

Marching towards Amritkaal @G20 with Ayurveda – The Soft Power of India

Pooja Sabharwal

Ch. Brahm Prakash Ayurved Charak Sansthan, Govt of NCT of Delhi, India

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**Corresponding Author:*

Pooja Sabharwal, MD PhD Ayurveda

Assistant Professor, Ch. Brahm Prakash Ayurved Charak Sansthan,
Govt of NCT of Delhi, India

Contact no: +91-9650190893

E-mail: drpoojasabharwal@gmail.com

We the Indians are fortunate to have G20 presidency this year i.e., 2023. India has lot to contribute to improve world's economy by achieving sustainable development goals. Indian knowledge system of Ayurveda which is soft power of India is capable of achieving universal health. G20 is a platform to showcase the ancient wisdom of Ayurveda which is not only meant for human beings but also for animals, plants & environment. Ayurveda the traditional Indian system of medicine which is in our culture has the potential to become future medicine of the world. As the latest researches in conventional medicine & IT sector are only decoding the scientific aspects of the Ayurvedic fundamental concepts. As Ayurveda science has unique description of human body which is the latest global trend in research like Artificial intelligence and machine learning is indulged to know the complex description of human body as mentioned in ancient texts. Similarly, science of epigenetics has revealed the interaction of environment and their impact on human genes which was already described in traditional texts of India. The latest global research trend of merging ancient wisdom of subtle body with the science of quantum physics to bring wellness through integrative quantum health is achieving many mile stones. The science of bioinformatics and Ayurveda (Ayurinformatics) has already done a marvellous work for in silico molecular finding for Covid-19 which has proven the potential of Traditional Indian medicine in dreadful pandemic. Thus, the soft power of India i.e., the traditional knowledge of Indian sciences like Ayurveda is globally trending from the perspective of research. Similarly many other areas like stress management, dreadful diseases management with integrated approach, lots of windows of scope are there to highlight.

For any stream to excel globally there are main three pillars public/Scientific community & policy makers. As Ayurveda like Yoga is soft power of the country is popular among international population. Even scientific community is doing a lot of collaborative researches with Ministry of Ayush, policy makers have shown interest by establishing Ayush chairs/Bilateral collaborations. G20 is a big platform to give a great impact for legal acceptance of Ayurveda by showcasing the scientific aspect maximum to the policy makers. By creating Country specific Ayurveda scope/potential to bring health/peace & economical growth of the respective country. By Drafting policies for Mobilising communities towards sustainable lifestyle with Ayurveda & Enhancing for zero carbon lifestyle with Ayurveda. Sensitisation towards Ayurveda intervention for pro planet behaviour & for triple planetary crisis.

World is suffering from the pain of war, to convert the era of war to era of peace integrative health care system is the political narrative as holistic care system as Ayurveda science has always emphasized that physical, emotional and mental health are interconnected. There is a dire need to develop an integrated strategy to achieve sustainable goals where the role of traditional system of medicine system can play a crucial role. Human being is a miniature of the universe as human energy field, earth energy field and universal energy fields are interconnected. by adopting ayurveda for sustainable lifestyle for environment it is possible to bring One health, One family & One world i.e. Amrit kaal. Showcasing ayurveda through innovative ideas at India's G20 presidency will mark a historical benchmark.

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