

# Guest Editorial



## Safety of Ayurveda Interventions—Our Attention and Intension

Traditional medicines are becoming popular as remedies for diseases among a vast majority of the world's population. Many traditional formulations are being used as promising nootropics, anti-diabetics, hepato-protective, lipid-lowering, anti-rheumatic agents etc. The popularity of traditional medicines is due to many reasons. A strong widespread belief of safety is one such reason. Besides, there are several diseases for which there is no satisfactory cure in conventional medicine and suffering people look towards knowledge from traditional medicine to find cures. Broad spectrum anti-microbial resistance by micro-organism and adverse drug reactions are the other factors for the wide spread popularity of traditional systems of medicines.

Ayurveda interventions are different from management of disease with chemical entities. The Ayurvedic treatment regimen typically includes diet, various drugs administered with suitable adjuvant and behavioral modalities etc. A single herb has more than one active component and when we use multi-ingredient compound formulations along with specified adjuvant, diet etc., a large number of active components are being administered into the biological system that may help as metabolic activators, immuno-modulators, antioxidants, rejuvenating agents, increasing bio-availability etc. Besides; they may have synergistic actions in between and interrupt the pathology at different levels and help in improving the quality of life of the individuals. Though, information regarding the absorption, distribution, metabolism, excretion and bioavailability of traditional formulations is not fully known; one can evaluate actual impact of traditional interventions as safe and effective pharmacotherapeutic agents, particularly in conditions like Lipidaemias, Rheumatism, Age related problems, Obesity and associated problems including Polycystic ovarian disease etc. through well designed clinical trials. Changes in different subjective and objective parameters observed before and after treatment can be statistically analyzed to evaluate influence of Ayurveda therapeutic procedures in the management. Variations in Renal functions, Hepatic functions, other bio-chemical and serological parameters are vital that may offer clues on possible metabolism within the biological system, and hence are to be meticulously investigated that will ultimately help in anticipating safety aspects and interpreting possible mode of action of Ayurveda interventions. While conducting such studies; quality of formulations and following validated protocols need to be ensured. All such standard researches will attract the attention of global scientific community, further paving a way to develop an integrated and cost effective healthcare system, which will be more acceptable and beneficial to the ailing global population.



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