

Study on Contemporary Ayurveda Practice in Sri Lanka Overview to the Policy and Issues

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Introduction: Traditional medicine plays a significant role of the Health Care delivery system in Sri Lanka. Traditional and natural medicine has long ancient history of effective diagnosis and treatment. Unfortunately, there is a lack of scientific research to support this history. Ayurveda Healthcare professionals should have adequate knowledge, skills and correct attitudes regarding Ayurveda Medical Practice in order to control adverse consequences related to contemporary Ayurveda practice.

Objective: This study was conducted to assess the gap in registration of Ayurveda Physicians in different categories (Graduated physicians, Physicians with diploma and Traditional practitioners) due to educational qualifications by accessing the standard of Ayurveda Health care practice in Sri Lanka using education, knowledge, attitudes and practices of Ayurveda practitioners regarding Ayurveda Healthcare practice among Ayurveda physicians working at Western Province Ayurveda Department, Practitioners with Diploma and Traditional practitioners.

Methods: A cross-sectional survey was conducted using a self-administered questionnaire in a sample of Ayurveda Physicians. A convenient sample of 100 registered physicians were selected from the graduated physicians, physicians with diploma and hereditary physicians in the Western Province, Sri Lanka SPSS software was utilized under the guidance of the statistician and data presented in a sound manner safeguarding the existing policy frame work and guide line of the Ministry of Health, Ayurveda Medical council and International Institute of Health Science (IIHS).

Results: Policy regulations on registration of differently qualified Physicians and the standard of practice related to Ayurveda Healthcare practice were the areas that need attention from the health authorities. The majority of physicians had a positive attitude regarding policy change of registration of physicians at Medical Council. Significant positive associations between knowledge and attitudes, knowledge and practices were observed in this study. It meant that those who possess good knowledge also have good attitudes and good levels of practices. So, knowledge is an important factor in standard Ayurveda Health Care practice and this should be emphasized in future strategies.

Discussion and Conclusion: The different categories of Ayurvedic physicians register in a same register at SLAMC creates an important issue while providing Ayurveda Healthcare service Knowledge gaps found in the study should be considered in future training that are designed for Ayurveda Physicians in different categories. Attitudinal changes and associated behavioral changes that are needed from Ayurveda Physicians especially diploma and traditional practitioners in this process of standard Ayurveda medical practice should be discussed at top administration level in order to identify effectiveness of interventions. Practices related to standard Ayurveda Medical system among Ayurveda Physicians could be improved by increasing their knowledge, education, training and also by providing necessary equipment and infrastructure needed for the relevant activity such as workshops, training programs and guide them to conduct researches on Ayurveda Medicines.

Keywords: Ayurveda Health Care Service; Ayurveda Physicians; Sri Lanka; Health policy on Registration

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