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Research Article

Veda Meets Vision: Evidence-Based Ayurveda in AI-Driven Research

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Abstract

Background: Ayurveda, an ancient Indian medical science with over 5,000 years of practice, is gaining attention for its potential contributions to individualised and preventative treatment. However, its widespread acceptance in global scientific and clinical contexts is hampered by a lack of uniformity and empirical confirmation. The advent of Artificial Intelligence (AI) presents transformative opportunities to reinterpret, validate, and scale Ayurvedic concepts within a scientific framework.

Aim: To investigate how AI technology can be used to develop an evidence-based model of Ayurveda by digitising, decoding, and assessing traditional knowledge using computational techniques.

Methods: This paper examines current multidisciplinary research efforts using AI technologies such as machine learning, natural language processing (NLP), data mining, and bioinformatics on Ayurvedic datasets. Case studies include artificial intelligence-assisted prakriti (constitution) analysis, predictive modelling in tridosha-based diagnostics, automated parsing of traditional Sanskrit Ayurvedic texts, and clinical data integration for individualised therapy insights.

Results and Discussion: Preliminary AI applications have shown potential in improving diagnostic accuracy, standardising herbal formulations, and developing dynamic patient-specific therapeutic routes. NLP algorithms can comprehend and structure traditional Ayurvedic scriptures, allowing for semantic search, disease-symptom correlation, and data harmonisation. Furthermore, AI-driven clinical analytics provides methods for evaluating therapy outcomes using real-world evidence.

Conclusion: The incorporation of AI into Ayurvedic research represents a paradigm change from traditional experiential wisdom to technology-driven, evidence-based therapy. This convergence ensures Ayurveda's worldwide relevance while also advancing tailored healthcare systems. Continued collaboration among Vedic academics, physicians, data scientists, and technologists is required to ethically and successfully utilise this potential.

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KEYWORDS: Ayurveda, Artificial Intelligence (AI), Evidence-Based Medicine, Personalised Medicine, Integrative Health.

1. INTRODUCTION

India is the birthplace of Ayurveda, a 5000-year-old holistic healthcare system founded on the ideas of preventive medicine, natural healing, and harmony between the mind, body, and spirit. Ayurveda, which has its roots in Sanskrit writings like the Charaka Samhita and Sushruta Samhita, places a strong emphasis on individualised care using natural materials, minerals, and herbs. Based on the balance of body, mind, and spirit, Ayurveda provides a comprehensive approach to health that has its roots in the Vedas. Born out of the Vedas, Ayurveda is the "science of life" and offers a comprehensive approach to health that emphasises harmony between the body, mind, and soul, despite having a strong theoretical and practical basis [1]. Due to its limited inclusion in evidence-based frameworks such as statistical validation and randomised controlled trials (RCTs), Ayurveda has encountered scepticism in the field of world medicine. On the other hand, algorithmic decision-making, pattern recognition, and structured data are what artificial intelligence (AI) thrives on. Modern medical systems are being revolutionised by their applications in healthcare, ranging from medication development to diagnostics.

The future of integrative medicine may be altered by the new techniques that AI and Ayurveda can offer for validating, improving, and customising Ayurvedic treatment. Despite its long history and shown ability to treat a wide range of ailments, Ayurveda frequently struggles to be accepted worldwide because of its scant evidence base by contemporary scientific standards. Artificial intelligence, on the other hand, is superior at pattern identification, prediction, and optimisation since it is powered by large datasets and machine learning algorithms [2]. AI and Ayurveda work together to produce a synergistic model that bridges the gap between traditional knowledge and evidence-based medicine by combining data-backed validation with time-tested traditional wisdom.

To ensure sustainability, effectiveness, and authenticity, this article investigates how AI-driven procurement models, such as machine learning, deep learning, and predictive analytics, can modernise Ayurvedic supply chains. The Ayurvedic sector may evolve toward data-driven, internationally compatible procurement frameworks and solve historical inefficiencies by combining intelligent algorithms with blockchain-powered traceability.

2. OBJECTIVES OF THE STUDY

- To assess the current state of evidence-based practices in Ayurveda.
- To analyse the potential of AI in structuring and validating Ayurvedic data.
- To explore current applications of AI in Ayurvedic diagnostics, treatment, and research.
- To propose future directions for AI-driven Ayurveda and personalised medicine.

3. METHODOLOGY

This article is based on a descriptive and analytical review of literature from classical Ayurvedic texts, research articles from biomedical databases (PubMed, Scopus), and current AI technologies relevant to healthcare. It includes qualitative synthesis and case studies where available, along with conceptual frameworks integrating both domains.

Scope of AI in Ayurveda

AI can detect plants in Ayurveda by analysing vast quantities of data and identifying intricate patterns. Here are a few significant ways AI can support the production of Ayurvedic products. Ayurvedic organisations and academics may train algorithms to analyse different photos of different plants, herbs, and their parts in real time, including leaves and blossoms, roots and stems, with the aid of deep learning models. Such AI systems can distinguish between various herbs, including those that are closely related, thanks to large databases, increasing efficiency and lowering the possibility of incorrect identification leading to adulteration [3].

By analysing soil data, monitoring crop growth, predicting weather patterns, and improving soil fertilisation and irrigation, artificial intelligence (AI)-driven technologies can support the growth of herbs and medicinal plants. AI-powered systems can also identify and diagnose plant diseases, suggest treatments, and improve crop quality and yield overall. In order to ensure the efficacy and dependability of Ayurvedic medicines, this offers substantial prospects for ethical and sustainable procurement, strict quality assurance protocols, and extensive research and development.

The use of digital ledgers presents a viable approach to plant identification by creating a decentralised, safe database for information on herbs. Across the supply chain, this development has the potential to improve operational efficiency, traceability, and transparency. Digital ledger integration reduces the risks of fraudulent activities and guarantees the safety and effectiveness of Ayurvedic goods by providing stakeholders with easy access to real-time information on the provenance, quality, and legality of herbs. The chemical composition of herbs and their spectral information can be analysed using artificial intelligence (AI) [4]. With the use of technologies like infrared spectroscopy, AI algorithms may be utilised to identify particular chemical markers present in plants. This enables producers to confirm the quality and authenticity of raw materials, guaranteeing constant product compositions and preventing fake goods. Extensive textual data from Ayurvedic scriptures, research papers, and therapeutic trials can be analysed using analytical algorithms. By doing this, they can glean important details on the qualities, traits, and customary applications of herbs. This knowledge base makes it possible for AI systems to offer producers thorough insights, helping them to choose and formulate herbs with wisdom. Artificial intelligence can associate the properties of herbs with particular diseases or health problems by using machine learning techniques. This enables the discovery of possible herb mixtures and amounts that are customised to tackle particular health problems. Consequently, producers are able to develop precise Ayurvedic blends for different ailments, thereby improving the efficiency of their goods [5].

Integration of Artificial Intelligence in Ayurveda

Combining the data-driven precision of artificial intelligence (AI) with the holistic principles of Ayurveda, this integration represents a revolutionary change in customised healthcare by improving accessibility, treatment planning, and diagnostics. Machine learning algorithms that examine health metrics for

accurate and real-time monitoring have replaced the practitioner-based traditional assessments of Prakriti (body constitution) and Vikruti (imbalances). By evaluating clinical research, patient data, and symptoms, AI improves herbal prescriptions and nutrition advice to maximise treatment regimens and avoid possible drug-herb interactions. Wearables with AI capabilities and real-time monitoring systems keep tabs on patients' vitals, lifestyle choices, and dosha variations, enabling ongoing treatment modifications [6].

The use of wearable sensors for AI-driven pulse diagnosis (Nadi Pariksha) allows for the early identification of Dosha imbalances. Additionally, facial analysis and speech recognition improve the accuracy of Ayurvedic diagnostics. AI speeds up polyherbal formulation optimisation in Ayurvedic drug research, forecasting herb-drug interactions and spotting novel therapeutic uses. AI-driven telemedicine technologies increase the accessibility of Ayurveda by facilitating ongoing health monitoring and remote consultations, as well as bridging the gap between conventional Ayurvedic knowledge and contemporary evidence-based validation using machine learning and big data analytics. Still, there are obstacles to overcome, such as worries about data privacy, moral dilemmas, and the requirement to uphold Ayurveda's traditional principles while incorporating it into contemporary healthcare systems. In the future, modernising Ayurveda while maintaining its holistic nature and scientific legitimacy will require cooperation between technologists, scientists, and Ayurvedic practitioners. This will open the door to a globally accessible, integrative healthcare system that balances traditional knowledge with state-of-the-art technology [7].

Applications of AI in Ayurveda [8, 9]

1. Prakriti-Based Personalisation

AI systems are capable of accurately interpreting physiological indicators and questionnaire data to identify a person's Prakriti. Precise treatment, lifestyle, and nutrition programs are made possible by this customisation. AI can categorise people's Prakriti based on physiological information (e.g., skin type, digestion patterns) and structured questionnaires. Real-time, individualised lifestyle and treatment advice are provided by machine learning models based on Prakriti datasets.

2. Diagnosis and Symptom Mapping

Using AI-based image recognition and signal processing techniques, traditional diagnostic procedures like Drik Pariksha (eye examination), Jihva Pariksha (tongue diagnosis), and Nadi Pariksha (pulse diagnosis) can be digitalised. Faster and more precise diagnosis is made possible by machine learning algorithms that map symptoms across patient populations to find underlying doshic imbalances.

3. Predictive Analytics in Disease Progression

AI can recommend Ayurvedic preventive or treatment methods and forecast the course of diseases like diabetes, arthritis, or skin ailments by learning from patient histories.

4. Drug Discovery and Herb Validation

Using neural networks and deep learning models, AI can speed up the process of screening Ayurvedic herbs for active ingredients, drug-target interactions, and synergy in polyherbal formulations. Mining ancient texts for insights into medicine formulation is made possible by bioinformatics techniques and natural language processing (NLP). Using phytochemical databases, AI systems can forecast toxicity levels, herb-drug interactions, and therapeutic efficacy.

5. Voice and Image Recognition

AI tools can analyse tongue images, facial features, voice tone, and pulse signals, areas long used in Ayurvedic diagnosis, making them quantifiable and reproducible.

6. Clinical Decision Support Systems (CDSS)

By integrating past clinical data to provide patient history analysis, doshic imbalance forecasts, and best-fit treatment protocols, AI-integrated platforms can help Ayurvedic practitioners.

Evidence-Based Ayurveda in AI-Driven Research [10, 11, 12]

1. AI-Based Prakriti (Constitution) Analysis

Several research have used machine learning models (SVM, random forests, neural networks) to predict Prakriti types using validated questionnaires and physiological indicators (pulse, facial features, and voice).

Example: 'A Machine Learning Approach to Prakriti Classification in Ayurveda' (NIIMH, India). AI improved accuracy and objectivity.

2. Predictive Diagnostics from Ayurvedic Signs (Nidana)

AI algorithms forecast conditions based on patient symptom data and Ayurvedic diagnostic indicators (nadipariksha, tongue, nails, etc.).

Example: Ayu Nidan AI by CCRAS predicts disease classification using classical inputs.

3. Ayurveda + AI in Cancer Management

Ayurvedic herbs with anti-cancer properties are identified by AI-assisted drug repurposing.

Example: Withaferin A from Ashwagandha binding BRCA1/2 proteins using AI-based docking.

4. Personalised Ayurveda with AI (Ayurgenomics)

Ayurgenomics uses AI to combine genomic data and Prakriti categorisation.

Example: CSIR-IGIB & AIIMS found gene patterns in Prakriti types linked to modern diseases.

5. AI-Assisted Drug Discovery from Ayurvedic Formulations

In conventional formulations, bioactive chemicals are identified using QSAR and deep learning methods.

Example: Triphala's components are predicted to have anti-diabetic and anti-inflammatory effects.

6. Integration with Electronic Health Records (EHRs)
AI evaluates treatment results by analysing patient data from Ayurvedic hospitals.

Example: Structured databases integrating ICD coding for AI-based analytics.

7. Smart Devices for Ayurvedic Monitoring
Devices such as Nadi Tarangini interpret Dosha imbalances using AI and pulse sensors. AI makes suggestions by comparing user data to reference databases.

8. Clinical Trial Design with AI
AI finds responder characteristics to optimise Ayurvedic clinical trials.

Example: AI-assisted design in Ayurvedic diabetes trials.

9. NLP and Text Mining of Ayurvedic Literature
AI extracts drug-disease links from classical texts like Charaka Samhita.

Example: IIT Jodhpur & TDU using NLP tools to analyse traditional texts.

10. Real-World Evidence (RWE) through AI Surveillance
AI gathers treatment usage information from platforms and apps to produce empirical proof. monitors the use of herbs, changes in symptoms, and results.

How the AI-Driven Ayurvedic Procurement System Works
The AI-powered procurement solution optimises Ayurvedic supply chains by utilising data analytics and machine learning to increase accuracy and efficiency. To create dynamic procurement schedules, it first examines historical sales patterns, seasonal supply fluctuations, and consumer behaviour data [13]. To more accurately predict demand, the technology combines market analytics, historical Ayurvedic sales statistics, and Google Trends. Furthermore, self-learning AI algorithms constantly modify purchase volumes in response to current market conditions, guaranteeing that stock levels correspond with seasonal patterns and customer demand. Ayurvedic procurement is more timely and economical because of this data-driven strategy, which also avoids shortages, decreases overstocking, and maximises supply chain efficiency [14].

Case Studies and Real-World Integrations

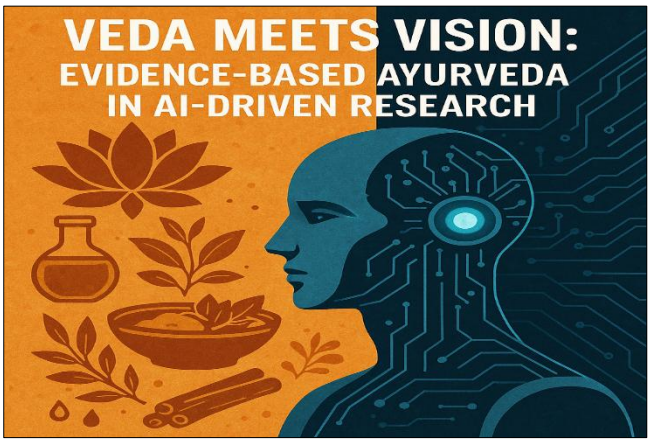
- **AyushGrid and NAMASTE Portal**: AI integration is made possible by the Government of India's digital health projects, which include databases for Ayurvedic medicines.
- **AI in Panchakarma Monitoring**: Real-time monitoring of detoxification processes is made possible by the use of wearable technology and Internet of Things sensors.
- **AI-Based Chatbots for Swasthavritta (Preventive Care)**: These digital assistants provide nutritional recommendations and seasonal suggestions based on a person's constitution and location.

Challenges in AI-Driven Ayurveda

- **Data Standardisation**: Standardising data input is challenging due to differences in clinical practice and textual interpretations.
- **Lack of Digitised Clinical Trials**: The majority of Ayurvedic remedies lack the structured datasets required for machine learning.
- **Ethical and Regulatory Barriers**: It is crucial to make sure AI tools comply with both contemporary regulatory frameworks and conventional ethics.
- **Future Prospects**
- **Creation of an AI-Ayurveda Knowledge Graph:** Combining clinical results, herbal pharmacopoeia, patient data, and traditional wisdom.
- **Global Collaborations:** To create unified digital platforms connecting Ayurvedic research institutes, tech businesses, and healthcare providers.
- **Smart Ayurveda Clinics:** Where AI supports follow-up, medication, and consultation services.
- **Precision Ayurveda:** A change to molecularly tailored medicines from broad dosha-based ones.

Summary Table 1: For the used AI technique in Ayurvedic medicine and its application-

S. No.	Ayurvedic medicine	AI Technique Used	Application
1.	Curcumin	Drug Repurposing	Arthritis and Inflammation
2.	Ashwagandha	Deep Learning	Cancer therapy
3.	Triphala	QSAR & Docking	Anti-inflammatory
4.	Bramhi	ML Target Mapping	Cognitive function
5.	Guduchi	Neural network	Immune health
6.	Ayush-64	Retrospective AI	Antiviral uses



4. DISCUSSION

Ayurveda and AI together enable a revolutionary transition from subjective diagnosis to data-driven, objective decision-making. Even while issues like a dearth of standardised data, the intricacy of Sanskrit, and the paucity of RCTs still exist, AI provides a way to fill in these gaps. A paradigm shift in the understanding, application, and validation of traditional health systems in the contemporary era is marked by the incorporation of Artificial Intelligence (AI) into Ayurveda. Based on the concepts of Prakriti, Dosha, and Shodhana (cleaning), Ayurveda has always taken a customised approach to treatment. However, it has not been widely accepted in modern evidence-based medicine due to its classical subjectivity, reliance on practitioner skill, and lack of measurable results. Here is where AI offers previously unheard-of benefits [15]. These are-

a. Bridging Ancient Knowledge and Modern Science

The transition of Ayurveda from an experience-based to an evidence-based system is made possible in large part by AI. Ancient Ayurvedic literature can be mined for useful medicinal information using machine learning, deep learning, and natural language processing (NLP). Pharmacological, anatomical, and clinical insights are being uncovered through the methodical interpretation of classical Sanskrit poetry, which is frequently metaphorical and context-bound. Reproducibility and objectivity are made possible by the digitisation of Prakriti assessment instruments and diagnostic techniques like Jihva Pariksha (tongue diagnosis) and Nadi Pariksha (pulse diagnosis). The diagnostic expertise of seasoned Ayurvedic practitioners may be matched by AI-driven algorithms, improving scalability and dependability.

b. Enhancing Personalisation and Precision

Ayurveda's emphasis on individualised treatment is one of its strongest points, and it fits in nicely with the new Precision Medicine paradigm in contemporary healthcare. The development of predictive models based on Prakriti, disease history, lifestyle, and environmental factors is made possible by AI's capacity to handle massive amounts of information. This reduces trial-and-error and increases treatment efficacy by enabling the recommendation of customised meals, herbs, and therapies. Predictive analytics is also supported by integrating AI into Ayurvedic practice, which can detect patients at risk for chronic illnesses or doshic imbalances before symptoms appear. AI tools, for instance, can use biometric and Ayurvedic indications to forecast the start of diabetes or hypertension, allowing for preventive therapies that are consistent with the concepts of Swasthavritta (preventive care) [16].

c. Challenges and Considerations

Despite the promising synergy, the integration of AI into Ayurveda is not without challenges:

- **Data Standardisation:** The diagnostic terminology used in Ayurveda is complex and individualised. It is difficult to standardise it for machine learning without sacrificing its conceptual depth.
- **Clinical Trial Deficiency:** AI's ability to learn from structured results is limited by the dearth of controlled clinical trial data in many Ayurvedic medicines.
- **Ethical and Cultural Integrity:** Ayurvedic knowledge should not be oversimplified or commercialised in the sake of technological advancement. Data use, intellectual property, and cultural sensitivity all require ethical standards. Furthermore, in order to promote cooperation between data scientists and Vaidyas (Ayurvedic doctors), Ayurvedic education systems might need to be updated to incorporate digital literacy and AI fundamentals [17].

d. Implications for Global Health

Ayurveda may be positioned on the international scene as a complementary, integrative medical science rather than as an alternative system, thanks to the AI-Ayurveda combination. It has enormous promise for treating lifestyle, psychosomatic, and chronic conditions where traditional treatment frequently fails. However, one must adhere to ethical principles, such as protecting the authenticity of traditional knowledge and refraining from cultural appropriation. Sustainable development requires frameworks for collaboration between Ayurvedic researchers, data scientists, and healthcare officials [18].

5. CONCLUSION

"Veda Meets Vision" is a call to action more than merely a metaphor. Ayurveda's heritage will be preserved as a complementing mainstream systems in global healthcare, rather than as an alternative, thanks to the integration of AI with Ayurveda, which provides a potent avenue for reviving traditional knowledge through scientific validation. In addition to preserving Ayurvedic tradition, evidence-based AI tools can improve it to meet modern medical standards. AI's incorporation into Ayurveda is a potent example of how tradition and innovation may coexist. The goal of evidence-based Ayurveda can be realised with AI, transforming it into a practical, scalable, and individualised healthcare system for the twenty-first century. "Veda Meets Vision" is more than simply a conceptual union; it is a road map for the future of global health that is informed by technical intelligence and has its roots in traditional Indian wisdom. The combination of AI-powered vision and Vedic knowledge signifies a revolutionary change in Ayurveda's development. Through proven, customised, and scalable solutions, this digital development not only revitalises a 5,000-year-old system but also prepares it to

face contemporary healthcare concerns. Ayurveda may emerge as a widely recognised foundation of data-driven, precision, and integrative medicine with a strong historical foundation as this integration progresses.

The Ayurvedic sector can close the gap between traditional knowledge and contemporary efficiency by adopting AI-powered procurement systems, guaranteeing that consumers around the world can obtain genuine, superior, and ethically sourced Ayurvedic medications. In order to create a sustainable, data-driven, and fraud-proof Ayurvedic supply chain for the future, this study emphasises the necessity of ongoing innovation and cooperation between technology specialists, legislators, and Ayurvedic practitioners. However, because of its particular sourcing, ethical, and legal issues, Ayurvedic procurement cannot be totally automated by AI. AI needs to supplement, not replace, conventional Ayurvedic supply chain knowledge as a decision-support tool.

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