Research and Innovations in Medicine: Role of herbal ingredients from Ayurveda in improving human health

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Abstract (300 word limit)

Complementary and alternative medicine describes a group of diverse medical and health care systems, practices, and products that have historic origins outside mainstream medicine. Most of these practices are used together with conventional therapies and therefore have been called complementary to distinguish them from alternative practices, those used as a substitute for standard care[1].

Ayurveda, the traditional Indian Medicinal system practiced as official alternative medicine in India, is included under the umbrella of Complementary and Alternative Medicine in many countries. In the United States, the National Center for Complementary and Alternative Medicine – NCCAM describes Ayurveda as one of the world's oldest medical systems originated in India which has evolved there over thousands of years. The products and practices used in Ayurvedic medicine are also practiced independently as complementary approaches, and Ayurvedic products are regulated as dietary supplements in the United States [2].

The herbal products, herbal ingredients, and the practices of Ayurveda have been a subject of great exploration for the researchers and clinicians. The ongoing exploratory, experimental, and clinical research, especially on the Ayurvedic herbs has been instrumental in bringing out the therapeutically unique role of several phytochemicals, which are proving to be of great potential in playing vital role in management of chronic diseases. Several of these herbal actives and phytochemicals are gaining strong foothold as promising therapeutic candidates, pertaining to their unique multidimensional therapeutic effects. Their successful application in the chronic diseases such as obesity, osteoarthritis, hyperlipidemias, type 2 diabetes mellitus, coronary heart disease, etc., point towards a possibility of modifying the disease progression for more favorable outcomes, reducing the morbidity and mortality rates, and most importantly, improving the quality of life of the patients.

This review provides a brief insight in to the novel therapeutic effects of some of the herbs described in Ayurveda.

References:

1. Josephine P. Briggs, Complementary, Alternative, and Integrative Health Practices, Harrison's Principles of Internal Medicine, 18th Ed.
2. Ayurvedic Medicine: In Depth. The NCCIH Fact Sheet, modified April 07, 2016, accessed on https://nccih.nih.gov/health/ayurveda/introduction.htm#hed6 on 19th December 2017



Biography (150 word limit)

Dr Shefali Thanawala has her basic expertise in Ayurveda, and has vast experience in the pharmaceutical industry, with which she is associated since last 18 years. Currently she is associated with Inventia Healthcare Pvt Ltd., India in the capacity of DGM-Medical Affairs. She has rich proficiency in translating the wisdom of Ayurveda and natural products in today's context, and she is responsible for design and conceptualization of nutraceutical and natural products by identification of the therapeutic actives in these herbs, as well as evaluation of the developed products through clinical research activities. She has been invited as speaker in several conferences to share her views on the successful connect between the pharmaceutical industry with Ayurveda and nutraceuticals. She has authored several articles on these topics which are regularly published in pharmaceutical industry magazines.

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