

## CONTENTS

<b>FOREWORD</b>	<b>III</b>
<b>PREFACE</b>	<b>V</b>
<b>ACKNOWLEDGEMENT</b>	<b>VII</b>
<b>CONTENTS</b>	<b>IX</b>
<b>ABBREVIATIONS</b>	<b>XI</b>
<b>INDO-ROMANIC EQUIVALENTS FOR SANSKRIT (DEVANĀGARĪ) ALPHABETS</b>	<b>XIII</b>
<b>EXECUTIVE SUMMARY</b>	<b>XV</b>
<b>LIST OF FIGURES</b>	<b>XXI</b>
<b>Chapter 1: INTRODUCTION</b>	<b>01-23</b>
1.1 Historical Evolution	01
1.2 Major Milestones	05
1.3 Infrastructure and Network	08
1.4 Global Scenario	12
1.5 Strength of Ayurveda	18
1.6 Organization of the Document	21
<b>Chapter 2: FUNDAMENTAL CONCEPTS</b>	<b>24-35</b>
2.1 Basic Principles	24
2.2 Disease Process	31
2.3 Diagnostics and Therapeutic Management	31
<b>Chapter 3: LIFESTYLE MANAGEMENT</b>	<b>36-45</b>
3.1 Food	36
3.2 Lifestyle	38
<b>Chapter 4: DRUGS</b>	<b>46-54</b>
4.1 Principles of Drug Action	46
4.2 Pharmaceutics	47
4.3 Drug Manufacture	49
4.4 Standardization and Quality Control	50

<b>Chapter 5: IMPORTANT THERAPEUTIC APPROACHES.</b>	<b>55-62</b>
5.1 Pañcakarma	55
5.2 Kṣārasūtra	61
5.3 Rasāyana	62
<b>Chapter 6: RESEARCH AND DEVELOPMENT</b>	<b>63-95</b>
6.1 Central Council for Research in Ayurvedic Sciences	64
6.2 Important Research Outcomes	71
6.3 Commonly used Medicinal Plants	82
<b>Chapter 7: EDUCATION AND PRACTICE</b>	<b>96-102</b>
7.1 Education	96
7.2 Ayurvedic Medical Practice	99
<b>SUGGESTIVE READING</b>	<b>103-108</b>
Books and Monographs	103
Important Journals	107
Important Websites	108
<b>GLOSSARY</b>	<b>110-115</b>