

A Novel Perspective on Ayurveda and Traditional Chinese Medicine: Translational Research on Vata, Pitta, and Kapha Modeling in Experimental Systems for Advancing Metabolic Typing and Homeostasis

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Abstract:

Ayurveda and Traditional Chinese Medicine (TCM) offer profound insights into health and disease through the principles of Vata, Pitta, and Kapha (Ayurveda) and Shi, Yu, and Qin (TCM). This study presents a novel translational research approach, utilizing experimental animal models to quantify these fundamental concepts in relation to homeostasis across seven tissues and 42 organs. Electrophysiological studies were conducted to investigate metabolic typing under the influence of these three Ayurvedic principles, generating crucial data that enhance our understanding of biological systems. The findings provide a new framework for interpreting metabolic variations and disease mechanisms, potentially reshaping clinical trial methodologies and redefining diagnostic criteria. Notably, this research offers fresh insights into discrepancies in HbA1c standards set by various medical associations, including the American Diabetes Association, the American Association of Clinical Endocrinologists, the American College of Physicians, and geriatric health organizations. By bridging traditional wisdom with modern translational science, this study paves the way for groundbreaking advancements in precision medicine and metabolic research.