



Inaugural Message

It is with immense pride and great pleasure that I present this inaugural message for the *Journal of Integrative Health Research (JIHR)*. This journal marks a significant milestone in the journey toward advancing interdisciplinary collaboration and promoting a holistic approach to healthcare.

The modern healthcare landscape calls for a convergence of traditional and contemporary medical practices to address the growing complexities of human health. The *Journal of Integrative Health Research* serves as a dedicated platform to bridge this gap, fostering dialogue between conventional medicine and alternative therapies such as Ayurveda, Yoga, and other traditional systems of healing. Our mission is to inspire evidence-based studies that enhance healthcare practices by combining innovation with the wisdom of age-old traditions.

I would like to take this opportunity to recognize and congratulate the efforts of the editorial team, led by **Dr. Vivekanand Kattimani, Editor-in-Chief of JIHR**. Under his visionary leadership, the team has worked tirelessly to bring this journal to fruition. Their dedication to ensuring scientific rigor, upholding ethical standards, and curating impactful research is commendable.

JIHR is committed to publish high-quality original research, review articles, clinical studies, and case reports that explore integrative health approaches. By fostering global collaboration, we aim to inspire innovative ideas and evidence-based solutions that address pressing healthcare challenges such as chronic diseases, lifestyle disorders, and rising healthcare costs.

I extend my gratitude to the editorial board, reviewers, and contributors for their relentless efforts in launching this journal. Your passion and commitment have laid a strong foundation for its success.

As we embark on this journey, I invite researchers, clinicians, and academicians worldwide to contribute their insights and discoveries to JIHR. Together, we can advance the frontiers of integrative healthcare, creating a positive impact on the well-being of individuals and communities.

With best wishes for the success of JIHR, let us move forward, united in our mission to revolutionize healthcare through integration, innovation, and collaboration.

Dr. J. R. Patel
Director, Health Sciences
Sankalchand Patel University
Visnagar, Gujarat, India

