

Editorial Message

With immense pride and enthusiasm, I present the inaugural issue of the *Journal of Integrative Health Research (JIHR)*, the official publication of the Sankalchand Patel University, Visnagar, Gujarat. This journal serves as a platform dedicated to integrating modern medicine and Indian systems of medicine, including Ayurveda, Homeopathy, Unani, and other traditional practices, reflecting the university's commitment to advancing interdisciplinary healthcare research.

The launch of *JIHR* comes as healthcare systems worldwide is evolving to embrace a more comprehensive, patient-centered approach. The integrative health model combines the strengths of modern medical advances with the time-tested wisdom of Indian traditional medicine. This approach not only promotes healing, but also emphasizes preventive care, wellness, and holistic treatment, offering a broader spectrum of care that meets the complex needs of patients today.

Bridging Modern and Traditional Medicine

At its core, integrative health acknowledges that modern medicine excels in diagnosing and treating acute and critical conditions through technological advancements, while Indian systems of medicine offer invaluable insights into chronic disease management, preventive care, and the promotion of overall well-being. The *JIHR* aims to bridge these two systems, encouraging dialogue, collaboration, and research that demonstrate the potential of combined approaches to healthcare.

Our vision for *JIHR* is to become a leading platform for sharing original research, reviews, clinical studies, and case reports that explore the integration of modern and traditional health practices. By fostering interdisciplinary research, we aim to advance knowledge that contributes to better health outcomes and improved patient care.

The Importance of Integrative Research

Integrative healthcare is gaining recognition not only in India but around the world. The increasing prevalence of chronic diseases, lifestyle-related health issues, and the growing demand for holistic, patient-centered care make it essential to explore all available medical systems. The combination of modern diagnostics and treatment strategies with the preventive and holistic approaches of Indian medicine systems can offer a more balanced and effective healthcare model.

At *JIHR*, we are committed to publishing high-quality, evidence-based research that highlights the benefits of such an integrative approach. Our goal is to ensure that both healthcare practitioners and researchers have access to innovative insights that promote interdisciplinary understanding and collaborative practice.

A Future of Collaboration

The establishment of *JIHR* is a testament to the vision of Sankalchand Patel University to promote integrative health research. I would like to extend my sincere gratitude to The Provost of the university and the editorial board for their dedication and support in making this journal a reality.

As we embark on this new journey, I invite researchers, clinicians, and healthcare professionals from all streams to contribute their work to *JIHR*. Together, we can shape the future of healthcare by integrating the best of modern and traditional medicine.

Warm regards,

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