

# Core Understanding of Ayurveda Prakriti from Traditional Medicine to Ayur genomics

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## Abstract

Genomics has led in an era of P4 medicine i.e. predictive, preventive and personalized and participatory medicine wherein it is hoped that not too far in the future there would be a paradigm shift in the practice of medicine from a generalized symptomatic approach to an individualized approach based on his or her genetic makeup. Several approaches are being attempted to identify genetic variations like HLA DRB1 that are responsible for various Human traits which are susceptibility to diseases and differential response to drugs, however, have met with only a limited success. Ayurveda, an ancient Indian system of medicine documented and practiced in India since 1500 B.C has personalized approach towards management of health and disease. According to this system, every individual is born with his or her own basic constitution, termed Prakriti which to a great extent determines inter individual variability in susceptibility to diseases and response to external environment, diet and drugs.

## Biography:

Sunil Pal has completed his Graduation at the age of 24 years from Rajiv Gandhi University of Health Sciences (Bangalore), India. He is now pursuing Post graduation in Internal Medicine (Ayurveda) from Maharashtra University of Health Sciences (Nashik), India. He has over 7 publications in his Post graduation academics period. He has won many prizes in Quiz, Paper presentation, Poster presentation, Essay writings etc. He is currently doing research trial on Gokshura herbs in Stage 1 Hypertension. He has main interest in Auto-immune disorders, Oncology, Neurology, and Nephrology in Ayurveda.

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