

## Ancient Wisdom for Little Ones: Ayurvedic Tips to Help Your Kids Thrive



This blending of old and new aims to provide evidence-based credibility to practices that have been part of health traditions for thousands of years.

### GLOBAL HEALTH DIPLOMACY AND SHARED WELLNESS

India's outreach extends beyond services to strategic cooperation. During major global health

summits such as the recent WHO Global Summit on Traditional Medicine hosted in New Delhi Indian health leaders conducted bilateral talks with delegations from 16 countries to strengthen long-term

cooperation.

These dialogues are shaping how nations think about holistic and preventive health especially relevant in an era where people increasingly seek natural, personalised, and culturally supported care options.

## WHAT THIS MEANS FOR THE WORLD

India's AYUSH push signals a new chapter for traditional medicine:

A stronger global presence for systems like Ayurveda and Unani.

More scientific research collaborations and knowledge exchange.

Greater integration with global health standards and classification systems.

Opportunities for health diplomacy and cooperation that go beyond borders.

Traditional medicine is no longer just "alternative" it's increasingly part of the global conversation on wellness, sustainability, and equitable healthcare..