

Ayurveda Column:

THE MISSING LINK IN CHRONICAL CARE

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Let us reference **Integrated Ayurveda**. Modern medicine has transformed human health with vaccines, antibiotics, organ transplants and biologics. Yet millions of people worldwide continue to live with conditions for which medicine offers only symptom management, not a cure.

The World Health Organization (2023) estimates that over 300 million people suffer from chronic 'incurable' diseases such as rheumatoid arthritis, psoriasis, irritable bowel syndrome, ulcerative colitis, Parkinson's and Alzheimer's. Patients are told: "We can control progression but there is no cure."

This is precisely where Ayurveda, India's 5,000-year-old system of holistic healing, offers a complementary pathway. Ayurveda does not stop at the diagnosis label. It asks deeper questions: What imbalance of doshas is driving the disease? How strong is the digestive fire (agni)? Are tissues (dhatus) regenerating or depleting? Is the mind aligned with the body? By correcting these root causes, Ayurveda often achieves outcomes that seem impossible in conventional practice.

Evidence of Ayurvedic Success

1. Autoimmune Disorders:

Challenge: Modern medicine relies on lifelong immunosuppressants with infection risk, Ayurveda: Panchakarma detox, Guduchi and Ashwagandha therapies modulate immunity, Evidence: Journal of Ayurveda & Integrative Medicine (2019) showed 67% improvement in rheumatoid arthritis symptoms with integrative Ayurveda.

2. Chronic Skin Diseases (Psoriasis, Vitiligo, Eczema)

Challenge: WHO estimates 125 million people live with psoriasis globally, Ayurveda: Herbs, lepa (topical applications) and diet protocols correct systemic imbalances, Evidence: Banaras Hindu University (2020) trial reported >70% reduction in PASI scores in 12 weeks.

3. Neurodegenerative Disorders

Challenge: Alzheimer's and Parkinson's expected to affect 150 million by 2050, Ayurveda: Medhya Rasayanas (Brahmi, Shankhpushpi) + therapies like Shirodhara, Evidence: ICMR-CCRAS (2021) pilot study demonstrated improved cognition and tremor control.

4. Gastrointestinal Disorders (IBS, Ulcerative Colitis)

Challenge: 10-15% of adults live with IBS, often with no lasting solution, Ayurveda: Kutajghan vati and personalized diet protocols, Evidence: PGIMER Chandigarh (2020) reported 65% remission rates in ulcerative colitis.

Why This Works

Root-cause correction, not just symptom relief, Personalized treatment based on constitution, Mind-body-lifestyle integration, Preventive + curative synergy.

The Real Question

If science seeks solutions, why not use Ayurveda where modern medicine stops? Vedavision brings evidence-based Ayurveda into chronic care—to give patients hope when conventional options end.

With three decades in the pharmaceutical industry, **Prasanta Das** is a leader in integrative health solutions. As the Founder of VEDAVISION, they aim to enhance patient care by merging Ayurvedic practices with modern medicine. Their commitment to improving patient quality of life and innovative approaches has significantly impacted integrative therapy, promoting holistic treatment in **global** healthcare.

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