research, there is empirical research engrossed in the qualitative method followed. Further, all-over work is intended to widen the scope of discussing Ayurveda and its impacts in India. Though the awesome and delicious herbs and species that exist in India provide prevailing health benefits, the mixing of metals and minerals with them while preparing the Ayurveda products is higher than the safe daily limit. Hence, we must be very cautious when buying them from the local market. Due to the existence of third-party verification of ayurvedic products at a reputable company, we need to buy them from there only. It is necessary to update the Ayurveda system medicine through advanced research methodology due to a lack of proper operative modes of action. Allopathic treatment is ineffective for chronic disease; hence, Ayurveda treatment is effective; therefore, Ayurveda researchers enrich their exploration without fundamental principles. Though the Indian government has taken several steps to enhance Ayurveda in the post-Era of Independence, the rapid evolution of Ayurveda has not yet been achieved, and there is no uniform treatment of Ayurveda all over India. Moreover, there has been no political or social support for Ayurveda since post-independence. The young Ayurveda physicians have many impediments to their practice due to a lack of prominent research in severe infections and surgery. Ayurveda products are sold as health products in several countries, where restrictions on consuming them.

CONCLUSION

The modern-era communities in India like to take treatment through allopathic treatments due to the lack of attractiveness of traditional-based formulations of Ayurveda, though it is an Indian system of medicine. The government of India initiates several steps for the progress of Ayurveda to reach people, but there is a lack of them. Hence, the new attractive programs are to be implemented by the government for the sake of upgrading our ancient medicines. India has 21.5% biodiversity, and 2500 herbal-based preparations are being practiced through more than 80,000 producer units.

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