



# **Evidence-Based Practice in Complementary and Alternative Medicine: Perspectives, Protocols, Problems and Potential in Ayurveda**

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# Evidence-Based Practice in Complementary and Alternative Medicine: Perspectives, Protocols, Problems and Potential in Ayurveda

## Evidence-Based Practice in Complementary and Alternative Medicine: Perspectives, Protocols, Problems and Potential in Ayurveda

This book investigates the ways in which the evidence base is influencing complementary and alternative medicine in general and Ayurveda and allied health practices in particular. The latter have traditionally been prevalent in Asia and are now increasingly attracting interest worldwide. The book is divided into four sections, the first of which examines issues related to acquisition and evaluation of the evidence base. Evidence-based approaches to Ayurvedic diagnosis and therapy are then examined, with a special focus on management of cardiovascular and rheumatological diseases, dental care, and rejuvenating treatments. The final section explores further the challenges of applying evidence-based practice in contemporary and alternative medicine and Ayurveda with a focus upon the issues requiring urgent attention in ongoing decade. The same involves encompassing areas such as Ayurvedic pharmaceuticals, practice, education and research within an evidence-based perspective.

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