

Implications for Clinical Practice and Research in Ayurveda Medication

Ashok Kumar Panda*

Department of Clinical Research, Central Ayurveda Research Institute of Hepatobiliary Disorders, Bharatpur, Bhubaneswar, Odisha, India

Editorial Note

Ayurveda medication non-adherence is a growing concern of Ayurveda clinician, researchers and policy maker for its growing popularity and its clinical implications. It always hinders the therapeutic efficacy and shows low clinical outcomes in practice and research. Approximately 50% patients with chronic illness do not take prescribed medications as directed [1]. Medication adherence usually refers to whether patients take their prescribed medicine (e.g., as thrice daily before meal along with honey), as well as whether they continue as compliance are used interchangeably. However, their connotations are different: Adherence presumes the patient's agreement with the recommendations, whereas compliance implies patient passivity [3]. Nonadherence to Ayurveda medication and Panchakarma intervention are commonly observed by our clinicians but very rare doctor think to increase adherence to Ayurveda medications in routine clinical practice. Therefore it is thought to be discussed to find out new strategies to improve medication adherence and persistence for better clinical outcome without compromising the basic concept of Ayurveda. It is necessary for undergraduate and post graduate student, clinician and researcher to understand medication adherence in Ayurveda prospective, recent methodologies to assess, prevalence of Ayurveda medication nonadherence in hospital, reasons for Ayurveda medication non adherence and the strategies to improve medication adherence and compliance.

Medication Adherence in Ayurveda Prospective

World Health organisation recognised Ayurveda as traditional medicine (TRM) of India, the oldest medical literature originated, practised and utilized by Indian subcontinent at large since centuries. It is getting global reorganisation at present by virtue of its clear-cut concept, efficacy of medicine, essential elements of health and important healthy life [4]. Ayurveda is basically more accepted for the management of non-communicable or lifestyle disorders which prevalence is grater compared to communicable disorders [5]. Ayurveda clinic and hospital have more chronic disease patients with/

be implemented in Ayurveda system. Direct methods include directly observed therapy, measurement of the level of medicine or metabolite in blood, and measurement of the bio active molecules in blood. These methods are not utilized for Ayurveda medication as Ayurveda drug contains many bio active molecules. Indirect methods of adherence