

Comparison of Allopathy vs. Ayurveda in Managing Lifestyle Disorders

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Introduction

- **Lifestyle disorders: Diabetes, Hypertension, PCOS, Obesity, Thyroid issues.**
- **Allopathy: Quick symptom relief; Ayurveda: Root-cause healing.**
- **Study compares patient experiences with both systems.**

Objectives of the Study

- **Assess patient satisfaction and preferences.**
- **Compare effectiveness and side effects.**
- **Evaluate integrative care potential in chronic disease management.**

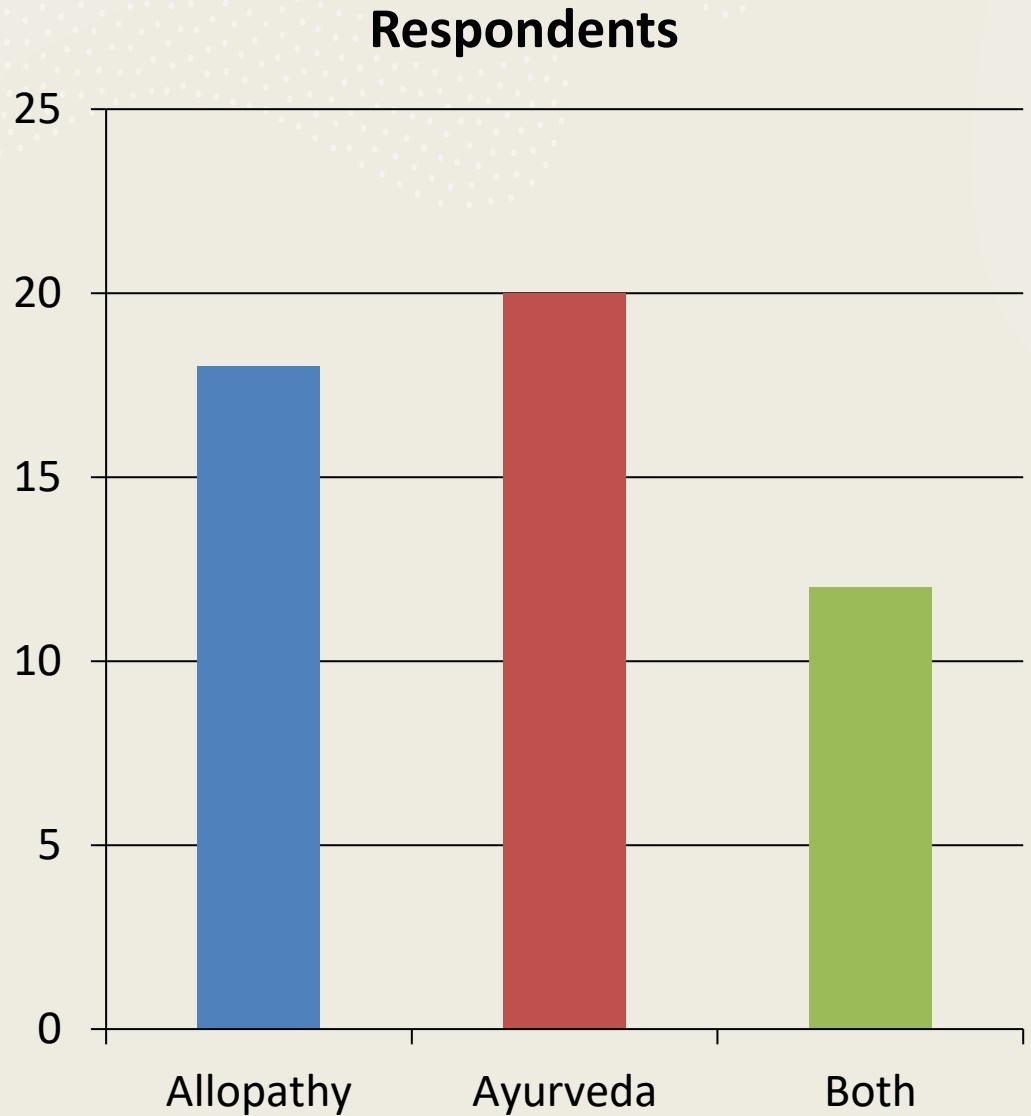
Methodology

- **Descriptive cross-sectional design.**
- **50 participants aged 25–60, experienced both systems.**
- **Data via online survey + short interviews.**
- **Mixed methods: quantitative & qualitative analysis**

Key Findings

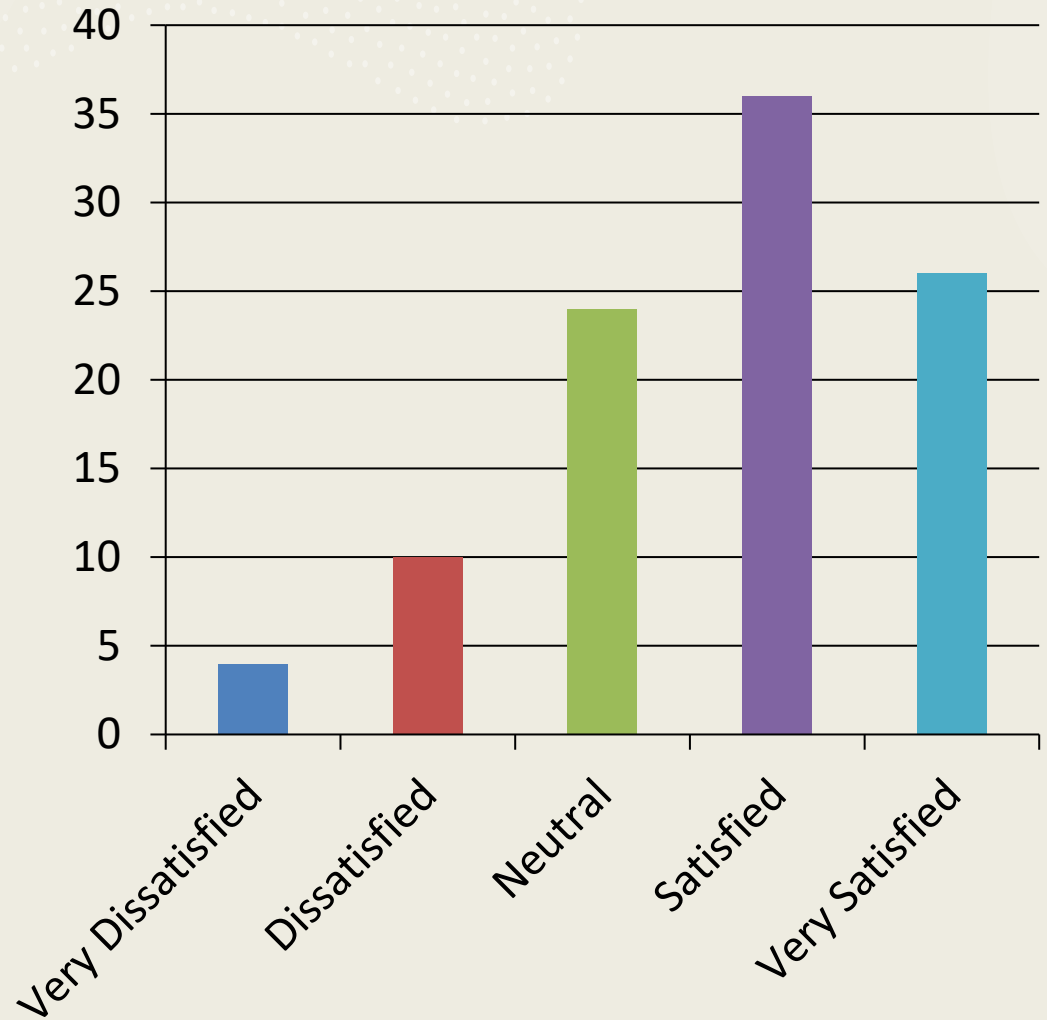
- 40% preferred Ayurveda, 36% Allopathy, 24% both.
- Ayurveda favored for long-term relief, fewer side effects.
- Allopathy preferred for acute symptom relief and accessibility.

System of Medicine Preferred



Satisfaction with Each System

Ayurveda vs. Allopathy (Count)



Side Effects Experienced

- **Allopathy: 60% reported side effects (fatigue, gastric issues).**
- **Ayurveda: 20% reported side effects (mostly mild digestion issues).**
- **Patients felt safer with herbal formulations under guidance.**

Long-Term Relief & Trust

- **72% reported long-term relief with Ayurveda.**
- **Allopathy seen as necessary for emergencies.**
- **Patients appreciated lifestyle-based Ayurvedic care.**

Patient Insights (Qualitative)

- “Ayurveda felt like a lifestyle, not just treatment.”
- “Side effects in Allopathy made me switch.”
- “I trust Ayurveda for long-term balance; use Allopathy for emergencies.”

Conclusion

- Ayurveda preferred for chronic management.
- Allopathy remains key in acute/emergency care.
- Integrated healthcare model offers highest patient satisfaction.

Recommendations

1

Promote evidence-based integrative healthcare.

2

Standardize Ayurvedic protocols for chronic disease care.

3

Raise awareness about patient-centered treatment approaches.

Thank You

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