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Cross Sectional Studies: Neglected Aspect in Ayurveda Research

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ABSTRACT

Research is creative and systematic work undertaken to increase the stock of knowledge. It involves the collection, organization and analysis of information to increase understanding of a topic or issue. Research has several facets. From searching innovative ideas and concepts, to establishing their veracity, to eventually finding their application for the betterment of human beings and the world they live in. Research in Ayurveda is still nascent. Ayurveda research is headed in various central and state sponsored institutes, various universities and most academic institutions. A glance at the kind of researches undertaken would prompt anyone to believe that most of clinical researches are interventional studies where one intervention is compared with standard or placebo. There are many studies which is single group interventional studies also. Interestingly the number of observational studies is very dismal. A cross sectional study, a variety of Observational study, involves looking at data from a population at one specific point in time. There is need to utilize this method of research in connection with Ayurvedic interventions in National programs, in ayurveda education, to create Ayurveda based evidence in tandem with evidence-based medicine, to generate health data and health statistics on ayurvedic indicators.

KEY WORDS – Research in Ayurveda, Cross sectional studies, Survey studies, observational study.

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