# ix. Contribution of contemporary publications in Ayurveda

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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 Nighaṇṭus 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 Vijñāna** (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, āsanas) 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

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#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

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

- **Nighaṇṭus** 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:

• **Nighaṇṭu** (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.

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