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“VISHWA-GURU - BHARAT” THROUGH AYURVEDA & YOGA

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Abstract

Ayurveda and Yoga is a key to enhancing India's status as Vishwa Guru. Yoga and Ayurveda are two inseparable branches of life science, that stem from the Vedas. Only these both sciences are medical sciences on the earth, who thinks not only a physical body but also Mind & Spirit. Ayurveda, the science of life is one of the ancient and comprehensive systems of health care. Quest for good health and long life is probably as old as human existence. According to Indian philosophy, health is prerequisite to pursue materialistic, social and spiritual upliftment of human being. It is believed that Lord Brahma, the creator of the universe was also the first preacher of Ayurveda. The proactive efforts made by India in positioning the Ayurveda and Yoga as the soft power of India and at the same time generating evidence about the health benefits as well as safety of these systems has given significant boost to demand of Ayurveda and Yoga. Bharat has a long history and strong base of Ayurveda which is gaining the attention of international community & this will definitely help to make Bharat as Vishwa-Guru. The health promotive, disease preventive and curative roles of Ayurveda with its holistic approach are the reasons for its acceptance. Based on sound concept and practices, Ayurved System of Medicine is well documented, experienced & not experimented as modern medicine, that's why it is called 'Tailor made medicine'. Ayurveda's Fundamental principles are eternal, never be changed. Ideal treatment according to Ayurveda is one which cures the disease without causing adverse effect.

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Introduction:-

Ayurveda & Yoga science will makes *Bharat 'Vishwa Guru'* once again, I believe. Our vision must be to make Bharat '*Vishwa Guru Bharat*' as it was before. Ayurveda has very unique and holistic approach towards health and diseases. *Vishwa-Guru* is a Sanskrit term, it means global teacher, world guide, tutor of the world, world leader or

teacher or the universe. The word 'Vishwa Guru' has been used during the premiership of Hon.'ble PM Mr. Narendrabhai Modi as a political catchphrase, as a long-term strategy and to remind Indians of past glory.

'A Guru is someone who has the power to see greatness even in the lowest man and has the power to raise it'.

Since the beginning of civilization, Bharat has been the Guru for the whole world. When the whole world was groping in darkness, India was teaching about the identity of man with the Supreme. People from all around the world converged to India to gain from its priceless wisdom. Indeed, the country that showed the whole world its academic brilliance through Acharya *Charak, Sushruta, Kanad, and Aryabhatta* deserves to gain the same pedestal of being "*Vishwa Guru Bharat*" again.

Now, that the world has openly adopted '**Namaskar**' as a way of greeting, Indian values have a treasure trove of beliefs that can change the entire world for betterment. **From Ayurveda to Indian science, there are much more that the world needs to know, learn, and adopt from Bharat.**

Bharat can become "**Vishwa Guru**" also because of its message of great love and great compassion for all. We believe in '*Vasudhaiva Kutumbakam*', the world is one family. And now, it's time that the entire world also imbibes the spirit. So our **PM Mr. Narendra bhai Modi** initiated an activity of "**One Earth-One Health**" in UNO. Here Ayurveda will definitely play a major role in becoming Bharat as "**Vishwa Guru**".

Now its time to work hard together for seeing our Bharat as "*Vishwa Guru Bharat*". we are at no. 1 position population wise in the world. And this should be our strength. Yoga, Ayurveda and intellectual knowledge, herbs, medicines are going to enhance the status of India as the **Vishwa Guru**. The identity of India is due to its civilisation, culture and Ayurveda. We are again moving towards getting the recognition as Vishwa Guru.

Ayurveda is not just a medical system, it can be described as a holistic human philosophy. Ayurveda is heritage through which the welfare of the whole world can be ensured. During the Corona period, the world adopted the principles of Ayurveda and reaped great benefits. Ayurveda is a holistic science of life, and today it is accepted all over the world. Ayurveda is not limited only to the treatment of a patient, but in Indian philosophy it is accepted as the basic knowledge of life, hence it has been named as the fifth Veda.

A new methodology is emerged under the leadership of Prime Minister Narendra Modi. Yoga Day is being celebrated across the world on 21 June every year. Under the *Amrit Mahotsav* of Independence, a mass movement to hoist the tri color at every home was run all over the country. Prime Minister, Narendra Modi, in a global program held recently, had highlighted the importance of Ayurveda and observed that the system is highly effective from the plant to the plate and towards improving physical strength as well as mental wellness.^[1]

Bharat was known as the "**Golden Sparrow**" because of the Bhartiya Vedic Sanskriti which includes art & knowledge of Vedas, Education, Ethics, Brotherhood, etc. Since ancient times, seekers from all over the world has converged in India to partake of her priceless spiritual wisdom. Our traditional values, spirituality and philosophy have a profound impact across the world. But now our moral influence is fading under the shadow of modernization and glamorization.

Swami Vivekananda recognized Yoga's contributions to health and physical fitness, yet he firmly centred his teachings on the spiritual core of this tradition. He delivered extensive discourses on various forms of Yoga, including Karma Yoga, Jnana Yoga, Bhakti Yoga and Raj Yoga, each serving as a path toward moksha (Salvation), the ultimate state of self-realization. Among these, Raja Yoga, commonly known as Yoga, stands as the most widely practiced form globally, often mistakenly equated with Asanas or physical postures. In reality, it represents an integrated system of mental and physical control practices, comprising eight limbs or Ashtanga. The comprehensive theory and practice of the Ashtanga Yoga system are expounded in Patañjali's *Yoga-Sutra*, the foremost authoritative work on the subject. Although the exact compilation date remains uncertain, it is understood that Patanjali consolidated and organized knowledge from much older traditions.^[2]

The Yoga is originated in India & Maharishi Patanjali constructs this science for human society. This science is still exists because of it's good result. Yoga & *Adhyatma* are the complimentary to each other & both are included in Ayurveda. These are the inseparable part of Ayurveda. Role of Yoga has high significance in Ayurveda to maintain

the health of complete healthy person,. Now a days, due to miracle result of Yoga, entire world are accepting Yoga& practicing daily. It is moneyless therapy, anybody can do it at home after duly trained under master. Yoga, rejuvenates the body, mind & soul. All the ancient scriptures of India, admits the presence of mind & soul in the body. Practicing of different types of Asanas, provides good digestion, because indigestion are the root cause of all disease as per Ayurveda & it's true too. Yoga helps to avoid all these problems. Yoga is not limited upto *Asanas* but these are 8 *angas* (branches)of Yoga& all *angas* contributes to Ayurveda. To achieve the *Dharma, Artha, Kaam & Moksha*, the *Arogya* (Health) is most important. One can not achieve above all without a sound health.^[3]

WHO establishes the Global Centre for Traditional Medicine in India –

Maximizing potential of traditional medicines through modern science and technology. The World Health Organization (WHO) and the Government of India has signed an agreement to establish the WHO Global Centre for Traditional Medicine. This global knowledge center for traditional medicine, supported by an investment of USD 250 million from the Government of India, aims to harness the potential of traditional medicine from across the world through modern science and technology to improve the health of people and the planet.

Around 80% of the world's population is estimated to use traditional medicine. To date, 170 of the 194 WHO Member States have reported the use of traditional medicine, and their governments have asked for WHO's support in creating a body of reliable evidence and data on traditional medicine practices and products.

“For many millions of people around the world, traditional medicine is the first port of call to treat many diseases,” said Dr. Tedros Adhanom Ghebreyesus, WHO Director-General. “Ensuring all people have access to safe and effective treatment is an essential part of WHO's mission, and this new center will help to harness the power of science to strengthen the evidence base for traditional medicine. We should grateful to the Government of India for its support, and we look forward to making it a success.”

The term traditional medicine describes the total sum of the knowledge, skills and practices indigenous and different cultures have used over time to maintain health and prevent, diagnose and treat physical and mental illness. Its reach encompasses ancient practices such as Ayurveda medicine and herbal mixtures as well as modern medicines. But today, national health systems and strategies do not yet fully integrate the millions of traditional medicine workers, accredited courses, health facilities, and health expenditures. “It is heartening to learn about the signing of the Host Country Agreement for the establishment of Global Centre for Traditional Medicine (GCTM). The agreement between Ministry of Ayush and World Health Organization (WHO) to establish the WHO-GCTM at Jamnagar, Gujarat, is a commendable initiative,” said Mr. Narendra Modi, Prime Minister of India.

“Through various initiatives, our government has been tireless in its endeavor to make preventive and curative healthcare, affordable and accessible to all. May the global center at Jamnagar help in providing the best healthcare solutions to the world.” Traditional medicine is also increasingly prominent in the world of modern science. Some 40% of approved pharmaceutical products in use today derive from natural substances, highlighting the vital importance of conserving biodiversity and sustainability. For example, the discovery of aspirin drew on traditional medicine formulations using the bark of the willow tree, the contraceptive pill was developed from the roots of wild yam plants and child cancer treatments have been based on the rosy periwinkle. Nobel-prize winning research on artemisinin for malaria control started with a review of ancient Chinese medicine texts. There has been a rapid modernization of the ways traditional medicine is being studied. Artificial intelligence is now used to map evidence and trends in traditional medicine and to screen natural products for pharmacokinetic properties. Functional magnetic resonance imaging is used to study brain activity and the relaxation response that is part of some traditional medicine therapies such as meditation and Yoga, which are increasingly drawn on for mental health and wellbeing in stressful times.

In addition, traditional medicine use has also been updated by mobile phone apps, online classes, and other technologies.

The new WHO center is established in Jamnagar, Gujarat, India. While Jamnagar is serving as the hub, the new center is being designed to engage and benefit all regions of the world. It will concentrate on building a solid evidence base for policies and standards on traditional medicine practices and products and help countries integrate it as appropriate into their health systems and regulate its quality and safety for optimal and sustainable impact. The new center focuses on four main strategic areas: 1) Evidence and learning,2) Data and analytics,3) Sustainability and

equity, and 4) Innovation and technology to optimize the contribution of traditional medicine to global health and sustainable development. The onsite launched of the new WHO global centre for traditional medicine in Jamnagar, Gujarat, India has already started on April 21, 2022. ^[4]

Exponential growth in Ayurveda Market –

Ayurveda industry has witnessed considerable growth in market size since the upgradation of Department of Ayush to Ministry of Ayush in the year 2014. Ayush manufacturing industry was Rs. 21,697 crores (USD 2.85 Bn) in 2014-15 and in the 13 latest study of RIS of 2020, the Ayush manufacturing industry size has been estimated at Rs.1,37,800 crores (USD 18.1 Bn) that is 6 times rise in 7 years. Similarly, preliminary study of RIS shows Rs 1,66,797 Crore Revenue in Ayush Service sector.^[5] This shows great future to AYUSH Sector.

The **global ayurveda market size** was valued at **around USD 7.65 Billion in 2022** and is expected to reach **around USD 28.38 Billion by 2031**, expanding at a **CAGR of 15.68%** during the forecast period, **2023–2031**. The growth of the market is attributed to increasing awareness regarding the side effects of allopathic medicines among people. Ayurveda is a traditional Indian system of ayurveda medicine. It is used for natural healing practices and to cure clinical conditions, including cough, depression, sinusitis, and insomnia. Ayurveda is a practice of **alternative medicine**, which comprises natural herbs, plant-based medicines, and **spices**. Ayurveda products are used in health supplements and personal care products.^[5]

Strengths of Ayurveda:

1) Comprehensive definition of health: -

‘स्वस्थस्य स्वास्थ्य रक्षणम्, आतुरस्य विकार प्रशमनम् ।’

2) Acceptance by the community: About 80-90% of population in India is reported to use Ayurveda and other traditional systems of medicine to meet their primary health care needs.

3) Emphasis on promotion of health and prevention of diseases: - Considering health of an individual as dynamic integration of environment, body, mind and soul, Ayurveda lays great emphasis on preservation and promotion of health and preventing the occurrence of diseases.

4) Importance of diet and lifestyle: - The ultimate aim of this medical science is preservation of health, and it can be attained in two ways, i.e., observation of lifestyle recommendations to prevent the diseases and eradication of already afflicted diseases.

5) Holistic concept of health: - Ayurveda considers a living being as a combination of body, mind and soul.

6) Individualized approach: - Ayurveda considers that everyone has distinct psychosomatic constitution and health status. This is considered while advocating preventive, promotive and curative measures.

7) Universal approach: - According to Ayurveda, the individual (microcosm) is a miniature replica of the universe (macrocosm). Every aspect of the universe is represented in the individual. Any change in the environment affects human being. Therefore, emphasis is laid on social and environmental factors which are interlinked with health.

8) Stress on public health and eugenics: -

Ayurveda emphasizes upon healthy body, sound mind, benevolent speech and spiritual practices to create a healthy and happy environment. The pivotal role of eugenics mentioned in Ayurveda is to produce strong, healthy and ideal progeny.

9) Use of natural products: -

Ayurvedic products are derived mainly from plants and other natural resources.

10) Areas of clinical strength: -

Ayurveda provides healthcare within the physical and financial reach of rural India. Some of the Ayurvedic medicinal plants and spices are widely used as home remedies in India for a wide range of common ailments.

11) Unique therapeutic approach: -

Ayurveda advocates certain bio-cleansing and rejuvenating therapeutic measures such as *Pahcha-karma*, *Rasayana* for maintenance of healthy state as well as in the management of chronic diseases. *Kshara-sutra*, a minimal invasive para-surgical procedure using medicated thread, widely cited in ancient medical literatures for its safety and efficacy is being successfully practiced as promising therapy for ano-rectal disorders.

12) The way forward: -

Ayurveda can contribute to the management of chronic and refractory disease conditions sharing huge global burden such as cancer, rheumatoid arthritis and allied conditions. ^[6]

13) Scope for Search, Research & Intra Mural Research (IMR) –

There are lot of opportunities for searching, researching & innovation in Ayurveda. Research is an unending process. It is necessary and a requisite for the development process and enhancement of the subject. The

research yields more effective & quicker result gives benefit in multiple directions. Hence research is a must in the field of Ayurveda also.

14) Work as a master and not as a servant -

Ayurveda is originated in holy land of Bharat. If you are a Ayurveda graduates or post- graduates & you go to abroad then you will be master not a servant (as other medical branches). Curiosity & importance of Ayurveda increasing day by day.

15) Safety aspect of Ayurveda medicines –

Ayurveda gives utmost importance to patient's safety during treatment through rational use of medications.

What steps to be taken to become “Vishwa-Guru Bharat”- through Ayurveda &Yoga -

- 1)) Effective Human Resource Development, job opportunities & placement,
- 2) Provision of Quality Ayurveda Services,
- 3) Information, Education and Communication,
- 4) Promotion & funding for Quality Research in Ayurveda Sector,
- 5) Promotion to farmers for cultivation of the Medicinal Plants,
- 6) Focus on Drug Developments,
- 7)International / interdisciplinary research Program should be carried out,
- 8) Seminars/Workshops arrangements in Abroad by Ministry of AYUSH,
- 9) Use of AI (Artificial Intelligence) in Ayurveda Health Program for communication, diagnostic & therapeutic purposes,
- 10) Establishment of New Educational Institutes in Abroad,
- 11) Annual budget for Ayurveda &Yogashould be as equal as modern medicine,
- 12) To find out & fetch the original scripture of Ayurveda from other country to develop Ayurveda like Anesthesiology (*Sangya-Haran*),
- 13) ‘One Nation, One Ayurveda, One Standard’ – This concept should be followed for education & practices of Ayurveda,
- 14) To foster interaction of stakeholders and market development of Ayush at international level,
- 15) To develop Digital Library of original scripture of Ayurveda & Yoga.

16) Standardization and quality control& Drug Development - Efforts to monitor quality and regulating the growing business of herbal drugs and traditional medicine are being made globally.

Govt. should reconsider on the point of ban imposed on some significant drugs of Ayurveda. Life saving drugs useful to *Vaidyas* in their daily practices the drugs learned under the wrong impression of *Hinsa* and *Paryavaran Naash* (Ecological loss): e.g. *Mrigshring, Hasti-Dant, Moti, Shankha, Shoustik, Praval*, etc.^[7]

Bharat has a long history and strong base of Ayurveda which is gaining the attention of international community& this will definitely help to make Bharat as **Vishwa-Guru**. The health promotive, disease preventive and curative roles of Ayurveda with its holistic approach are the reasons for its acceptance. Based on sound concept and practices, Ayurved System of Medicine is well documented, experience based & not experimented as modern medicine, that's why it is called 'Tailor made medicine'. Ayurveda's fundamental / basic principles are very strong &eternal, never be changed. Good health is a basic prerequisite to acquire materialistic, social and spiritual upliftment of individual. Therefore Ayurveda lays great emphasis on preservation and promotion of health and prevention of disease. This is achieved through life style management rather than drug or any other external intervention. Ayurveda believes that no substance in the Universe is devoid of therapeutic potential, provided it is used judiciously. Plants, Minerals, Metals and Animal products serve as a basic source of Ayurvedic drugs.

‘न हि द्रव्यं, औषधं किञ्चितं जगत् ॥’^[8]

There is no substance that cannot be used as medicine.

Important Research outcomes during the past decades, several Ayurvedic medicines have been investigated with respect to physico-chemical standardization, pharmacological effects, safety and efficacy, product development, cultivation of medicinal plants and manufacturing practices. Similar to conventional medicine, Ayurvedic medicine sector has also been bonneted from advances in science and technology. These advances facilitated the understanding of diseases, development of better pharmaceutical products and the implementation of diagnostic techniques. In vitro and in vivo studies also have now confirmed the pharmacological properties of many Ayurvedic medicines.

India has a rich tradition of learning and teaching right from the antiquity and was the knowledge was transferred orally from generation to generation. Ayurveda was also taught in *Gurukula* system. *Gurukula* system is an ancient Indian concept of education, wherein the participants got knowledge by residing with his teacher as part of his family and by following self discipline. ^[9]

And finally I want to quote here for the importance of Ayurveda –

“आयुर्वेदं समं शास्त्रं नान्यदत्रास्ति भूतले ।
पुण्यं पुण्यप्रदं प्रोक्तं पंच-प्राण-प्रवर्धनम् ॥1१॥
शाश्वतेषु च सर्वेषु सिद्धान्तेषु प्रतिष्ठितम् ।
चैतन्य-वैद्यकं चैतत् प्रणमामि पुनः पुनः ॥2॥
वैज्ञानिके तु कालेऽस्मिन् तन्त्रज्ञानं सु-विस्तृतम् ।
बृहणं तेन कर्तव्यं आयुर्वेदप्रपूर्तये ॥3॥
वैशिष्ट्यशतमादिष्टं वैद्यकेष्वस्य निश्चितम् ।
पठणं चिन्तनं तेषां भूतले भूति-दायकम् ॥4॥
आयुर्वेदविदा ये हि तदभ्यासरताश्च ये ।
आयुर्वेदं दृढश्रद्धाः सर्वेषां भवतु मंगलम् ॥5॥”

There is no other science on the earth equal to Ayurveda. It is said to be pious and bestows merit and increases the five life-forces (*Panch-Pran*). It is established in all the eternal doctrines. I bow to this consciousness-medicine again and again. In this scientific age, however, the knowledge of technology is well-extensive, modification should be done to fulfill the Ayurveda. A hundred characteristics have been prescribed by physicians for its certainty. Reading and meditating on them is the source of happiness on earth. Those who are well versed in the Ayurveda and those who practice it, May all who have firm faith in Ayurveda, be blessed.

Conclusion:-

Certainly the contribution of **Ayurveda & Yogasciences** have a great significance in becoming to *Bharat* as “*Vishwa- Guru*”.

Data Availability-

Data are available to corresponding author.

Conflicts of Interest-

The authors declare that they have no conflicts of interest & none source of funding.

Author Disclosure Statement-

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