

# INDIA LEADS THE WAY

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Ayurveda's Global Rise &  
Health Impact



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# Ayurveda on the World Map

Ayurveda isn't just India's past—it's the world's future.  
India is leading the charge in global integrative health systems.

## National efforts include:

- Ministry of AYUSH & National AYUSH Mission
- All India Institute of Ayurveda (AIIA) for Ayurvedic research and treatment
- Collaborations with WHO, Germany, and Japan for global benchmarks

## Mini Tasks:

1. Search “Ministry of AYUSH” and write down one initiative that excites you.
2. Ask your family what they know about Ayurveda—and share one fact with them.

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# Herbs Backed by Healing

Ayurveda offers natural support for serious conditions like cancer.

## Herbs that support healing:

- Ashwagandha, Curcumin, Giloy, Amla, Tulsi, Kalmegh
- Reduce inflammation, support detox, improve immunity
- Often used alongside medical treatment to improve recovery

## Mini Tasks:

1. Identify one herb you haven't tried and research its benefits.
2. Add a pinch of turmeric to your next meal.

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# Recovery with Panchakarma & Aromatherapy

After illness or treatment, Ayurveda helps rebuild from within.

## **Ayurvedic therapies:**

- Panchakarma (detox & tissue repair)
- Aromatherapy (lavender, frankincense) for mood & sleep
- Personalized healing plans for deep restoration

## **Mini Tasks:**

1. Diffuse or smell a calming aroma today (e.g., sandalwood or lavender).
2. Spend 5 minutes lying down with deep breaths and no distractions.

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# Real Results in Everyday Illness

Ayurveda improves chronic conditions using food, herbs, and routines.

## Proven outcomes:

- PCOS: cycle regulation, acne reduction
- Diabetes: improved insulin sensitivity
- Mental health: better focus, mood, and resilience

## Mini Tasks:

1. Choose one issue you've struggled with (e.g., sleep or skin) and search how Ayurveda addresses it.
2. Practice alternate nostril breathing (Nadi Shodhana) for 2 minutes.

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# Ayurveda Goes Global

Ayurvedic wisdom is now guiding international wellness too.

## Where it's growing:

- Spas and retreats in Europe and the USA
- Herbal trends like Triphala and Ashwagandha
- WHO includes Ayurveda in its official traditional medicine strategy

## Mini Tasks:

1. Browse an international wellness website or spa and find one Ayurvedic offering.
2. Start using one Ayurvedic herb or tea consistently for 3 days.

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# You're Part of India's Vision

By learning Ayurveda, you're joining a global health movement.

## What you're part of:

- Merging ancient and modern for everyday health
- Making wellness simple, personalized, and preventive
- Inspiring others to explore natural healing

## Mini Tasks:

1. Reflect: What was the most powerful lesson you learned from this course?
2. Write a 2-line message encouraging someone else to explore Ayurveda.

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# ABOUT THE AUTHOR



Zainab Mustafa Bharmal is an IBDP Year 2 student at The Galaxy School, with a strong academic foundation and a passion for pharmaceutical sciences, biotechnology, and life sciences. A national topper in Geography and an all-A\* IGCSE achiever, Zainab has pursued her interests through internships with medical professionals, research-based summer programs, and science-led awareness campaigns. She has led impactful projects on juvenile diabetes, curriculum design for under-resourced schools, and conducted fieldwork in naturopathy and nutrition. Her portfolio includes awards in sports, arts, MUNs, and international competitions like the Biology Bowl and Duke of Edinburgh Award. Through her capstone project and this e-book series, Zainab combines the wisdom of Ayurveda with modern health science to make preventive wellness accessible, evidence-based, and teen-friendly.