

Health care and Herbal Medicines: Should Ayurveda be routinely used in European Healthcare?

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INTRODUCTION:

With in this technological era, European countries have utilised science to produce some best prescription medicines globally, routinely prescribed within healthcare systems. However, a popular alternative medicinal system is Ayurveda, which possesses a multimodal approach to therapeutic management. It uses a multitude of substances from natural herbs, botanical, animal and minerals to produce medicines. Ayurveda has recently been granted permission by the Indian government for practitioners to perform surgeries.

AIM

To identify the benefits of Ayurveda and to evaluate its use in European healthcare systems.

MATERIALS AND METHODS

A systematic review has been carried out by means of an extensive literature search, on the use of Ayurveda and if it should be used in European healthcare systems. This has been achieved via a thorough manual and electronic database search, identifying relevant information sources through a well-planned

RESULTS

Eastern practices particularly in Africa and Asia have relied on ayurvedic treatments for centuries as a primary method of curing diseases and strengthen immunity. Comparatively, traditional medicines are the primary method of treating patients in European countries, while its alternative is Ethnomedicines. Herbal medicines made from medicinal plants, have played a major role as the source for drop lead compounds. In European countries, homoeopathic and ayurvedic remedies have become increasingly popular, accessed through private systems only by Ayurvedic treatment specialists.

CONCLUSIONS

This study has deduced that use of herbal medicines through ayurvedic treatment has been positive. However, very few clinical studies have been found to validate effectiveness, but each study illustrated improvements. There is a requirement within Europe and other countries globally to create awareness relating to advantages of Ayurveda and herbal medicines, allowing individuals the opportunity to take informed decisions on treatment options and obtain acceptance in European healthcare systems.

KEY WORDS

Ayurveda, Herbal medicine, Europe, Healthcare, Alternative medicine

BIOGRAPHY

Amb. Dr. Parin Somani is an Independent Academic Scholar, Educator, Motivational speaker, Author, Writer. Four Doctorate degrees: Doctor of Philosophy (PhD): Education Media; Doctor of Philosophy (PhD): Education Leadership; Honorary Doctorate (Hons Causa)- Literature D'Litt; Honorary Doctorate (Honoris Causa)- Global Education. Published 31+ educational papers in reputed journals, newspaper, magazine articles. She is affiliated with various international universities and travelled 79+ countries globally. Featured in 47+ videos, 90+ newspapers and books for societal contribution. President-Shantidoot Parivar; International Director-SAARC Nations International Human Rights Association; Ambassador- Global Peace, England; Ambassador-Project Life India Global; Vice President-Global Education Sector MSME; Multi-International Award Winner.