

Dissertation Synopsis

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Title

The Role of Integrated Ayurveda and Yoga in Addressing the Non-Communicable Disease Epidemic in India: A Comprehensive Analysis Focusing on Preventative and Curative Approaches

Introduction

India is facing a severe, silent and deadly public health crisis due to an escalated pandemic of Non communicable diseases (NCDs) , such as cancer, cardiovascular diseases, diabetes and chronic respiratory illnesses¹ . The burden of such non communicable diseases account for not only 63% of all mortalities per annum in India but also drive a lot of families into poverty and increased financial burden .^{3,22} The primary reason for these diseases can be attributed to lifestyle changes which have become increasingly sedentary due to rapid urbanization , unhealthy dietary practices and psychosocial stress factors. Considering that these diseases are of chronic nature and have a significant relation with lifestyle factors , a holistic approach is required to address such predicaments. Which is why integrating traditional healthcare systems could provide a holistic approach to tackle the burden of non communicable diseases. This study comprehensively analyses the potential of Integrating such traditional medical systems such as Ayurveda and Yoga to be incorporated into mainstream treatment modules to create an effective, efficient, accessible, affordable and a sustainable framework for NCD prevention and Management in India.

Research question

Whether the integration of Ayurveda and Yoga into Mainstream Treatment Modules , could effectively help address the growing NCD burden in India?

Objectives

- Evaluate the current level of integration of Ayurveda and Yoga in the existing government healthcare framework for NCD management.
- Assess the effectiveness of ongoing government programs that promote integrated medicine to control NCDs
- To explore the perceived benefits and challenges of adopting Ayurvedic and Yogic interventions from the perspectives of healthcare professionals and patients.
- To provide evidence based recommendations for strengthening the integration of Ayurveda and Yoga into India's national health system for enhanced NCD control.

Hypothesis

The evidence based and systematic integration of Ayurveda and Yoga into mainstream treatment modules within the ambit of India's National Healthcare system would lead to a significant reduction in the nation's Non Communicable Disease burden, with a significant reduction in NCD caused mortalities , reduced economic burden and greater patient engagement in self care compared to the use of conventional medicine alone.

Materials and methods

- Study design: A comprehensive descriptive ,analytical and narrative study based on an extensive review of existing literature, including government policies, national health program reports, peer- reviewed research articles , and published case studies .
- Setting : This study focuses on implementation in healthcare landscape on an national scale from primary healthcare to tertiary healthcare systems
- Inclusion criteria: research articles, academic journals , policy document namely NHP 2017 , and official documents of Ministry of Health and Family Welfare, Ministry of AYUSH ; regarding integration of ayurveda and yoga into mainstream healthcare.
- Exclusion criteria : Literature not pertaining to the Indian context or focusing solely on alternative therapies were excluded
- Study tools: The study utilizes qualitative synthesis of information extracted from government reports, policy documents scientific publications and institutional websites.
- Duration of Study: The study was conducted from 10th march 2025 to 31st may 2025 .
- Data collection Procedure : Data was gathered systematically and synthesized from various credible sources . the information was then thematically organized according to the foundational principles of Ayurveda and Yoga , and their disease specific applications in cardio vascular diseases , diabetes and chronic respiratory disorders, which are the predominant NCDs affecting the Indian population.

Operational definition

- **Non-Communicable Diseases (NCDs):** Chronic conditions including cardiovascular diseases, diabetes, cancers, and chronic respiratory diseases as defined by the World Health Organization. ¹²¹²¹²¹²
- **Integrated Healthcare:** A healthcare model where AYUSH systems (Ayurveda and Yoga) are used in conjunction with conventional medicine in a coordinated manner to provide comprehensive patient care. ¹³

- **Ayurveda:** The traditional Indian system of medicine emphasizing balance in bodily systems (doshas), diet (Ahara), lifestyle (Vihara), and purification (Panchakarma) for health and wellness. ¹⁴¹⁴¹⁴¹⁴
- **Yoga:** A holistic system of physical postures (Asanas), breathing techniques (Pranayama), and meditation (Dhyana) aimed at achieving mind-body harmony and stress reduction. ¹⁵

Data analysis plan

A comprehensive thematic qualitative study was conducted. Information from various credible sources were systematically coded synthesized to identify key themes and patterns related to integrative medicine in NCD management. The analysis will thus be presented descriptively, supported by evidence from the reviewed literature.

Ethical considerations

This study is based on the analysis of publicly available documents and literature; therefore, formal ethical approval from a committee was not required. All sources used in the research have been meticulously cited to ensure academic integrity and avoid plagiarism. For any primary research that may follow from this dissertation, informed consent will be obtained from all participants, and stringent measures will be taken to ensure the privacy and confidentiality of their data.

Implications of this research

This research holds significant implications for public health policy and practice in India. The findings will provide policymakers with a robust, evidence-based framework for strengthening the implementation of integrated NCD management programs. For healthcare providers, it offers insights into collaborative care models that can improve patient outcomes. Ultimately, by demonstrating a cost-effective and culturally acceptable approach, this study can help reduce the immense economic and social burden of NCDs, empowering the population with knowledge and tools for better self-management and contributing to a more holistic and resilient national healthcare system. ¹⁶

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