

EDITORIAL

The AYUSH Systems Revisited

The NEP 2020 advocates for a holistic and interdisciplinary approach to education, emphasizing the importance of integrating traditional and modern knowledge systems, including environmental education. Broadly speaking, the traditional medicines, including Ayurveda, Yoga, Unani, Siddha, Naturopathy, and Homeopathy (AYUSH), have gained increasing recognition worldwide as healthcare systems shift towards integrative and holistic approaches. The adoption of **Ayurveda and Yoga** has been particularly strong in Western countries, where they are recognized for their effectiveness in managing chronic diseases, mental health, birth control issues, and preventive healthcare. Beyond Ayurveda and Yoga, other AYUSH disciplines have also gained international acceptance. However, in global traditional systems of medicine, the Indian system of medicine is well known. India has a long-standing tradition of holistic healing through these disciplines—each of which is rooted in the concept of balance among three fundamental energies or ‘doshas’: **Vata, Pitta, and Kapha**. Recently, the Ministry of Ayush, Government of India, focused attention on education and research in AYUSH systems and Ethno-Medicines through policy formulation, awareness campaigns, and educational programmes, aiming to strengthen the evidence base, enhance quality, and ensure the global relevance of traditional Indian medicine for global acceptance. The contributors of the current theme entitled ‘Trans-Empirical Research in AYUSH Systems and Ethno-Medicines’, of JJDMS, have examined these issues in a precise manner and tried to explore the integration of Ayurveda, Yoga, and other AYUSH disciplines into conventional medical education, ensuring that future healthcare professionals possess a well-rounded understanding of diverse healing practices.

Contributors’ Responses

The article by Johnpaul M. and Jampala Ganesh Ranadheer gives a brief account of the Ayush’s contribution to integrative healthcare

worldwide through a bibliometric analysis of global scholarly publications on AYUSH systems—Ayurveda, Yoga, Unani, Siddha, and Homoeopathy—from 1982 to 2025. The study raises three fundamental research questions in this regard: (i) the annual scientific publication and growth trend of AYUSH-related scholarly publications; (ii) the most influential journals publishing AYUSH-related research, based on citation metrics and journal impact indicators; and (iii) publications with the highest citation impact in AYUSH research, and patterns emerging from their bibliographic coupling and co-citation analysis. The study not only depicts the current scene, but also outlines a strategy for changing traditional knowledge into a validated, globally accessible healthcare paradigm. However, the study underlines the need for expanded international partnerships and rigorous clinical trials to elevate AYUSH's contributions to integrative healthcare globally.

A. Ignaciammal and P. Muthupandi draw the attention of Yoga practitioners towards the grounded theory of the biopsychological model. This longitudinal mixed-methods case study investigates the transformative effects of a structured six-month yoga intervention on the physical well-being, lifestyle habits, and disease prevention awareness. The study employs a longitudinal mixed-methods design to answer three core questions: (i) How does a six-month yoga intervention influence the physical well-being of prospective teachers? (ii) What lifestyle changes emerge from regular yoga practice, particularly in diet, sleep, and stress management? (iii) How do participants perceive yoga's role in preventing occupational health risks? Methodologically, both the quantitative and qualitative data were collected. Findings advocate for institutional integration of yoga into teachers education curricula to mitigate occupational strain and promote sustainable well-being. Policy recommendations include establishing campus wellness hubs and government-funded yoga initiatives. This research underscores yoga's potential as a biopsychosocial intervention, urging further exploration of scalable models in diverse educational contexts.

The paper by Sonalika Pandey and Prabhat Kumar Dwivedi explores Ayurvedic principles to prevent obesity, or Sthaulya, which is a leading lifestyle disorder contributing to a global health crisis. This paper discusses preventive measures by addressing the root causes, which are physical, dietary, and psychological. The author opines that future research and clinical collaboration could help validate and optimise these practices for broader acceptance and implementation.

The study by Pankaj Vishwakarma and his team aims to assess the awareness of eye diseases and willingness to work for eye health cures

among CHWs in east and northeast India. Here a descriptive, cross-sectional study was done by the author through multiple logistic regression analyses and sociodemographic including clinical variables derives. Methodologically, a total of 389 CHWs (ASHA: n=194; AWW: n=195) participated in this study. However, the study has a few limitations. The authors accept that the study could not perform higher-level analysis to ascertain the determinants of awareness levels for glaucoma and DR due to very low numbers of participants. Therefore, the author recommends that future studies in this area should include a focused group discussion following the initial assessment to understand the qualitative component, such as enablers and barriers to work for eye health, and to ascertain the associated determinants.

The paper by Paramita Bhattacharyya and Kaushik Banerjee synthesizes historical foundations, emerging scientific advances, and policy-level initiatives that position Ayurveda as a viable response to the global burden of non-communicable diseases. The paper concludes that while Ayurveda holds transformative potential in preventive healthcare, its global relevance hinges on evidence-based research, regulatory reform, educational integrity, and respectful integration with modern medicine. The paper advocates a paradigm shift—where traditional wisdom and scientific rigor coalesce—to ensure Ayurveda’s sustainable and ethical growth within pluralistic healthcare systems.

The paper by Dr. Dilip Kumar Jha and Dr. Poonam Jha opines that the yoga system promotes a proper and regulated way of living, which enabling the individuals to develop self-control and self-discipline in their personality development. The science of Yoga provides educational as well as preventive and curative measures for the health of the community. Theories and principles of Yoga practices come under the educational programme. Its preventive aspect is the initiation of yoga practices in an individual’s life in order to ward off formative symptoms of undesirable habits and manners giving birth to a variety of diseases. The treatment and eradication of the minor and major ailments through regular programmes of *Asanas*, *Pranayam* and *Bandhyas* are the curative functions of the Yoga system, the authors conclude.

Globally, the last two decades have witnessed growing interest in the early years of children and the important role that early childhood programmes play in optimizing the development of young children. The book “Indigenous Children and Inclusive Education,” edited by Itishree Padhi and Rashmi Pramanik and reviewed by Prof. Anirudh Prasad, is a compilation of 24 research papers. In the introduction, the editors tie all the papers to the subject. However, most of the papers published

in this volume are without the philosophical background. The book, however, is a net addition to the literature on indigenous children related to education and literacy.

The issue is being dedicated to the 'International Environment Day' as well as the 'International Yoga Day' on 5th and 21st June 2025 respectively.

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