



**TRADITIONAL AND MODERN ASPECT OF AYURVEDA RESEARCH
METHODOLOGY**

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ABSTRACT

The ayurveda sciences is the ancient system of India which encompasses diversify approaches of disease management. The different branches of ayurveda involve various methodology related to the medicine & health management. The development of ayurveda science based on different *Pramanas* associated with reasoning experimental protocol and continuous research based on logical rational. The extensive research works have been carried out in the field of ayurveda and the process is still in continuation. The research work in the field of ayurveda need to be carried out with great care therefore proper understanding of research methodology is very essential. Research methodology is organized, structured and worthy exercise to perform investigational approaches for any untouched area. This article summarized various aspect of ayurveda research methodology to explore further development in the field of ayurveda.

KEYWORDS: *Ayurveda, research methodology, protocol, avarana and ashayapkarsha.*

INTRODUCTION

Research methodology is one of the important aspects of research practice which help to design research objective, procedural protocol and data analysis. The research methodology set of objective which is praiseworthy for the field and society, prospective thinking, professional or skill working, data collection and analysis. Research methodology also encompasses information related to the problem which is to be solved, process or method protocol, framework of research approaches, validity and reliability of techniques used for research study and outcome benefits of research.

Ayurveda research methodology may involve concept of *Pancha anumana vakya*; *Pratigya* (hypothesis), *Hetu* (experiment), *Udaharan* (related example), *Upanaya* (acceptance of hypothesis) and *Nigamana* (establishment of a principles). Ayurveda research also encompasses concepts like *Nidanapanchaka*, *Shat kriyakala* and *Janapadodwansaniya* etc. Ayurveda research oriented towards acquiring knowledge through *Aptopdesha* followed by examinations using *pratyaksha*, *anumana* and *pramanas*. However *Chrak* describe *pramanas* as *pariksha* and *Chkrapani* performed various process of evaluation to establish concept of *pariksha*. *Aptopdesha* help to built hypothesis while *pratyaksha pramana* help to collect data. *Anumana* means inference drawn from

collected data after experimental study. Finally writing results and conclusion based on research finding.



Figure 1: *Pramanas* (Investigations) offer reasoning/rational/logic behind research.

Steps of Research Methodology in Ayurveda:

- Finding a problem
- Defining concept/aspect
- Developing the hypothesis
- Selecting protocol
- Testing protocol
- Data analysis
- Standardization/experimental validation
- Suggesting outcome/significance/finding of study
- Report writing

The need of research in ayurveda

- Exploration of textual literary concept.
- Some ayurveda concepts are still to explore like; *avarana* and *ashayapkarsha*, etc.
- The concept of *rasa*, *guna*, *veerya*, *vipaka* for new drugs need continuation work as drug discovered.
- Research scope on unknown, ambiguous and *pratinidhi dravya*.
- To establish novel treatment protocol and diagnostic methods in *Ayurveda*.

Need of research methodology in ayurveda

The research study needs proofs and evident, careful investigations, observations and analysis of data

accuracy, experimental conviction, rational or logical reasoning for performing research and validity of adopted protocol. These all aspect only covers by understanding & adopting appropriate research methodology related to the research investigation being preformed.

The aspects which need to be consider while adopting specific research methodology in Ayurveda.

- The consideration of basic differences between ayurveda and modern medical science.
- *Prakriti*, *Agni*, *Srotas*, *Dhatu*, *Rasayana*, *Shatkriyakala*, *Ojabala*, *Agnibala* and *Manobala* must be considered while designing protocol.
- The expertise handling and expert opinion is required.
- The appropriate diagnostic method, disease pathogenesis, nature of drug, adopted process/method and basic principles of ayurveda need to be taken in consideration while adopting specific research protocol.
- The outcome of research should be worthy and helpful to society.



Figure 2: Classical research methods of ayurveda.

Table 1: Different types of research.

Basis of research	Research types	Utilization
Research based on Novelty	Pure	Research to find something by examining anything
	Primary	Research done first time (nobody else has found)
	Secondary	Discovered through original research
Research based on outcome	Directed	Specific purpose/specified outcome
	Non- directed	No specific purpose/ outcome not specified
Research based on experimental presentation	Descriptive	Systematic description of situation and problems etc.
	Co- relational	To establish/prove relationship
	Explanatory	To explain reasoning behind some relationship/hypothesis
	Exploratory	To explore specific area where little is known

Evidence-based research approaches of Ayurveda.

- Research based on scriptural and folklore (traditional) claim.
- Research based on observations made after long experience (continuous practice).
- Research based on traditional use.
- Research based on hypothesis involve mass acceptance.
- *Guna* of the Drug
- *Prabhava* of the Drug
- *Asmin Ritau Evam Grihitam* (Time and Mode of Collection)
- *Asmin Deshe Jatam* (Place of Origin and Growth)
- *Upaskrutam* (Transformation or Processing)
- *Nihitam* (Mode of Storage and Preservation)
- Clinical Research

Traditional consideration of ayurveda research methodology.

- *Vidya*: knowledge of field.
- *Vitarka*: reasoning/rational of research.
- *Vignana*: scientific method/experimental protocol.
- *Smruti*: memory/key points.
- *Tatparta*: repeated observation / curiosity.
- *Kriya*: practical application/utility of research.

The research area in ayurveda

- Drug Research
- Literary Research
- *Prakriti* of the Drug

CONCLUSION

The literature study suggested that there are need to develop research protocols which help to explore concepts of ayurveda. The research in field of ayurveda requires consideration of traditional concept as well as modern approach. The establishment & validation of experimental protocol is one of the important tools of research methodology. The consideration of proper methodology is very important aspect towards the research in the field of ayurveda. The research methodology help to select standard protocol for ayurveda research which is accepted globally to develop new parameters for the designed study topics.

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