

## Ayurveda, Health, and Wellness Tourism in India

Dr. Bargale Sushant Sukumar<sup>1</sup>, Dr. Aiswarya Balagopal<sup>2</sup>

<sup>1</sup>Assistant Professor, <sup>2</sup>Post Graduate Scholar,

<sup>1,2</sup>Department of Swasthavritta and Yoga, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India

### ABSTRACT

The patterns of production and consumption of health care services have changed over the past few decades as a result of the global increase in the flow of patients and healthcare professionals, as well as in medical technology, capital funding, and regulatory frameworks across national borders. A new significant component of the expanding health care industry has involved the health tourism. The practice of moving patients across borders for medical care and other health-related reasons which is commonly known as medical tourism. It consists mostly of travel and tourism combined with biological therapies. It is an effort to draw visitors by consciously highlighting its medical services and amenities in addition to its standard tourist attractions. India has a competitive advantage in the sector of health tourism due to the strong international reputation of its traditional medical system, particularly Ayurveda and Yoga, as well as the variety of tourist destinations the country offers. The primary issues and opportunities facing India's Ayurveda and Yoga sectors that aid in the promotion of their medical services both domestically and internationally are the topic of this article.

**KEYWORDS:** Ayurveda, Health tourism, India, Yoga

### INTRODUCTION

Wellness tourism, which is expected to be the primary economic driver of the sector, is one of the fastest-growing divisions of the tourism business. People start travelling to take advantage of a wide range of options that bring satisfaction and a healthy lifestyle with the advent of globalisation and the consumerism culture. People are more conscious of the value of health today. Tourist destinations are typically visited for leisure and entertainment. The motivation for visiting a tourist site might vary depending on the type of traveller and their interests. In order to satisfy the needs of visitors with a diversity of interests, tourist destinations provide a variety of tourism-related merchandise. The competing tourism industry established the niche travel sector known as "health tourism" in order to attract tourists who are primarily travelling for medical treatment. The deliberate promotion of a destination's health care services and amenities in addition to its normal tourist attractions is known as health tourism.<sup>1</sup>

The new type of tourism is now focusing on peace, sustainability, and spirituality on a global scale, creating a multimillion-dollar industry. In 2015, the

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Ministry of Tourism, Government of India, developed special rules for the promotion of wellness tourism in India after considering the potential of this business. Yoga, Ayurveda, Unani, and other alternative religious and spiritual items are only a few of the many goods available in India that foreign tourists are interested in experiencing. The Ministry of AYUSH was founded by the Indian government in 2014 with the goal of advancing study and research in the fields of Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homoeopathy. India was placed 12th among the world's top 20 wellness tourism markets in 2017.<sup>2</sup>

### Objectives

To critically review health tourism, its benefits and opportunities of India's Ayurveda and Yoga industries, that help them to promote their medical services domestically and abroad.

### Materials and methods

All available literature related to health tourism in India & its possible marketing strategies with the help of Ayurveda & Yoga.

**Medical tourism-** Consumers who cross foreign borders in search of medical care are said to be

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**Global Developments in Healthcare and Medical Tourism** Paul, Sudip, Kulshreshtha, Sharad Kumar, 2019-11-22 The outbreak of global health issues due to rapid urbanization industrialization and changing climatic conditions are severely impacting health and lifestyle Yet healthcare and medical services continue to increase in cost in developed nations This can result in medical tourism wherein patients travel across countries in order to benefit from medical treatment that might not be accessible in the traveler's nation of origin Developing countries are prepared to capitalize on this growing industry by offering multi specialty healthcare hospitals cost effective treatments and the promotion of online medical consultancy Global Developments in Healthcare and Medical Tourism provides innovative insights into issues impacting healthcare services healthcare service providers government policies and initiatives for health reforms and explores low cost medical tourism destinations and practices The book additionally seeks to deliver high quality cost efficient smart healthcare applications The content within this publication examines global health wellness tourism and global business and is designed for students researchers academicians policymakers government officials medical practitioners and industry professionals

**The Emergence and Future of Health Tourism in the Asia Pacific Region** Malcolm Cooper, Athula Gnanapala, M.S.M. Aslam, Iraj Ratnayake, 2023-09-25 This important book examines the management of healthcare tourism in the Asia Pacific Region Its main focus is South Asia an under researched part of the region but it does not neglect the rest of the region or its networks with other regions The book uncovers the significant roles played by the sociological physiological psychological and economic aspects of healthcare tourism This compilation of conceptual and empirical research findings from diverse socio economic and environmental settings in the developing Asia Pacific Region will enable the reader to triangulate the application of sustainable practices in global and local healthcare while showing the importance of the travel factor in its development Regardless of the impact of disasters such as the COVID 19 pandemic healthcare tourism is here to stay in a region that has magnificent attractions good health infrastructure and the traditional medicine teachings that have been gifted from unique ancient cultures

**Health, Tourism and Hospitality** Melanie Smith, Laszlo Puczko, 2014-02-03 Health Tourism and Hospitality Spas Wellness and Medical Travel 2nd Edition takes an in depth and comprehensive look at the growing health wellness and medical tourism sectors in a global context The book analyses the history and development of the industries the way in which they are managed and organised the expanding range of new and innovative products and trends and the marketing of destinations products and services The only book to offer a complete overview and introduction to health tourism and hospitality this 2nd Edition has been updated to include Expanded coverage to the hospitality sector with a particular focus on spa management New content on medical tourism throughout the book to reflect the worldwide growth in medical travel with more and more countries entering this competitive market Updated content to reflect recent issues and trends including ageing population governments encouraging preventative health consumer use of contemporary

and alternative therapies self help market impacts of economic recession spa management and customer loyalty New case studies taken from a range of different countries and contexts and focusing on established or new destinations products and services such as conventional medicine complementary and alternative therapies lifestyle based wellness beauty and cosmetics healthy nutrition longevity and anti or active ageing amongst others Written in a user friendly style this is essential reading for students studying health tourism and hospitality

*Health and Wellness Tourism* Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry This book examines the range of motivations that drive this diverse sector of tourists the products that are being developed to meet their needs and the management implications of these developments A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas medical wellness life coaching meditation festivals pilgrimage and yoga retreats The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism This text includes a number of features to reinforce theory for advanced students of hospitality leisure and tourism and related disciplines

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learning algorithms and natural language processing are enhancing diagnostic accuracy personalizing treatment options and improving patient outcomes Covering topics such as behavioral artificial intelligence medical diagnosis and precision medicine this book is an excellent resource for mental health professionals healthcare providers and administrators AI and data scientists academicians researchers healthcare policymakers and more      *Tourism - Concept & Perspectives* Mr. Rohit Manglik,2024-03-07 EduGorilla Publication is a trusted name in the education sector committed to empowering learners with high quality study materials and resources Specializing in competitive exams and academic support EduGorilla provides comprehensive and well structured content tailored to meet the needs of students across various streams and levels

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Strategic Tourism Planning for Communities Anukrati Sharma,Shruti Arora,2024-06-12 From developed to developing

nations the utilization of tourism as a development strategy has been a prevalent practice at both national and local levels In this compelling read the authors explore an understanding of how countries envision the future of their tourism sectors and chart a course towards that vision *Indian Tourism* M.R.B. Anantha Padmanabha,2019-01-01 This volume attempts to address issue pertaining to various aspects of Indian tourism viz issues initiatives perspectives perspectives of tourism strategies to revamp tourism linkage between tourism and human rights unemployment issues in tourism sector application of web technology in tourism advancement aspects of responsible tourism potentials to stimulate tourism destinations living aspects of eco tourism communities rural empowerment through ecotourism marketing of ecotourism approach to destination satisfaction issues related to tea tourism dental tourism connection between tourism and pharma sectors management of archaeological sites and promotion of heritage tourism etc All the papers are contributed by senior academics and practitioners of hospitality sector In their submission they have try to explore the existing problems faced by the tourism sector in its totality and presented solid suggestions to revamp and revitalize tourism sector in India

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*Innovations in Services Marketing and Management: Strategies for Emerging Economies* Goyal, Anita,2013-10-31 Modern corporations face a variety of challenges and opportunities in the field of sustainable development Properly managing assets and maintaining effective relationships with customers are crucial considerations in successful businesses *Innovations in Services Marketing and Management Strategies for Emerging Economies* presents insights into marketing strategies and tactical perspectives in both large and small enterprises The chapters in this book explore case studies contemporary research and theoretical frameworks in effective business management providing students academicians

researchers and managers with the resources and insight necessary to identify key trends in emerging economies and build the next generation of innovative services

**Chinese and Indian Medicine Today** Md. Nazrul Islam, 2017-04-04 This book discusses Asian medicine which puts enormous emphasis on prevention and preservation of health and examines how in recent decades medical schools in Asia have been increasingly shifting toward a curative approach It offers an ethnographic investigation of the scenarios in China and India and finds that modern students and graduates in these countries perceive Asian medicine to be as important as Western medicine There is a growing tendency to integrate Asian medicine with Western medical thought in the academic curriculum that has led to a gradual decline of Asian medical thought and practices At the same time there has been a massive rise in patent drugs health products and cosmetics being sold under the brand names of Asian medicine or herbal medicine Most of these drugs and health products do not follow the classical formulas found in the Asian medical texts The book analyses these texts and concludes that contemporary Asian medicine rarely follows the classical texts and in fact uses Asian medicine brands to sell Western health products and practices With a particular focus on the formal and professional sector of Chinese herbal medicine and Indian ayurvedic medicine in urban areas this book appeals to a broad readership including undergraduate students and academics as well as non experts Md Nazrul Islam is an Associate Professor in the General Education Office United International College Beijing Normal University Hong Kong Baptist University He was a Visiting Associate Professor in the School of Population and Public Health University of British Columbia 2015-16 during which time he completed this book manuscript

**The Routledge Handbook of Religion, Medicine, and Health** Dorothea Lüddeckens, Philipp Hetmanczyk, Pamela E. Klassen, Justin B. Stein, 2021-11-24 The relationships between religion spirituality health biomedical institutions complementary and alternative healing systems are widely discussed today While many of these debates revolve around the biomedical legitimacy of religious modes of healing the market for them continues to grow The Routledge Handbook of Religion Medicine and Health is an outstanding reference source to the key topics problems and debates in this exciting subject and is the first collection of its kind Comprising over thirty five chapters by a team of international contributors the Handbook is divided into five parts Healing practices with religious roots and frames Religious actors in and around the medical field Organizing infrastructures of religion and medicine pluralism and competition Boundary making between religion and medicine Religion and epidemics Within these sections central issues debates and problems are examined including health and healing religiosity spirituality biomedicine medicalization complementary medicine medical therapy efficacy agency and the nexus of body mind and spirit The Routledge Handbook of Religion Medicine and Health is essential reading for students and researchers in religious studies The Handbook will also be very useful for those in related fields such as sociology anthropology and medicine

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