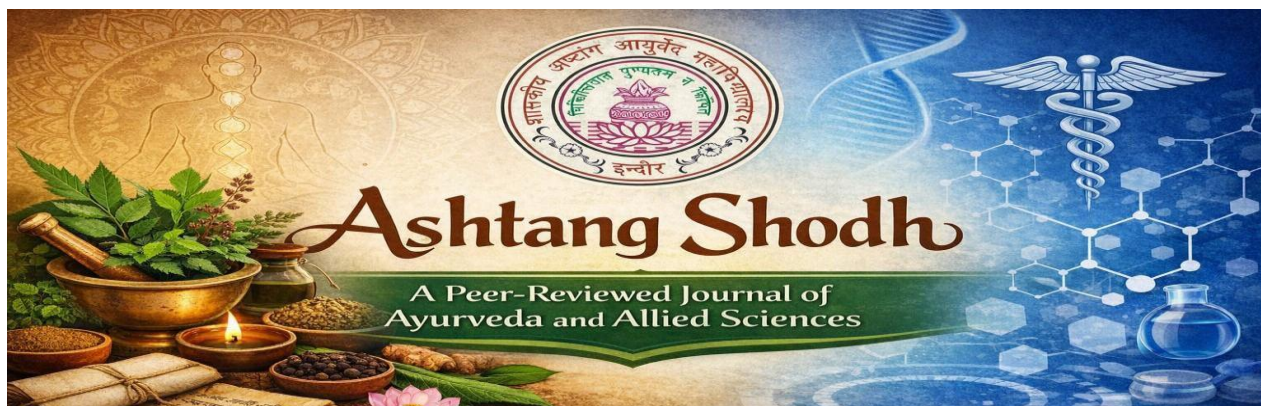




EDITORIAL MESSAGE

Dear Readers, Researchers, and Members of the Scientific Community,

It is with immense privilege and profound academic responsibility that we present the inaugural issue of the Ashtang Shodh: A Peer-reviewed Journal of Ayurveda and Allied Sciences the official research publication of Government Autonomous Ashtang Ayurvedic College, Indore. This journal represents more than the commencement of a new publication; it embodies our institutional commitment to fostering a robust culture of scientific inquiry, intellectual rigor, and evidence-informed advancement in Ayurveda and allied health sciences.

The twenty-first century demands that traditional systems of medicine engage with

the highest standards of scientific investigation while preserving the philosophical integrity that has sustained them for centuries. Ayurveda, with its comprehensive epistemological framework and person-centered approach to health,

offers immense potential to address contemporary healthcare challenges. However, its continued relevance and global acceptance depend upon the systematic generation, critical evaluation, and transparent dissemination of high-quality scientific evidence.

The Ashtang Shodh: A Peer-reviewed Journal of Ayurveda and Allied Sciences has been conceived as an academic platform dedicated to advancing this mission. We are committed to publishing methodologically sound, ethically conducted, and clinically relevant research that contributes meaningfully to the evolving landscape of integrative and evidence-based healthcare. We welcome multidisciplinary scholarship that explores the classical foundations of Ayurveda while embracing innovations in clinical research, pharmacology, public health, biotechnology, digital health, and translational medicine.

As a publication emerging from a premier government institution with a distinguished legacy in Ayurvedic education, research, and patient care, this journal seeks to uphold the highest standards of editorial independence, scientific integrity, and peer-review excellence. Our objective is not merely to

disseminate research findings but to cultivate critical scientific dialogue, encourage interdisciplinary collaboration, and inspire investigations that address pressing healthcare priorities at regional, national, and global levels.

The publication of this inaugural issue has been made possible through the dedicated efforts of our authors, reviewers, editorial board, advisory committee, and institutional leadership. Their scholarly commitment reflects a shared vision of strengthening the evidence base of Ayurveda and promoting a research ecosystem founded upon integrity, innovation, and academic excellence. We extend our sincere appreciation to each contributor whose expertise has shaped this milestone.

We envision the Ashtang Shodh: A Peer-reviewed Journal of Ayurveda and Allied Sciences as a catalyst for scientific advancement and a trusted repository of high-quality research that bridges the wisdom of classical Ayurvedic knowledge with the analytical precision of contemporary biomedical science. We hope that the articles presented herein will stimulate thoughtful discourse, inspire future investigations, and contribute substantively to the development of healthcare systems that are holistic, evidence-informed, and globally relevant.

In the spirit of the timeless Indian knowledge tradition, we reaffirm our commitment to the pursuit of truth through disciplined scholarship:

"आ नो भद्राः क्रतवो यन्तु ववश्वताः ।" (Rigveda 1.89.1)

"Let noble thoughts come to us from every direction."

May this journal serve as a forum where tradition and science converge, where inquiry is guided by integrity, and where research ultimately translates into improved health and well-being for humanity.

With sincere regards,

Dr. Ajit Pal Singh Chauhan

Editor-in-Chief

Principal

Government Autonomous Ashtang Ayurved College, Indore, Madhya Pradesh, India