



IMPORTANCE OF SUPER-SPECIALTY COURSES IN AYURVEDA FOR ADDRESSING CONTEMPORARY HEALTHCARE CHALLENGES

REENA KULKARNI, Senior Editor, JAHM; Professor and HOD, SDM Institute of Ayurveda & Hospital, Bangaluru, INDIA

drreenakulkarni@gmail.com

VASANT PATIL, Executive Editor, JAHM

ayurvedasant@gmail.com

Access this article online: www.jahm.co.in

Published by Atreya Ayurveda Publications under the license CC-by-NC-SA 4.0

Ayurveda, an ancient traditional healing system originating from the Vedas, holds a revered position in Indian heritage. While it has predominantly functioned as clinical medicine for addressing specific ailments across various regions of India, recent times have seen Ayurveda gaining acceptance primarily in the realm of treating certain diseases.

The focus of Ayurvedic education policy has traditionally centered on mainstreaming basic knowledge and promoting community practices. Efforts to reintroduce specialty courses and revitalize familial practices through Gurukula training have been undertaken, showcasing the clinical applications and practices of Ayurveda. However, the presence of super specialty clinics specializing in areas such as eye treatment, arthritis, urology, pediatric care, and maternity care remains sparse and largely unrecognized by the mainstream population. These clinics, though limited in number, face challenges in disseminating

their principles of practice to the wider medical community due to a lack of standardized practices, skills, documentation, and scientific publications.

With the rising prevalence of non-communicable diseases, malignancies, environmental and occupational hazards, and the growing geriatric population, there is an urgent need to modernize and advance the principles of Ayurveda. Therefore, the introduction of super-specialty courses in Ayurveda is imperative to provide comprehensive knowledge and expertise in specific areas of Ayurvedic medicine. These courses will cater to the increasing demand for highly skilled professionals capable of addressing complex health issues using Ayurvedic principles.

Here are some compelling reasons why super-specialty courses are essential:

1. **Expertise in Specialized Areas:** The prevalence of lifestyle-related diseases and complex health conditions necessitates Ayurvedic specialists who can provide

effective solutions. Specialized training empowers Ayurvedic practitioners to deliver personalized and efficient care by deepening their understanding of specific health issues. This expertise is invaluable for addressing complex health conditions within a chosen specialization.

2. Primary care needs: Despite voluminous efforts from government, nutritional deficiency disorders, Anemia, Intellectual disabilities, allergies, skin diseases and maternal and child health remains to be highest challenge. These cannot be uprooted unless and until traditional and family practices are included as part of treatment at primary care level.
3. Increased Career Opportunities: Completion of a super-specialty course not only enhances professional qualifications but also broadens career prospects. Whether one's inclination is towards clinical practice, research, or educational roles, possessing specialized knowledge positions individuals as highly sought-after experts in their chosen field.
4. Research and Innovation: Super-specialty courses often include research components, motivating practitioners to contribute to the progression of Ayurvedic

knowledge. This research-oriented approach fosters innovation and aids in the development of new treatment modalities and protocols, advancing the field. Further, documented evidences in terms of biochemical, clinical, radiological and other modalities shall pave way for wider acceptance.

5. Contributing to Public Health: Ayurvedic super-specialists play a pivotal role in public health initiatives. Their expertise proves instrumental in formulating preventive healthcare strategies, designing wellness programs, and providing community health education, thereby contributing significantly to public health.
6. Quality standards in terms of value based and placement and professional practice: Assured of further scope and recognition, AYUSH can attract young minds and can be the first choice of specialty education.

Therefore, prioritizing super-specialty education is imperative. It necessitates a deliberate, thorough, and rational approach, taking into account the advancements in technology, when designing the curriculum and course structure.

CITE THIS ARTICLE AS

Reena Kulkarni, Vasant Patil. Importance of Super-Specialty Courses in Ayurveda for Addressing Contemporary Healthcare Challenges (*Editorial*). *J of Ayurveda and Hol Med (JAHM)*. 2023;12(1)