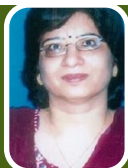


# 4<sup>th</sup> International Conference on Alternative Medicine, Medicinal Plants

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### A Comprehensive Review on Promising Aspects of Ayurveda in Healthcare

Ayurveda is one of the most widely used healthcare systems in India and interest in it is growing worldwide as well. The unique concepts and methodologies used in it make it useful in all ages and for almost all types of health disorders. Exploring medicinal properties of common spices, herbal mixtures, special preparations known as Rasayanas and purification procedures known as Panchakarmas make it cost-effective and affordable by common mankind. Moreover, its promising results on many diseases that seem to be incurable in other systems of medicine lead to more attention towards this field. Like the other four sacred texts (Rigveda, Yajurveda, Samaveda and Atharvaveda) Ayurveda has been passed on to generations since its origin during the period of the Indus Valley civilization (about 3000 B.C). According to the concept of Ayurveda all matter is created out of the conglomeration of five basic elements i.e. earth, water, fire, air and space including the body. Accordingly medicines are derived from almost all natural sources of viz plants, minerals, metals, animals and marine products after their suitable processing for efficacy, safety and palatability. Ayurveda treatment starts with an internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation. Research has been conducted worldwide on Ayurveda. There are encouraging results for its effectiveness in treating various ailments, including chronic disorders associated with the aging process. The present review includes use of Ayurveda in the treatment of many chronic health problems. These preliminary studies yielded positive results and provide a basis for conducting larger, more rigorous clinical trials. Moreover, this attempt will certainly draw attention of many young researchers to undertake further research for the promotion of Ayurveda.

**Key words:** Ayurveda, healthcare, herbal remedies, Panchakarma, chronic disorders.

#### **Biography**

Suman Malik is presently Professor and Head, Department of Chemistry, Sadhu Vaswani Autonomous College, Bairagarh, Bhopal, M.P., India. Her qualifications are M.Sc., M.Phil., and Ph.D. She has 31 years of teaching experience. She has guided approx. 30 students for Ph.D under her supervision and published 65 research papers in various National and International journals. She has participated in approximately 70 National and International Conferences. She is a member of many scientific bodies including American Chemical Society, CRSI, Indian Science Congress, Indian Chemical Society etc. Her research areas include metal complexes, coordination chemistry and related topics.

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