

# Ayurveda

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6th August 2021

Ayurveda – India’s 5,000-year-old system of natural healing that originated in the Vedic period – is now enjoying a resurgence worldwide. Ayurvedic therapies have varied and evolved over more than two millennia. It’s medicines are typically based on complex herbal compounds, minerals, and metal substances. The theory and practice of Ayurveda is pseudo-scientific.

Ayurvedic medicine is considered pseudo-scientific because it confuses reality and metaphysical concepts, and because its premises are not based on science. Ethnologist Johannes Quack writes that although the rationalist movement Maharashtra Andhashraddha Nirmoolan Samiti officially labels Ayurveda – like astrology – a pseudoscience, these practices are in fact embraced by many of the movement’s members.

Today we are using modern technology for research, better clinical trials, state of the art equipment to manufacture and to develop new products. We are also investing in biotechnology to enhance the quality of raw materials and output, and use sophisticated extraction methods to deliver standardised bio-actives. This development can also be applied in Ayurveda. AI can help to prepare data bases that can take individual characters into account like personal allergies, medical condition, past treatments, previous reports, along with current medications, country, climate, skin color, ethnic background and so forth, and give the personalized treatment and remedies by analysing the response of particular herb through different algorithm.

It’s a belief of Ayurvedic doctors that the Prakriti has an effect on our ailments and also influences the methods that are selected for recovery. Scientists have also studied the molecules of Ayurvedic ingredients to create databases and relate them to the different categories of “Prakriti” – i.e. the doshas and the combinations of doshas. Ayurvedic data can be fed into AI programmes to help identify the “Dosha” or “Prakriti” and allow selection of Ayurvedic medicines accordingly.

AI can also be used to generate intelligent data from the clinical research that is done during product formulations. This data helps in tweaking formulations to be most effective. This AI-based insights can be proved useful in research and development of new products, when testing the efficacy of the herbal actives.

In nutshell, artificial intelligence can be particularly beneficial to Ayurveda, as it’s offering intuitive responses and recommendations based on data from tests, diagnostics, and others. And it can boost it’s demand by making it more personalized. Thus, we can say by studying the trend and function of different Ayurvedic medicine and treatment, AI can bring forth Ayurveda as science.