Abstract

Title: Envisioning a progressive outlook towards world health scenario by making 'East meet West' in the field of medicine.

Keywords: Ayurveda, healthcare education, healthcare system

I. Abstract

No system of medicine is perfect or could claim to cure all diseases. They have their respective advantages and disadvantages. The integration of eastern and western systems of health will help focus on 'Health & Healing' along with 'Disease & Treatment'. For making Ayurveda one of the mainstream options in the medical field, it is important to understand the subject rather than to just believe in it. This is because any belief system may give confidence but it lacks clarity, and there is no substitute to clarity. Clarity comes with understanding. To create a relationship with the subject, it is essential to begin with a step-wise journey of decoding Ayurveda which includes questions that come to mind when people deal with any new subject. The presentation will take the listeners on an introductory tour – from Ayurveda's brief history over different eras to an overview of eastern and western ideologies. It gives an insight into what makes people accept or reject a particular system of medicine. The need of merging the 'Healthcare System' with the 'Education System', to bring people closer to accepting multiple systems of healthcare, is discussed. People who are capable, educated and knowledgeable need to become active partners in this vision. In this age of awakening and awareness, it is important for people to be assertive in their choice of treatment by discussing the various pros and cons, instead of having to surrender all authority to their physician.

Conclusion: Health should largely be a personal responsibility. In this age of information and technology, everyone should have the right to strategize their health. People need to be made aware of all the options they have before they make their choice.

II. Biography:

Dr. Nilima Jain, author of the book – Reloading Health by Decoding Ayurveda, is a medical professional, serving health through her education, which is in Ayurveda - the Science of Life. She graduated from Delhi University and has been associated with Ayurveda for three decades. This period has witnessed a tremendous growth in the popularity of Ayurveda. Dr. Nilima Jain is honoured with the prestigious Worldwide Achievers Healthcare Excellence Award 2013 for her individual contribution in the field of Ayurveda in Delhi/NCR by the 'India Today' group. It was presented to her by Dr. C.P. Thakur (Member of Parliament-Rajyasabha, Vice President Bhartiya Janata Party and former Cabinet Minister Govt. of India) and Prof. M.C. Mishra (Director, All India Institute of Medical Sciences, New Delhi).

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