

Research Synopsis

Title:

Comparison of Allopathy vs. Ayurveda in Managing Lifestyle Disorders: A Patient-Centered Perception Study

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Date of Submission:**Abstract**

Lifestyle disorders such as Type 2 Diabetes, Hypertension, Obesity, Thyroid dysfunction, and PCOS are on the rise in India. With patients increasingly seeking holistic and long-term care, this study aims to compare Allopathy and Ayurveda from a patient-centered perception. Conducted during an online internship at Vedamrita Hospital, Hisar, the research employed a mixed-method approach through structured questionnaires and short interviews with individuals who had experienced both medical systems. Findings reveal that while Allopathy is preferred for acute symptom relief, Ayurveda is favored for long-term management due to fewer side effects and a holistic approach. The study offers practical insights into evolving healthcare preferences and the potential of integrative medicine in managing chronic conditions.

Introduction

The rise of lifestyle disorders in India has amplified the debate over the most effective medical system for long-term disease management. While Allopathy provides fast relief and clinical precision, Ayurveda emphasizes root-cause healing, lifestyle correction, and prevention. This dichotomy has created a fertile ground for understanding how patients perceive and choose between the two. This research explores those perceptions, aiming to uncover patterns that may inform future healthcare models, especially in the Indian context where both systems are widely practiced.

Literature Review**Allopathy and Its Strengths**

Allopathy dominates global healthcare with evidence-based treatments and rapid symptom control. It is highly effective in emergencies, surgical interventions, and managing disease progression.

Ayurveda and Holistic Healing

Ayurveda focuses on prevention, natural therapies, and mental well-being. Studies have shown significant patient satisfaction due to minimal side effects and sustainable results.

Shift Toward Integrative Models

Growing awareness of wellness and dissatisfaction with long-term pharmaceutical side effects is prompting patients to explore Ayurveda. Literature reveals a rising trend in integrative healthcare models combining modern diagnostics with Ayurvedic therapies.

Gaps Identified

Despite interest in Ayurveda, limitations such as lack of standardization, regulatory oversight, and evidence-based validations restrict its widespread acceptance in clinical settings.

Objectives / Aims of the Study

- To assess patients' perception and satisfaction with Allopathy and Ayurveda.
- To compare the perceived effectiveness, affordability, and side effects of both systems.
- To evaluate patient preferences for long-term versus short-term care.
- To analyze real-world treatment experiences and willingness to recommend.
- To explore the potential of integrative healthcare in managing lifestyle disorders.

Methodology

Research Design

Descriptive, cross-sectional study using a mixed-methods approach.

Sampling Methods & Participant Selection

Purposive sampling; participants aged 25–60 years with experience in both Allopathic and Ayurvedic treatments for at least 3 months.

Data Sources

- Online survey (Google Forms)
- Short patient interviews (Google Meet)
- Literature review of peer-reviewed journals and government reports

Data Collection Method

- Structured questionnaire covering demographics, health condition, system-specific experience, preferences, and satisfaction
- Open-ended qualitative responses for thematic analysis

Data Analysis Techniques

- Descriptive statistics (frequencies, percentages)

- Cross-tabulations and charts for comparison
- Thematic coding for qualitative insights

Ethical Considerations

No physical intervention or identifiers were involved. Informed consent was obtained digitally. The study adhered to IIHMR's ethical standards and did not require Institutional Ethics Committee approval.

Expected Outcomes

- A detailed comparative evaluation of Allopathy and Ayurveda from a patient perspective
- Insights into shifting treatment preferences and satisfaction levels
- Strategic recommendations for implementing integrative healthcare models in chronic disease management
- Contributions to policy discussions on personalized and culturally inclusive healthcare delivery

Timeline (Week-by-Week Work Division)

Week Task / Activity

- 1 Topic finalization, initial literature review
- 2 Designing questionnaire and pilot testing
- 3 Data collection (survey and interviews)
- 4 Data cleaning and coding
- 5 Statistical and thematic analysis
- 6 Writing Literature Review and Methodology
- 7 Drafting Results and Data Interpretation
- 8 Writing Findings, Discussion, and Recommendations
- 9 First draft review and mentor feedback
- 10 Revisions and final formatting
- 11 Presentation/slides (if required)
- 12 Final submission and archiving

References

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