PriMera Scientific
Medicine and Public Health
Volume 8 Issue 6 June 2026
ISSN: 2833-5627

Integration of Artificial Intelligence for Advancement of Ayurveda

Type: Short Communication
Received: May 01, 2026
Published: June 09, 2026

Citation:
Bhavna Singh. "Integration of Artificial Intelligence for Advancement of Ayurveda". PriMera Scientific Medicine and Public Health 8.6 (2026): 26-29.

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Bhavna Singh*

GS Ayurveda Medical College, GS University, Hapur, U.P., India

***Corresponding Author:** Bhavna Singh, GS Ayurveda Medical College, GS University, Hapur, U.P., India.

"Swasthsya swasthya rakshanam aturasya vikara prashamanam" Ch.Su.30:26.

To prevent the disease and degradation of health and to cure the diseases are the two main objectives of Ayurveda. Ayurveda is one of the ancient holistic healing pathy arouse in India about five thousand years back. It harbours treatments for several diseases, ways to live an effective and longer life, ways to attain good health, to lead a prosperous and happy life, to overcome the seasonal variations, to protect nature, and to attain one's higher self. In a nutshell it encompasses a healthier and sustainable means of living a splendid life.

Though a worldwide movement to rejuvenate Ayurveda again has somewhat been started, we cannot deny it needs a bit of transformation too to match with the pace of modern life. Major reasons why now in modern times modern technologies and sciences took over the traditional sciences of healing are because they are quicker and more easily accessible.

However Ayurveda is the only hope for a sustainable and healthy survival of our species and this nature. India reinvented ways to help Ayurveda propagate and become accessible to every individual. But this rejuvenation of Ayurveda is needed by the whole world now. The COVID pandemic screamed on us about the dire need for adapting the way of living as per Ayurveda and spreading the treasury knowledge of Ayurveda all over the world.

Artificial Intelligence can be very helpful in achieving this aim of spreading the wisdom of Ayurveda across the world, for the welfare of humankind.

Below we have discussed the ways Artificial Intelligence can help in advancement of Ayurveda.

Internet and Artificial intelligence is accessible globally to all, so introduction of Ayurveda would become much easier. Original texts can be made available with translation in several different languages. This will directly increase people's reach to Ayurveda.

Building apps that can help in the education of Ayurveda overseas will create awareness about Ayurveda and give the world the opportunity to learn about it to help all humans.

Prakriti parikshan apps and other personalised apps can be easily made using AI and this is what Ayurveda is about, the personalized healthy lifestyle. It would not only increase the popularity of Ayurveda but will also increase its efficiency.

Fight against Biopiracy

Artificial intelligence can be of great use in our fight against Biopiracy. Initiatives like TKDL(traditional knowledge digital library) can be done more effectively, in a much shorter time span. In TKDL right now the texts are available in five international languages: English, French, German, Spanish and Japanese. Through AI this can be done in several other languages as well. Further AI can help in assimilation and preservation of our traditional knowledge while making it accessible to the world as well.

Ayurvedic Texts can be efficiently translated in several languages.

Process of getting patents can be made easy by its digitalization.

AI can be of great help in Globalization of Ayurveda

AI can be very helpful in building connectivity throughout the world, translating texts, organising seminars and workshops online, building educational apps, building a close knit community of Ayurvedic scholars and students allowing them to be more engaged and have better interaction.

Ayurveda for farmers

This would involve using AI to promote the cultivation of medicinal plants among farmers by educating them about its economical benefits. Also helping them with what kind of plant would suit their terrain and soil. Next by providing them direct connection to the market not just at national level but internationally as well, by helping them build cooperatives etc.

Children's accessibility

If something is taught at childhood it becomes a lifelong habit. Since I have emphasized this again and again Ayurveda is not just a treatment it is a lifestyle and teaching that lifestyle to children in their early years will not only make them adapt to it faster but would keep them healthy as well. Through AI such fun game apps can be created that allows them to learn the basics of Ayurveda at an early age.

Cultural heritage

Ayurveda is an integral part of Indian culture, its ritucharya, diet regime, and sadvrit all have been incorporated in our daily life since ages. Through AI the associated sites, and teachings can be popularized to help us Indians and our diaspora in foreign nations, to reconnect with our roots. For this Book publication, apps like pramoda that can track our progress, and online communities can be very helpful.

Plant conservation

Ayurveda not only uses plants, it worships and protects them too. Ayurveda talks about sustainable use, conservation, it forbids overexploitation. So Those principles of Ayurveda, by AI can be taught all around the world to take a step towards saving earth.

Also surveys can be done more effectively through AI, and statistics and data analysis would help us realise which plants we need to conserve more.

Supply chain and pharma

Since not all plants can be grown at all places, especially medicinal plants, requires precise soul type and climatic conditions, this creates a shortage of few drugs at some places while too much of other drugs at another place. This problem can be resolved by building direct buying and selling online platforms allowing the pharma companies direct contact with farmers globally. This would be positive for the global economy too and would surely be a great solution to shortage of ayurvedic drugs at places other than India.

Merging the modern science with traditional knowledge

Through AI modern science and ayurvedic science can be merged to make the health system better, cheaper and accessible to all. It would also help in elimination of loopholes in both systems when used alone.

Research and development

AI would be the most useful means for Research and Development of Ayurveda. Raising funds collaborating globally accessing information all that can be so easy through AI.

While AI could be a magical wand for the advancement of Ayurveda, the process might have a few challenges.

Challenges in adapting AI for Ayurvedic Advancement
Digital divide

Many people in India still lack basic knowledge about computers, and the internet. Then engagement of AI would set those groups behind the ones who have that knowledge.

Lack of connectivity

Several places in India still lack the internet.

Increase in forgery

Though we aim to make Ayurvedic knowledge accessible to all easily, this might also lead to a rise in the problem of quacks, the one who pretends to be Ayurvedic vaidyas when they are not. They not only demean Ayurveda but are dangerous to society as well for they might give you wrong drugs.

Language barriers

Till now Artificial Intelligence hasn't become that efficient in languages like hindi sanskrit or other Indian languages. Since Ayurveda belongs to India, knowledge of Indian languages by AI is must while being utilised for advancement of Ayurveda.

Lack of human touch

Ayurveda is a personalised therapy. Every Individual has different prakartik hence different treatment and diet (aahar-vihar, etc.) This can be accessed best by a Vaidya who has complete knowledge of Ayurveda, even after using AI for Prakriti parikshan, and other things without the guidance of a Vaidya it can never be apt.

More pressure on earth

Since using AI leads to higher energy consumption, data centres etc this leads to higher carbon footprint.

Though together we can overcome these challenges, especially when the stakes are so high. The 21st century with such fast paced transformations not just physically but socially and mentally, and the ever declining health of Earth, our insolence forcing us to hamper nature, all these actions has made us stand at the threshold of end, one more wrong step and the whole species would be forced to pay the consequences. In such crucial times Ayurveda can be the rocket that can take us not to Mars rather to a better and healthier earth with healthy us. We need to understand how it will be good for us, our physical, mental, and social health, how it will be sustainable for the planet and how we as a species need to adapt Ayurveda as soon as possible for our own benefit and longevity. Aiding the process through Artificial Intelligence would only make us achieve this goal in a much shorter time.

This would require us to increase digital education and decrease the digital divide, make the internet accessible to every corner of our county, figure out ways to further develop AI and make it learn and understand Indian languages etc. Most importantly we would require to figure out ways to reduce the carbon footprint of AI by adapting to renewable sources of electricity development.

Ayurvedic science doesn't need us, we need it to survive and sustain. We need it to preserve our health and our planet. We need it to preserve our mind and soul.

India has always had the motto of - "sarvebhavntu sukhinah" Ayurveda is the means to fulfill this aim.