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Are we targeting Disease or Cause?

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Change is the only constant parameter in this dynamic world as, "Nothing is ever permanent," from the composition of *mahabutas* to the concept of disease. In this real world, only death remains unchanged. Indeed, change is the utmost important concept to evolve better humans or others, as Darwin said.

As per WHO, health is defined as, "a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity." In the same vein, the health is defined as "a balance between body, mind, spirit, and social well being" as per Ayurveda i.e., one of the traditional medicine of India (TRM). Cause, as per oxford dictionary, "make (something, especially something bad) to happen."

In the current scenario, as per modern view, a disease is caused by a myriad of causes, despite this, as per Ayurveda, a disease is caused by the three qualities, called tridoshas i.e., vata, pitta, and kapha and its constitutive effect. Moreover, modern medicine mostly governed by the evidence-based medicine and biomedical research precipitously increasing toward molecular, proteomic, and genomic approaches after completion of the Human Genomic Project (HGP), in 2003. In case of Ayurveda, it is purely based on indigenous theories, beliefs, and experiences that are passed from generation to generation.

Presently, from the point of modern medicine view, always disease will be treated for their symptoms or disease based relief. In contrast to this, practitioners of alternative medicine opinion, "we treat the root causes of disease," based on their understanding of etiology regardless of type of disease. But, treating the root cause is may or may not be possible in certain diseases, and every system of medicine is having pros and cons, as modern medicines main concern is over side effects of synthetic drugs, and, traditional system is proof of evidence and false belief of safety i.e., utopian misconception that, "never mind if they are ineffective, they will be safe!"

During this century, we are running with time to fulfill our desires with exposing a lot of malign environment. After contemplating this, maintaining the health status by performing regular exercise, healthy or safe food, yoga, mental peace and relation is merely needs strenuous efforts to implement it. So, there is a need of amalgamation of modern and traditional medicine to where dream of futuristic integrative healthcare system evolves, by giving renaissance cognizance to the world. As general saying, "all rivers flows to the sea," in a nutshell, every healthcare professional responsibility is treating the disease or cause of a patient to improve the situation by regularly honing their knowledge rather than grappling between us.

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