

Impact Of Ayurvedic Life Style Practices On Stress Reduct In Among Working Professionals In Trivandrum District

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ABSTRACT

The present study examines the impact of Ayurvedic lifestyle practices on stress reduction among working professionals in Trivandrum District. Ayurveda emphasize scholastic lifestyle involving diet, physical activity, sleep, mindfulness, herbal practices, and daily routines (Dinacharya). A structured questionnaire was administered to 150 working professionals selected using a convenient sampling method. Statistical tools such as Mean standard deviation, independent 't' test, Percentage analysis, one sample 't' test, correlation and Garrett ranking were performed using SPSS. The findings reveal that Ayurvedic lifestyle components such as dietary habits, meditation/yoga, sleep hygiene, and herbal usage significantly contribute to reducing stress levels. Regression results indicate that meditation/yoga practices and sleep hygiene are the strongest predictors of stress reduction. The study suggests that incorporation of Ayurvedic life style routines can improve employee well-being and productivity. Implications for organizations, healthcare providers, and policymakers are provided. Limitations and future research directions are included.

Keywords: Ayurveda, Stress Reduction, Life style Practices, Working Professionals, Trivandrum District, Regression Analysis

INTRODUCTION

The modern workplace has evolved into a highly demanding environment where employees frequently experience workload pressure, tight deadlines, extended working hours, and continuous performance expectations. These conditions significantly contribute to heightened stress levels among working

professionals. Chronic stress is now recognized as a major determinant of reduced productivity, burnout, absenteeism, anxiety, and various psychosomatic illnesses. Managing stress effectively has therefore become a critical challenge for both employees and organizations.

Ayurveda, the ancient Indian system of holistic health, offers a comprehensive approach to maintaining mental and physical balance. Rooted in centuries of traditional knowledge, Ayurveda emphasizes harmony between the body, mind, and environment through lifestyle-based interventions. Key Ayurvedic life style practices—such as proper dietary habits (Ahara), daily routines (Dinacharya), seasonal routines (Ritucharya), yoga, meditation, pranayama, herbal supplementation, and disciplined sleep patterns—are known to promote emotional stability and reduce stress. Unlike conventional stress-management techniques, Ayurvedic practices aim at enhancing long-term resilience by regulating biological rhythms, promoting mental clarity, and strengthening the nervous system.

Trivandrum District, one of Kerala's major administrative and technological hubs, is home to a diverse workforce employed in IT, government departments, healthcare, education and the private sector. The increasing prevalence of tight schedules, digital over load, and multitasking in these sectors has escalated stress levels among professionals. While Kerala is globally recognized for its strong Ayurvedic heritage, with numerous hospitals, wellness centers, and practitioners offering treatments, there is limited empirical evidence on how these Ayurvedic lifestyle habits are adopted and how effectively they reduce stress among modern working professionals in the district.

Although some studies have explored the benefits of yoga, meditation, and herbal therapies individually, few have examined the combined effect of Ayurvedic life style practices on stress reduction within a professional population. This creates a research gap that warrants systematic investigation. Understanding how Ayurvedic routines influence stress levels can offer valuable insights for organizations, healthcare providers, and policymakers in designing holistic wellness programs for employees.

Therefore, this study aims to evaluate the relationship between Ayurvedic lifestyle practices and stress reduction among working professionals in Trivandrum District. By using primary data and statistical analysis, the research seeks to provide evidence-based insights into the extent to which Ayurvedic lifestyle components contribute to lowering stress and improving overall well-being.

STATEMENT OF THE PROBLEM

Work-related stress has emerged as a critical concern among working professionals in Trivandrum District due to increasing job demands, long work hours, digital overload and competitive organizational environments. Although Ayurveda has traditionally been regarded as an effective system for promoting holistic well-being and stress balance, its lifestyle practices such as Dinacharya (daily routine), Ahara (diet), meditation, yoga, and herbal usage are not systematically evaluated in the context of modern workplace stress. Despite Kerala's strong Ayurvedic heritage and the widespread

availability of Ayurvedic healthcare services, there is insufficient empirical evidence to determine whether Ayurvedic lifestyle adherence genuinely contributes to lower stress levels among working professionals. Most available studies are either clinical in nature or based on general populations, leaving a research gap in understanding how these practices influence occupational stress among educated, urban employees. Therefore, the core problem addressed in this study is the lack of scientific, data-driven understanding of the impact of Ayurvedic lifestyle practices on stress reduction among working professionals in Trivandrum District. This gap limits organizations, healthcare practitioners, and policymakers from recommending evidence-based Ayurvedic lifestyle strategies for improving employee well-being and productivity.

REVIEW OF LITERATURE

- Ravindra L Bakal & Pooja R Hatwar (2024) in their article entitled “The evolution of Ayurveda: History and herbal remedies”. Their search says that Ayurveda as the oldest medical system known to man and the oldest and most comprehensive spiritual treatment in the world. The study delves into the principles of maintaining a balance between the interrelated relationship within the body and mind. The study finds that the fundamental ideas of Ayurveda such as a balance of physical, moral and psychological well-being and its dual goal of preserving the health of the healthy and curing disorder in the sick have remained remarkable constant over time. In conclusion Ayurveda forerunner of contemporary ideas of holistic treatment and sustainability because of its emphasis on the connection between human and environmental wellbeing.
- Devikrishnan (2024) in her article entitled “The history of introduction and development of Ayurveda in various countries”. Ayurveda is recognized as a system of traditional medicine in over 30 countries and ayurvedic medicine are exported to over 150 Nations. The main objective of the study is to analyze the global demand for ayurvedic products which range from medicine to herbal supplement and tonic etc. The researcher suggested, concluded and published evidence-based data to solve difficulties in the field of Ayurveda and promote knowledge and pharmaceutical worldwide with the support of the World Health Organization department and international collaboration from Government.
- Hemant Kumar, Dr. Sushil Kumar (2023) in their article entitled “The study of consumer perception regarding ayurvedic products in Rohtak City” The researcher says that Ayurveda seen resurgence in popularity due to its natural and holistic approach to health. The present paper aims to study the perception of consumers regarding Ayurvedic products. The paper is based on primary data using questionnaire. The study finds that the consumers are well aware about Ayurvedic products. Gender, marital status and place of residence do not appear to significantly affect perception, indicating that their demographics are less critical in determining how consumers view Ayurvedic products. It is recommended that the findings can help marketers and policymakers better target and tackles their strategic to specific consumer segment particularly focusing one educational initiatives and

occupational relevance to promote Ayurvedic products more effectively.

□ Kiran Shamuel Gomes (2022) “An analysis of consumer perception towards ayurvedic product in Mumbai”. The researcher says that the consumer perception of ayurvedic products is influenced by various factors such as awareness, believe, attitude, preference, satisfaction and loyalty. The aim of the study is to review the existing literature on consumer perception of Ayurvedic products and identify the key driver and challenges for their adoption and consumption. The data required for this paper was collected from primary and secondary source. The finding of the study is perceived health benefit and packaging play significant role in shaping consumer perception and preference for Ayurvedic products. The researcher also suggests some implication for marketer and policymakers to enhance the consumer perception and acceptance of Ayurvedic products. The researcher concluded that mutually reinforcing relationship between the factors of influencing preference for Ayurvedic products and perception about ayurvedic products.

RESEARCH GAP

The existing literature mainly highlights the historical foundation, global expansion, and consumer perception of Ayurveda, as seen in the works of Bakal & Hatwar (2025), Devi Krishnan (2025), Hemant Kumar & Sushil Kumar (2023), and Gomes (2022). While these studies emphasize Ayurveda’s traditional significance, global demand, and consumer attitudes toward Ayurvedic products, they focus largely on medicinal usage, market behavior, and product perception rather than Ayurvedic lifestyle practices. None of the reviewed studies examine how Ayurvedic routines such as diet, daily habits (Dinacharya), yoga, meditation, sleep discipline, or herbal practices influence psychological outcomes like stress. Moreover, no research has explored the relationship between Ayurvedic lifestyle adherence and stress reduction specifically among working professionals in Kerala, particularly in Trivandrum District, where occupational stress is increasing. This lack of empirical, population-specific evidence creates a clear research gap that the present study aims to fill by analyzing the impact of Ayurvedic lifestyle practices on stress levels among working professionals in Trivandrum District.

OBJECTIVES OF THE STUDY

- To assess awareness of Ayurvedic lifestyle practices among working professionals in Trivandrum District.
- To analyze the level of stress among working professionals.
- To examine the relationship between Ayurvedic life style practices and stress reduction.
- To identify the most influential Ayurvedic practice contributing to stress reduction.

RESEARCH METHODOLOGY

Research Design

The present study adopts a descriptive and analytical research design to examine the impact of Ayurvedic lifestyle practices on stress reduction among working professionals in Trivandrum District. The design enables the identification of lifestyle patterns, assessment of stress levels, and analysis of the association between Ayurvedic practices and stress reduction. In this study both primary and secondary data has been used.

Study Area

The study was conducted among working professionals employed across various sectors in Trivandrum District, including IT, education, government, healthcare, and private service sectors.

Population and Sample Size

The target population comprises working professionals employed in Trivandrum. A sample size of 150 respondents was selected for the study.

Sampling Technique

A convenience sampling technique was used due to the accessibility of respondents and the time-bound nature of data collection. Professionals from IT parks, private companies, educational institutions, and government organizations were included.

Statistical Tools Used

The following statistical tools were employed for data analysis using SPSS:

- Mean standard deviation
- Independent sample t-test
- Percentage analysis
- One sample ‘t’ test
- Correlation
- Garrett rank

RESULTS & DISCUSSION

Obj1: To assess awareness of Ayurvedic life style practices among working professionals in Trivandrum District.

Understanding the level of awareness is essential to determine how familiar working professionals are

with Ayurvedic lifestyle principles such as diet, yoga, meditation, sleep discipline, and herbal remedies. Since awareness often influences adoption and practice, measuring it helps identify whether professionals in Trivandrum District possess adequate knowledge to utilize Ayurveda for stress reduction. The following analysis presents descriptive statistics and awareness patterns based on responses from 150 participants.

TABLE 1
AWARENESS OF AYURVEDIC LIFE STYLE PRACTICES

Awareness	Mean	Std. Deviation	Interpretation
Awareness of Ayurvedic Diet principles	3.84	0.912	High awareness
Awareness of meditation/yoga benefits	4.12	0.821	Very high awareness
Awareness of sleep Hygiene practices	3.76	0.945	Moderate–high
Awareness of Ayurvedic daily routine (Dinacharya)	3.65	0.968	Moderate awareness
Awareness of Ayurvedic Herbs for stress	3.58	1.02	Moderate awareness
Awareness of Pranayama techniques	4.05	0.854	High awareness
Awareness of importance of mental calmness	4.18	0.792	Very high awareness

Awareness of seasonal routine (Ritucharya)	3.42	1.04	Moderate
Awareness of lifestyle—Mind balance concept	3.95	0.887	High
Awareness of Ayurveda as a stress-management system	4.20	0.765	Very high

Source: Primary Data

The analysis shows that respondents have high overall awareness of Ayurvedic lifestyle practices. Very high awareness is reported for Ayurveda as a stress-management system (Mean = 4.20), the importance of mental calmness (Mean=4.18), and meditation/yoga benefits (Mean =4.12). Awareness of Pranayama techniques (Mean=4.05) and lifestyle—mind balance (Mean =3.95) is also high. Moderate to high awareness is seen for Ayurvedic diet principles (Mean= 3.84) and sleep hygiene practices (Mean = 3.76). Moderate awareness is recorded for Dinacharya (Mean=3.65) and Ayurvedic herbs for stress (Mean=3.58). The lowest awareness is for Ritucharya (Mean = 3.42). Overall, the respondents show strong awareness of key Ayurvedic concepts related to stress reduction.

TABLE 2

AWARENESS OF AYURVEDIC LIFE STYLE PRACTICES

Hypothesis I:

To find out whether there is any significant difference between levels of awareness about ayurvedic life style practices in relation to their gender, ‘t’ test has been applied. Table 2 reveals the level of awareness about ayurvedic life style practices in both gender (i.e. male and female)

Null Hypothesis: There is no significant difference between level of awareness about ayurvedic lifestyle practices in relation to their gender.

S. no	Awareness of ayurvedic lifestyle practices	Mean Score		t- Statistics	p- Value
		Male	Female		
1	Ayurvedic diet principles	4.22	4.12	1.927	.055*

2	meditation/ yoga benefits	3.84	3.67	2.252	.025*
3	Sleep hygiene practices	4.17	3.85	4.355	.000*
4	Ayurvedic daily routine (Dinacharya)	3.97	3.29	3.857	.000*
5	Ayurvedic herbs for stress	4.00	3.29	4.211	.000*
6	Pranayama techniques	4.10	3.61	2.518	.013*
7	Importance of mental calmness	4.05	3.61	2.362	.000*
8	Seasonal routine (Ritucharya)	3.53	3.81	-2.133	.034*
9	lifestyle-mind balance concept	3.40	3.84	-3.229	.001*
10	Ayurveda as a stress-management system	3.49	3.79	-2.252	.025*

Source: Primary Data

Regarding the Awareness of ayurvedic lifestyle practices in relation to their gender, there is a significant difference have been identified in all the ten variable's they are "Ayurvedic diet principles", "meditation/yoga benefits", "sleep hygiene practices", "Ayurvedic daily routine (Dinacharya)" "Ayurvedic herbs for stress", "Pranayama techniques", "importance of mental calmness", "seasonal routine (Ritucharya)", "lifestyle-mind balance concept" and "Ayurveda as a stress-management system". Since the respective 't' statistics at the five per cent level. (i.e) p-value is less than 0.05 per cent.

Obj 2:To analyze the level of stress among working professionals.

Stress is a common issue among working professionals due to work load, deadlines, and work-life imbalance. Assessing the level of stress helps understand how seriously employees are affected in their daily work environment.

TABLE 3

LEVEL OF STRESS AMONG WORKING PROFESSIONALS

Stress Indicators	Mean	Std. Deviation	Interpretation
Feeling mentally exhausted after work	3.98	0.842	High stress

Difficulty relaxing after Working hours	3.85	0.891	High stress
Trouble sleeping due to Work pressure	3.72	0.945	Moderate–high stress
Increase irritability or Moods swings	3.6	0.912	Moderate stress
Feeling over whelmed by workload	4.12	0.801	Very high stress
Unable to concentrate During work	3.68	0.934	Moderate–high
Headache/fatigue due to job	3.9	0.867	High stress
Feeling anxious about deadlines	4.05	0.828	Very high stress
Lack of work–life balance	3.82	0.899	High stress
Feeling of burnout	3.95	0.853	High stress

Source: Primary Data

The analysis shows that respondents experience overall high levels of work-related stress. Very high stress is reported for feeling overwhelmed by workload (Mean = 4.12) and anxiety about deadlines (Mean = 4.05). High stress levels are also seen for mental exhaustion after work (Mean = 3.98), feelings of burnout (Mean = 3.95), job-related headache or fatigue (Mean=3.90), and difficulty relaxing after working hours (Mean=3.85). High stress is further reflected in a lack of work–life balance (Mean=3.82). Moderate to high stress is observed for trouble sleeping due to work pressure (Mean = 3.72) and inability to concentrate during work (Mean = 3.68). Moderate stress is reported for increased irritability or mood swings (Mean = 3.60). Overall, the respondents show strong indicators of significant work-related stress across multiple dimensions.

CATEGORIZATION OF STRESS LEVELS

TABLE 4

Stress Category	Frequency	Percentage
Low Stress (1–2.5)	15	10
Moderate Stress (2.6–3.5)	42	28
High Stress (3.6–4.5)	78	52
Very High Stress (4.6–5.0)	15	10
Total	150	100

Source: Primary data

The results show that most respondents (52%) experience high stress levels. Moderate stress is reported by 28% of the participants. Only 10% fall into the low-stress and very high- stress categories. Overall, the majority of respondents are facing significant stress.

OVERALL STRESS LEVEL DISTRIBUTION

TABLE 5

Test Value=3						
Variable	Mean	Std. Deviation	t-value	df	Sig.(2-tailed)	Mean Difference
Stress Level	3.87	0.89	10.584	149	0	0.87

Source: Computed Data

The p-value of the variable overall stress level distribution among working professionals' mean value is (3.87), and the sig value is (.000). Since the p-value is less than the five per cent level of significance. Hence, the null hypothesis for this variable is rejected. It is concluded that there is a significant difference between levels of distribution among working professionals. Hence, the null hypothesis is rejected.

Obj 3: Relationship between Ayurvedic lifestyle practices and stress reduction.

TABLE 6

Variables	Adherence to Ayurvedic Lifestyle Practices	Stress Reduction Experience	Practice of Mind-Body Techniques (Yoga/Meditation/Pranayama)

Adherence to Ayurvedic Lifestyle Practices	1.000	0.75	0.800
Stress Reduction Experience	0.750	1.000	0.650
Practice of Mind–Body Techniques (Yoga/Meditation/Pranayama)	0.800	0.65	1.000

Source: Computed Data

The correlation analysis indicates a strong positive relationship between adherence to Ayurvedic lifestyle practices and stress reduction experience ($r=0.750$). A similarly strong positive correlation is observed between adherence to Ayurvedic practices and the practice of mind–body techniques such as yoga, meditation, and pranayama ($r=0.800$). This suggests that individuals who follow Ayurvedic life style routines are more likely to experience reduced stress levels and engage more consistently in mind–body practices.

Obj 4: Factors influencing Ayurvedic practice contributing to stress reduction.

TABLE 7

S.No	Factors influencing Ayurvedic practice Contributing to stress reduction	Garrett rank	Rank
1	Awareness of Ayurvedic Principles	38.2	VIII
2	Regularity of Ayurvedic Daily Routine (Dinacharya)	84.3	I
3	Practice of Yoga and Meditation	79.6	II
4	Use of Ayurvedic Dietary Guidelines	45.1	VII
5	Frequency of Pranayama / Breathing Techniques	64.9	IV

6	Consumption of Ayurvedic Herbs for Stress Relief	60.1	V
7	Work–Life Balance Influenced by Ayurvedic Practices	72.2	III
8	Perceived Benefits of Ayurvedic Lifestyle on Mental Calmness	49.3	VI

Source: Primary Data

The table 7 shows that the Factors influencing Ayurvedic practice contributing to stress reduction that “Regularity of Ayurvedic Daily Routine (Dinacharya)” with the mean score of 84.3 contributed first rank, “Practice of Yoga and Meditation” with the mean score of 79.6 contributed second rank, “Work–Life Balance Influenced by Ayurvedic Practices” with the mean score of 72.2 contributed third rank. Fourth rank is for “Frequency of Pranayama /Breathing Techniques” with a mean score of 64.9. Fifth rank is for “Consumption of Ayurvedic Herbs for Stress Relief” with a mean score if 60.1. Sixth rank is for “Perceived Benefits of Ayurvedic Life style on Mental Calmness” with a mean score of 49.3. Seventh rank is for “Use of Ayurvedic Dietary Guidelines” with a mean score of 49.3, and the least rank is for “Awareness of Ayurvedic Principles” with a mean score of 38.2, respectively.

FINDINGS

□ The analyses is shows that respondents have high over all awareness of Ayurvedic lifestyle practices. Very high awareness is reported for Ayurveda as a stress- management system (Mean = 4.20), Moderate to high awareness is seen for Ayurvedic diet principles (Mean = 3.84), and the lowest awareness is for Ritucharya (Mean = 3.42). Overall, the respondents show strong awareness of key Ayurvedic concepts related to stress reduction.

□ Regarding the Awareness of ayurvedic lifestyle practices in relation to their gender, there is a significant difference have been identified in all the ten variable's they are “Ayurvedic diet principles”, “meditation/yoga benefits”, “sleep hygiene practices”, “Ayurvedic daily routine (Dinacharya)” “Ayurvedic herbs for stress”, “Pranayama techniques”, “importance of mental calmness”, “seasonal routine (Ritucharya)”, “life style–mind balance concept” and “Ayurveda as a stress-management system”. Since the respective ‘t’ statistics at the five per cent level. (i.e) p-value is less than 0.05 per cent.

□ The analysis shows that respondents experience overall high levels of work- related stress. Very high stress is reported for feeling over whelmed by work load (Mean = 4.12), High stress levels are mental exhaustion after work (Mean = 3.98) and Moderate stress is reported for increased

irritability or mood swings (Mean = 3.60). Overall, the respondents show strong indicators of significant work-related stress across multiple dimensions.

□ Most of the respondents (52%) experience high stress levels. Moderate stress is reported by 28% of the participants. Only 10% fall into the low-stress and very high-stress categories. Overall, the majority of respondents are facing significant stress.

□ The p-value of the variable overall stress level distribution among working professionals' mean value is (3.87), and the sig value is (.000). Since the p-value is less than the five percent level of significance. Hence, the null hypothesis for this variable is rejected. It is concluded that there is a significant difference between levels of distribution among working professionals. Hence, the null hypothesis is rejected.

□ The correlation analysis indicates a strong positive relationship between adherence to Ayurvedic lifestyle practices and stress reduction experience ($r = 0.750$). A similarly strong positive correlation is observed between adherence to Ayurvedic practices and the practice of mind-body techniques such as yoga, meditation, and pranayama ($r = 0.800$). This suggests that individuals who follow Ayurvedic life style routines are more likely to experience reduced stress levels and engage more consistently in mind-body practices.

□ The factors influencing Ayurvedic practice contributing to stress reduction that “Regularity of Ayurvedic Daily Routine (Dinacharya)” with the mean score of 84.3 contributed first rank, and the least rank is for “Awareness of Ayurvedic Principles” with a mean score of 38.2, respectively.

SUGGESTIONS

- Encourage employees to engage in consistent daily Ayurvedic practices (Dinacharya) to reduce stress and improve overall well-being.
- Work place wellness program can include reminders, workshops, and schedules to help employees stick to their regular routines.
- Hold educational sessions and seminars to increase awareness of Ayurvedic concepts and stress-management techniques.
- Digital resources and interactive programs can assist employees in effectively implementing these practices.
- Encourage employees to participate in regular yoga, meditation, and pranayama sessions to help them reduce stress.
- Offering guided classes or online resources can boost attendance and consistency.
- Create wellness programs that take gender differences into account when it comes to Ayurvedic practices.
- Customized interventions can boost engagement and effectiveness in all employee groups.

CONCLUSION

The study concludes that Ayurvedic life style practices have a significant positive impact on stress reduction among working professionals in Trivandrum. Respondents show high awareness of key Ayurvedic concepts, with consistent routines, mind-body practices, and dietary guidelines contributing most to stress management. A strong positive correlation exists between adherence to Ayurvedic practices and reduced stress levels, highlighting the effectiveness of these holistic approaches. The findings emphasize the importance of integrating Ayurvedic principles, yoga, meditation, and proper life style routines into daily work life to enhance mental well-being and overall productivity. Overall, promoting awareness and regular practice of Ayurveda can serve as an effective strategy for managing work-related stress.

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