

A Critical Review on Advancing Preventive Health Research in Ayurveda: Strategic Approaches and Imperatives

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Abstract: Preventive health research in Ayurveda offers valuable strategies for disease prevention and health promotion, particularly in the context of modern health challenges such as non-communicable diseases (NCDs) and pandemics like COVID-19. This review critically examines strategic approaches for advancing preventive health research within Ayurveda, emphasizing the need for evidence-based validation, integration with modern scientific methodologies, and global collaboration. Key practices, including Rasayana therapy, Dinacharya, and Ritucharya, demonstrate significant potential in enhancing immunity, promoting longevity, and mitigating lifestyle-related ailments. However, challenges such as limited clinical evidence, standardization issues, and underutilization of advanced research tools hinder progress. Addressing these challenges through rigorous clinical trials, interdisciplinary research, and policy advocacy can ensure Ayurveda's relevance in contemporary healthcare systems. The integration of traditional Ayurvedic knowledge with modern scientific approaches will enhance the global applicability of Ayurveda in preventive health.

Keywords: Preventive health, Rasayana therapy, Dinacharya, Ritucharya, evidence-based research, health promotion