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ROLE OF CHEMISTRY IN AYURVEDIC MEDICINE

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ABSTRACT

This abstract investigates the connection between Ayurvedic medicine and chemistry, with a particular focus on the significance of maintaining a state of equilibrium in one's mental, spiritual, and bodily well-being. Ayurvedic formulations may be better understood with the help of chemistry by examining their composition and the processes that underlie them. Mass spectrometry is one example of a modern method that improves quality control and standardization, which in turn improves both safety and effectiveness. The practice of integrating Ayurveda with Western medicine is made easier by chemical research, which ultimately results in improved patient treatment. Through the use of this multidisciplinary approach, the compatibility of contemporary and ancient techniques is brought to light, therefore providing major contributions to the field of worldwide holistic health.

Keywords: Ayurveda, Chemistry, Holistic Health, Traditional Medicine, Molecular Mechanisms, Standardization, Quality Control, Integration, Interdisciplinary, Patient Care