

Ayurveda Research Imperatives: The Role of Case-Control and Cohort Studies in Bridging Evidence Gaps

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Editorial Short Communication

Ayurveda classifies the etiologies of diseases into two fundamental categories: Nija Hetu (indigenous causative factors) and *Agantu Hetu* (exogenous causative factors). While modern medicine correlates these etiologies with pathology and public health frameworks, a significant gap remains when viewed through the lens of Ayurveda's foundational principles.

Ayurveda meticulously defines disease progression at multiple levels—Doshā Prakopa (vitiation of humors), Stotodushti (systemic involvement), Dhatu Dushti (tissue damage), Ashaya Apakarsha Gati (movement of humors and substances across organs), and Amsha-Amsha Kalpana (proportional vitiation of Doshas in different pathologies). Capturing data in this specific diagnostic format is crucial for authentic Ayurveda-based disease understanding.

Today in the era of evidence based sciences we are perusing the Randomized Clinical trial robustly even in Ayurveda clinics, institutions and research organizations. RCTs can be done only after the getting the inference from the data of observational studies. Indian population diaspora have wide range of variation in diet, cultures, geographies and many things, needs to analysed meticulously through different observational, survey, cross sectional and cohort studies. These study will provides the excellent gap analysis for further experimental models for drug development and RCTs. India's diverse population—with its variations in diet, culture, and geography—demands meticulous analysis through case-control, cohort, cross-sectional, and survey studies. Such studies provide essential gap analysis, laying the foundation for experimental models, drug development, and RCTs.

Importantly, observational studies in Ayurveda must integrate Roga Nidana (diagnostic methodology) and Vikriti Vijnana (pathophysiology) to contextualize modern diseases within Ayurveda's diagnostic framework. As the classical dictum states: "Rogam Adau Parikshet Tato Nantaram Aushadham"—the physician must first diagnose the disease before prescribing treatment. Precision in Ayurveda therapies thus depends on accurate diagnosis using

Ayurveda's own terminologies and methodologies, which can be strengthened through well-conducted cohort and observational studies.

Modern research also acknowledges that "A fairly conducted observational study is far better than a poorly conducted RCT." This reinforces the urgent need to prioritize observational research rooted in Ayurveda fundamentals. Such an approach will not only bridge gaps between traditional and modern sciences but also enhance the credibility and precision of Ayurveda therapies in the global evidence-based healthcare landscape.

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