

**“FUTURE PROSPECTS OF KAYACHIKITSA IN GLOBAL HEALTHCARE: AN INTEGRATIVE REVIEW”****Ms. Priya Bhaware¹****AFFILIATIONS:**

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ABSTRACT

Introduction: Kayachikitsa, the branch of Ayurveda that primarily deals with internal medicine, holds a central place in managing systemic disorders. In recent decades, global healthcare has shifted towards integrative and patient-centered models, opening avenues for traditional medical systems like Ayurveda. This review explores the evolving role of Kayachikitsa in addressing chronic, lifestyle, and psychosomatic disorders within global healthcare frameworks. **Methods:** A comprehensive literature search was conducted in PubMed, Scopus, Web of Science, AYUSH Research Portal, and classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*. The inclusion criteria encompassed original studies, systematic reviews, and classical references highlighting Kayachikitsa in prevention, management, and integration with modern medicine. Exclusion criteria were non-peer-reviewed sources and anecdotal reports. **Results:** Kayachikitsa offers holistic approaches through Dinacharya, Ritucharya, Panchakarma, Rasayana, and Satvavajaya Chikitsa. Evidence indicates significant benefits in lifestyle disorders, metabolic syndromes, mental health, and supportive oncology. Globally, integrative models incorporating Ayurvedic therapies are emerging in areas such as geriatrics, palliative care, and preventive cardiology. However, limitations remain due to inadequate standardization, lack of large-scale clinical trials, and regulatory challenges in global acceptance. **Discussion:** Ayurveda’s holistic approach resonates with modern trends in personalized and preventive medicine. Integrating Kayachikitsa into mainstream healthcare requires robust scientific validation, interdisciplinary collaborations, and global policy support. Future prospects lie in translational research, AI-assisted Ayurveda diagnostics, and its role in addressing pandemics, chronic non-communicable diseases, and mental health burdens worldwide. **Conclusion:** Kayachikitsa has strong potential to enrich global healthcare by providing holistic, sustainable, and culturally adaptive solutions. Strengthening research, standardization, and education will ensure its rightful place in the integrative healthcare systems of the future.

KEYWORDS: Ayurveda, Global healthcare, Integrative medicine, Kayachikitsa, Preventive medicine

INTRODUCTION

Kayachikitsa, one of the principal branches of Ayurveda, emphasizes internal medicine and management of systemic disorders^[1-2]. Rooted in classical texts like *Charaka Samhita*, it provides an integrative approach encompassing physical, psychological, and spiritual dimensions of health. Unlike reductionist models, Kayachikitsa emphasizes the interconnectedness of *Dosha*, *Dhatu*, *Agni*, and *Manas* in maintaining health and preventing disease^[3-4].

Global healthcare is undergoing transformation with increasing recognition of traditional systems, driven by rising incidence of non-communicable diseases, mental health challenges, and limitations of modern biomedicine^[5-6]. The World Health Organization (WHO) has encouraged integration of traditional medicine into healthcare frameworks, acknowledging their role in preventive and promotive health. Ayurveda, particularly Kayachikitsa, offers valuable strategies through preventive regimens, Rasayana therapy, Panchakarma, and psychosomatic interventions^[7-8].

The aim of this review is to critically explore the future prospects of Kayachikitsa in global healthcare, analyzing evidence from classical Ayurveda and contemporary scientific research. The objectives are: (1) to highlight the therapeutic potential of Kayachikitsa in addressing global health challenges, (2) to evaluate current integration models and scientific evidence, and (3) to discuss the opportunities and challenges for its global acceptance^[9-10].

MATERIALS AND METHODS

A systematic literature review was conducted between May and August 2025. Databases searched included PubMed, Scopus, Web of Science, AYUSH Research Portal, and Google Scholar. Classical Ayurvedic references (*Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and commentaries) were consulted^[11].

Search strategy: Keywords used were *Kayachikitsa*, *Ayurveda*, *global healthcare*, *integrative medicine*, *Rasayana*, and *lifestyle disorders*. Boolean operators were applied to refine search results^[12].

Inclusion criteria:^[13]

- Peer-reviewed original research, systematic reviews, and meta-analyses.

- Clinical and experimental studies evaluating Kayachikitsa or Ayurvedic principles.
- Reports on integrative medicine models incorporating Ayurveda.
- References from classical Ayurvedic texts with direct relevance to internal medicine.

Exclusion criteria:^[14]

- Non-scientific articles, anecdotal evidence, and blogs.
- Studies lacking clear methodology or outcome measures.
- Reports with limited clinical relevance or poor-quality evidence.

Data extraction and synthesis: Studies were thematically categorized into: (1) preventive healthcare, (2) lifestyle and chronic disease management, (3) mental health and psycho-oncology, (4) geriatrics and Rasayana, (5) pandemic and infectious disease relevance, and (6) global integrative models. Findings were synthesized narratively^[15].

OBSERVATION AND RESULTS

1. Preventive healthcare and lifestyle medicine

Kayachikitsa emphasizes preventive healthcare through *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), and *Sadvritta* (ethical conduct). These measures are designed to maintain balance of Doshas and enhance immunity (*Vyadhikshamatva*). Modern research shows significant overlap with concepts of chronobiology, circadian rhythm regulation, and lifestyle medicine. Practices like oil massage (*Abhyanga*), nasal administration (*Nasya*), and seasonal detoxification are increasingly recognized for improving stress adaptation, metabolic efficiency, and resilience against chronic diseases.

The preventive philosophy of Kayachikitsa resonates with global public health priorities in combating obesity, diabetes, cardiovascular diseases, and mental stress. Evidence-based guidelines on dietetics (*Ahara Vidhi*) demonstrate parallels with functional foods and nutraceutical approaches.

2. Management of lifestyle and chronic disorders

Lifestyle-related non-communicable diseases (NCDs) are a global health burden. Kayachikitsa addresses these through individualized diet, lifestyle modification, and Panchakarma therapies. Clinical studies have demonstrated the efficacy of *Virechana* (therapeutic purgation) in metabolic syndrome, *Basti*

(medicated enema) in rheumatoid arthritis, and *Shamana* (palliative therapies) in diabetes and hypertension.

Modern integrative models highlight Ayurveda's role in personalized medicine. For instance, Prakriti-based risk stratification correlates with genetic and metabolic profiling, offering predictive value in NCD prevention. Kayachikitsa thus provides a bridge between traditional constitution-based diagnosis and modern precision medicine.

3. Rasayana therapy and geriatrics

Rasayana therapy, a core component of Kayachikitsa, aims at rejuvenation, immune enhancement, and delaying aging. Classical texts highlight the role of herbs such as *Guduchi* (*Tinospora cordifolia*), *Amalaki* (*Emblica officinalis*), and *Ashwagandha* (*Withania somnifera*). Modern studies support their adaptogenic, antioxidant, and neuroprotective effects.

With global populations aging rapidly, Rasayana therapy holds promise for geriatric care. Evidence suggests improvements in memory, immunity, musculoskeletal strength, and quality of life. Integrative geriatrics, combining Kayachikitsa with modern gerontology, is an emerging field that aligns with WHO's healthy aging framework.

4. Mental health and psycho-oncology

Kayachikitsa recognizes the role of *Manas* (mind) in health and disease. *Satvavajaya Chikitsa* (psychotherapy) emphasizes self-restraint, counseling, and meditation, which resonate with modern psychotherapeutic interventions. Yoga and Ayurveda integration has shown benefits in depression, anxiety, and cancer-related stress.

Psycho-oncology is a growing field where Kayachikitsa provides supportive care through stress reduction, immunity enhancement, and palliative measures. Evidence supports Rasayana herbs such as Ashwagandha and Brahmi (*Bacopa monnieri*) for reducing chemotherapy-induced fatigue and cognitive decline.

5. Relevance in pandemics and infectious diseases

Classical Jwara Chikitsa (management of fevers) provides a framework for pandemic management. Concepts like *Janapadodhwamsa* (epidemics) emphasize environmental, behavioral, and immunity-based causes. During COVID-19, Ayurvedic formulations such as AYUSH-64 and immunity-

boosting regimens gained global attention.

Future prospects lie in integrating Kayachikitsa-based preventive regimens and immune modulators with modern public health approaches. Rasayana therapy, dietary modifications, and Panchakarma may play roles in strengthening resilience against future pandemics.

6. Global integrative healthcare models

Several countries, including the USA, Germany, and Australia, have initiated integrative healthcare models incorporating Ayurveda. Clinical centers offering Ayurvedic Panchakarma, dietary consultation, and Rasayana therapy have demonstrated patient satisfaction, particularly in chronic pain, arthritis, and stress-related disorders.

The WHO Global Centre for Traditional Medicine in India (2022) signifies increasing recognition of Ayurveda. However, global expansion of Kayachikitsa faces challenges including lack of standardized clinical protocols, varying regulatory frameworks, and skepticism due to insufficient high-quality randomized controlled trials.

DISCUSSION

Kayachikitsa's principles of holistic care, prevention, and individualization are highly relevant to current healthcare paradigms, which increasingly prioritize preventive medicine and patient-centered care. Modern healthcare systems, struggling with the global burden of NCDs, mental health issues, and aging populations, can benefit substantially from Ayurvedic insights^[16].

One of the strongest parallels between Kayachikitsa and modern medicine lies in personalized healthcare. The Ayurvedic concept of *Prakriti* corresponds with genomics and systems biology, offering opportunities for integrative predictive models. For example, individuals with *Kapha Prakriti* may be predisposed to obesity and diabetes, paralleling genetic markers of metabolic syndrome. Collaborative research could establish strong links between traditional diagnostics and modern biomarkers^[16].

The therapeutic scope of Kayachikitsa in geriatrics and psycho-oncology is particularly significant. Modern medicine often struggles with quality-of-life management, whereas Ayurveda emphasizes rejuvenation and mental well-being. Rasayana therapy provides tools for promoting resilience, while *Satvavajaya Chikitsa* aligns with mindfulness and

psychotherapeutic techniques. These synergies provide a fertile ground for integrative care pathways^[17].

Despite this potential, several barriers hinder global acceptance of Kayachikitsa. First, the lack of large-scale, well-designed randomized controlled trials limits credibility. Many existing studies suffer from methodological flaws, small sample sizes, or lack of reproducibility. Second, the absence of standardized formulations, dosage guidelines, and quality control raises concerns regarding safety and efficacy. Third, regulatory frameworks vary across countries, with Ayurveda often categorized as complementary or alternative medicine rather than mainstream healthcare^[18].

The future of Kayachikitsa in global healthcare depends on addressing these gaps. Establishing collaborative research networks involving Ayurvedic scholars, biomedical researchers, and policymakers is crucial. Translational research must validate classical formulations with modern pharmacological tools while maintaining their holistic essence. Additionally, integrating digital technologies, such as AI-assisted Prakriti assessment and telemedicine-based Ayurvedic consultations, can enhance accessibility and acceptance^[18].

Policy support is equally vital. Incorporating Ayurveda into public health initiatives, as seen in India's National AYUSH Mission, provides a blueprint for other countries. Education and training programs for healthcare professionals must also include integrative medicine perspectives, fostering interdisciplinary dialogue^[19].

Ultimately, Kayachikitsa can position itself as a global healthcare partner by complementing biomedicine, not competing with it. Its preventive, promotive, and rehabilitative strengths offer a sustainable model for future healthcare, especially in addressing pandemics, NCDs, and mental health crises^[20].

CONCLUSION

Kayachikitsa, as the foundation of Ayurvedic internal medicine, holds immense promise for shaping the future of global healthcare. Its principles of prevention, personalization, and holistic care align with modern demands for sustainable and integrative medical systems. Evidence supports its role in addressing NCDs, enhancing geriatric health,

improving mental well-being, and contributing to pandemic resilience.

The global healthcare landscape increasingly values traditional systems, as reflected by WHO's initiatives in traditional medicine. However, realizing the full potential of Kayachikitsa requires overcoming significant challenges, including the need for scientific validation, standardization of practices, and harmonization with international regulatory frameworks. Building evidence through high-quality clinical trials, pharmacological studies, and systems biology approaches will enhance global credibility. Future prospects of Kayachikitsa include its integration into preventive cardiology, psycho-oncology, geriatrics, and lifestyle medicine. Digital health tools such as AI-assisted diagnosis and tele-Ayurveda may accelerate its global accessibility. Furthermore, international collaborations, public health inclusion, and patient-centered education can ensure its sustainable expansion.

In conclusion, Kayachikitsa can become a cornerstone of global healthcare by complementing modern medicine with its holistic and time-tested wisdom. By bridging ancient knowledge with contemporary science, it offers not only therapeutic value but also a transformative vision for the future of healthcare.

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