



**RECENT ADVANCEMENT IN PREVENTIVE AND SOCIAL MEDICINES WITH
RESPECTIVE TO MODERN AND AYURVEDIC SCIENCE**

***Dr. Pradip Chhaganrao Surashe**

*Assistant Professor (BAMS MPH), Swasthavriita Evam Yoga Department, SVNH Ayurved Mahavidhyala, Shri Shivaji Nagar Ahilyanagar, Maharashtra, India.



***Corresponding Author: Dr. Pradip Chhaganrao Surashe**

Assistant Professor (BAMS MPH), Swasthavriita Evam Yoga Department, SVNH Ayurved Mahavidhyala, Shri Shivaji Nagar Ahilyanagar, Maharashtra, India.

DOI: <https://doi.org/10.5281/zenodo.20523382>

How to cite this Article: Dr. Pradip Chhaganrao Surashe. (2026). Recent Advancement In Preventive and Social Medicines With Respective To Modern and Ayurvedic Science. European Journal of Biomedical and Pharmaceutical Sciences, 13(6), 271–273.

This work is licensed under Creative Commons Attribution 4.0 International license.



Article Received on 05/05/2026

Article Revised on 25/05/2026

Article Published on 01/06/2026

ABSTRACT

In order to address the biological, environmental and behavioral determinants of health, Preventive and Social Medicine is changing from a disease-centric approach to a systems oriented field. Ayurveda provides a complementary paradigm that emphasizes harmony between humans and their environment. In order to reconcile contemporary public health approaches with Ayurvedic concepts like Loka–Purusha Samya, Agni and Ojas this article suggests revolutionary integrative paradigm. It emphasizes multidisciplinary methods such as behavioral modification, resilience development, ecological prevention, and individualized health promotion for sustaining health of individual as well as society.

KEYWORDS: Ayurveda, Preventive Medicine, Epidemiology, Dosha.

INTRODUCTION

Linear models are insufficient to meet current public health issues, such as pandemics, non-communicable illnesses and climate change. While traditional Ayurvedic literature like *Charaka Samhita* defines health as a dynamic equilibrium between internal and external

factors, modern approaches of preventive and social medicines mostly rely on epidemiology and biostatistics. This article presents some preventive strategies (**Figure 1**) that combine Ayurvedic knowledge with contemporary research.

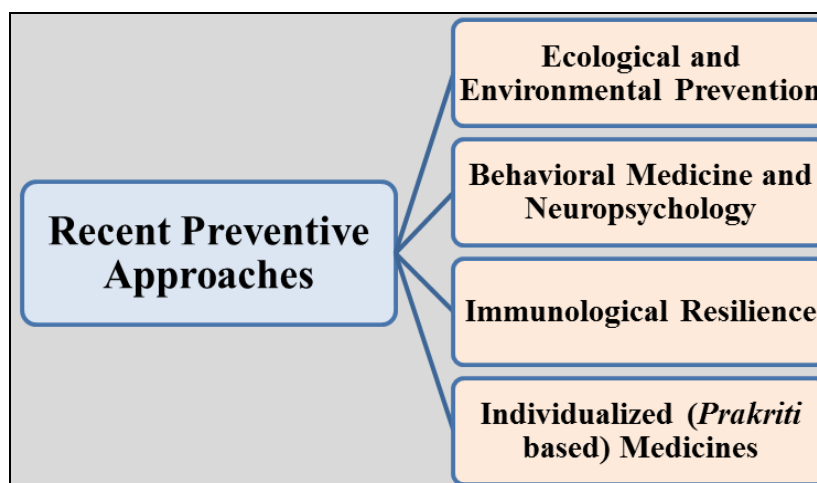


Figure 1: Recent Advancement in Social and Preventive Approaches.

As mentioned above ecological and environmental prevention, behavioral medicine and neuropsychology, immunological resilience and individualized (*Prakriti* based) medicines, etc. are recent advancement in social and preventive approaches.

According to modern systems biology, disease is seen as the outcome of dysregulation across these interrelated pathways rather than a single isolated cause, and the human body is seen as a highly interconnected network in which various physiological systems interact constantly. This viewpoint is closely related to Ayurveda, where the concept of *Tridosha* represents basic regulatory principles controlling physiological processes. Ayurvedic philosophy states that when these *Doshas* are in harmony, health (*Samyavastha*) is preserved; when this balance is upset, disease (*Vikriti*) results. Therefore, to enable early prediction of illness vulnerability, an integrated preventative method can be devised by integrating traditional *Dosha* assessment with contemporary biomarkers.

Ecological and Environmental Prevention

Contemporary public health acknowledges that conditions, like the deterioration of climate and environment, the rise of urban areas, and the increase of diseases around the world, create new and resurging global health problems. As a result, prevention strategies have expanded to include the notion of planetary health, which is the interconnectedness of humans' well-being and the well-being of their environment. Ayurveda provides a similar approach through the *Loka-Purusha Samya*, which describes the relationship between humans and their environment. Additionally, the *Charaka Samhita* discusses the concept of *Janapadodhwamsa* and identifies certain characteristics of the environment, like air, water, land, and the season, as leading to the spread of epidemic disease. To create an integrated preventative approach, it will be necessary to utilize modern day environmental health policies and traditional remedies and recommend behaviors based on established natural ecological cycles to provide for a more sustainable and holistic health system.

Behavioral Medicine and Neuropsychology

Many lifestyle problems, including diabetes, hypertension, and obesity, are recognized by modern medicine to be primarily caused by behavioral variables, such as bad eating habits, persistent stress, and inactivity. As a result, behavioral science and the study of habit development have emerged as key components of successful preventative methods, emphasizing long term lifestyle change over temporary fixes. Through the concept of *Prajnaparadha*, which is thought to be a primary cause of disease arising from poor judgment and harmful decisions, Ayurveda provides a profound analogy. Furthermore, the *Sadvritta* principle highlights disciplined behavior and moral living as crucial elements of maintaining health.

Immunological Resilience

The immune response is important in preventing sickness. The recent emergence of concepts such as immunity and recognition of the microbiome illustrate how previous exposure(s) and gut health directly impact how well the immune system functions, as well as how well an individual can resist disease(s). Ayurveda offers an explanation similar to this within its own framework of understanding the immune system; the concept of *Ojas*, or essential energy, is the source of our capacity for immunity and vitality, while *Vyadhikshamatva* refers to our innate ability to resist and overcome disease. Therefore, an integrated strategy of using nutraceuticals with *Rasayana* therapy as part of a holistic preventative program will promote systemic strength and enhances immunity.

Prakriti based Medicine

This approach uses genetic profiling and sophisticated data analytics to identify individual heterogeneity in disease risk and treatment response. In a similar vein public health is moving toward focused interventions that target particular demographic groups. Through the concept of *Prakriti*, or individual constitution, which affects a person's physiological and psychological characteristics as well as their vulnerability to diseases, Ayurveda provides a well-established parallel. Ayurveda promotes individualized dietary, lifestyle, and treatment recommendations based on this knowledge. Therefore, by combining genomic data with *Prakriti* evaluation, an integrated method can produce more detailed and personalized health profiles, allowing for the creation of population stratification models that facilitate accurate, predictive, and focused preventative measures.

Social Model

Today's knowledge of public health indicates that there are many factors that can influence the health and well-being of a person, family or community. Examples of socio-economic factors include education level, income level, occupation (job) type and cultural context (i.e., customs, traditions, etc.) These different socio-economic factors are critical to how people access resources to improve their health or develop healthy habits (behavior), which thus, impacts on their general health. Disparities within different populations of these different socio-economic factors result in corresponding disparities in the amount of sickness and how long a person is likely to live. Ayurveda emphasizes that living in harmony with others, living an ethical life and following moral values are vital for maintaining both individual and community health.

Digital Health and Traditional Wisdom

Artificial intelligence, telemedicine, wearable technology, and other technologies that allow for ongoing monitoring, early health risk detection, and customized interventions are fast transforming modern preventative healthcare. These developments enable people and healthcare systems to transition from episodic

care to data driven, real-time prevention. Through the concept of *Atma Avalokana*, or continual self awareness, which stresses conscious observation of one's body, habits, and mental state as a foundation for preserving health, Ayurveda provides a complementary viewpoint.

Therefore, an integrated method can mix Ayurvedic advises with digital monitoring of lifestyle data, allowing people to match daily routines with their surroundings and constitution.

CONCLUSION

Modern medicine excels in delivering acute care and diagnostic procedures; it also utilizes evidence-based approaches in medical decision-making. Ayurveda is able to provide patients with very effective means of balancing their lifestyles, developing personalized methods of disease prevention, and establishing long-term wellness. Developing an integrated model using current scientific discoveries that are supported by Ayurvedic principles from texts such as the *Charaka Samhita* will move the healthcare system to a level greater than just treating disease and instead make health care system capable of providing the foundation needed to create optimal health through increased resiliency.

REFERENCES

1. Park K. Park's Textbook of Preventive and Social Medicine. 26th ed. Jabalpur: Banarsidas Bhanot Publishers; 2021.
2. Sushruta. Sushruta Samhita. Edited by Kaviraj Ambikadutta Shastri. Varanasi: Chaukhambha Sanskrit Sansthan; 2012.
3. Vagbhata. Ashtanga Sangraha. Translated by K.R. Srikantha Murthy. Varanasi: Chaukhambha Orientalia; 2015.
4. World Health Organization. Global Health Promotion and Disease Prevention Strategies. Geneva: WHO Press; 2020.
5. Lad V. Textbook of Ayurveda: Fundamental Principles. Albuquerque: The Ayurvedic Press; 2002.
6. Marmot M. Social Determinants of Health. 2nd ed. Oxford: Oxford University Press; 2005.
7. Khoury MJ, Bowen MS, Clyne M, Dotson WD, Gwinn ML, Green RF, et al. Precision medicine and public health: an overview. *Genet Med*. 2010; 12(11): 689–701.
8. Sharma PV. Dravyaguna Vijnana. Varanasi: Chaukhambha Bharati Academy; 2013.