

AYURVEDA AND TRADITIONAL CHINESE MEDICINE: A COMPARATIVE OVERVIEW

*B Patwardhan, * Dnyaneshwar Warude, * P. Pushpangadan, ** Narendra Bhatt****

Numerous drugs have entered the international market through exploration of ethno pharmacology and traditional medicine. Progress in genomics and proteomics has opened new gateways in therapeutics and drug discovery and development. Better understanding of the human genome has helped in understanding scientific basis of individual variation. Drug targets have evolved during the last decade, but the industry remains target-rich and lead-poor trapped in the old mindset and strategies. TIM and TCM, carry many generations' observations that have well-organized and documented data (87). Although scientific studies have been done on a large number of Indian botanicals, a considerably smaller number of marketable drugs or phyto chemical entities have entered the evidence-based therapeutics. China has successfully promoted its own therapies and drugs like Ginseng, Ma Huang and Gingko with scientific evidences acceptable for the global community. Approach of integrative medicine by selective incorporation of elements of TCM alongside the modern methods of diagnosis has achieved a great success in China (88).

India needs a clear policy for such integration without compromise on the strategies that are science-based. Efforts are needed to establish and validate pharmaco epidemiological evidence regarding safety and practice of Ayurvedic medicines (89). Pharmaco economic studies on TIM and TCM are rare, but can help in understanding cost-effectiveness and cost-benefit of traditional medicine. In all such attempts, TCM examples would help India at various levels including policies, quality standards, integration practices, research models and the complementary integration where public health is kept at the central position. Both TIM and TCM are great traditions with strong philosophical basis and could play an important role in new therapies, drug discovery and development processes.

**Interdisciplinary School of Health Sciences, University of Pune, Pune 411 007, India*

***National Botanical Research Institute, Lucknow 226 001, India*

****Zandu Pharmaceutical Ltd, Mumbai 400 025, India*