

Introducing Indian Health Heritage as an inclusive path in Health and Life

Nilima Jain

Delhi University, India



Abstract

Health is Universal—that which applies to all. It has no east, no west. The age of information and technology can be equated to the age of consciousness. This means that this age believes that the ultimate truth is much beyond the physical. Indian culture is known for its ‘Darshana Philosophy’. ‘Darshana’ means ‘to observe’. So an important aspect of Indian culture was to observe with one’s Inner Eye to realize the Consciousness. This was not an intellectual exercise but a vision for Truth, and truth is Universal. Ayurveda is the extension of this culture and is a science that deals with ‘Health’ and ‘Life’. Today, intellectuals are thinking of bringing ‘Science’ and ‘Spirituality’ together. But this is not a new concept and Ayurveda is a living proof for this. Ayurveda is one of the oldest systems of healthcare and is a ‘Science with Consciousness’. The drawback in the world health sector today is the path of ‘exclusiveness’. It is a tendency of modern mind to think either ‘this’ or ‘that’. Indian culture, including Ayurveda, is inclusive. Inclusiveness brings a sense of belongingness. All knowledge has effect. So the journey towards health becomes more effective and beneficial if there is inclusiveness.

Conclusion: The first thing to be done to create a healthy world for the coming generations is to choose an inclusive path of knowledge. Technically, all the systems of healthcare are beneficial for health. Path of health is not an exclusive path. People in the world need to be aware of all the options they have before they make their choice.

Keywords: Cytokines, Rheumatoid arthritis, Salvia, Adjuvant arthritis.

Biography

I am Dr. Nilima Jain. I completed my degree in medicine from Delhi University and have been associated with Ayurveda for three decades. Relevance of Ayurveda is of extreme value in management of current scenario of health. But at the same time it is important to make it understandable so that people are able to associate with our ‘Indian approach to health management’. My mission has been to help people who are capable, educated and knowledgeable be active partners in doing this. For this, I have come up with my understanding of Ayurveda and brought them across with simplicity in my blog, my website as well as my book. My book ‘Reloading Health by Decoding Ayurveda’ is written especially for people who are not associated with the field of Ayurveda. It helps them discover a hidden door in the existing wall of health.

Publications

Reloading Health Therapy of the Millennium - 2016 - Pragun Publications - ISBN-9789380397627

Disease-free’ vs. ‘Healthy - Ayurpride - 2010

Mudit Jain, MD, Ashraf Khan, MD, Nilima , MD, Frank Reale, MD, and Marjorie Safran, MD (2001) Endocrine Practice: March 2001, Vol. 7, No. 2, pp. 79-84

3rd International Conference on Natural Products, Medicinal Plants and Traditional Medicine | Amsterdam | Netherlands | July 08 - 09, 2020

Citation: Nilima Jain, *Introducing Indian Health Heritage as an inclusive path in Health and Life*, 3rd International Conference on Natural Products, Medicinal Plants and Traditional Medicine, Amsterdam, The Netherlands, July 08 - 09, 2020