Thoughts post discussion about Ayurveda from shri RamManohar with Vijaya Vishwanathan

1. The main way of life for us being prevention is better than cure, Ayurveda suits this regime of any individual’s life.

As we know most treatments apart from chronic/genetic, have a lifecycle of – 1. pre-ailment prevention 2. Ailment triggers and 3. Post ailment management/treatment

Can we say we have to rebrand Ayurveda in a different way such as a pre-ailment prevention?

1. Should Ayurveda compete against modern medicine given that modern medicine is majorly of a blanket treatment of the nervous system with some definite curing rates based on ailments?
2. Are there specific treatments of Ayurveda which can if not complement cure faster than modern medicine? If there are a few, I would suggest these have to be given priority understanding, discussions/engagements, more push to market for these treatments as specialities [not for making money, but for effectiveness of ayurvedic treatments] and ofcourse as a way of introducing Ayurveda in a larger way to the market
3. Modern medicine has addressed some real issues like – predictability of cure, reliability on medicines/procedures. How does Ayurveda deal with these issues and is there any catching up to do with modern medicine?
4. Modern medicine is very prevalent because of – ‘a size fits all’ strategy, where in lets say the dosages of medicine or the surgical procedure customizations depend on an individual’s body type. How does Ayurveda address the dosages in quantity and quality and can there be standards established in ayurveda for medicines?
5. Modern medicine addresses a non-intrusive [individual’s personal space] method of diagnosis for few ailments including several, but standardized ways of testing post which diagnosis/treatment is based on the test results. Ayurveda or eastern medicine in current times is perceived as more intrusive, fuzzy and having no global agreement. How can the system of Ayurveda address this as testing has become more of a business trend in modern medicine and might leave the doctors jobless?
6. What are the synergy points between Ayurveda and surgery? Are they complementary? Rhinoplasty in ancient is one example. Do we have more such examples?
7. Given current day advancements in technology as a tool to reach/educate the people, how well are ayurvedic systems or thoughts or procedures geared up to embrace robotics or AI based diagnosis or how is Ayurveda integrable with these mediums?
8. Are Ayurveda and yoga complimentary to each other? Why don’t we hear these 2 clubbed together to form a lifestyle instead of viewing yoga as a physical and a spiritual, Ayurveda as a healing perception. What steps can a government do to help promote these Indian treasures?