

# AI-Enabled Integrative Healthcare for Sustainable Economy and Green Transformation: An Indian Policy Perspective

Kanak Soni 

<sup>1</sup> PhD, BNYS, MD (Naturopathy),  
PhD (Yogic Sciences), MBA  
(Hospital & Healthcare  
Management), Associate  
Professor & Head of Department,  
Faculty of Naturopathy & Yogic  
Sciences, University of Patanjali,  
India

✉ Corresponding author:

Drkanaksoni@uop.edu.in



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**ABSTRACT:** Artificial Intelligence is increasingly shaping healthcare systems through predictive analytics, automation, and data-driven governance. However, technology-centric models alone are insufficient to address long-term sustainability, preventive healthcare, and population-level health outcomes. This paper proposes a policy-facing integrative healthcare framework combining Artificial Intelligence with Yoga and Naturopathy to support Sustainable Economy and Green Transformation objectives. Artificial Intelligence strengthens public health governance through efficient resource allocation, digital surveillance, and scalable service delivery, while Yoga and Naturopathy reduce disease burden through low-cost, preventive, and lifestyle-based interventions. The proposed model demonstrates significant potential to reduce public healthcare expenditure, improve workforce productivity, enhance environmental sustainability, and align national health systems with long-term development priorities in India and comparable emerging economies.

**KEYWORDS:** Artificial Intelligence, Integrative Medicine, Yoga, Naturopathy, Sustainable Healthcare, Public Health Policy.

**How to cite:** Soni, K. (2026). AI-Enabled Integrative Healthcare for Sustainable Economy and Green Transformation: An Indian Policy Perspective. *International Multidisciplinary Conference on Innovation, Technology and Sustainability*. Futurity Research Publishing. <https://doi.org/10.5281/zenodo.18835112>

## Introduction

Healthcare systems worldwide are experiencing unprecedented economic and structural stress due to the rising prevalence of chronic diseases, aging populations, escalating treatment costs, and environmental constraints. Curative-centric biomedical models increasingly struggle to remain financially and ecologically sustainable. Artificial Intelligence (AI) has emerged as a powerful tool for optimizing healthcare delivery, enabling predictive analytics, automation, and improved governance. Simultaneously, Yoga and Naturopathy offer preventive, lifestyle-oriented, and low-resource healthcare approaches aligned with sustainability principles. Integrating AI with Yoga and Naturopathy presents a strategic opportunity to reorient healthcare systems toward prevention, resilience, and green transformation.

## ***Analysis of Recent Research and Publications***

Recent literature highlights AI's capacity to improve diagnostic accuracy, optimize workforce deployment, and support large-scale population health management. AI-enabled systems contribute to cost containment by reducing unnecessary investigations, hospital admissions, and administrative inefficiencies. Parallel research demonstrates that Yoga and Naturopathy are effective in managing non-communicable diseases such as diabetes, hypertension, obesity, and stress-related disorders, thereby lowering long-term healthcare expenditure. Despite this evidence, existing studies largely examine these domains separately.

Comprehensive policy-level integration remains limited, particularly in public healthcare systems of low- and middle-income countries.

## ***Purpose of the Study***

The purpose of this paper is to develop a policy-oriented framework integrating Artificial Intelligence with Yoga and Naturopathy to support sustainable economic development and green transformation. The study aims to assess the model's relevance for public health governance, economic efficiency, environmental impact, and scalability within national health systems.

## ***Main Results and India-Focused Policy Case***

India represents a distinctive policy environment due to its institutionalized AYUSH systems and the Implementation of the Ayushman Bharat Digital Mission. The Ministry of AYUSH promotes Yoga and Naturopathy as preventive and promotive healthcare modalities, while digital health infrastructure facilitates electronic health records, telemedicine, and data-driven decision-making. Integrating AI Analytics with Yoga and Naturopathy services enable early risk identification, personalized lifestyle interventions, and real-time monitoring at a population scale. This convergence improves access to rural and primary healthcare, reduces dependence on tertiary care, and supports environmentally sustainable service delivery.

Table 1 presents the integrative policy model combining AI-driven governance with Yoga and Naturopathy-based interventions.

**Table 1**  
*AI-Yoga-Naturopathy Integrative Policy Model*

| Policy Dimension | AI Contribution                    | Yoga & Naturopathy Contribution | Policy Outcome              |
|------------------|------------------------------------|---------------------------------|-----------------------------|
| Prevention       | Risk prediction and stratification | Lifestyle modification          | Reduced disease burden      |
| Diagnosis        | Decision-support analytics         | Clinical functional assessment  | Early intervention          |
| Governance       | Digital dashboards and monitoring  | Community-based outreach        | Efficient public management |

**Policy Framework and Economic Implications**

The proposed framework positions AI as an enabler of governance efficiency, surveillance, and resource optimization, while Yoga and Naturopathy function as foundational preventive strategies. Economically, this model reduces long-term public healthcare expenditure, enhances workforce productivity, and strengthens health system resilience. Environmentally, the approach supports green healthcare by lowering energy-intensive interventions and minimizing pharmaceutical dependency. Figure 1 illustrates the conceptual policy framework linking digital health systems, integrative care delivery, and sustainable development outcomes.

**Conclusions**

AI-enabled integrative healthcare offers a viable policy pathway for aligning public health with sustainable economic growth and green transformation. The Indian experience demonstrates the feasibility of integrating digital health governance with traditional preventive systems. Future research should focus on pilot implementations, economic modeling, and cross-national comparisons to support evidence-based policy adoption.

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