

OPINION

AYUSH Institutions Must Evolve Microbiome Departments Which May Hold the Key to Unravel The Magic Behind AYUSH

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ABSTRACT

AYUSH has always been considered magical. Now, it may be time to understand the magic by routinely utilizing microbiome testing for clinical and research purposes while practicing AYUSH.

KEYWORDS

AYUSH; Microbiome

INTRODUCTION

Investment in AYUSH has been revolutionary in the recent times. It is good that we are respecting our past by reflecting on our historical knowledge rather than overlooking our magical history. However, it may still be better to collaborate with modern era for understanding our glorious past. Herein, the microbiome testing for clinical and research purposes may come in handy for AYUSH. Currently, the microbiome testing is sparingly if ever used even among the non-AYUSH practicing countries. Thereafter, infrastructural investment into microbiome testing appears to be exorbitant with return on investment appearing to be slower due to cost-prohibitive testing charges turning infrequent testing into rare if ever testing. This vicious cycle precludes a faster generation of real-world clinical and research data to timely

refute or validate the underexplored role of microbiomes in our overall deteriorating health across the global humanity while the ever-expanding availability of newer as well as older tools for healing ourselves may still be lagging well-behind in mitigating our ever-expanding plethora of newer as well as older diseases which may be keeping our existence as humans insufferable.

In simpler terms, microbiome testing for clinical and research purposes will be reinventing and reinvigorating the age-old practice of stool testing which might have been a routine practice in the past but had become almost obsolete until now with the advancement of knowledge and understanding into the importance for testing the status of microbiomes within human stools for the sake of mapping the past of overall human health as well as charting the future of

overall human health. Herein, if AYUSH intends to make inroads in the psyches of global healthcare industry stalwarts followed by an undeniable acceptance by their healthcare consumers globally, AYUSH may have to invest in developing infrastructure for evolving microbiome testing departments among all their academic and research institutions because potential discoveries of positive changes in microbiomes, when induced by educated choices made by AYUSH practitioners for healthcare decisions among their AYUSH consumers, may validate AYUSH as beyond magical while contributing to the future global human health.

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