

Critical Analysis of Health Care Research in India

Sivakumar JT Gowder

College of Applied Medical Sciences, Qassim University, Buraidah, Kingdom of Saudi Arabia

Corresponding author: Sivakumar Gowder, College of Applied Medical Sciences, Qassim University, Buraidah, Kingdom of Saudi Arabia, Tel: +966566873969; Fax: +96663802268; E-mail: sivakumargowder@yahoo.com

Rec date: June 15, 2016; **Acc date:** June 25, 2016; **Pub date:** June 29, 2016

Copyright: © 2016 Gowder SJT. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited

Citation: Gowder SJT (2016) Critical Analysis of Health Care Research in India. J Socialomics 5: 175. doi:10.41 72/2167-0358.1000175

Commentary

According to the World Health Organization (WHO), health refers to the physical, psychological and social well-being of humans in this society. The WHO has estimated that by the year 2020, non-communicable diseases, such as cancers, diabetes, obesity, etc., will cause about two-thirds of the global disease burden, up from 40% at present. The quality of life is important in our modern society so that we can get rid of diseases that affect us in different directions at different time periods [1,2].

India constitutes nearly 18% of world population. Rural India covers 70% of total population of India. About 50% of the rural population are poor and struggle for their daily bread. Moreover, they are far away from health care services. The majority of Indian population overwhelmed with malnutrition, common diseases prevalent in Indian continent, conditions due to increased resistance to drugs, poor sanitation, inadequate safe drinking water facility and other critical problems. Indian political system and legislative legal and regulatory framework unable to protect the public from various health related issues [3,4].

On the other hand, medical research has become one of the most exciting and significant parts of the Indian economy. It provides new and better cures and advance level treatment methods. Medical research industry has also provided opportunities for trained professionals in India and abroad. Also, the global health sector industry has found a huge market in India. The Indian biopharmaceutical and biotechnological industry are growing very fast with international understanding and collaboration. Now, India is one of the top twelve global biotech countries in the world. Biopharmaceuticals in India is the biggest contributor to the biotech sector, accounting for about 75% of total contribution. Several industries are investing a higher percentage of their total revenue on research and development programs to develop cures for diseases like HIV, tuberculosis, malaria and other common diseases prevalent to the Indian subcontinent [5].

In India, human power (both physical and psychological), sources of raw materials or products are comparatively good, and hence, international agencies consider Indian cities as hubs for advanced health care research. In medical research, Indian companies are giving importance not only to allopathic medicine but also to other types of

medicine in a holistic approach. India is an international hub for medicinal plants, and it is an important part of that culture, as well. Research in the areas of bio-Pharmacognosy, clinical therapeutics, pharmacology, and medicinal chemistry are growing at a tremendous speed. Currently, biological science and biotechnology research are highly encouraged by the government of India [6].

Health care research should be in a broad aspect and collaboration with other areas of science-agriculture, engineering, information technology, etc. on interdisciplinary perspective so as to support the society at different levels. Genetically engineered food will be of high quality and also cheaper so that production of a large quantity of food (food masses) will be sufficient for human population as a whole. Nutrition is a fundamental aspect of human health. Health care research in collaboration with engineering and information technology sector will be helpful to invent high-tech instruments for diagnostics, sample analysis, surgeries, etc. so that advanced level treatments, surgeries, etc. can be carried out to at low cost [7].

Moreover, Indian medical industries should be in collaboration with reputed international research institutions and agencies (WHO, FDA, etc.) to achieve major targets. At the present scenario, medical research has to be relevant to the national health policies. The results of medical research should also be used to design strategies to prevent diseases in the most cost-effective manner. Indian Medical Science Research needs honest efforts, financial support and encouragement to compete with the international standards.

References

1. WHO (2006) Basic Documents, Forty-fifth edition, Supplement, October 2006.
2. Boutayeb A, Boutayeb S (2005) The burden of non-communicable diseases in developing countries. *Int J Equity Health* 4: 1-8.
3. The World Bank Group (2016).
4. Press Trust of India (2011) Business Standard, New Delhi, July 15.
5. Global life sciences outlook (2005) Adapting in an era of transformation 1-20.
6. Pandey MM, Rastogi S, Rawat AKS (2013) Indian Traditional Ayurvedic System of Medicine and Nutritional Supplementation. *Evidence-Based Complementary and Alternative Medicine* 2013: 12.
7. Omachonu VK, Einspruch NG (2010) Innovation in healthcare delivery systems: A conceptual framework. *The Public Sector Innov J* 15: 1-20.