

# Clinical Importance of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy (AYUSH) System of Medicine in Pharmaceutical Analysis

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## Commentary

**Received:** 29-May-2023,  
Manuscript No. JPA-23- 100604;  
**Editor assigned:** 31-May-2023, Pre  
QC No. JPA-23-100604 (PQ);  
**Reviewed:** 15-Jun-2023, QC No.  
JPA-23- 100604; **Revised:** 22-Jun-  
2023, Manuscript No. JPA-23-  
100604 (R); **Published:** 29-Jun-  
2023, DOI: 10.4172/2322-  
0066.12.2.007

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**Citation:** Bhausaheb DB. Clinical  
Importance of Ayurveda, Yoga and  
Naturopathy, Unani, Siddha and  
Homeopathy (AYUSH) System of  
Medicine in Pharmaceutical  
Analysis. RRJ Pharm Anal.  
2023;12:007

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## DESCRIPTION

One of the most significant aspects of Ayurveda is its focus on prevention. Ayurvedic practitioners believe that maintaining good health requires daily care and attention, and they emphasize the importance of a healthy diet, regular exercise, and stress management in maintaining balance and preventing illness. Ayurveda also promotes the use of herbs and other natural remedies to prevent illness and promote well-being.

Studies have shown that Ayurveda can be effective in treating a range of conditions, including chronic diseases such as diabetes, hypertension, and arthritis, as well as more acute illnesses like common cold and flu. In addition, Ayurveda has been shown to be effective in managing stress, anxiety, and other emotional imbalances. Despite its long history and proven efficacy, Ayurveda faces certain challenges in today's modern healthcare system. One of the biggest challenges is the lack of standardization and regulation. Unlike modern pharmaceuticals, which are subject to rigorous testing and regulation, Ayurvedic remedies are not subject to the same level of scrutiny. This lack of regulation has led to concerns about the safety and efficacy of certain Ayurvedic remedies, particularly those sourced from overseas.

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The Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy (AYUSH) system of medicine, plays a significant role in pharmaceutical analysis. The Pharmacopoeial Laboratory for Indian Medicine, Ghaziabad is responsible for analyzing the herbal medicines used in traditional systems of medicine. The laboratory, under the department of AYUSH, conducts research on traditional Indian medicine to develop new drugs and standardize existing ones. Additionally, the Indian Medicines and Pharmaceuticals Corporation Limited (IMPC) produces and markets traditional medicines and herbal formulations. The IMPC also provides essential oils, resinoids, and various medicinal parts of herbs to drug manufacturers. As a part of its role in pharmaceutical analysis, the AYUSH ministry promotes research and development of herbal medicines used in traditional systems of medicine and their successful incorporation into mainstream pharmaceuticals.

### Applications

- The applications of AYUSH in pharmaceutical analysis involve the use of natural substances and traditional Indian medicine in drug research and development.
- For instance, Ayurvedic medicine uses herbs and minerals in various preparations that can be used to develop new drugs or supplement existing pharmaceuticals.
- Traditional Indian medicine, including Ayurveda, Yoga, and Naturopathy, may also be used in conjunction with other modern approaches to drug development and research. Additionally, the Central Council for Research in Ayurvedic Sciences (CCRAS) has been established to promote and conduct research in the field of Ayurvedic medicine and its applications in pharmaceutical analysis and drug development.
- The council conducts research on various aspects of Ayurvedic medicine, including herbal preparations, formulation development, pharmacology, and clinical trials. Thus, the applications of AYUSH in pharmaceutical analysis are significant, and the use of natural substances and traditional Indian medicine in drug development and research holds significant potential for the future.