

The challenges for ancient Indian healthcare in modern society

In December 2011 I went for a second assignment to India. This time to support an Ayurvedic Hospital nearby Indore city who was facing low performance. During a 17 days stay, the organization was analyzed and a strategy was developed how to proceed.

Ayurveda, the ancient Indian healthcare, is a natural person based system which is more than 3000 years old and up to now successfully applied in India to treat many diseases. It is using herbal medicine and a holistic body and mind approach. Though the last decades a competition with the use of modern (western, evidence based, pharmacologically active agents) medicine started. Many Indian people have become part of a fast running society and start to use the modern medicine for a faster relieve of the disease, not aware of the side effects of many of these mostly chemically prepared medicines. This change of mind is effecting the demand for ayurvedic treatments and influences the financial situation of the ayurvedic hospital. Also the distance to the city of Indore and a lack of sufficient transportation facilities was effecting the performance of the ayurvedic hospital. The organization recently started a new hospital based on a Western approach in a village 25 km away from the ayurvedic hospital.

During my stay, I observed the positive effects of ayurveda for example with a paralyzed diabetes patient who was treated for many years with modern medicine only. Within a two week stay at the ayurvedic hospital with a partly change from modern medicine to herbal medicine along with massages, steam baths and acupuncture treatments a significant improvement was seen at both the physical and emotional level.

Realizing the impact of the ancient natural healthcare we developed a new strategy. For the most successful treatment of patients it was advised to use the knowledge and experience of the organization of both ayurveda and modern medicine towards an integrated approach in the newly built hospital. In addition an ayurvedic clinic for one day treatments in the nearby fast growing city Indore was advised. The clinic offers the opportunity to promote possible long term integrative approaches in the newly built hospital and other western based hospitals in Indore city.

This trip via Sharepeople showed me a practical example that we can develop new innovative concepts bridging knowledge from developing and developed countries. Working in healthcare in the Netherlands it pursues my vision to encourage combining the most successful approaches in eastern and western healthcare knowledge in one institute to create added value for human healing.

Again I felt inspired by an assignment via Sharepeople.