

Optimizing Sri Lankan Ayurvedic Healthcare Ecosystem: Integrating Modern Technologies for Enhanced Patient Care and Management

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Abstract

Ayurvedic medicine, which originated in ancient Indian traditions, has acquired international recognition as a holistic and natural healing approach that emphasizes the balance of mind, body, and spirit via tailored treatments, herbal cures, and lifestyle practices. This study digs at the integration of modern technologies into Sri Lanka's traditional Ayurvedic healthcare system, with the goal of optimizing patient care and management. The purpose of this research is to direct the thoughtful integration of contemporary instruments, promoting a medical environment that skilfully combines traditional healing methods with state-of-the-art discoveries for the benefit of patients in Sri Lanka and elsewhere. Ayurveda, which is based on ancient practices, plays an important part in the nation's healthcare, but the changing landscape needs a collaborative approach. To provide consideration at how modern technology like wearables, telemedicine, digital health records, and artificial intelligence interact with traditional Ayurveda. With a focus on Sri Lanka's distinct cultural background, the review moves between successful case studies and new developments in the field to offer insights into how technology is revolutionizing the Ayurvedic paradigm of customized, all-encompassing patient care. The study has broader implications since it adds to the conversation about the cohabitation of traditional and modern medical systems, with the potential to provide insights applicable not only to Sri Lanka but also as a model for global healthcare optimization.

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