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Biohacking in Ayurveda - An Overview

Sugeena P

Assistant Professor, Department of Rasashastra and Bhaishajyakalpana, Government Ayurveda College, Pariyaram, Kannur, Kerala, India.

Corresponding Author: Sugeena P

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ABSTRACT

Self-directed, data-driven methods to maximise physiology and well-being are referred to as "biohacking." The traditional Indian medical system known as Ayurveda places a strong emphasis on rejuvenation treatments *(rasayana),* daily/seasonal routines *(dinacharya/ritucharya),* metabolic balance *(agni),* and individual constitution *(prakriti).* The goal is to define research and safety goals for "biohacking in Ayurveda," provide a workable framework for safe practice, and integrate traditional Ayurvedic concepts with contemporary measurement and intervention methods. Emphasis was placed on safety concerns, and themes were matched to useful technologies (wearables, HRV, CGM, and labs). When used carefully, with quality-controlled materials and clinical coordination, a hybrid Ayurvedic–biohacking approach can improve sleep, metabolic health, and stress resilience. Priorities include mechanistic research that links objective biomarkers to Ayurvedic characteristics, high-quality trials, and product safety investigations.

Keywords: HRV; adaptogens; safety; Ayurveda; biohacking; *prakriti;* *dinacharya*; circadian health; continuous glucose monitoring;

INTRODUCTION

A do-it-yourself (DIY) approach to personal development, biohacking involves trying to alter some aspects of one's biology to enhance one's performance, well-being, or health. Biohacking involves making small, strategic changes to habits and behaviours to improve things like cognitive function and weight management.[1] It is neither an endeavour nor a scientific word. Instead, a popular anecdotal umbrella phrase for general, non-specific activities now. People can try to change their exercise performance by analysing the abundance of data that technology-based biohacking, like smartwatches and Ertbits provides.

There are several reasons why people would wish to alter their biology, including:

- Correct what they believe to be defects.
- Make them feel more in control of their health.
- Attempt to prolong their life.

Through ideas like *prakriti* (constitution), *agni* (digestive/metabolic fire), *dinacharya* and *ritucharya* (daily and seasonal routines), and *rasayana* (rejuvenation), Ayurveda, the traditional Indian medical system, focusses on personalised preventative and lifestyle treatment. "Biohacking in Ayurveda" is an integrative strategy that maximises health while upholding Ayurvedic principles by fusing modern measurement techniques and evidence-based interventions with Ayurveda's customised, routine-based framework. An overview of the integration of various paradigms is provided in this article, along with information on priority research and safety considerations, practical tools, conceptual mapping, and a suggested framework for safe practice.

MATERIALS & METHODS

The scope and methodology of this narrative overview combine modern biohacking techniques and technologies with fundamental Ayurvedic principles. Rather than presenting main experimental results, the goal is to suggest a useful, safety-focused framework.

Ayurvedic principles (dinacharya[2], ritucharya[3], prakriti, agni, rasayana), contemporary clinical and translational literature on sleep, circadian biology, nutrition, stress, adaptogens, and self-tracking technologies, as well as consensus recommendations from integrative clinicians and community biohacking resources, were among the materials reviewed. Evidence-based treatments and acknowledged safety issues (such as supplement contamination and herb-drug interactions) were prioritised.

Synthesis method: Ideas were mapped topically, such as *agni* to metabolic monitoring, *rasayana* to evidence-based nutraceuticals/adaptogens, and Ayurvedic practices to circadian optimisation. The suitability of practical tools (wearables, HRV, CGM, and lab tests) for iterative personalisation and Ayurvedic assessment was assessed.

Expert input: Common integrative practice concepts and conventional clinical caution are reflected in practical suggestions and safety considerations (e.g., communicate with primary care, use third-party tested supplements). This summary is not a replacement for a personalised medical or Ayurvedic evaluation.

RESULT

1.Conceptual mapping: the relationship between contemporary biohacking and Ayurveda Customisation:

Individualised biohacking techniques that employ objective measurements to customise interventions (e.g., HRV, sleep patterns, metabolic responses) are like Ayurveda's *prakriti/vikriti* concept. A mixed personalisation concept is supported by the integration of physiological data and Ayurvedic constitutional assessment.

Regular and seasonal health: *Ritucharya* and *dinacharya* are intrinsically seasonal and circadian biohacks. Sleep, metabolic results, and resilience are all enhanced when daily routines (wake/sleep scheduling, meal timing and size, and activity) are in line with circadian biology.

Agni and metabolic optimisation: The current emphasis on glycaemic management, gut health, and metabolic flexibility aligns with the Ayurvedic emphasis on digestion and metabolic balance. Dietary optimisation techniques that adhere to Ayurvedic dietary principles can be facilitated by tools such as food-response tracking and continuous glucose monitoring (CGM).

Rasayana and adaptogens/nutraceuticals: Traditional *rasayanas* (rejuvenating treatments) correspond to contemporary nutraceuticals and adaptogens (e.g., Emblica/amla, Bacopa/brahmi, Withania somnifera/ashwagandha, and Curcuma/turmeric) that have differing degrees of clinical evidence for reducing inflammation, stress resilience, and cognitive function.

Mind-body techniques: Ayurvedic mainstays *yoga, pranayama*, and meditation have quantifiable positive effects on mental health, stress indicators, and HRV. They also complement biofeedback-based therapies.

2. Useful Ayurvedic biohacking tools

Self-tracking gadgets include wearable activity trackers, HRV- (Heart rate variation) monitors, weight/body-composition scales, and sleep trackers (validated actigraphy devices).

Metabolic techniques include HbA1c, fasting glucose, basic metabolic tests (lipids, liver, thyroid, CBC), and optional CGM for short-term studies (ideally under clinician supervision). Although microbiome testing has limitations in terms of interpretation, it can be informative.

Evaluations include objective baseline labs and measurements, a skilled practitioner's

evaluation of Ayurvedic *prakriti* or *vikriti,* and a baseline symptom diary (sleep, digestion, mood, and energy).

Interventions include: single-ingredient, quality-controlled herbs (with safety checks), targeted *yoga/pranayama*, dietary changes based on both Ayurvedic guidance and metabolic responses, *dinacharya*-based routine adjustments (consistent wake/sleep, timing meals earlier in the day, morning warm water, tongue scraping), and systematic outcome monitoring.

3. Synthesised observations as an example of the results of a hybrid method

Combining sleep-hygiene tracking, blue-light reduction, and *dinacharya* routines results in better sleep and circadian alignment.

When Ayurvedic meal composition (warm, spiced, prepared foods) is improved using CGM feedback, postprandial glycaemic excursions are decreased.

The combination of short daily meditation/pranayama, HRV biofeedback, and properly chosen adaptogens has been shown to improve stress resilience and subjective cognitive advantages; however, impact sizes and durability vary and require individualised monitoring.

4. Practical limitations and safety signals

Supplement quality: third-party testing and reliable brands are crucial; some Ayurvedic items may be contaminated (with heavy metals).

Herb–drug interactions: before beginning to use herbs, a clinical review is necessary to rule out possible interactions with anticoagulants, thyroid medications, sedatives, immunosuppressants, and other medications.

Self-experimentation has several drawbacks, including the potential to postpone essential medical care, overinterpretation of short-term findings, and placebo effects.

DISCUSSION

Interpretation and applications: A supplementary framework

A patient-centered, routine-based, and data-informed approach to preventative health is produced by combining Ayurveda with contemporary biohacking. The behavioural scaffolding that Ayurveda's emphasis on daily and seasonal routines offers can enhance the effects of empirically guided therapies (stress management, food, and sleep).

The following areas show the greatest promise for integration: -

i. Circadian and behavioural optimisations — implementing *dinacharya* based on light exposure management and sleep trackers.
ii. Diet and metabolic fine-tuning: this involves testing how well Ayurvedic food suggestions are working, especially for weight management and glycaemic control, using CGM or lab monitoring.
iii. Stress and recovery: integrating safe adaptogens under supervision, HRV biofeedback, and *pranayama*/meditation techniques.

Limitations and cautions

There is a shortage of high-quality randomised controlled trials that connect certain Ayurvedic regimens with objective biohacking outcomes, even though many Ayurvedic therapies have tenable mechanisms and some clinical evidence. The consistency and quality of nutritional evidence vary.

Regulation and safety: There are a few safety concerns, including as product contamination, inconsistent quality of herbal remedies sold over-the-counter, and moral and legal dilemmas surrounding self-directed invasive or experimental procedures. Only certified professionals with the proper clinical supervision should give panchakarma and rigorous detoxification regimens. Fragmentation risk can be increased by combining several therapies (polyherbal blends, various supplements, and unplanned prescription changes) without adequate integration. It is advised to explore gradually, one variable at a time, and to keep thorough logs.

Suggestions for both individuals and practitioners:

Start with low-risk, high-value interventions: create regular daily routines, give sleep and meal timing priority, include daily movement and brief meditation/pranayama sessions, and track improvement using objective metrics (sleep, HRV). Use third-party-tested products and get advice from your primary care physician and a certified Ayurvedic practitioner when contemplating the use of herbs or supplements.

For integrative practitioners: To develop customised strategies, use a combination assessment that includes baseline labs, wearable data, and Prakriti/vikriti. Prioritise safety inspections for herb quality and interactions, and record interventions and results.

Priorities for research

Randomised studies examining the effects of traditional lifestyle counselling against Ayurveda-informed lifestyle therapies (*dinacharya* + specific herbs) on variables like stress resilience, metabolic health, and sleep quality.

Ayurvedic herbal products supplied worldwide are the subject of quality and safety investigations (contaminant testing, standardisation of active ingredients).

Mechanistic translational studies that relate quantifiable physiological phenotypes (genomic, metabolomic, microbiome, and circadian biomarkers) to Ayurvedic components (such as prakriti types).

CONCLUSION

Ayurvedic biohacking is a practical, customised synthesis that incorporates contemporary measurement and iterative optimisation techniques with Ayurveda's age-old focus on customised routines, food, and mind-body practices. This mixed strategy can improve sleep, metabolic health, stress resilience, and general wellness when used carefully, giving priority to evidence-based, low-risk therapies, guaranteeing product quality, and collaborating with traditional medical care. But there are still significant gaps in the evidence, safety worries, and regulatory challenges; meticulous, phased implementation and top-notch research are required.

Declaration by Authors

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Conflict of Interest: The authors declare no conflict of interest.

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