



## Ayurgenomics An Emerging Concept in Haryana

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**ABSTRACT:** A patient's response towards a particular drug treatment is greatly dependent upon the genetic composition of that individual. There has been a constant rise in the number of individuals suffering from diseases and it is essential that medicines which are cost effective and have fewer or no side effects are easily available to a large population. Personalised approach towards diseases is important for the production of drugs that can be more beneficial and show better response as compared to western medicines. Several approaches are being made to identify genetic variations that are responsible for causing diseases and different response to drugs, however, have met with only a limited success. Ayurveda, a traditional method which has been practiced in India since 1500 B.C uses personalized approach in an individual for the management of their health and diseases. It classifies an individual on the basis of Prakriti, that is, every individual has his or her own basic constitution that determines their response towards the external environment and diseases. It has been observed that contemporary medicines are able to cure the symptoms of a disease whereas Ayurvedic medicines helped in managing of chronic diseases. It can not only benefit us in the personalised management and treatment of diseases but also personalised prevention. A new field, Ayurgenomics, has emerged in the science of therapeutics, where researchers are combining the principles of Ayurveda and the concepts of genomics that will help in finding a relation between Prakriti and DNA. Ayurgenomics holds the promise of providing tailored medicines that can help in the prevention, diagnosis and treatment of diseases. © 2016 iGlobal Research and Publishing Foundation. All rights reserved.

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