

## • Ayurvedic Medicine Usage and Accessibility Survey



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Visit 1 - Shri Vedaamrit Ayurved & Yogacharya  
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आपल्याला काय वाटते की सामान्य लोकांसाठी आयुर्वेदिक उपचार किती उपलब्ध आहेत?

- फारच मर्यादित आहेत.
- उपचार घेण्यासाठी सामान्य लोकांनी दूर असल्याने आयुर्वेदिक उपचार टाकतात.
- कोणत्या प्रदेश किंवा लोकसमूहांमध्ये आयुर्वेदिक उपचारांची अधिक मागणी आहे?
- ज्यांना पारंपरिक औषधोपचारांवर विश्वास आहे.
- किंवा असे की ज्यांना दिविकाल समस्या दर महामेरे पचनचे विकार.
- आपल्याला काय वाटते, आयुर्वेदिक उपचारांची किंमत पारंपरिक औषधोपचारांशी तुलनात्मक कशी आहे?
- आयुर्वेदिक औषधे किंमत जलत असू शकते जेव्हा चांगल्या ब्रँडची मिलतात.
- नैसर्गिक घटक, त्यांची लागवड प्रक्रिया, → मागू वरतुंग.
- माद्यनाची मर्यादा मुळेही.
- सामान्य लोक आयुर्वेदिक उपचारावरून पुरेसे जागरूक आहेत का?
- नाही कारण त्यांचा योग्य वापर व कोवळ कोणत्या आज्ञासाठी कोणते औषध उपयुक्त → X
- परिणामाविषयी गैरसमज.

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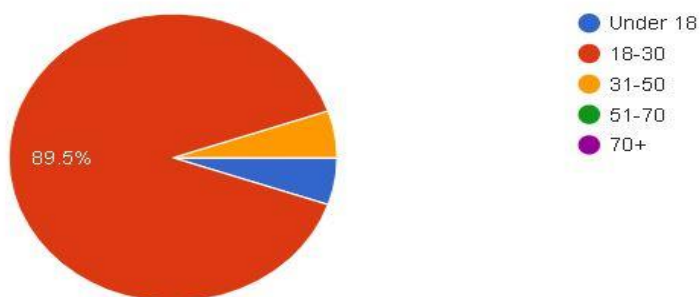
- विशेष आजारंसाठी आयुर्वेदिक उपचार किती उपयुक्त आहेत?
- रोगाच्या मूळ कारणावर केंद्रित करणे.
- दीर्घकालीन फायदे.
- कमी side effects.
- आपण आयुर्वेदाबद्दल कोणते गैरसमज किंवा चुकीच्या समजुती पाहता?
- आयुर्वेदिक उपचार टक्क कार्य.
- उपचार सुरक्षित नाही.
- श्वर्णा घालत नाही.
- चव खराब असते.
- आयुर्वेद अधिक लोकप्रिय होण्यापासून होशगार प्रमुख असणे कोणती आहे?
- आधुनिक संशोधन व प्रमाणित माहिती.
- तज्ञ व योग्य मार्गदर्शनाची कमतरता.
- कमी प्रचार आणि जागरूकता अभाव.
- नवीन पीढी.



## Age

19 responses

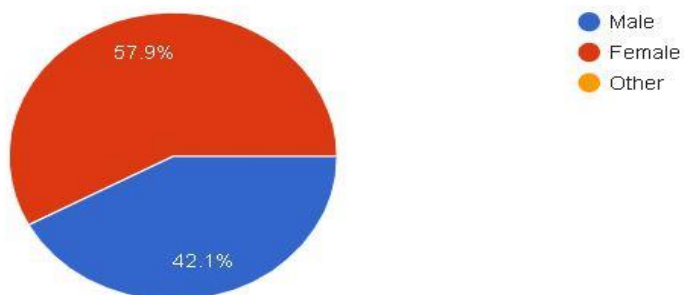
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## Gender

19 responses

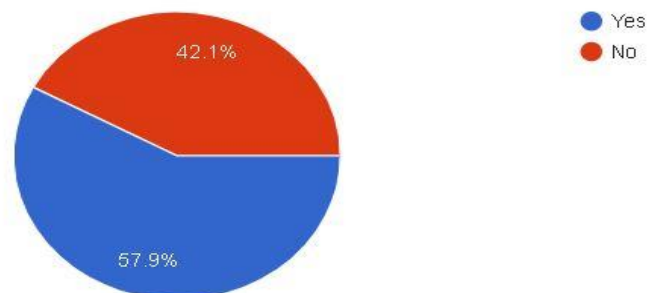
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## Do you use Ayurvedic medicines or treatments?

19 responses

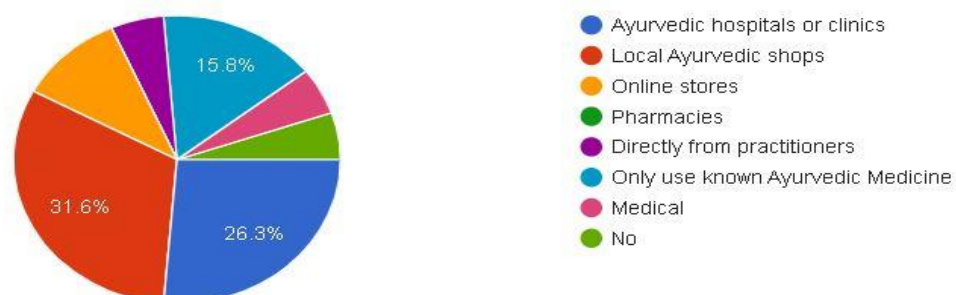
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## Where do you typically obtain your Ayurvedic medicines?

19 responses

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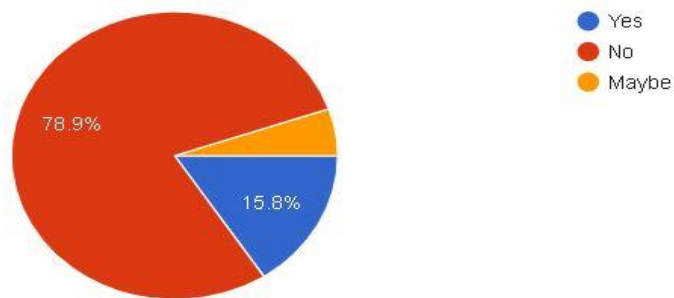




Have you experienced any side effects from using Ayurvedic medicines?

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19 responses



If yes, please describe the side effects.

3 responses

In Ayurveda ,output is not comming fastly.

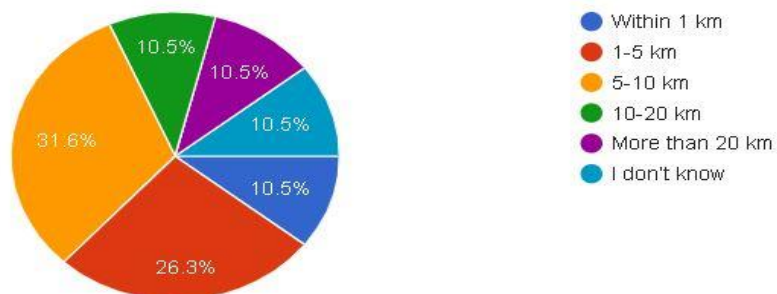
It increase the hair fall

I have pimples on my face, but after applying it creates an iching on my face

How far is the nearest Ayurvedic hospital or clinic from your residence?

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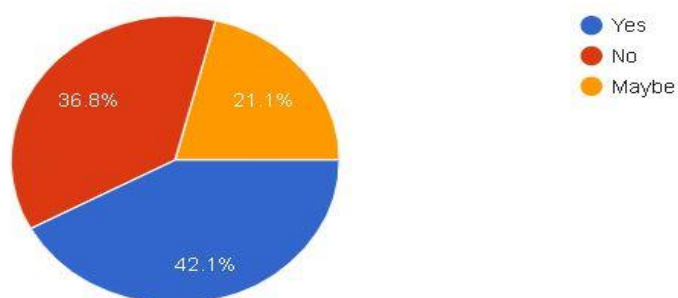
19 responses



Have you ever faced any barriers in accessing Ayurvedic hospitals or doctors?

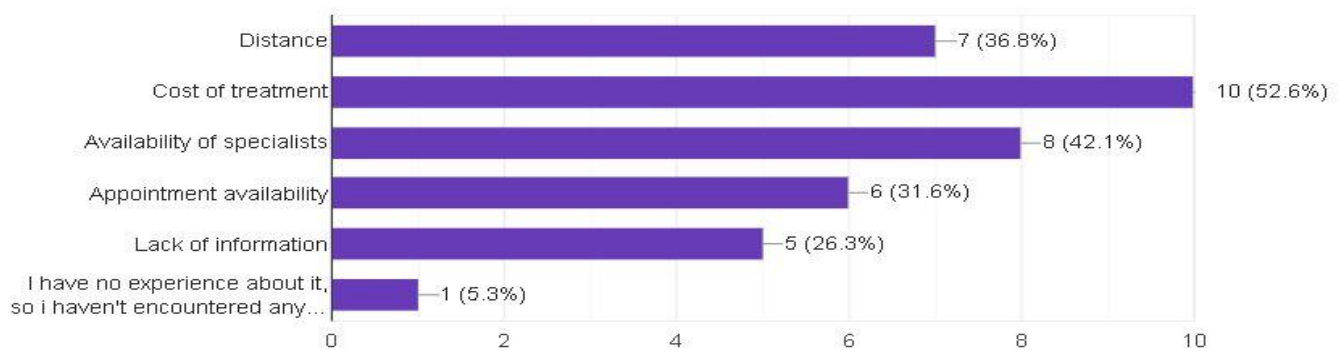
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19 responses



If yes, what are the main barriers you have encountered? (Select all that apply)

19 responses



If you are not satisfied with the current accessibility, what improvements would you like to see?

(Open-Ended)

3 responses

Give usage of ayurvedic medicines

I satisfied with the current accessibility.

More of ayurvedic medicines and treatment

## Survey Analysis of Ayurvedic Usage and Accessibility

### Demographics

- **Age Range:** 18-30 years
- **Gender Distribution:** Both male and female participants.

### Usage of Ayurvedic Treatments

- **Current Users:**
  - Approximately 50% of respondents use Ayurvedic medicines or treatments.
  - Common sources for obtaining these medicines include local Ayurvedic shops, online stores, and Ayurvedic hospitals or clinics.
- **Non-Users:**
  - About half of the participants do not currently use Ayurvedic treatments.

### Side Effects Reported

- Some users have reported experiencing side effects from Ayurvedic medicines:
  - Hair fall increases and skin itching were common complaints.
  - Others reported no side effects.

### Accessibility Challenges

- **Distance to Ayurvedic Facilities:**

- Many participants reported that the nearest Ayurvedic hospital or clinic is 5-10 km away, with some living more than 20 km from the nearest facility.

- **Barriers to Access:**

- Common barriers include:
  - **Cost of treatment**
  - **Availability of specialists**
  - **Appointment availability**
  - **Lack of information about treatments and products**

### **Suggestions for Improvement**

- **User Suggestions:**

- Many respondents expressed a desire for improved access to Ayurvedic medicines and treatments. Suggestions include:
  - Increasing the availability of Ayurvedic practitioners and specialists.
  - Providing more information and education about Ayurvedic products.
  - Enhancing the overall accessibility and affordability of treatments.

## Personal Journey with Ayurveda:

At the age of 18, I found myself grappling with a significant issue that many young people face: hair fall. As I approached adulthood, my confidence began to wane, primarily due to the thinning locks that stared back at me in the mirror. Frustrated and eager for solutions, I turned to YouTube, hoping to find answers and remedies.

During my search, I stumbled upon a treasure trove of Ayurvedic medicine for hair fall. The more I watched, the more intrigued I became. I remembered my grandmother's practices from my childhood—she was a firm believer in Ayurveda and often used natural remedies in her daily life. She would frequently talk about the benefits of shikakai, haldi (turmeric), and pala pachola (a traditional herbal remedy).

Inspired by these memories, I decided to embark on my own Ayurvedic journey. I began incorporating natural ingredients into my hair care routine. I started using shikakai as a shampoo alternative, which was said to promote hair growth and add shine. I combined it with haldi, known for its anti-inflammatory properties, to enhance scalp health. Each time I prepared these mixtures, I felt a connection to my grandmother, as if I were continuing a family tradition.

As I immersed myself in this process, I noticed gradual improvements. My hair felt healthier, and the rate of hair fall started to decrease. I also educated myself on other Ayurvedic practices that could complement my routine, such as dietary changes and stress management techniques.

Reflecting on this experience, I realized that Ayurveda isn't just about remedies; it's a holistic approach to health and well-being. It encouraged me to respect my body and embrace natural methods for healing. The journey also strengthened my bond with my roots, reminding me of the wisdom passed down through generations.

While my hair is not perfect, I now approach hair care with a sense of empowerment and knowledge. Ayurveda has become an integral part of my self-care routine, and I often share my story with friends, encouraging them to explore natural solutions for their health challenges.