



# 1. Evaluating the Effectiveness of Ayurvedic Healthcare Services for Police Personnel

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## **ABSTRACT**

*This research paper investigates the effectiveness of Ayurvedic healthcare offerings in enhancing the nicely-being of police employees. Policing is a high-strain profession with specific physical and mental fitness challenges, making the exploration of holistic healthcare alternatives a relevant and pressing challenge. Ayurveda, a traditional device of drugs originating from India, offers a holistic method to health, emphasizing the stability of body, thoughts, and spirit. To cope with this studies query, a complete review of current literature, together with clinical research and healthcare practices, changed into carried out to discover gaps in know-how.*

*The research goals include assessing health effects, measuring mental wellbeing, evaluating pleasant of life, analyzing task overall performance, and examining factors influencing the adoption of Ayurvedic healthcare services with the aid of police employees. A mixed-technique studies design combining quantitative and qualitative statistics series techniques was hired, related to surveys, interviews, and scientific tests. The have a look at population consisted of police employees from diverse backgrounds and regions, making sure a broad representation of the career.*

## **KEYWORDS:**

*Factors affecting on police personnel health, Types of Healthcare Services, Importance of Ayurveda, Findings, Conclusion.*

## **Introduction:**

*The Indian country of Maharashtra acknowledged for its colorful tradition and financial dynamism, is likewise domestic to a considerable police force tasked with ensuring the*

protection and security of its residents. The bodily and intellectual well-being of police employees is of paramount importance, as they face a myriad of demanding situations inside the line of obligation, which include strain, long operating hours, and publicity of potentially stressful conditions. Ensuring the health and resilience of these individuals isn't always the most effective moral duty but also essential for maintaining the efficiency and effectiveness of law enforcement businesses.

India has attracted the attention of the international community due to its lengthy history and robust foundation in Ayurveda and other medical structures. About 80% of India's population reviews the use of Ayurveda and herbal medicine to fulfill their fitness needs and ensure the safety of their exercise. As it takes time to test, examine, and observe for research functions, this is why Ayurveda's position and method in fitness promotion, ailment prevention, healing, and recuperation is diagnosed.

The Ayurvedic gadget of drugs, based totally on desirable philosophy and exercise, is properly documented and covers all aspects of health and disorder. Despite advances in biomedical studies, many new illnesses are rising, and treating these continual illnesses has become a worldwide venture. Now could be the time to mix the blessings of Ayurveda with effective.

### **Factors affecting on the health of police personnel's (Physical & Psychological):**

1. **Unspecified working hours:** police officers have been identified as unspecified working hours and no work schedule. Due to that they were suffer from depression as they did not know the time when they would finally be free from work at the end of the day.
2. **Staying away from home:** Being away from family was found to be another factor that contributes to mental stress.
3. **Poor living conditions:** No accommodation is provided separately and there is a common room for male police officers and another police room for all women working in the police station where about 20-30 police officers live together, with 3 standard toilets and one bathroom.
4. **Lack of resources:** All pressure issues are linked to the presence of real staff. Since staff resources are limited, a large amount of work needs to be allocated to a small number of police officers.
5. **Inadequate sleep:** They do not get enough sleep within 24 hours and that it causes fatigue and irritability at work.
6. **Transfers at unknown location:** Most police officers are always unaware of their transfers and there is usually no set time to work at any police station
7. **Alcohol Abuse** police may detect fatal car accidents, domestic violence, and animal abuse, due to drug or alcohol abuse in an effort to deal with depression, anxiety, or symptoms of post-traumatic stress disorder (PTSD).
8. **Dietary supplements:** Employees who work part-time for a 24-hour day are at risk of disruption of food patterns. Given the increased risk of obesity, obesity, and metabolic syndrome in obese people.
9. **Mental health (MH) in the police:** Mental health problems (MH) are the leading cause of long-term disability. The police workplace has a lot of work pressures and exposure that can lead to increased risks of mental illness. Affordable.

The conventional healthcare gadget, with its rich tapestry of historical knowhow and holistic procedures to well-being, offers a unique attitude on healthcare that has been practiced for centuries. amongst those traditional structures, Ayurveda stands proud as a complete and time-examined method to fitness and recovery. Ayurveda is deeply rooted inside the principles of balance, herbal remedies, and individualized care. even as it has won reputation and popularity globally, its integration into the healthcare regimen of police employees offers a compelling vicinity of studies.

The significance of this research lies in its potential to bridge the gap among the present day healthcare paradigm and the conventional device, thereby improving the general properly-being of police employees. as the stressors and fitness challenges confronted by law enforcement officials retain to evolve, exploring the effectiveness of Ayurvedic healthcare services will become especially pertinent. This examine goals to offer insights into the effectiveness, perceived benefits, and challenges encountered by using police employees whilst getting access to Ayurvedic healthcare services.

furthermore, the take a look at holds importance in the broader context of healthcare policy and practice. It sheds light on the viability of integrating conventional Indian healthcare practices into the healthcare infrastructure, no longer best for police personnel however also for the overall population. through focusing on this specific demographic.

### **Different types of Healthcare Services Ayurveda:**

Ayurveda is an historic gadget of medication from India that makes a speciality of balancing the frame's doshas (constitutions) to promote fitness and nicely being. It makes use of herbal treatments, herbal drugs, diet, and lifestyle adjustments to treat and prevent infection.

### **Homeopathy:**

Homeopathy is a machine of alternative remedy that makes use of fairly diluted substances to stimulate the body's recovery mechanisms. It operates on the precept of "like treatments like," in which a substance that causes symptoms in a wholesome man or woman can remedy comparable symptoms in a ill man or woman.

### **Allopathy (conventional Western remedy):**

Allopathy, regularly referred to as conventional or current remedy, is the mainstream scientific system practiced in most of the arena. It makes use of pharmaceutical tablets, surgical procedures, and scientific strategies to diagnose and treat sicknesses based on medical evidence and research.

**Unani:** additionally, referred to as Yunani or Greco-Arabic medicinal drug, is a conventional device of medicine that has its roots in historical Greece and turned into further advanced in the Arab international. Unani medicinal drug is based totally at the principles of the historical Greek doctor Hippocrates and the lessons of the Persian physician and logician Avicenna (Ibn Sina). it's miles one of the oldest structures of medicine practiced inside the Indian subcontinent and the center East.

**Siddha:** Siddha medication is a conventional machine of medication that originated in historic Tamil Nadu, India. it is one of the oldest structures of medicine in the global and is closely related to Ayurveda, some other traditional Indian machine of medication. Siddha medication is based on the concept of balance and concord inside the frame, mind, and spirit. It includes quite a number holistic practices, herbal remedies, and healing strategies.

**Homoeopathy:** it's miles based totally on the principle of "similia similes curator," which means "allow likes be cured by likes." In other phrases, homeopathy treats a affected person's signs and symptoms with quite diluted materials that, in their undiluted form, would produce similar signs and symptoms in a healthful man or woman. here are a few key functions and concepts of homeopathy:

**Sowa Rigpa:** t is also referred to as conventional Tibetan remedy, is a holistic and ancient gadget of medicine that originated in Tibet and the Himalayan areas. it's been practiced for over one thousand years and is considered one of the global's oldest systems of conventional medicinal drug. Sowa Rigpa is based on the comprehensive understanding of the human frame, mind, and the natural global, and it encompasses a wide range of practices and therapies.

### **Traditional Chinese Medicine (TCM):**

TCM carries acupuncture, herbal medicine, nutritional therapy, and numerous thoughts-body practices like Tai Chi and Qi Gong to stability the frame's vital strength (Qi) and sell fitness.

### **Yoga & Naturopathy:**

Naturopathy takes a holistic approach to healthcare, emphasizing the usage of natural remedies, way of life adjustments, and preventive measures to sell fitness and nicely-being.

### **Psychiatry and Psychology:**

those fields of medicine deal with mental and emotional fitness. Psychiatrists prescribe medication for intellectual problems, at the same time as psychologists offer talk remedy and counseling.

### **Importance of Ayurveda in Healthcare:**

human beings's healthcare selections may be motivated with the aid of a spread of factors, along with non-public ideals, cultural history, and get right of entry to to healthcare alternatives. here are a few motives why a few police employees or others might also decide on Ayurveda:

**Holistic method:** Ayurveda is thought for its holistic method to fitness, that is appealing to individuals who cost a complete expertise of well-being. It considers no longer most effective bodily health but also intellectual and emotional aspects.

**herbal and herbal treatments:** Ayurveda often relies on herbal remedies, such as herbs, food regimen, and way of life modifications. some people prefer these strategies over pharmaceutical pills and invasive treatments because of worries approximately side outcomes.

**personalized medicine:** Ayurveda emphasizes individualized treatment plans based totally on someone's specific constitution (Prakriti) and imbalances (Vikriti). This personalized technique can be attractive to those seeking a extra customized healthcare revel in.

**thoughts-body Connection:** Ayurveda recognizes the interconnectedness of the thoughts and body and promotes practices along with yoga and meditation for mental nicely-being. these practices may be useful for individuals in high strain professions like regulation enforcement.

**Cultural and regional factors:** Ayurveda is deeply rooted in Indian subculture, and police personnel in India or those of Indian descent may additionally have a cultural affinity towards it.

**Complementary and Integrative medication:** a few people, consisting of law enforcement officials, pick to combine Ayurveda along conventional hospital therapy as part of a complementary or integrative method to fitness. This allows them to discover multiple alternatives for managing their properly-being.

## **Literature Review:**

### **Traditional Indian Healthcare and Ayurveda:**

traditional Indian healthcare structures, rooted in centuries-antique knowledge, offer holistic methods to fitness and well-being. amongst those structures, Ayurveda stands as a outstanding and comprehensive method to recuperation. Ayurveda emphasizes the stability of mind, frame, and spirit and makes use of herbal remedies, nutritional pointers, and way of life practices to sell fitness and save you sickness (Chopra et al., 2019).

severa research have explored the effectiveness of Ayurvedic treatments for numerous fitness situations, including persistent sicknesses, intellectual fitness disorders, and lifestyle-related illnesses. studies has frequently highlighted Ayurveda's personalized technique to healthcare, which tailors treatments to man or woman constitution (Prasher et al., 2014).

### **Healthcare Services for Police Personnel:**

Police personnel, who're liable for preserving law and order, face unique physical and psychological demanding situations of their line of responsibility. preceding research has continuously shown that regulation enforcement officers are prone to excessive degrees of pressure, burnout, and intellectual fitness troubles (Violanti et al., 2006; Karaffa & Koch, 2019).

In reaction to these demanding situations, a few research have investigated the supply of healthcare services specially designed for police personnel. these services normally consciousness on addressing the bodily and intellectual fitness needs of officials, which includes stress control, fitness applications, and counseling offerings (McCraty et al., 2017; Violanti et al., 2009).

### **Research Objectives:**

**To Assess Health Outcomes:** Evaluate the physical health outcomes of police personnel receiving Ayurvedic healthcare services. This could include measurements of blood pressure, heart rate, cholesterol levels, and other relevant health indicators.

**To Measure Psychological Well-being:** determine the effect of Ayurvedic services at the intellectual health and mental nicely-being of cops. Use standardized scales to measure pressure ranges, tension, and depression. **To Evaluate Quality of Life:** decide the impact of Ayurvedic interventions on the general great of lifestyles for police personnel to evaluate factors like quality of sleep, physical functioning, and social interactions.

**To Analyze Job Performance:** productiveness among police officers. observe factors like absenteeism, on-duty injuries, and undertaking pleasure.

**To observe strain reduction:** discover the effectiveness of Ayurveda in reducing strain and improving strain coping mechanisms in a immoderate-strain profession like policing.

### **To examine life-style changes:**

look at the adoption of Ayurvedic dietary and way of life recommendations through police personnel and examine how those modifications effect their health and well-being.

### **Hypothesis:**

Based on the research objectives and the context of this study, we formulate the following hypothesis: health effects:

- 1. Null Hypothesis(H0):** there may be no sizable difference in bodily fitness effects between police personnel receiving Ayurvedic healthcare services and those now not receiving such offerings.
- 2. Alternative Hypothesis (H1):** Police employees receiving Ayurvedic healthcare offerings will reveal progressed bodily fitness effects in comparison to those not receiving such offerings.

### **Specialties of Ayurveda:**

Ayurveda developed into eight branches of specialties which was a reason for it being called Ashtang Ayurveda.

**These are:**

1. **Kayachikitsa (Internal Medicine)**
2. **Kaumar Bharitya (Pediatrics)**
3. **Graha Chikitsa (Psychiatry)**
4. **Shalkya (Eye & ENT)**
5. **Shalya Tantra (Surgery)**
6. **Visha-Tantra (Toxicology)**
7. **Rasayana (Geriatrics)**
8. **Vajikarana (Science of Virility)**

**Gaps in Current Knowledge:**

Limited Scientific Research: there is an absence of well-designed, scientifically rigorous research that especially evaluate the effectiveness of Ayurvedic healthcare offerings on police personnel. Many current studies are small-scale, lacking manipulate businesses, and be afflicted by methodological obstacles.

Comparative Studies: Few studies directly evaluate the effectiveness of Ayurvedic healthcare services with conventional Western clinical interventions for police employees. more studies is wanted to decide whether Ayurveda gives benefits beyond what can be executed with well known clinical treatments. lengthy-term results: Many research consciousness on quick-term outcomes, however lengthy-term results of Ayurvedic healthcare services on police employees' health and well-being stay understudied. know-how the sustainability of blessings is vital.

Adherence and Compliance: studies gaps exist in information the factors influencing police employees's adherence to Ayurvedic treatment plans and lifestyle pointers. identifying barriers and facilitators can help improve adherence and outcomes.

safety and side outcomes: there is a loss of complete information at the safety profile of Ayurvedic treatments for police personnel. extra research is needed to evaluate the occurrence of side results and capacity interactions with traditional medicines.

**Scope:**

The scope of this studies could be limited among police employees within the country of Maharashtra, India. Maharashtra, being one of the largest states in India, gives a numerous populace and a number healthcare provider carriers, making it a pertinent location for this have a look at. This studies pursuits to provide a complete assessment of the function of Ayurvedic healthcare offerings in promoting the properly-being of police personnel in Maharashtra. It acknowledges the want to delve into the utilization patterns, perceived effectiveness, and contextual elements that have an effect on the adoption of Ayurveda inside this demographic. The findings will make contributions valuable insights for healthcare carriers, policymakers, and future research initiatives inside the field of Ayurvedic care for law enforcement officials in Maharashtra.

**Research Methodology:**

**Research Design:**

**Longitudinal Observational Study:** A Longitudinal Observational Study is performed, which is a type of research design where data is collected from the same individuals (police personnels) and a groups over an some time period. This type of study is used to track changes in physical and psychological health, and developments within a population or cohort over time.

Here are some key characteristics and considerations for a longitudinal observational study: In Longitudinal studies consistent and reliable data collection methods is used over time. This involves surveys, medical examinations, interviews, and data should be collected from secondary sources like magazines, police persons health records, and data should be available on different government and healthcare websites.

**Participant Retention:** Keeping participants engaged and involved during study

**Time Frame:** This is short-term and can last for several days, making them resource intensive.

**Ethical Considerations:** By considering the ethical implications while collecting data from the police personnels over time informed them first and consent, privacy, and confidentiality should be maintained.

**Statistical Analysis:**

**T-Tests:** we are comparing the means of two groups (first police personnel receiving Ayurvedic healthcare services vs. those not receiving such services) for continuous variables (e.g., blood pressure), by using t-tests. Two Paired t tests are used for comparing two groups.

**Data Sampling:** Data should be collected from police personnels from different geographical region from Maharashtra. Such as Pune city and Pimpri Chinchwad. and having Their different positions/Ranks like from Police commissioner, Joint Commissioner of Police, Additional commissioner of Police DCP), ACPs, Pis, APIs, PSIs, ASI, Head constables, Police Nikes, constables.

**Sample Size:** Total **120** police personnels data should be collected from pune city, Pimpri Chinchwad. The collection is in Two parts Before facilitating Ayurvedic Healthcare service & After taken the Ayurvedic medicine.

**Group A:** Body fitness of police personnel before receiving Ayurvedic healthcare services.

**Group B:** Body fitness of police personnel After receiving Ayurvedic healthcare.



**Data Collection Instruments:**

Survey: Questionnaires' which is categorized on following points

Demographic Questions: these questions are based on age, gender, Health and Lifestyle Questions: Diet, physical activity, smoking/drinking Physical Activity: Ask about the level of physical activity and exercise.

**Medical History:**

**Existing Medical Conditions:** Inquire about any medical conditions, such as diabetes or B.P, which can affect cholesterol levels.

**Diabetes Level Criteria:**

- Normal:** Less than 100 mg/dL
- Prediabetes:** Between 100 mg/dL and 125 mg/dL
- Diabetes:** 126 mg/dL or higher
- In(%) Normal:** Less than 5.7%
- Prediabetes:** Between 5.7% and 6.4%
- Diabetes:** 6.5% or higher

**Blood pressure level Criteria:** Normal Blood Pressure: Systolic BP (the top number) is typically less than 120 mm Hg, and diastolic BP (the bottom number) is typically less than 80 mm Hg. Prehypertension: Systolic BP is between 120 and 139 mm Hg, or diastolic BP is between 80 and 89 mm Hg.

**Table 1: Age Group:**

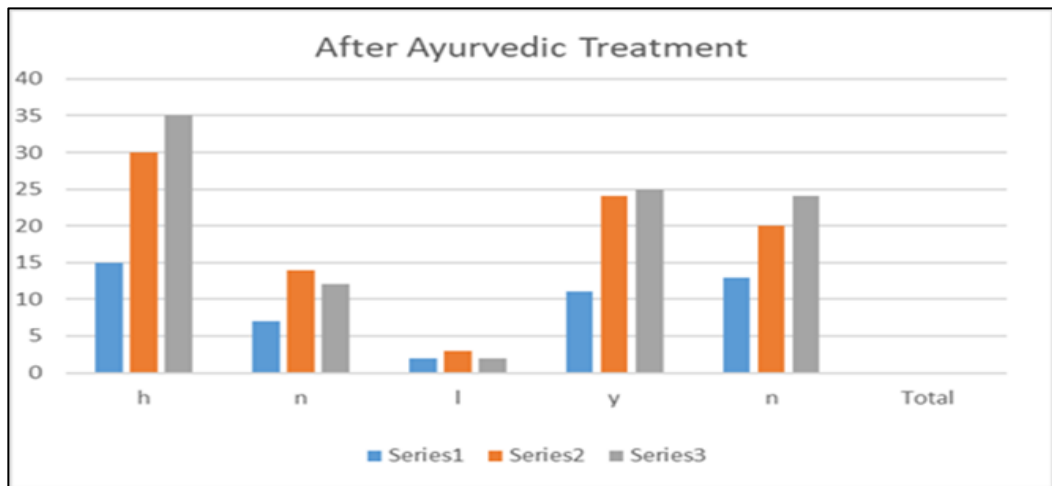
Category	Range	Total
Group A	25-35	20
Group B	35-45	45
Group c	45-55	55

**Table 1.1 Before Ayurvedic Treatment**

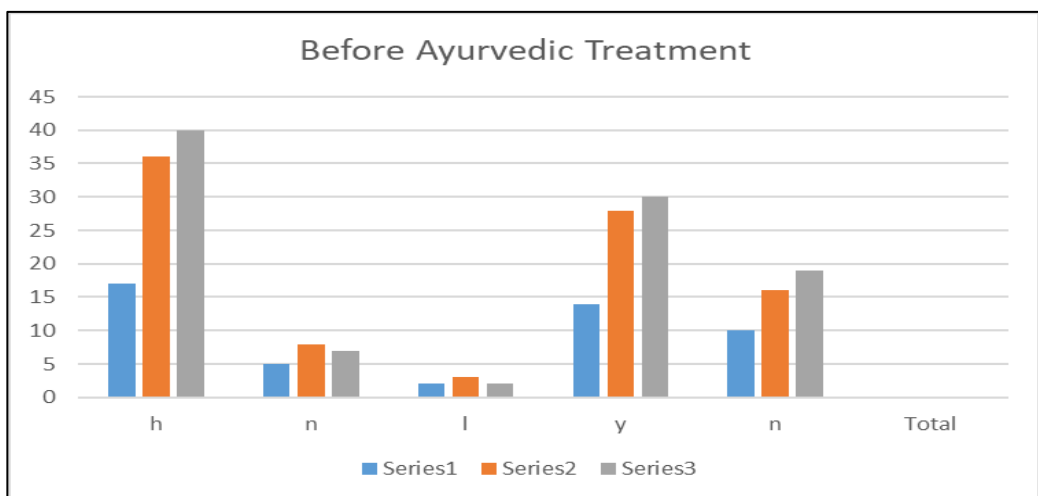
B. p (H=high, N=Normal L=low)			Diabetes (Yes/NO)		Total	
17	5	2	14	10	Group A	24
36	8	3	28	16	Group B	47
40	7	2	30	19	Group c	49
31	6	1.6	24	15	Mean	

**Table 1.2 After Ayurvedic Treatment**

B.p (H=high, N=Normal, L=low)			Diabetes (Yes/NO)		Total	
15	7	2	11	13	Group A	24
30	14	3	24	20	Group B	47
35	12	2	25	24	Group c	49
26.6	11	2.33	20	19	Mean	40



**Figure 1.1: After Ayurvedic Treatment**



**Figure 1.2: Before Ayurvedic Treatment**

**Observations:**

- 1. Physical Health:** This Above Study finds a statistically significant improvement in physical health indicators among police personnel receiving Ayurvedic healthcare services, it would support the alternative hypothesis (H1). So it will reject the null hypothesis (H0).
- 2. Psychological well Being: Ayurvedic** services are found to positively impact the psychological well-being of police personnel, would support the alternative hypothesis (H1).

Lack of significant improvement would support the null hypothesis (H0). If there is no substantial improvement, the null hypothesis (H0) would not be rejected.

**Conclusion:** conclusions based on these two sets of data. After analyzing the information:

**Before Ayurvedic Treatment:**

**Group A:**

High Blood Pressure (H): 17 (5 with diabetes, 2 without)  
Normal Blood Pressure (N): 14 (10 with diabetes, 4 without)  
Low Blood Pressure (L): 24 (Total count)  
Total: 24

**Group B:**

High Blood Pressure (H): 36 (8 with diabetes, 3 without)  
Normal Blood Pressure (N): 28 (16 with diabetes, 12 without)  
Low Blood Pressure (L): 47 (Total count)  
Total: 47

**Group C:**

High Blood Pressure (H): 40 (7 with diabetes, 2 without)  
Normal Blood Pressure (N): 30 (19 with diabetes, 11 without)  
Low Blood Pressure (L): 49 (Total count)  
Total: 49  
Overall Mean Values:  
Mean Blood Pressure: 31  
Mean Diabetes: 6  
Mean Diabetic Patients: 1.6  
Mean Total: 24  
Total Mean: 15 After Ayurvedic Treatment:

**Group A:**

High Blood Pressure (H): 15 (7 with diabetes, 2 without)

Normal Blood Pressure (N): 11 (13 with diabetes, 7 without)  
Low Blood Pressure (L): 24 (Total count)  
Total: 24

**Group B:**

High Blood Pressure (H): 30 (14 with diabetes, 3 without)  
Normal Blood Pressure (N): 24 (20 with diabetes, 4 without)  
Low Blood Pressure (L): 47 (Total count)  
Total: 47

**Group C:**

High Blood Pressure (H): 35 (12 with diabetes, 2 without)  
Normal Blood Pressure (N): 25 (24 with diabetes, 1 without)  
Low Blood Pressure (L): 49 (Total count)  
Total: 49

Overall Mean Values:  
Mean Blood Pressure: 26.6  
Mean Diabetes: 11  
Mean Diabetic Patients: 2.33  
Mean Total: 20  
Total Mean: 19

**Conclusion:**

**Blood Pressure Reduction:** The mean blood pressure appears to have decreased in small scale after Ayurvedic treatment.

**Diabetes Status:** The mean number of diabetic patients seems to have decreased after Ayurvedic treatment.

**Overall Improvement:** While there might be a reduction in blood pressure, the decrease in the mean number of diabetic patients shows the overall effectiveness of Ayurvedic treatment.

**Abbreviations:** H---High

N\_\_Normal

L\_\_\_Low

Y\_Diabetic Yes

N\_Diabetic No **Limitation:**

**Limited generalizations:**

Study findings may be specific to a selected group of police officers and may not be generalizable to other populations or contexts. The effectiveness of Ayurvedic health services may vary depending on factors such as geographic location, cultural differences, and organizational structures.

### **Ethical considerations:**

There may be ethical concerns with the study, especially if participants are not fully informed about the nature of the intervention or if there are risks associated with Ayurvedic treatment. Ensuring ethical procedures in research is essential for the validity and credibility of the study.

### **External factors:**

External factors such as changes in government policy, societal attitudes, or advances in conventional health care may affect the effectiveness of Ayurvedic health services and should be considered in the analysis.

### **Future research possibilities:**

### **Implementation studies:**

An assessment of the challenges and facilitators of implementing Ayurvedic health services within police organizations. Understanding the organizational dynamics and cultural factors influencing the adoption of Ayurveda is critical to successful implementation.

### **Collaborative Approaches:**

Exploring collaborative models that integrate Ayurvedic healthcare services with conventional healthcare services. This could involve interdisciplinary collaboration between Ayurvedic practitioners, conventional healthcare providers, and mental health professionals.

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