

Dr. ABS Sastry Highlights the Relevance of Ayurveda to Modern Medicine in India

Hyderabad, September 26, 2024 – In an enlightening talk held at the MediCiti Institute of Medical Sciences today, renowned Vedic scholar **Dr. ABS Sastry** emphasized the continued relevance of Ayurveda in addressing modern health challenges in India. The event, which focused on the integration of traditional and modern medicine, was attended by a diverse audience of healthcare professionals, researchers, and medical students.

Dr. Sastry's lecture, titled "**Roadmap for Alloveda**" explored the growing importance of Ayurvedic principles in supplementing allopathic medicine, particularly in preventive healthcare, chronic disease management, and holistic well-being. He emphasized how Ayurveda's time-tested approaches align with the goals of the **National Health Policy** to promote affordable, accessible, and holistic healthcare.

During the talk, Dr. Sastry noted that Ayurveda, with its emphasis on preventive care and individualized treatment, is well-positioned to complement modern medical practices in addressing India's healthcare needs. He highlighted several key points, including:

- **Ayurveda's Role in Preventive Healthcare:** Dr. Sastry explained how Ayurvedic practices such as proper diet, lifestyle modifications, and herbal remedies can reduce the burden of non-communicable diseases, a key focus of India's National Health Policy.
- **Integration with Modern Medicine:** He called for greater collaboration between Ayurvedic and allopathic practitioners to create integrative models of care, particularly for chronic diseases like diabetes, hypertension, and mental health disorders.



Dr. A B S Sastry delivering a talk on "Roadmap for Alloveda" at MediCiti Institute of Medical Sciences

- **Research and Innovation:** Dr. Sastry stressed the need for evidence-based research to validate Ayurvedic treatments and integrate them more formally into mainstream healthcare.
- **Supporting Rural and Under-Served Communities:** Ayurveda's affordability and accessibility make it particularly suited to improving healthcare outcomes in rural areas, aligning with the government's vision of universal healthcare access.

Dr. Sastry concluded by urging practitioners, and researchers to explore innovative ways to incorporate evidence based Ayurveda into modern healthcare frameworks, ensuring that India's rich tradition of natural medicine contributes meaningfully to the nation's evolving healthcare landscape.

The event at MediCiti Institute of Medical Sciences marks a significant step in the ongoing dialogue between traditional and modern medicine, with Dr. Sastry's insights poised to shape future discussions on healthcare policy and practice in India.