

## ix. Contribution of contemporary publications in Āyurveda

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### Revival and Research-Oriented Literature

#### 1. Academic Journals & Periodicals

- **AYU** (official publication of the Gujarat Ayurved University), **Ancient Science of Life**, **Journal of Research in Ayurveda**, **Indian Journal of Traditional Knowledge** (CSIR-NIScPR)
- Disseminate **clinical studies**, **pharmacological research**, case reports, review articles, bridging Ayurveda with modern scientific methodologies.

#### 2. Central Council for Research in Ayurvedic Sciences (CCRAS) Publications

- CCRAS brings out **monographs**, **research bulletins**, and translations of classical texts.
- Conducts **pharmacognostic and pharmacological** research, publishing validated data on herbs, formulations, and clinical trials.

#### 3. Pharmacopoeial Standards

- **API (Ayurvedic Pharmacopoeia of India)** and **Ayurvedic Formulary of India (AFI)** standardize official formulations, ensuring **quality control** and uniform manufacturing across the industry.

### Modern Textbooks and Lexicons

- Several scholars and institutions have produced **updated textbooks** and **Ayurvedic dictionaries** for academic use, written in **multilingual** formats to cater to global audiences.
- **Contemporary Nighaṅṭus** cross-reference classical data with **modern botanical classification**, chemical constituents, and clinical evidence.

### Examples

1. **Indian Medicinal Plants** by K. M. Nadkarni, P. C. Sharma, etc.
  - Correlates classical synonyms with **scientific nomenclature**, botanical descriptions, and pharmacological actions.
2. **Dravyaguṇa Vijiñāna** (texts by J. L. N. Sastry, P. V. Sharma, etc.)
  - Present classical references side by side with modern research, bridging traditional and contemporary viewpoints.

### Integration and Cross-Disciplinary Publications

#### 1. Yoga & Ayurveda

- Publications exploring synergy between **Ayurvedic therapies** and **yogic practices** (prāṇāyāma, āsanās) for holistic wellness.

#### 2. Diet and Nutrition

- Emerging works focus on **Ayurvedic dietetics** integrated with **nutritional science**, creating user-friendly handbooks for the public.

#### 3. Clinical Protocols & Evidence-Based Practice

- Manuals providing **step-by-step** guidelines for treating specific conditions (e.g., rheumatoid arthritis, diabetes) with proven Ayurvedic regimens, referencing **clinical trials**.

### Digital Initiatives

- **Digital Databases:** E-platforms like **e-Granthalaya**, AYUSH Research Portal, National Institute of Indian Medical Heritage (NIIMH) digital library providing classical text manuscripts, translations, research articles in an online accessible format.
- **Mobile Applications:** Some institutions and practitioners develop apps for quick references to classical texts or



for pharmacy references (e.g., dosage guidelines, herb identification tools).

## Global Impact

- Contemporary publications extend Ayurveda's reach beyond India, offering **English translations** of Saṃhitās, research articles in international journals, and **cross-cultural** dialogues in integrative medicine conferences.
- Collaboration with global universities fosters **joint research** in areas like immunology, cancer adjuvant therapy, mental health, etc., leading to robust, peer-reviewed publications that highlight **Ayurveda's** potential in modern healthcare.

## Conclusion

- **Nighaṅṭus** and **kośas** form the **backbone** of Ayurvedic reference material, ensuring **consistency and clarity** in pharmacological and terminological contexts. They were pivotal in bridging **regional synonyms**, clarifying **Sanskrit verses**, and standardizing knowledge about medicinal substances.
- **Contemporary Ayurvedic publications**—from academic journals and institutional monographs to modern textbooks—are **expanding** and **validating** classical wisdom, integrating it with **current scientific research**. This synergy strengthens Ayurveda's global acceptance and ensures its **evolution** as a dynamic medical system.

### Key Takeaway:

- **Nighaṅṭu** (classical pharmacopeial dictionaries) and **kośas** (lexicographical dictionaries) underpin **Ayurvedic scholarship** by providing detailed references on **dravyas**, synonyms, and specialized concepts.

Modern **research-based** and **evidence-oriented** publications are preserving this tradition while pushing Ayurvedic frontiers in **clinical** and **academic** spheres, ensuring Ayurveda remains relevant, credible, and continually progressive in the global healthcare landscape.