



EDITORIAL

Ushering in a New Era of Interdisciplinary Medical Inquiry

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INTRODUCTION

As Chief Editor of the *International Journal of Interdisciplinary Medical Sciences*, it is my distinct privilege to present the inaugural issue of this journal. The launch of this publication marks an important milestone in our commitment to advancing interdisciplinary dialogue that bridges ancient intellectual traditions with contemporary scientific inquiry. In an era increasingly characterized by compartmentalized medical knowledge, the journal seeks to transcend disciplinary silos and promote integrative approaches that support holistic and evidence-based health solutions.

Ancient Indian scholarship offers a sophisticated epistemological foundation for interdisciplinary research, particularly through *Tarka Shastra* and *Darshana Shastra*. These traditions provided systematic frameworks for inquiry, validation, and knowledge generation across applied sciences, including medicine. Their relevance extends beyond historical interest, offering conceptual tools that resonate with modern scientific reasoning.

Tarka Shastra, rooted in the Nyāya philosophical tradition, represents the discipline of logical

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reasoning, dialectics, and critical debate. It employs methodological instruments such as *Pūrvapakṣa* (presentation of counterarguments) and *Aparapakṣa* (systematic rebuttal) to rigorously examine hypotheses and eliminate logical fallacies. Functioning as an analytical aid to valid knowledge (*pramāṇa*), *Tarka Shastra* emphasized the interrogation of assumptions through inference and structured reasoning, closely paralleling contemporary critical thinking

and hypothesis testing. Its application ensured that observations were validated through logical scrutiny, thereby preventing dogmatism and uncritical acceptance of authority.

Darshana Shastra encompasses the six orthodox philosophical systems—Nyāya, Vaiśeṣika, Sāṅkhya, Yoga, Mīmāṃsā, and Vedānta—which collectively articulated meta-methodological principles governing knowledge systems. These schools defined key parameters such as *pramāṇa* (means of valid knowledge), *viśaya* (domains of inquiry), *doṣa* (sources of error), and *tarka* (reasoned debate). Rather than functioning as experimental sciences, the Darshanas served as regulatory and epistemic frameworks that ensured methodological rigor and conceptual coherence in applied disciplines (*śāstras*), including Ayurveda. Notably, Nyāya philosophy provided a detailed analytical structure through its sixteen categories of reasoning, reinforcing systematic inquiry and epistemic restraint.

In ancient Indian medical research, particularly within Ayurveda, Tarka and Darshana Shastra were integrally applied. Texts such as the *Charaka Saṃhitā* incorporate Nyāya principles, including the ten *Kāryābhiniṣṭi Ghaṭakas* (determinants of therapeutic success), alongside metaphysical constructs from Vedānta such as *Pañcīkaraṇa*. This integrative approach facilitated a flexible, experience-based medical system that combined empirical observation, logical reasoning, and scholarly debate to explain health and disease processes without recourse to mysticism. The resulting two-tiered structure—Darshana as the theoretical foundation and Śāstra as applied science—can be viewed as a precursor to the modern scientific method, emphasizing evidence and context-specific validation.

Central to the ethos of this journal is Ayurveda, the classical science of life, examined through the lens of rigorous interdisciplinary research and the philosophical logic of Darshana Shastra.

Foundational texts such as the *Charaka Saṃhitā* and *Suśruta Saṃhitā* provide comprehensive frameworks for preventive healthcare, personalized medicine, and systemic balance. However, the contemporary relevance of Ayurveda depends on its empirical validation through robust modern research methodologies. Tarka Shastra, as a discipline of critical reasoning, enables systematic evaluation of classical concepts, resolution of apparent theoretical inconsistencies, and the development of evidence-based interpretations. Through such integration, Ayurveda is advanced from a philosophical tradition to a scientifically actionable healthcare system.

The imperative for high-quality research within AYUSH systems—Ayurveda, Yoga, Unani, Siddha, and Homeopathy—has never been more urgent. Global challenges such as chronic non-communicable diseases, antimicrobial resistance, and persistent health inequities demand innovative, sustainable, and affordable interventions. AYUSH systems offer significant potential in this regard, as evidenced during the COVID-19 pandemic. Nevertheless, their broader acceptance remains constrained by a paucity of methodologically rigorous studies. Addressing this gap requires interdisciplinary research that integrates randomized controlled trials, systematic reviews, meta-analyses, and artificial intelligence-driven analytics with classical assessment frameworks such as *Prakṛti* evaluation and *Doṣa* dynamics. The journal is committed to prioritizing such research, with a focus on clinical efficacy, pharmacological validation, and public health relevance, thereby enabling meaningful contributions to universal health coverage.

Guided by a clear Mission and Vision, the *International Journal of Interdisciplinary Medical Sciences* is dedicated to the highest standards of academic excellence.

Mission Statement

To disseminate rigorous medical research with demonstrable clinical and public health relevance, while promoting ethical research practices, transparency in scientific communication, and global interdisciplinary collaboration.

Vision Statement

Trust: To serve as a gold-standard platform for interdisciplinary medical science

Innovation: To bridge knowledge gaps between modern scientific technologies and traditional healing systems

Equity: To uphold scientific knowledge as a global public good, ensuring equitable access for diverse communities