



**AYURVEDA AND MODERN PERSPECTIVE ON RESEARCH METHODOLOGY W.S.R.
TO CONCEPT OF VAADMARGA**

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ABSTRACT

The evolution of human civilization witnessed development of medical science and Ayurveda science is one of them. Ayurveda deals with use of medicine and other therapeutic approaches for the management of good health status. Ayurveda not only focuses on physical and mental health but it also gives equal importance to spiritual health. The study of Ayurveda literature in systemic manner is prerequisite to explore theories and principles of Ayurveda science, in this regards Ayurveda classic described some tools of research methodology as *Vaadmarga*. These tools of research methodology (*Vaadmarga*) helps researcher to explore scientific principles in systemic manner. Considering importance of this aspect present article described some aspects of Ayurveda research methodology W.S.R. to classical descriptions of concept of *Vaadmarga*.

KEYWORDS: Ayurveda, Research Methodology, Vaadmarga, Pratigya, Hetu.

INTRODUCTION

Research methodology means considerations of systematic procedure for carrying out research or investigational studies to explore something with newer aspects. The careful investigations, observations, experiments, interpretation of data and fruitful outcome are some aspects of fundamental research. It is said that before performing some research work it is essential to visualize or propose a logical hypothesis related to expected outcome. The evidence based facts supporting observed data; logical reasoning of research and capability to convince scientific fraternity are some aspects which one should consider before conducting any research work. **Figure 1** depicted some prerequisite factors related to research methodology:

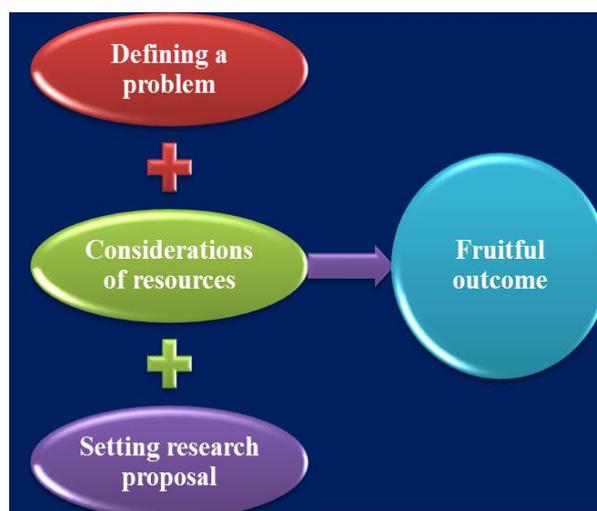


Figure 1: Essential components of Ayurveda research methodology.

The fundamentals science of Ayurveda established concept of “*Loka Purusha Samanya*” which resembles uniformity of nature that can be elaborated by sentence that “all major components of universe/nature also find in human body. Therefore major research associated with ayurveda involves basic concepts of natural harmony and composition of universe.

Need of Ayurveda Research Methodology

- To understand the sequencing of research proposal thoroughly
- Proper research development enhances strength of Ayurveda
- The conduction of proper research methodology helps to resolve critical problems of Ayurveda
- The lack of standard research protocol can misleads scientific society

The modern science mainly focuses followings steps which one should consider during study or study design:

- ❖ Selection of study area; defining objective of study
- ❖ Formation of a hypothesis
- ❖ Study tool selection based on types of study
- ❖ Experimentation/study protocol
- ❖ Observations/ data collection
- ❖ Analysis or interpretation of data
- ❖ Conclusive remarks/study outcome/ acceptance or rejection of hypothesis
- ❖ Preparation of study report/thesis/dissertation

The research study may be original and secondary types. Original research means investigating new are where no work has been done previously. Secondary study means investigating something based on previous research work as a consecutive study. Another classification mentioned four types of research; descriptive, co- relational, explanatory and exploratory. Descriptive research involves systematic or problems based research, co- relational research means to investigate relationship with existed data, explanatory research describes reasoning behind relationship and exploratory research means investigating something that is unknown, etc.

Ayurveda and modern perspective on research methodology

Ayurveda science also emphasizes different tools and techniques of research methodology which are required to be consider while planning for research or literary study. Ayurveda mentioned concepts of *Vaadmarga* as method of scientific proposal/discussion/presentation of

data that helps to prove some theory on the basic of investigational study. Ayurveda mentioned total 44 *Vaadmarga* as study tools such as; *Pratigya*, *Hetu*, *Udaharan*, *Upanay* & *Nigaman*, etc. The proposal of a hypothesis, experimental protocol, data analysis and acceptance or rejection of hypothesis, etc. are principle component of study design and ayurveda described these all aspects as *Vaadmarga*; some of them can be elaborated as follows:

➤ Hypothesis

Hypothesis can described as “*Pratigya*” that resembles statement related to research problem, *Pratigya* or hypothesis nothing but it is aim to be proved. The *Pratigya*/ hypothesis put on the basis of *Sthapana* that involves consideration of other factors such as; *Hetu*, *Dristanta* and *Nigaman*, etc.

➤ Reasoning behind study

The logical reasoning behind research study described as “*Hetu*” in ayurveda science that is mainly derived from *Pramanas* (evidences). As per modern science previous knowledge, direct observation, assumption and inference, etc. are some factors that support logical reasoning behind research study. Similarly Ayurveda described *Anuman*, *Upanay*, *Aptopodesh* and *Pratyaksha*, etc. as supporting evidence of *Hetu*.

➤ Related works/Examples

The examples related to study protocol described as *Drishtanta/Udaharan* in ayurveda which plays important role put research hypothesis. The *Udaharan* should be easy, fruitful and relates with study objectives.

➤ Correlation

The relation with problem or objective of study defined as *Upanay* in Ayurveda that gives logical sequence of study objectives.

➤ Conclusion

Conclusion means summarizing remarks of study defined as *Nigaman* in Ayurveda that helps to establish or validates hypothesis (*Pratigya*).

Table 1: Depicted some terminology related to Ayurveda *Vaadmarga* and their modern explanations.

| S. No. | Ayurveda term related to <i>Vaadmarga</i> | Modern explanations |
|--------|---|---|
| 1 | <i>Aptopodesh</i> | Previous research or knowledge |
| 2 | <i>Pratyaksha</i> | Direct observation |
| 3 | <i>Anuman</i> | Inference |
| 5 | <i>Yukti Praman</i> | Conclusion based on <i>Pratyaksha</i> and <i>Anuman</i> |
| 6 | <i>Vidya</i> | Knowledge |
| 7 | <i>Vitarka</i> | Reasoning |
| 8 | <i>Vignana</i> | Scientific Method |
| 9 | <i>Tatparta</i> | Repeated observation |
| 10 | <i>Kriya</i> | Practical application |
| 11 | <i>Pramanas</i> | Investigations |
| 12 | <i>Udaharan</i> | Examples |

DISCUSSION

The study of Ayurveda principles in systemic manner is requirement of current scenario to explore various

concepts of Ayurveda in scientific manner. The Ayurveda classic described *Vaadmarga* as tools of research methodology that helps to explore scientific

principles in systemic manner. The method of scientific proposal/discussion/presentation of data comes under concepts of *Vaadmarga* which helps to prove some theory on the basic of investigational study. Ayurveda mentioned total 44 *Vaadmarga* that helps to put research hypothesis, experimental protocol, data analysis and inferences of study, on the basis of finding of systematic research methodology the hypothesis can be accepted or rejected.

CONCLUSION

The *Vaadmarga* related to research methodology can be correlated with modern concept; *Pratigya*, *Hetu*, *Udaharan*, *Upanay* & *Nigaman*, etc. are some important tools of Ayurveda research methodology. *Pratigya* means hypothesis or proposal of research topic, *Hetu* means logical reasoning behind research, *Udaharan* can be correlates with related examples, *Upanay* and *Nigaman* means conclusion and revalidation of hypothesis. Article also mentioned that for planning of good research fundamental it is essential to considers other aspects of *Vaadmarga* like; knowledge of previous resources (*Aptopadesha*), knowledge from senses/observation (*Pratyaksha*), reasoning knowledge/assumption based on facts (*Anumana*) and ingenuity knowledge (*Yukti*), etc. Finally it can be concluded that considerations of concept of *Vaadmarga* is very important for conducting fruitful research work in field of Ayurveda science.

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