



INTERNATIONAL AYUSH CONCLAVE KERALA 2019

KANAKAKKUNNU, THIRUVANANTHAPURAM

BOOK OF ABSTRACTS



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INTERNATIONAL
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KERALA 2019
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BOOK OF OF ABSTRACTS

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Poster presentation





PINARAYI VIJAYAN
CHIEF MINISTER



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1st February, 2019.

MESSAGE

I am happy to note that the First International AYUSH Conclave of Kerala 2019 is being organised by the Department of AYUSH, Government of Kerala.

It is heartening that an international seminar on 'Public Health Intervention by AYUSH Medical Systems - Diverse Dimensions and Future Prospective' is scheduled as part of the Conclave. I hope it will serve as an effective avenue to discuss path breaking initiatives in AYUSH medical systems.

I extend my best wishes to the Conclave.

Pinarayi Vijayan



INTERNATIONAL AYUSH CONCLAVE, KERALA 2019
BOOK OF ABSTRACTS



K. K. SHAILAJA TEACHER
MINISTER FOR HEALTH, SOCIAL JUSTICE
WOMEN & CHILD DEVELOPMENT
Government of Kerala



Thiruvananthapuram

Date: 11.02.2019

No:019/Press/H&SJ/2019

Message

I am delighted to see that the Department of AYUSH is conducting the International AYUSH Conclave from 15th February to 19th February 2019. Kerala is known to be the leading authority in the field of Ayurveda, domestically and internationally. The Kerala model of health service delivery is well acclaimed for its public and private participation as well as for its integrated approach in providing health care services through traditional medicine systems.

The AYUSH conclave is organized to provide a platform to deliberate the initiatives in traditional medicine sector and their application in public health. I am happy to note that the book of abstract provides information on various initiatives undertaken by the health practitioners and policy makers in the field of traditional medicine.

I look forward to the deliberations, interaction with Local Self Governments, the workshops which will give insights in the progress made in use of traditional system of medicine for providing health care services to the patients.

I wish all the success to the International AYUSH Conclave.

A handwritten signature in black ink, appearing to read 'K K Shailaja Teacher'.

K K Shailaja Teacher



INTERNATIONAL AYUSH CONCLAVE, KERALA 2019
BOOK OF ABSTRACTS

**Dr. RAJAN N. KHOBragade IAS
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08/ 02/ 2019

MESSAGE

International AYUSH Conclave is organized to showcase Kerala's strengths and commitment to AYUSH sector i.e. Ayurveda, Yoga, Unani, Siddha and Homoeopathy. It is our endeavour to understand the best practices and approaches in use of traditional medicine in providing health care services to people all over the world.

This book of abstract will give information regarding efforts undertaken by the traditional medicine practitioners. It will definitely encourage the health service providers to take up various initiatives in their respective places. It should also trigger the thinking among all regarding the holistic approach to health care.

In Kerala, Ayurveda, Yoga, Unani, Siddha and Homoeopathy is practiced with an integrated approach. The strengths of these traditional systems of medicine in geriatric and palliative health care and wellness and healthy life style is well known. Now, efforts are being taken to mainstream these core strengths with public health approaches in Kerala. The efforts will be coupled with generating knowledge and practices regarding AYUSH to make everyone realise that the real resource is health and time. And if the time is effectively used to protect health and lead a healthier life, the success in any field is assured.

With sustained efforts, I am confident that Kerala can give another success story in the health sector in the form of mainstreaming wellness and healthy life style through AYUSH.

I hope this compendium of Abstract will be beneficial to all.

I wish all the success to the conclave.

Dr. Rajan N Khobragade IAS



INTERNATIONAL AYUSH CONCLAVE, KERALA 2019
BOOK OF ABSTRACTS

Messege



Shri.Kesavendrakumar IAS
State Mission Director

The 1st International AYUSH Conclave of Kerala, scheduled from 2019 February 16 to 19 at Kanakakkunnu, Thiruvananthapuram, Kerala is organised by Department of AYUSH, Govt of Kerala. The main objective of the Conclave is to encourage multi-disciplinary approach among AYUSH systems in effective Public Health Management. The importance of such an approach was emphasised during the recent floods where inputs from all systems of medicine were effectively utilised for post- disaster rehabilitation and for providing holistic medical care to people in need.

Scientific papers are the evidences that speak for the scientific activities going on in these diverse medical systems. 'The Book of Abstracts' is a collection of abstracts of all the papers presented in the International Seminar. I hope this book will act as a valuable text for future scientific endeavours of AYUSH systems and will encourage more scientific multi-disciplinary research in diverse fields.

A handwritten signature in blue ink, appearing to read 'Kesavendrakumar' with a stylized 'K' and 'S'.



INTERNATIONAL AYUSH CONCLAVE, KERALA 2019
BOOK OF ABSTRACTS



FOREWORD

The 1st International AYUSH Conclave of Kerala, scheduled from 2019 February 15 to 19 at Kanakakkunnu, Thiruvananthapuram, Kerala is organised by Department of AYUSH, Govt of Kerala. This event was planned during 2018 September at Kochi and was postponed due to the unexpected floods that havocked Kerala in August2018. This five-day conclave is the first attempt to create global awareness about the different public health activities of AYUSH systems in Kerala.

The International Seminar on the focal theme 'Public health Interventions by AYUSH medical systems-diverse dimensions and future prospective', organised as a part of International AYUSH Conclave is planned to generate an inter-disciplinary approach in policy, education, practice and research.

The role and relevance of AYUSH systems in public health management in regional level dates centuries back. It is our duty to respect and protect AYUSH systems and their practices as they are the invaluable products of the multi-cultural lineage of this great country. There is a renewed interest on AYUSH systems because of the recognition of its potential in preventive and regenerative medicine along with special emphasis on research in understanding drug action, new drug formulations, new clinical approaches and translational research. Objectives of the AYUSH conclave is to create platforms for interaction on the above said themes between AYUSH systems as well as with the modern scientific community.

There is a lacuna in the area of documentation of scientific works conducted among the different AYUSH systems. The cataloguing and publishing of scientific papers from all the AYUSH streams as well as from inter-disciplinary areas will give a comprehensive view of the contemporary changes in these systems. 'Book of Abstracts' is an attempt towards this vision and goal.

Editoial Committee



THE INTERNATIONAL AYUSH CONCLAVE

Concept notes for Plenary Sessions

PUBLIC HEALTH INTERVENTIONS BY AYUSH MEDICAL SYSTEMS – DIVERSE DIMENSIONS AND FUTURE PROSPECTIVE

PLENARY 01: POLICY AND PROGRAMMES OF AYUSH

AYUSH stands for Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy that represents the choice of medical systems available in India for decades even before the entrance of modern medicine in the country. They are unique health care systems with different concepts and practices among them. Furthermore they also vary with the methodologies of modern medicine. They are all eligible to be known as the traditional system of medicine, and it is a known fact that the majority of the world population relies on traditional medicines for their daily health needs. Ayurveda, Yoga and Naturopathy and Siddha systems have their source in India while Homeopathy and Unani systems have originated from other parts of the world and conveyed to India and accepted by people here. It is high time to evaluate the advancements in policy support for AYUSH systems in India since 1995, the year in which an independent department under the government of India was constituted. It was then named as the Department of Indian System of Medicine and Homeopathy (ISM&H). Later the same was converted into the Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) in November 2003, with focused attention for development of Education and Research in these medical systems. WHO Traditional Medicine Strategy: 2002-2005 and WHO traditional medicine strategy: 2014-2023 emphasise the necessity of mainstreaming the potentials of traditional medicines and integrate them into various levels of public health services and self-health care.

National Health Policy recognises the need to nurture the AYUSH system of medicine, through the development of infrastructural facilities of teaching institutions, improving quality control of drugs, capacity building of institutions and professionals. Besides, it distinguishes the demand for building research and public health skills for preventive and promotional healthcare in AYUSH systems. The policy set forth the idea of medical pluralism, the availability of AYUSH medical systems along with Modern Medicine under one roof for the end user to choose.

PLENARY 02: AYUSH EDUCATION

There are specific statutory bodies constituted by the government of India for laying down the standards of education in AYUSH systems through various regulations. Five hundred and forty-four colleges are conducting undergraduate AYUSH education with an admission capacity of 32256 students in India as on April, 2016. Out of which, 18.8% of the total colleges with 16.3% intake capacity belong to public sector. About 53.9% of the colleges with 54.3% admission capacity were of Ayurveda whereas about 31.4% of the colleges with 31.8% admission

capacity belong to Homoeopathy. Siddha, Unani and Yoga Naturopathy contribute to the rest. As on 01.04.2016, there were 170 colleges with admission capacity of 4339 students imparting post-graduate education in India, out of which six colleges are exclusively for the postgraduate course with admission capacity of 225 students. However, 30.0% colleges with 28.8% admission capacity pertain to Government Sector. 65.9% of total postgraduate colleges with 71.2% of total admission capacity were of Ayurveda whereas 25.3% of colleges with 21.2% of admission capacity belonged to Homoeopathy. Only 8.8% of the postgraduate colleges with 7.6% admission capacity belonged to other systems of AYUSH (Status of AYUSH in India: 2017, Department of AYUSH, Govt of India).

AYUSH education in India has never been out of the shadows of pedagogical and ontological influences from the modern medicine. Syllabi and curricula that enlighten the fundamental aspects of these medical sciences are necessary for the proper understanding of these medical systems and their translation to clinical practice. AYUSH education shall make the scholars of the medical systems capable not only to do clinical practice but also to conduct translational as well as epidemiological researches. A critical evaluation of the current educational facilities provided for AYUSH systems, objectives and approaches of AYUSH education and future dimensions of AYUSH education shall be discussed, and priorities would be identified for the better development of these disciplines.

PLENARY 03: AYUSH BASED PUBLIC HEALTH RESEARCH

Ease of access, comparatively safe medicines and procedures, lifestyle modifications and important dietetic implications in AYUSH medical systems are widely used and appreciated in public health. These modalities are chiefly utilised in the vast majority of non-communicable diseases, preventive components of communicable diseases, maternal and child health, nutritional interventions for diverse ailments, geriatric care practices and many other ailments. Though there is a growing interest in AYUSH, the questions about the quality and quantity of evidence that supports its utilisation are still inadequate. More operative and extensive use of these medical systems must be promoted through validated scientific methods, properly framed policies and well-executed programmes. The objective of National AYUSH Mission on its implementation was to mainstream AYUSH medical systems into the health care delivery of the nation by strengthening AYUSH education and promoting quality standards of AYUSH systems. AYUSH streams can be safely integrated into health care delivery system through epidemiological researches that will generate adequate shreds of evidence for their addition with the existing health care components. Data on safety and efficacy of AYUSH based drugs and practices with public health management components shall be generated through an iterative manner. Therefore AYUSH based Public Health research is an integral part of mainstreaming AYUSH medical systems into various components of public health services and self-health care. A broader discussion in this regard shall include evaluation of effective public health programmes implemented by AYUSH medical systems in India through different governmental and non governmental agencies and identification of reproducible models out of that. Discussion regarding possible public health initiatives from AYUSH disciplines and guidelines for their implementation and evaluation to maintain the iterative loop for continuing data generation and improvement shall be of great use.

PLENARY 04: TRANSLATIONAL RESEARCH IN AYUSH

Translating fundamental understanding of medical knowledge into clinically applicable products and services are necessary for the evolution of medical sciences, and is particularly pertinent in the case of quanta of AYUSH discipline-based knowledge. Utilising the advanced tools of systems biology, genomics, nanotechnology, analytical and phytochemical means, pharmacognostical and pharmacological tools for the research and evaluation of AYUSH medical systems will improve the basic understanding of these disciplines as well as translate those understandings to clinically viable products for the application in public health management at large. Several examples readily available like understanding of human constitutional types explained in Ayurveda (Prakriti), and its genomic, as well as biochemical relation, lead the concept to elaborate the dimensions of personalised medicine. The potential beneficial effect of Ayurveda in the alleviation of ageing and degeneration is widely discussed and transforming to a priority concern in research. Nano-technology is always under consideration for the application in Homeopathic and Siddha system of medicines. Increase in fundamental understanding of the principles only can lead to better products and services, and this is the time, AYUSH systems must concentrate on it. Translational research, its language, methods and outcomes shall be discussed in depth to utilise them for AYUSH systems.

PLENARY 05: AYUSH BASED DRUG DEVELOPMENT

The story of Artemisinin and Tu Youyou has inspired traditional medicine researchers throughout the world who are engaged in drug discovery process based on traditional or herbal medicine. The winning of the 2015 Nobel Prize in Physiology or Medicine by Tu Youyou left Chinese medicine radiant in the global herbal drug market in which they hold the dominant share. Except for Yoga and naturopathy, all other AYUSH systems are the potential source of bioactive molecules of physiological or pathological importance. The diverse flora and fauna of medicinal plants elaborated in AYUSH systems serve as a significant source of drug discovery researches in the country. Development of clinically viable natural products and herbal drugs is also possible through AYUSH based drug development process. The current regulatory environment of AYUSH based drug development shall be discussed in detail to make each of the products safe and effective. The patent and propriety drug market in AYUSH systems must be adequately directed to more safe and effective products with viable claims. The drug development process is a multidisciplinary endeavour that needs constant financial and academic inputs.

PLENARY 06: AYUSH IN GLOBAL PERSPECTIVE OF HEALTH

Traditional Medicine is now a global phenomenon. Many countries have their traditional system of medicine that is rooted in the countries' culture and heritage. Traditional medicines like Ayurveda, Chinese medicine and Unani are popular nationally, as well as used worldwide. Chiropractic, naturopathy and homoeopathy are also in extensive use globally. Yoga is widespread in the globe and International Yoga day is observed in most of the member states of the United Nations. Patients and health care providers throughout the countries are emphasising on revitalised health care practices owing to an increase in chronic diseases and lifestyle disorders. They are in search of more individualised care for these changing patterns of infirmity. Over

100 million Europeans and many more in Africa, Australia, Asia and North America are using traditional medicines for their health needs. The significant share of Traditional medicine based global market is with China amounting to US\$83.1 billion in 2012 and out of pocket expenditure for traditional medicine use is also on the rise globally. The concept of “natural means safe”, the principle of “whole person care” and better quality of life when a cure is not possible are factors attracting people around the globe towards traditional medicine. WHO Traditional Medicine Strategy: 2002-2005 gave leap towards the acceptance of traditional medicine worldwide through improved regulatory support, adequate education and validated scientific research. The utilisation of AYUSH systems in India also influenced by this strategy so also their acceptance. Global acceptance of AYUSH systems is also notable. Understanding the global status of traditional medicine is vital in framing a proper policy for AYUSH systems in India.

PLENARY 07: AYUSH IN PREVENTIVE HEALTH

Rather than diseases, by placing health as the central theme, AYUSH systems are focusing on ‘positive biology’. Traditional medicines throughout the world have been used as a foundation for preserving health and preventing diseases. The paradigm shift in disease pattern from communicable disease to non-communicable diseases left a choice of good food and a healthy lifestyle. The fundamental concern in AYUSH systems, the preservation of health through personalised adaptations in food and activities as per the changing patterns in geo-climatic conditions. Other systems in AYUSH also have unique ways of disease prevention. The potentials of Ayurveda and other AYUSH systems in managing ageing and related ailments are worth considering. Identifying and nurturing the health promoting and disease preventing potentials of AYUSH systems will help the nation to reduce disease-related morbidity and mortality of its population, and can considerably reduce the health-related expenditure of the nation. Proper planning and implementation of various programmes in this regard are necessary for this.

PLENARY 08: AYUSH SPECIALTY CARE

Ayurveda has almost all specialities available for the management of various ailments of different age groups to its credit from paediatrics to geriatrics. Mental health management, sports medicine, cancer care, nutritional interventions, and childhood disabilities are some of the emerging areas. Homoeopathy is also developing speciality care based on their unique principles. Yoga and naturopathy systems have a defined role in preventive health of the population. Siddha and Unani systems also have various potential in speciality care practices. The strength of each of these systems must be identified and made available to the ailing population through effective delivery mechanisms. The interlinking among AYUSH systems and between AYUSH systems and modern medicine must be enhanced for the benefit of the ailing population. Medical pluralism as proposed in the national health policy of 2017 is a bold step towards this.

PLENARY 09: AYUSH IN KERALA HEALTH – A MODEL

Kerala model of health is unique among other Indian states. With an effective health management system, the state holds top ranks in almost all health indices like reduced maternal and infant mortality and increased life expectancy at birth which is even



comparable with that of developed countries. The state has very efficiently managed the deadly outbreak of NIPAH virus in one of its northern districts and created a model in managing acute lethal epidemics. The state is also providing proportionate space for AYUSH systems. Except for Yoga and Naturopathy, all other systems have medical institution facility in the state that ranges from specialty hospitals to dispensaries. AYUSH medical institutions are governed through Kerala University of Health Sciences along with institutions of modern medicine and allied sciences. If these facilities can be developed further through targeted objectives, the state can be a model for AYUSH education, research and practice.

PLENARY 10: SAFETY AND EFFICACY OF AYUSH DRUGS

The evidence-based practices of AYUSH medical systems should be supported by data on their quality, safety and efficacy. Except for Yoga, all other medical systems in AYUSH have drugs containing herbs, minerals or metals, and animal products, in raw or processed form. Unlike single molecules in modern pharmaceuticals with predictable targets and activities related to its structure, AYUSH drugs are having varying compounds interacting with multiple targets for several activities, and the resultant of this would be the anticipated therapeutic effect of the drug. Quality control parameters for single compounds can be derived much easier than herbal drugs with several active ingredients; it is a laborious effort when coming to poly-herbal formulations. Assurance of quality is the first step towards the attainment of safety and efficacy of a parameter drug. Stringent regulations on marketing of AYUSH drugs, efficient implementation of GMP and other legal mechanisms are necessary for ensuring quality assurance of AYUSH drugs. Detailed researches regarding safety and efficacy of AYUSH drugs, the interaction of these drugs with other natural products, food and modern pharmaceuticals must be studied in detail. Pharmacovigilance programme for AYUSH drugs must be strengthened, and reporting of adverse drug reactions arising from these drugs shall be a common practice. Detailed methods and guidelines for the safety evaluation of AYUSH drugs shall be considered.

P M Varrier
Chairman
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Dr Krishnan Nair C K
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Part 1

AYURVEDA

abstracts



1.

ANTI MICROBIAL ACTIVITY OF MEMECYLON EDULE ROXB. (MELASTOMACEAE).

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Background: Medicinal Plants are used in different countries as a source of many potent and powerful drugs. The significance of herbal anti microbial drugs is gaining importance in the scenario of multi drug resistant bacteria where conventional anti microbial drugs shows decreased activity. Memecylon edule, locally known as Kasavu, is a medium sized tree, belonging to family Melastomaceae. This extra Pharmacopocial drug is mentioned in Hortus Malabaricus, a documented treasure of traditional knowledge of Kerala's Ayurvedic and folklore practices. It has been widely used by the ethnic communities in kerala for healing ulcers. Scientific data are available about the antimicrobial activity of alcoholic extract of this plant against *Staphylococcus aureus*, *Staphylococcus epidermidis* and various other microorganisms.

Materials and methods : The present study evaluated the in vitro anti microbial activity of alcoholic extract of leaves and decoction (Kashaya) of leaves against Gram positive *Staphylococcus aureus*, *Streptococcus mutans*, and gram negative *E.Coli*, *Pseudomonas aeruginosa*. and fungi *Aspergillus nigrans* and *Candida albicans* . The decoction of leaves is prepared as per the method described in AFI.

Results -Anti microbial activity study revealed significant activity against the above mentioned microbes, more in decoction than alcoholic extract.

Conclusion : The present study will be helpful in developing a potent antimicrobial of herbal origin.

2.

A RANDOMIZED PLACEBO CONTROLLED CLINICAL TRIAL TO EVALUATE THE EFFICACY OF SHARAPUNKHADIYOGA AND LIFESTYLE MODIFICATION IN THE MANAGEMENT OF NON ALCOHOLIC FATTY LIVER DISEASE(NAFLD)

Remya E, Mandip Goyal

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Background: NAFLD is the most prevalent form of chronic liver disease, affecting 20%–30% of general population. Within the next 10 years it is expected to become the leading cause of liver failure and indication for liver transplantation. No established pharmacological treatment is available for NAFLD in modern medicine. Establishing new herbal formulas with minimum side effects and maximum cost-effectiveness is the need of the hour. Objective of this study was to assess the clinical efficacy and safety of Sharapunkhadi Yoga and life style modification in the management of NAFLD and the study was designed as a placebo-controlled study to find out the absolute efficacy of Sharapunkhadiyoga alone and also to compare its efficacy with



lifestyle modification.

Materials and methods : Total 93 patients of NAFLD diagnosed on the basis of sonological findings, were randomly divided and allocated into group A and group B respectively. Mriduvirechana was administered in both groups prior to the trial. Group A received Sharapunkhadi-yoga capsules and group B received placebo capsules. Lifestyle modification was advised in both groups.

Results : In group A, moderate improvement was observed in 46.51% patients, marked improvement in 18.6% and excellent improvement in 34.88% patients, on the basis of liver changes in ultrasonography and subjective parameters. In group B, mild improvement was observed in 70%, moderate improvement in 25% and marked improvement in 5% patients.

Conclusion: Sharapunkhadiyoga gave promising results in both subjective and objective parameters, in comparison with the control group. A practical treatment protocol including Shodhana, Shamana and lifestyle modification helped in the proper management of the disease.



3.

AYURVEDIC MANAGEMENT OF INFERTILITY DUE TO PCOS

M.A .Asmabi

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Background : Chronic anovulation due to PCOS is a common cause of infertility. The objective of the study was to evaluate the effectiveness of Ayurveda treatment modalities in the management of infertility related PCOS. 78 Participants diagnosed by Ultrasonography were included. Samana and /or sodhana treatment were given according to the condition.

Materials and Method: Shamana medicines include Sapthasaram, Amruthothara, kanasathahwadi kwatha; Hinguvachaadi, Vaiswanara churna; Kalyanaka grita and Dadimadi grita. Participants in the sodhana group received Udwarthana, Snehana, Swedana, Vamana and Virechana in the first phase. During the subsequent cycles Lekhanavasthi, intermittent snehavasthi and utharavasthi were done. Kolakulathadi and Thripala choorna were used for udwarthana. Tila taila, Sarshapa taila, Pippallyadi Anuvasana taila and Sukumara ghrita were used for snehana. Eranda taila preparations were used for virechana.

Results: Mean BMI significantly reduced from 28 to 24 ($p < 0.05$). The mean follicular size significantly increased from 7mm to 18mm ($p < 0.05$). Ovulation was reported in 80.77% of the participants and 75.64% of them were conceived later. Discussion Treatment procedures Viz. Udwarthana, Sodhana and Lekhana vasti are Kaphahara and medohara in action. The internal medicines given were Kapha medohara, pithavardhaka and anulomana in action. As a result, the fat deposit might have reduced and accelerated the maturation of graffian follicles. Thus the follicles ruptured for ovulation and paved way for conception.

Conclusion: Ayurveda treatment modalities under study were found effective in the management of infertility due to PCOS.



4.

ANTIMICROBIAL ACTIVITIES OF FRESH AND DRY GUDUCHI STEM (TINOSPORA CORDIFOLIA WILL. MEERA.EX.)

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Background: Guduchi is a well-known plant in Ayurvedic system of medicine identified as *Tinospora cordifolia* in API. It is widely used as rasayana to improve body resistance against infections and is known to possess anti oxidant, antimicrobial, anti-hyperglycemic, anti allergic and anti inflammatory activities. Guduchi is one among the drugs which are advised to use only in fresh form for medicine preparation according to Sharngadhara Samhitha, an Ayurvedic textbook. The changes that can occur in the pharmacological efficacy of the drug according to the basic state are unknown. So the study was carried out to screen the antimicrobial actions of the drug in different states.

Materials and methods : The antibacterial activity of the alcohol and kashaya extracts of the fresh and dry stems of *Tinospora cordifolia* and Guduchi sattva were studied using well diffusion method against *Pseudomonas*, *Klebsiella*, *Staphylococcus aureus*, Coagulase negative staphylococci (CNS) and *Escherichia coli*.

Results: The study revealed that the Kashaya prepared using fresh Guduchi stem and Guduchi sattva showed significant bactericidal action which indicates the high antimicrobial potential of the drug when used in the fresh form.

5.

ANATOMICAL EXPERTISE DISPLAYED BY ACHARYA SUSRUTHA IN THE DESIGN OF YANTRA OR BLUNT SURGICAL INSTRUMENTS

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Acharya Susrutha is probably the first surgeon in the world to systematize surgical instruments and describe in detail their method of manufacture, quality control, maintenance, defects and specific usage in the diagnosis and treatment of diseases. Susrutha Samhitha gives a list of blunt (101 numbers) and sharp (20 numbers) instruments and also suggests that a surgeon, by his own knowledge and cleverness, may devise new instruments to facilitate the performance of the surgical actions. Most of the blunt instruments designed by Acharya are having a shape similar to the faces of various birds, animals or certain commonly used armaments in the society. This is because he had developed the instruments based on his experiences from keen observation of the nature. Those primary observations were incorporated to the human anatomy and utilized the same for surgical applications in the human body. It is evident from the descriptions of the surgical instruments that Acharya had expert awareness in human anatomy. Though the Sareera sthana in Susrutha Samhitha is completely set with details of Anatomy and Physiology, it seems that much more undetected proficiency of Acharya in the understanding of Anatomy remains out of sight and

can be explored in the contexts of descriptions of surgical instruments. The present paper gives a description regarding the anatomical proficiency shown by Acharya Susrutha in the design of blunt surgical instruments or Yantra.

6.

A CLINICAL TRIAL TO EVALUATE THE EFFICACY OF PICCHAVASTHI IN REDUCING SIGNS AND SYMPTOMS OF ULCERATIVE COLITIS

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Background: Ulcerative colitis is an inflammatory disease that causes ulcers and irritation in the inner lining of the colon of the colonic mucosa with relapses and remissions. Signs and symptoms include bloody diarrhea, passage of mucus with stool, blood, increased frequency of motion Doshic predominance is of pitta, raktah and associated with vatha and kapha and vrina swabhava .So pittakapha samana along with vatanulomana is the appropriate principle of treatment. Taking this aspect in mind present clinical study was a trial to evaluate the efficacy of Piccha vasthi in this condition.

Materials and methods :Research approach- Out line of the study included Extensive literary survey and Clinical work. The patients were selected from outpatient section of Department of Kayachikitsa and Panchakarma.Govt Ayurveda College Thiruvananthapuram Kerala, Dept. of Salya Tantra, Thripunithura Kerala as per inclusion and exclusion criteria. The population comprises of patients diagnosed of ulcerative colitis, who satisfy the inclusion and exclusion criteria. Study design: The present study is before and after study without control. The clinical study comprised of single group.Mayo's scoring system; physical examination and necessary investigation were used for selection. After deepana pachana, picchavasthi was done on yoga vasthi protocol. Totally 12 patients were included in the study. Assessment was conducted before piccha vasthi, immediately after vasthi, 30 days after vasthi.Findings were recorded in specific proforma and the efficacy was compared by statistical analysis.

Results & Conclusion:Considering the symptoms, passage of blood, mucus,blood with stool, diarrhoea, anorexia abdominal distension, the treatment is highly significant with $P<01$ immediately after Vasthi and after follow up period.Hb levels the treatment is in increasing the Hb levels with significance $P<01$ immediately after vasthi and after follow up. Considering the ulcerations in the rectum, the treatment is highly significant with $P<01$ immediately after vasthi and after follow up Retention time after Vasthi is increasing statistically because of getting bala to guda and pakvaya after vasthi.



7.

A STUDY ON THE HYPOGLYCAEMIC EFFECT OF LEAF DECOCTION OF PANASA [ARTOCARPUS HETEROPHYLLUS LAM , FAMILY:MORACEAE] IN TYPE II DIABETES MELLITUS.

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Background: Panasa (artocarpus heterophyllus lam.), the well known jackfruit tree, is a treasure trove with various ethnomedicinal uses. It is distributed all over the world and is used by the traditional Ayurveda physicians of Kerala for the treatment of Diabetes Mellitus. It is also used by the folklore community of Mauritius for the treatment of Diabetes Mellitus. Properties of its leaves are not well explored so that it is utilized mostly in the form of fodder or else wasted in the form of litter. Diabetes mellitus is one of the leading lifestyle disorders requires life-long medication. Hence the world is in search of safe and cost effective drugs for its better management. This study is an effort to evaluate the hypoglycemic effect of leaf decoction of panasa (artocarpus heterophyllus Lam.) In type 2 diabetic patients.

Materials and methods: Clinical trial was undertaken as a before and after trial with 30 patients for a period of 30 days.

Results: Statistical analysis was made using paired t test, Wilkoxon's signed rank test and Freidmann's test. Trial drug showed a highly significant effect in reducing fasting blood sugar (FBS), post prandial blood sugar (PPBS) & total cholesterol.

Conclusion: This study gives a ray of hope for future researches. Being an abundant and least explored drug this tree of home can improve the quality of life and can save lives if popularised.

8

ARDRAKA VARDHAMANA IN HYPOTHYROIDISM – RANDOMIZED CONTROLLED TRIAL

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Background: The incidence of hypothyroidism is on the rise as it is one of the commonest co-morbid conditions, among the patients attending our OPD. There are more than 10 million cases reported in India, with stringent female predominance. It contributes to symptoms in almost all bodily systems, which includes weight gain, edema, menorrhagia, depression, fertility problems etc. The causative factors include iodine deficiency, harmful chemicals and pollutants, autoimmune condition such as Hashimoto's etc. and are still under detailed analysis. Contemporary therapies such as hormone supplementation, radioactive iodine etc. is not providing an agreeable answer. These transmit the attention of the medical community to the Ayurvedic fraternity, in the management of thyroid dysfunction. The functional correction of the situation on the basis of Dosha assessment, is really effectual in this condition, being the approach of Ayurveda and the benefits are being reported from clinical practice. The



symptoms detail to the aggravation or disturbance of the doshas, Kapha and Vatha, the extent being varied. The occurrence of Aama in the level of the dhatus, is contributing to the clinical manifestation, as per the baseline pathology. Based on the severity, Samana or even Sodhana is to be adopted with appropriate medicines. Objectives: 1. To assess the role of Ardraka vardhamana in Hypothyroidism 2. To compare the efficacy of Ardraka vardhamana with Kanchanara guggulu in hypothyroidism.

Materials and methods: 30 participants satisfying the criteria were randomized to two groups after proper written consent. The control group was given Kanchanara guggulu 2 tablets twice. The study group was administered with Ardraka vardhamana in ascending dose, for 30 days. Assessment criteria: Hypothyroidism assessment Questionnaire, Serum TSH (After 45 days)

Results: There was significant efficacy in both the groups on paired t test. On comparison with the unpaired t test, the study group showed significance at 1% level.

Conclusion: Ardraka vardhaman is effective as well as safe in the management of hypothyroidism and better in efficacy when compared with Kanchanara guggulu.



9.

INTEGRATED APPROACH IN DEVELOPMENTAL DISORDERS IN CHILDREN

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Background : Childhood developmental disorders encompass neurodevelopmental, emotional and behavioral disorders having broad and serious adverse impacts on psychological and social well-being. Children with these disorders require additional support from families and educational systems; the disorders frequently persist into adulthood. Many Ayurveda treatment modalities were found to be useful in these disorders. An innovative thinking to integrate these treatment modalities with other supportive therapies resulted in a better outcome.

Materials & Methods A four-armed management strategy is adopted in this specialty institution which comprises Ayurvedic treatment (out-patient & inpatient departments), supportive therapies (clinical yoga, psychology, occupational therapy/physiotherapy, special education, speech therapy) parental intervention and group activities. Various developmental disorders like cerebral palsy, autism, ADHD, specific learning disorders etc. are managed with appropriate treatment protocols which are documented periodically. From 6th September 2015 to 30th June 2018, a total of 48852 children got benefitted by this institution.

Conclusion : Among them 82% of the children were scholastically backward, 30% have learning disability, 12% were having ADHD, 21% of developmental delay, 60% behavioural disorders, 6% Autism Spectrum Disorders, 6% genetic problems, 64% Speech & Language Disorders and 20% of seizure Disorder.

Keywords : developmental disorder, Ayurvedic Child & Adolescent care Centre

10.

PRE CONDITIONING WITH PARTHARISHTA REDUCES MYOCARDIAL ISCHEMIA REPERFUSION INJURY – AN INVITRO APPROACH.

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Background : Myocardial Ischemia Reperfusion (I/R) injury- tissue damages due to blood restoration, is a critical period of coronary artery obstruction, associates with successful intervention of IHD. It is thought mostly to be from oxidative stress, which turns on uncontrolled apoptosis, a programmed cellular mechanism which initiates cell death. Therefore reduction of oxidative stress by making the myocardial cells potent with antioxidants could be an effective therapy for attenuation of reperfusion injury. Partharishta being one such Ayurvedic formulation with all its ingredients proven to be potent antioxidants with cardioprotective and cardio tonic activity is thought to bring a positive result in the adverse effects occurring due to reperfusion injuries. The primary objective of the study was to evaluate the reduction in Myocardial Ischemia- Reperfusion Injury in ischemia induced H9C2 rat cardio myoblasts when pretreated with Partharishta.

Materials & Methods The Methodology adopted was to pretreat the ischemia induced H9C2 cells with desiccated extracts of Partharishta (at a concentration of 6.25, 12.5, 25, 50 and 100 μ g/ml from a stock of 1mg/ml) and evaluate the cell viability by MTT Assay. Further to confirm the efficacy of Partharishta as an effective antioxidant in reducing the injury, an invitro ROS measurement assay and Reverse transcriptase PCR Analysis was conducted.

Results: On MTT Assay the cells pretreated with 25 μ g/ml of desiccated Partharishta provided an average cell viability of 85.12%. This concentration when used to conduct the confirmatory Assays showed that the ROS production is relatively low in treated cells and the Nrf2 gene against oxidative stress was expressed in these cells.

Conclusion : From the results of the above mentioned Assays we can conclude that the formulation Partharishta when pre treated shows relatively good reduction of ischemic injuries in H9C2 rat cardiomyoblasts

Keywords: Reperfusion injury, Partharishta, Anti oxidant activity

11.

A CLINICAL STUDY TO EVALUATE THE EFFECT OF SARASWATARISHTA IN MUDHATA W.S.R. TO INTELLECTUAL DISABILITY OF CHILDREN

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Background : Intellectual disability is a disorder with onset during the developmental period that includes both intellectual and adaptive functioning deficits in conceptual, social, and practical domains. Children with Intellectual Disability can do learn new skills, but they learn



them more slowly. So being a burning problem, it needed effective and safe treatment with the right support. So in the present study an attempt has been made to evaluate the effect of rasayana in Mudhata.

Materials & Methods It was an open labeled clinical study with pre and post test design where in minimal 30 patient suffering from Intellectual Disability will be selected and the parameters of signs and symptoms were recorded and scored based on the standard scoring methods and analyzed statistically. Patients were administered with Saraswatharishta without Gold 12 ml 2 times a day for 2 months. Follow up was for 2 months.

Results : Saraswatarishta provides a statistically high significant p value ($p < 0.001$) result in improving manasa bhavas , intellectual and adaptive behavior .

KeyWord : Mudhata, Intellectual Disability, Saraswatarishta



12.

AVAILABILITY OF DASAMOOLA IN AYURVEDA DRUG INDUSTRY- SURVEY STUDY

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Background : There is an increase in demand of Ayurveda medicines in recent decades due to an increase in a global consumer preference towards herbal medicine and natural products. In India, Kerala has the second largest number of Ayurvedic manufacturing units (12% of total manufacturing units). Rapid development of Ayurveda sector has produced a huge shortage in commonly using medicinal plants. Dasamoola is a group of ten medicinal plants with root as the useful part and are widely used in therapeutics. It is a Constituent of most demanding formulations like Dasamoolarishta, Chyavanaprasha, Dhanwantharam taila etc. The main reason for the scarcity of Dasamoola drugs are destructive harvesting for roots, inadequate cultivation and over usage. Being a part of most of the Ayurvedic products, it has a demand above 200 tons annually. Bulk usage of these valuable plants for numerous formulations has already placed 3 of them in IUCN Red list. Objective of the study is to analyse the current availability status of Dasamoola in Ayurveda drug industry to ensure quality and efficacy of its formulations.

Materials & Methods: To find out the sources and availability of Dasamoola, cross sectional survey was carried out in ten major pharmacies in Kerala. The data regarding the sources, availability and current management of scarce drugs were discussed with the Head of raw drug handling section using via questionnaire method. Availability of the plants, sources, and their substitution, possible adulteration were discussed and included in the study.

Results: Result of the study point out that huge demand of Dasamoola group drugs by the manufacturing industry created depletion in the availability of genuine root sample. It also includes the substitution of the Dasamoola drugs by the pharmacies and datas regarding the adulteration faced by them.

Conclusion; Thus the study reveals that the Conservation, sustainable use and cultivation of Dasamoola drugs are needed to avoid compromising the quality and efficacy of many of its formulations.

Keywords: Dasamoola, cross sectional survey

13.

**EXPERIMENTAL EVALUATION OF TENDER LEAVES OF
BHUMIJAMBU-SYZYGIUM CARYOPHYLLATUM (L.) ALSTON IN ULCERATIVE
COLITIS**

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Background : Traditional knowledge is a part of Ayurvedic science which is gaining its importance by many known and unknown subjects of ancient era. Ayurveda is known to be the treasure of medicine and it always enlightened a path for acceptance of new drug and its actions from all possible sources. Bhumijambu-Syzygium caryophyllatum (L.) Alston is one such plant (especially the tender leaves) which is extensively used by the folklore practitioners of Udupi district Karnataka for watery blood mixed stools. On this account the present research work has been carried out to evaluate the anti ulcerative colitis effect of tender leaf of Bhumijambu-Syzygium caryophyllatum (L.) Alston, as put forth by the traditional healers.

Materials & Methods: Tender leaves of Bhumijambu-Syzygium caryophyllatum (L.) Alston were collected from in and around Udupi, morphological features compared with that of local flora. Effect in the disease ulcerative colitis was assessed in acetic acid induced ulcerative colitis animal model (Swiss Ablino Mice). Assessment criteria included macroscopic evaluation of ulcer, antioxidant study and histopathology study.

Results: The experimental study has shown that it has moderate efficacy in the disease ulcerative colitis. The experiment has shown tender leaf of Bhumijambu-Syzygium caryophyllatum (L.)

Conclusion: Alston is having moderate effect in the disease ulcerative colitis. The efficacy can be improved with further refining of the formulations.

Keywords: Acetic acid induced model; Traditional healers; Bhumijambu; Ulcerative colitis

14.

**PHARMACEUTICO-ANALYTICAL AND TOXICOLOGICAL STUDY OF RASA
KARPURA**

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Background : Mercury believed to be the semen of lord Shiva is an inevitable mineral drug used in Ayurvediya Rasashatra. There exist a big confusion regarding the safe use of mercurial preparations. It is the need of the hour to prove the toxicological effects of mercurial preparation to provide quality medical care. Murchana is the most important process in which mercury is made to convert into such form which poses diseases destroying property. Rasakarpura is one such nirgandha type of kupipakva rasayana .Hence improper use of Rasakarpura will lead to parada vikaras. It is considered as mercurous chloride. Mercurous chloride because of its less solubility is poorly absorbed and is regarded safe medicine in small doses. But in large doses may act as poison .As there are lot of discussion about the heavy metal toxicity it very essential to provide the toxicological profile of the formulation. So a study was carried to find the pharmaceutico-analytical and toxicological

study of rasa karpura .

Materials&Methods: Raw drug for the study was procured from the S.D.M Pharmacy and the preparation was carried out in department of RS&BK, SDMCA, Udupi Evaluation of toxic effects of Rasakarpura is carried out through experimentation on the basis of biochemical, haematological and histopathological findings

Results: Analytical observations indicates that drug is suitable to body.

Conclusion: Toxicological evaluation shows almost mild to moderate changes in rat cell that may be considered non specific and reversible.

Keywords-Rasakarpura, Murchana, kupipakva, Analytical study, Toxicological study



15.

A CONTROLLED CLINICAL STUDY EVALUATING THE EFFECT OF SHIVAGUTIKA ON SHONITHA ABHISHYANDA / HYPERLIPIDEMIA

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Background :Santarpana causes morbid accumulation of kapha & medas in different dhatu. Abnormal increase of kapha & medas in the raktha dhatu is termed as Shonita Abhishyanda which further leads to Dhamani Pratichyaya, Margavarana & its serious sequels like Prameha, Vatavyadhi, Hridroga, & so on. Ayurveda emphasizes treatment modalities which are of Rukshana and Apatarpana in nature. Oral administration with Shilajithu, Guggulu, Haritaki is a matter of appreciation in this regard. One such formulation having Shilajithu as a main ingredient is Shivagutika. Hence, the study was framed to evaluate the effect of Shivagutika in patients of Shonita Abhishyanda/ Hyperlipidemia.

Materials&Methods: A single blind controlled clinical study wherein 30 patients diagnosed with Shonitabhishyanda (Hyperlipidemia) were administered with Tab. Shivagutika in a dosage of 2 tablets of 2g each thrice a day for a period of 28 days with lukewarm water along with standard diet course in one group and another group with placebo drug. Lipid profile, Body weight, Anthropometric features were the Primary outcome measures. Clinical presentations of obesity, Quality of life Score were the Secondary outcome measures.

Results: Shivagutika is proved to be effective in reducing the Shonitabhishyanda as indicated by reduced levels of lipid profiles, which are statistically significant and beyond the effect of Placebo drug in the study. The reductions in the anthropometric values along with the reduction of symptoms of Sthoulya/ Obesity that are also statistically significant prove the same.

Conclusion: Shivagutika is proven to have lipid-lowering effect in the management of Shonita Abhishyanda, also its further complications.



16.

A COMPARATIVE CLINICAL TRIAL TO EVALUATE THE EFFECT OF MODIFIED SCHEDULE OF KALAVASTI WITH AROHANAKRAMA ANUVASANA VASTI IN THE MANAGEMENT OF GRIDHRASI.

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Background : Vasti is specially indicated for Vata dosha predominant diseases like Gridhrasi or Sciatica. Yogavasti or Kalavasti schedule with Arohanakrama Anuvasanavasti were practiced by Vridha vaidyas of Kerala especially in severe Vatavyadhis. This study with the prime objective of comparing the modified schedule of Kalavasti with Arohanakrama Anuvasanavasti against that with fixed dose Anuvasanavasti was undertaken in Gridhrasi patients.

Materials & Methods: Ardhamatrikavasti was analysed microscopically and Vasti was prepared according to the microscopic and macroscopic findings. Forty Gridhrasi patients were selected and divided in to two groups. Modified schedule of Kalavasti with Arohanakrama Anuvasanavasti was administered in Group A and that with fixed dose of Anuvasanavasti was administered in Group B. Assessments were done on the basis of subjective and objective parameters.

Results: The statistical analysis revealed that there were significant improvements in subjective and objective parameters in both groups. But relevant differences were found according to the Doshic involvement, Akriti on obtaining Samyak Lakshanas etc.

Conclusion: Microscopic and Macroscopic assessment of Vasti gave a clue on the time for Vasti Samyojana. Results of this study shows that both Modified schedule of Kalavasti with Arohanakrama Anuvasanavasti has a significant role especially in certain conditions which will be detailed in the presentation.

17.

A COMPARATIVE PHARMACEUTICO ANALYTICAL AND TOXICOLOGICAL STUDY OF KAPHAKETU RASA PREPARED BY TWO DIFFERENT METHODS.

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Background : Kaphaketu rasa is an important herbo mineral formulation which is predominantly used for the treatment of Kasa, Swasa and Pratisyaya. When we observe different references for the preparation of Kaphaketu rasa, the quantity of Vatsanabha included show variability. So it is quite essential to know the analytical and toxicity study of Kaphaketu rasa, prepared with two different methods by using scientific tools.

Materials & Methods: The shodhana of drugs were done as per Rasa Tarangini. Preparation of Kaphaketu rasa was carried out with two ratios of Vatsanabha as per reference of Bhaishajya Ratnawali. The analysis of the drug Kaphaketu rasa to establish standards in terms of organoleptic characters, physicochemical, qualitative and quantitative aspects were carried out in SDM Research centre. Evaluation of toxic effect of Kaphaketu rasa is carried out through



animal experimentation on the basis of biochemical, haematological, and histopathological finding.

Result and discussion: Analytical study indicates that drug is suitable to body and toxicological study proved that drug KKR1 containing 25% of Vatsanabha is having slight advantage over KKR2 which is having 50% of Vatsanabha. However, the pathological changes observed were at higher dose level and may not be seen at therapeutically equivalent doses.

Keywords: KKR1, KKR2, Analytical study, Toxicological study.

18.

AN INTEGRATED APPROACH IN MILD COGNITIVE IMPAIRMENT ASSOCIATED WITH METABOLIC SYNDROME. A CASE SERIES.

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Background :Dementia is a syndrome which is characterized by global intellectual impairment mostly afflicting the higher cortical functions such as cognition, memory, judgement, language, abstract reasoning and ability to follow directions are impaired which adversely affects the quality of life of the afflicted individuals. The prevalence of Mild cognitive impairment (MCI) in India is 14.89 and the chance of progress of this condition into dementia is up to 14%. The associated side effects of the current medicaments which are prescribed for dementing conditions have limited their long term use. Ayurveda advocates specific formulations and therapeutic procedures to improve the higher mental functions. The objective of this study was to find out the efficacy of an integrated approach in mild cognitive impairment associated with metabolic syndrome. Integrated approach included Ayurvedic treatment, cognitive and breathing exercises.

Materials & Methods: The case series with an integrated approach comprising an Ayurvedic treatment of internal administration and nasal instillation of Panchagavyaghritha along with cognitive and breathing exercises was conducted. 15 patients were selected for the study from the OPD of NARIP, Cheruthuruthy who presented with mild cognitive impairment associated with metabolic syndrome. The treatment protocol was administered for 30 days. Before and after assessment were done using Montreal cognitive assessment (MoCA) scale, Mini mental status examinations (MMSE) and WHO BREF Quality of Life (QoL) questionnaire.

Results : MoCA score & statistical significance was noted in the domain of memory (p value .016, confidence limit of 95%), with a 26. % increase in mean score value. In MMSE score, statistical significance was noted in orientation (p value .04) with a 5.9% increase in mean score and in visuo spatial skill (p value .02) with 158% increase in mean score. Amongst the four domains of WHO BREF QoL, in three domains (psychological, physical, and social) the intervention showed statistically significant results (p value 0.0001) and in the environmental domain the results were statistically significant at p value 0.002.

Conclusion The integrated for a duration of 30 days showed promising results in the domain of memory, orientation and visio-spatial skills and QoL. Further studies may be planned by extending the intervention duration for appreciating the remaining domains of higher mental faculties.

RANDOMISED CLINICAL TRIAL TO COMPARE THE EFFICACY OF JATI (JASMINUM GRANDIFLORUM) MOUTHWASH WITH JATI KASHAYAM IN ONE ARM & PLACEBO MOUTHWASH IN THE OTHER ARM IN MUKHAPAKA.

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Background : Randomised clinical trial to compare the efficacy of Jati (Jasminum grandiflorum) Mouthwash with Jati Kvatha in one arm & Placebo mouthwash in the other arm in Mukhapaka. Background Leaf extracts of the drug Jati (Jasminum grandiflorum) are been proven to possess dermal wound healing and anti-ulcer activities. Considering the factors of patient compliance, convenience of usage, increased shelf life, and optimization of action without adding preservative and easy storage and dispensing, a value added form as a Mouthwash has been prepared using the distillate of the drug.

Materials & Methods: 45 patients having the classical symptoms of Mukhapaka were randomized to three as Jati Mouthwash, Jati Kwatha and placebo, all were administered twice daily for 7 days. Assessment was done by scoring method evaluating the oral ulcer activity, ulcer related pain and functional disability and also VAS scale at the baseline and each day for 7 days. Statistical evaluation was done within groups using paired t test and between the groups using one way ANOVA test-post Hoc Multiple Comparisons -Tukeys test.

Results : Significant reductions were observed in VAS scores for pain and other symptoms in the Jati Mouthwash group at the end of 7 days. Also there was an accelerated mean healing period noted in Mouthwash group.

Discussion & Conclusion The GCMS spectrum of the drug in its modified form as distillate revealed the presence of some novel compounds like thymol, carvacrol, been already proven effective against oral pathogens however was absent in the Kwatha. As the disease is self limiting and the management is supportive, the Jati Mouthwash with the presence of these compounds was found better than its classical form.



EFFICACY OF THE COMBINATION OF KIRAATATHIKTA [ANDROGRAPHIS PANICULATA (BURM. F.) WALL EX. NEES] AND BHRINGARAAJA [ECLIPTA ALBA (L.) HASSK.] IN NON ALCOHOLIC FATTY LIVER DISEASE A PILOT CLINICAL STUDY.

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Background : Over the past couple of decades, the prevalence of Non alcoholic fatty liver disease has doubled whereas the prevalence of other chronic liver diseases has remained stable or even decreased. Non-alcoholic fatty liver disease is a condition defined by excessive fat accumulation in the form of triglycerides (steatosis) in the liver which may gradually develop

into Non alcoholic steatohepatitis. This might in turn lead to the increased risk of cirrhosis, liver failure, and hepatocellular carcinoma. Unexplainable elevated AST / ALT may be the only clinical finding pointing to this disease. Ayurvedic Physicians advocate the internal administration of specific herbs in liver dysfunctions. This study aims to find out the efficacy of Kiraatathikta and Bhringaraaja in abnormal ALT and AST parameters in patients with non-alcoholic fatty liver disease.

Materials & Methods: 15 patients having increased ALT and AST level, were taken and the combination of the two drugs in equal proportion were given as Phanta kashaya (hot infusion) for 45 days. Before after treatment values were taken for assessment and paired t test was done.

Result:- Statistical analysis showed significant reduction in ALT and AST parameters with a p value of <0.01 (confidence limit 95%). These drugs have proven hepato-protective, antioxidant, digestant and anti cholestremic properties which may be the contributing factors for this action.

Conclusion:- The combination was found to be very much effective in reducing ALT and AST values of non alcoholic fatty liver disease condition. Comparative trial and phase 2 and 3 trial should be done with more specific evaluation parameters like USG and Liver biopsy for getting a clear data about the efficacy of this combination.



21.

RANDOMIZED CONTROLLED TRIAL TO ASSESS THE EFFECT OF 'POTENTIATED THRIphALA CHOORNA WITH HONEY' IN OVERWEIGHT ADULTS

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Background : Overweight is being evolved as a major health hazard in urbanized societies. It has significant health implications in the form of Hypertension, Diabetes mellitus, Coronary heart diseases etc... Thriphala choorna potentiated in khadhira and asana decoction along with honey as anupana, is highly effective in reducing sthoulya and athisthoulyavikaras. This formulation is an affordable, accessible and a feasible weight reducer without any side effects. It enhances rejuvenation of body and qualifies as a classical nithyarasayana.

Materials & Methods: The study was aimed at establishing the effectiveness of the drug in the age group 20-40 years, by a Randomized Controlled Trial on 30 consented patients each in Study and Control group selected by using purposive sampling technique from the patients having BMI from 25 to 29.99 Kg/M² and WHR > 1 in men, and > 0.85 in women. Detailed demographic information, BMI, Waist circumference, Hip circumference, WHR, Mid arm circumference, Mid thigh circumference and Chest circumference were collected before the study. Patients in both groups were instructed to modify their dietary pattern and the experimental group alone was given the above medicine for 30 days in the dose of 6 g each with 12 g honey as anupana on empty stomach in morning and evening. Patients in the control group have only dietary modification.

Results & Conclusion: After the study period, outcome variables were assessed for both groups and a follow up was taken on 60th day. After testing the hypothesis, it was found that significant reduction has happened in all the outcome variables at 5% level.



22.

HYPOGLYCEMIC AND ANTIHYPERGLYCEMIC ACTIVITY OF YASHADA BHASMA HYPOGLYCEMIC AND ANTIHYPERGLYCEMIC ACTIVITY OF YASHADA BHASMA

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Background : Pharmacological studies are necessary to ascertain whether the method of preparation of a drug alters the efficacy profile and helps in the revalidation of efficacy and safety as well, which is pertinent as mineral and metallic drugs are concerned. Yashada Bhasma (Incinerated Zinc) is a herbomineral preparation. Current study evaluates the Antihyperglycemic and Hypoglycemic activity of Yashada Bhasma prepared using two different methods administered with Guduchi Ghana in normal albino mice, thereby revalidating previous research works.

Materials & Methods: The study was conducted in Swiss Albino mice as per the guidelines of CPCSE. Mice were randomly divided into five groups of six animals each and they were administered water control (WC), vehicle control (VC), Test drugs - Two types of Yashada Bhasma samples, Parada Marita Yashada with Guduchi Ghana Churna (PMYG) and Vanaspati Jarita Marita Yashada with Guduchi Ghana Churna (VMYG) and Glybenclamide as standard control. Further, Hypoglycemic and Antihyperglycemic activity were evaluated and the obtained data were subjected to statistical analysis.

Results: In hypoglycemic activity, there was no significant difference in blood sugar level (BSL) between PMYG and WC, but VC and VMYG showed a significant difference with WC. In Anti hyperglycemic study, there was significant difference in the actual change of BSL in VMYG, PMYG and VC group when compared to that of WC group.

Conclusion: Test drugs did not show significant hypoglycemic activity, but exhibit moderate anti hyperglycemic activity. So the drugs can be safely administered as an anti hyperglycemic agent.

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DESCRIPTIVE STUDY TO DEVELOP A TOOL FOR THE CLINICAL EVALUATION OF THE STATUS OF OJAS

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Background : The quality researches on the fundamental concepts of Ayurveda with advanced scientific techniques can expand the knowledge and path of current medical science. Thus the development of valid and reliable tools for the fundamental concepts is the need of the hour. Ojas is a parameter assessing the status of health, status of disease and the level of chronicity of a disease. Present study aims in developing a valid and reliable tool for measuring the status of Ojas.



Materials & Methods: In conceptualization part of study, lakshanas of vitiation of Ojas explained by different Acharyas were identified as variables. By operationalization these variables were grouped under 3 domains and items were generated as questions. Study fulfilled all necessary steps of validated tool making like wording and sequencing of items, translation, back translation and pretesting. Pilot study was done in 30 individuals in 4 groups as per the inclusion criteria. Test retest reliability was checked along with the pilot study. The tool was administered to 200 subjects in 4 groups as per the inclusion criteria. Face validity, content validity and construct validity of the tool was checked. Validation of tool was done along with steps of tool development and reliability was computed using Cronbach's alpha. Item selection and reduction was carried out with statistical analysis.

Results: The tool for clinical evaluation of the status of Ojas developed through this research has 37 items. The tool is reliable with a Cronbach's alpha value 0.963 (N=200). Based on scores, the population was divided into pravaraojas, madhyamaojas and avaraojas. After statistical analysis, the variables were placed under 7 subdomains.

Discussion & Conclusion: The tool developed for clinical evaluation of status of Ojas through this study is a validated and reliable tool to measure Ojas.

Key words: Ojas, Tool development, Validation

24.

A CLINICAL STUDY TO EVALUATE THE EFFECT OF SHREEKHANDASAVA IN MADATYAYA W.S.R TO ALCOHOL USE DISORDER.

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Background : Madatyaya is considered as a serious illness which is caused due to excess intake of Madya and is considered as a Tridosha Vyadhi. There will be vitiation of Shareerika and Manasika Doshas, which ruins the physical, psychological, social, economical and occupational well being. It can be correlated with the Alcohol use disorder in the contemporary science as the clinical presentations matches equally. Alcohol use disorder is defined by a cluster of behavioural and physical symptoms which include withdrawal, tolerance and craving. Shreekhandasava is explained in Ayurvedic classics as one of the Shamana medications for Madatyaya. Hence the study was done to evaluate the efficacy of Shreekhandasava as a better and safer medicine in the management of Madatyaya.

Materials and Methods: It was an open labelled clinical study done on 20 patients aged between 16 to 70 years who were having Madatyaya Samanya Lakshana and diagnosis based upon AUDIT questionnaire. Shreekhandasava was given 24 ml twice a day after food for a period of 14 days. Follow up was done 14 days after treatment with weekly interval.

Results: Out of 20 patients, 2 (10%) patients got complete remission of symptoms, 17 (85%) got marked improvement and 1 (5%) got moderate improvement.

Conclusion : Test drug Shreekhandasava shows significant results in remission of signs and symptoms of Madatyaya and can be used as an effective drug in both physiological and psychological symptoms of alcohol use disorder.

Keywords: Madatyaya, Madya, Alcohol use disorder, Shreekhandasava.



25.

EFFECTIVENESS OF VIDANGATHANDULADI CHOORNA ON LIPID PROFILE

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Background : Hyperlipidaemia is a commonest risk factor for atherosclerosis which subsequently results in coronary heart disease, ischemic heart disease etc. Worldwide, high cholesterol levels are estimated to cause 56% of ischemic heart disease and 18% of strokes, amounting to 4.4 million deaths annually. The only treatment the modern science can offer is lifelong intake of statins, niacin's, etc which induces various side effects. While, the alternative system of medicine can provide better solutions. Ayurveda considers hyperlipidaemia as santharpanotha vikara which can be treated through various means for kapha medo harana and vidangathanduladi is one such yoga.

Materials and Methods: 20 patients of both the sexes of the age group of 40-70 years with either total cholesterol or triglycerides above the desirable range, selected from the Opd of Amrita Ayurveda hospital were administered with 1 tsp of vidangathanduladi choornam twice daily with warm water for 15 days they are assessed with lipid profile, before and after the treatment.

Results: Vidangathanduladi choorna significantly reduced the lipid levels and was found to be significant with paired t test.

Discussion & Conclusion: Hyperlipidaemia is considered as santharpanotha vikara involving kapha and medas. As the ingredients of vidangathanduladi choorna are kapha medo hara, agnideepaka and mridu sodhaka, they do the samprapthi vikhatana of hypercholesterolemia at absorption level and maintains the normal levels by mobilising the stored fat. Thus Vidangathanduladi choorn is an effective drug in managing hyperlipidaemia both clinically and statistically. It is economic, without any side effects and quick in action.

26

EFFECTIVENESS OF PIPPALYADI CHOORNA AS PRADHAMANA NASYA IN CHRONIC SINUSITIS

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Background : The mucosal inflammation of paranasal sinus which lasts longer than 12 consecutive weeks is termed Chronic Sinusitis. The clinical picture of Chronic Sinusitis has similarities with the symptomatology of Dushta Pratisyaya. Among the formulations indicated for Pratisyaya, Pippalyadi choorna is specifically indicated for PradhamanaNasya. The present study is to find out the effectiveness of Pippalyadi choorna as PradhamanaNasya in Chronic Sinusitis in comparison with Triphala- Trikadu PradhamanaNasya.

Materials and Methods: Forty patients diagnosed with Chronic Sinusitis were randomly selected from the outpatient department of Shalakyatantra, Govt. Ayurveda College, Trivandrum and kept as study group and control group respectively. PradhamanaNasya was performed (Study



group - Pippalyadi Choorna, Control group - Triphala -Trikadu Choorna) as per the classical procedure for 7 days, in the morning time, in the dose of 500mg, when the patient is in empty stomach. The patients were assessed before treatment, after treatment and during follow up. Clinical signs and symptoms were noted on the basis of self formulated scoring scale. The result having 'p' value less than 0.05 were considered as statistically significant in this study.

Result Overall effect of therapies after the course of treatment showed marked improvement in 10%, moderate improvement in 35%, mild relief in 40% and no change in 15%.

Conclusion The study drug Pippalyadi choorna is found to be more effective than control drug in reducing symptoms like nasal obstruction, post nasal drip and headache. The radiological analysis also showed significant difference indicating the better action of study drug.



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QUASI-EXPERIMENTAL STUDY ON THE EFFECT OF PANCAKOLA, A DRUG CORRECTING RASADHATUDUSHTI IN REDUCING CARDIOVASCULAR RISK

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Background : Cardiovascular disease (CVD) encompasses coronary heart disease (CHD) as well as congestive heart failure, carotid artery disease and stroke, peripheral artery disease and aorto-iliac disease. According to WHO estimates, CVD is the number one cause of death globally: more people die annually from CVDs than from any other cause. Over three quarters of CVD deaths take place in low- and middle-income countries including India. CVD poses a relatively very high disease burden in form of cost of treatment, resultant disabilities, loss of work days etc. Atherosclerosis, the mechanism behind CVD, has been proven to be a chronic and preventable condition. Though Ayurveda has considered Rasadhatudushti as the pathologic entity in Hridroga, its role in primary prevention of CVD has not been studied. Rasadhatudushti was found significantly associated in subjects having risk for CVD.

Aim –The present work was a quasi experimental controlled pre – post risk factor trial to study the pathologic role of Rasadhatudushti in subjects at risk for CVD.

Objective –Assess the CVD risk reduction effect of Panchakolachurna, a drug known to correct Rasadhatudushti with no known cardio protective effect was chosen for the trial.

Materials and methods: – Subjects were selected through CVD risk screening camps in the hospital OPD setting of Goverment Ayurveda Colleges at Thiruvananthapuram and Eranakulam districts. Study was conducted in subjects above 40 yrs of age and self reported as undiagnosed of any cardiovascular diseases. Subjects having Rasadhatudushti, assessed as per a validated assessment tool named RAS-RCVD were selected according to inclusion and exclusion criteria. The trial group and the control group consisted of 30 consented eligible subjects each, selected from alternate days of the camp. CVD risk was assessed in all the subjects using Qrisk®2-2017, a sensitive online CVD risk assessment tool that is specifically applicable in Indian subjects.

Both groups were educated in words and writing, for life style modification (LSM) recommended by WHO that includes diet restrictions, recommendations for physical activity and tobacco cessation. The trial group was given the drug in the powdered form in the standard dose of 3gm daily just before dinner along with luke warm clear gruel water, for a period of 1 month.

Result - The reduction in the risk score in trial group [2.53 (3.22)] was found statistically significant (p value = 0.36) using nonparametric test when compared to that of controls [0.303 (3.43)]. Among the modifiable risk variables, the drug was found significantly lower the TC/HDL ratio.

Conclusion – The study suggests that the Rasadhatudushti is associated as a risk factor in subjects having risk for CVD. Ayurvedic drugs and regimen correcting Rasadhatudushti has a role in primary as well as secondary prevention of CVD.

Key words: Cardiovascular disease, Rasadhatudushti, Panchakolachurna



28.

A CLINICAL STUDY TO EVALUATE THE THERAPEUTIC EFFICACY OF RASNADI GHRITA ON JANU SANDHIGATA VATA W.S.R. TO OSTEOARTHRITIS.

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Background : Sandhigata vata is among the 80 vata vyadhi presenting with sandhi vedana, sandhishotha, sandhi stabdhata, vata purna driti sparsha, prasarana akunchana apravritti. Being the commonest form of articular disorders, Sandhigata vata poses a huge hindrance in day to day activities of the patient. Osteoarthritis (OA) of the knee joint is a chronic, degenerative, inflammatory disease which has a great impact on the quality of the life of an individual. OA is presenting with pain, swelling, tenderness and restricted movements. Here Rasnadi Ghrita is taken for study which is having vatahara and rasayana property and contents of ghrita mainly vatashamaka, shophahara and shoolahara.

Material and Methods: It was an open labeled clinical study done on 20 patients aged between 30 to 70 years who were having Janusandhigata vata lakshanas and diagnosis based upon ACR diagnostic guidelines of Osteoarthritis of the knee. Rasnadi Ghrita was given 24 ml once a day before food at 8 am for a period of 14 days. Follow up was done 30 days after treatment with weekly interval.

Results: Out of 20 patients, 16(90%) got marked improvement, 4(10%) got moderate improvement.

Conclusion: Test drug Rasnadi Ghrita shows significant results in remission of signs and symptoms of Janu sandhigata vata and can be used as an effective and safe drug in both physiological and structural pathologies of osteoarthritis.

Keywords: Vatavyadhi, Sandhigatavata, Maragavaranjanya, Dhatukshayajanya, Rasnadi Ghrita.



29.

ANTIHYPERLIPIDEMIC EFFECT OF AVERRHOA BILIMBI LINN FRUIT: A CLINICAL TRIAL

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Background: Hyperlipidemia is one of the major medical conditions which is linked to cardiovascular complaints. It's a life threatening condition that can cause discomforts to healthy human, and in the long run can lead to other severe disease. Hence the situation demands the usage of a drug that is therapeutically effective without any undesired effects. Within normal range, lipids are concerned with carrying out vital activities in our body, but when the lipid levels go beyond the permitted levels, it can cause a lot of discomforts to the human body. Although conventional medicine offers various options for treating hyperlipidemia, several undesired effects are produced on kidney, liver, brain etc. The drug of choice must be such that it is abundantly available and cost effective, hence the drug Bilimbi,(Averrhoa bilimbi Linn) a traditional household plant (used as a food substance in pickles) is selected for the study.

Materials and methods: As per the Exclusion and Inclusion criteria, 30 patients were selected for the study. The diagnosis of hyperlipidemia was done based on the basis of fasting lipid profile. The test drug, Bilimbi (500mg) was given to the patients for a period of 21 days in the morning hours before food. Lipid profile was assessed. The variations in lipid levels were evaluated on the 21th day, and follow up was done after 21 days. The data collected before and after trial were consolidated and statistically analysed.

Results: After 21 days of administering the study drug, and after the specified follow up period, the lipid parameters were checked. The result obtained shows the elevated levels of Total cholesterol, Triglycerides, LDL, and VLDL became normal and there is and no significant increase in HDL levels.

Conclusion: A.bilimbi significantly reduces the elevated lipid levels within a short stipulated time period. More studies have to be directed in this direction so as to offer better health care for patients- with or without clinical presentations, who have increased lipid levels.

Keywords: Hyperlipidemia, Averrhoa bilimbi,CVD

30.

STUDY ON THE EFFECT OF SIRAVEDHA IN VARICOSE VEIN – A PREDICTIVE SYSTEMS BIOLOGY MODEL

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Background: In the field of research, though experimental studies provide better understandings, they are partially useless until proved clinically. The aim of this study is to explore the impact of venous insufficiency in a population and to observe the incremental direct effect of

Siraredha on health related QoL, with the ultimate aim of modeling all subjective as well as objective parameters associated with venous morbidity.

Materials and methods: Study design - Interventional Subjects were selected using Clinical Etiologic Anatomic Pathophysiologic [CEAP] classification & Venous Clinical Severity Score [VCSS]. Scoring of the symptoms of raktadushti was done. QoL was scored using The Aberdeen Varicose Vein Questionnaire (AVVQ). Scoring of prakruti was done using a validated questionnaire of prakruti pareeksha. Blood samples were collected from cubital vein and varicose vein before intervention and after 15 days for routine blood examination and Arterial blood gas test (ABG test). Siravedha was done using scalp vein set. Using the data obtained before and after intervention a mathematical model was developed by Systems biology expert.

Results: • Incidence of varicose vein was more in Kaphavataprakruti individuals. • Two weeks after Siravedha there was significant improvement in the grading of varicose vein, in the QoL and Raktadushti score • Significant decrease was found for RBC count in cubital vein, hematocrit in cubital and varicose vein, RDW- SD, base buffer and glucose level in varicose vein. • Significant increase was found for MCV, partial pressure of O₂ and chloride ion in varicose vein. • Parameters negatively correlated to CEAP classification are hours of prolonged standing in a day, diastolic BP, Neutrophil count, bicarbonate, Base excess value in ECF, partial pressure of CO₂ and platelet distribution width in the systemic blood before intervention. • Positively correlated parameters - Raktadushti score, Red cell distribution width, partial pressure of O₂, O₂ saturation, Serum protein and eosinophil count in the systemic blood before intervention, AVVQ score before intervention and calcium content in systemic blood after intervention. • Mathematical model will be displayed during the paper presentation.

Discussion: By using Systems biology a multi scale modeling was done to understand the effects of siravedha on complex changes happening at subjective and objective levels. Discussion of the mathematical model done will be discussed in detail in the paper.



31.

CLINICAL STUDY ON CHURNA BASTI ADMINISTERED IN MODIFIED KALA BASTI SCHEDULE IN AMAVATA

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Background: Amavata is most common debilitating joint disorder which makes the life of patient almost crippled. Amavata in the modern parlance can be correlated with Rheumatoid Arthritis which is a highly prevalent disease in the present life scenario due to the changing dietetic habits, social structure, environmental and mental stress. Ayurveda has a lot to offer in this regard. The Chikitsa explained for Amavata includes Shodhana as well as Shamana which includes Langhana, Deepana, Swedana, Virechana, Snehapana, Basti and Upanaha. Therefore, the study was planned to evaluate the efficacy of Churnabasti in modified Kalabasti schedule in the management of Amavata.

Materials and methods: Churna Basti yoga explained by Acharya Chakrapani comprises of drugs possessing Ushna & Teekshnagunas, Deepana-Pachana, Vata Kaphahara and Shula-Shothahara properties which may help in attaining Agnideepti, Laghutva, Nirama Lakshana and Shoolahara



effect. Combination of Vaishwanara choorna, Rasna Saptaka Kashaya and Dhanyamla administered in Amavata is yielding beneficial effects as the ingredients possess the properties opposite to that of Amavata and therefore acts positively on the disease.

Results & Discussion: The present study was planned based on the above concept and statistically highly significant effects ($P > 0.0001$) were observed in the various assessment parameters of Amavata such as Sandhishoola, Sandhishotha, Sandhistabdhata Sandhisparsa Asahyata etc. In overall effect of therapy maximum number of patients (40.12%) got marked improvement.

Conclusion: Churna Basti comprising of drugs possessing properties opposite to Ama can be considered as a good remedy in the management of Amavata.



32.

STUDY OF CLINICAL AND LABORATORY PROFILE IN ALCOHOL DEPENDENCY IN TERTIARY AYURVEDA HOSPITAL OF KARNATAKA

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Background: Alcohol dependency is a major public health care problem in India and accounts for increased morbidity & mortality. The aim was to study the clinical and laboratory profile among patients of alcohol dependency in tertiary Ayurveda hospital in Karnataka

Materials and methods: Sixty patients presenting with alcohol dependency to a tertiary care hospital in Karnataka between July to December 2017 were studied and their clinical and laboratory investigation noted and analysed.

Results: The mean age at presentation was 38.18 years. Fifty eight of them were males. Loss of appetite, heart burn, tremors, disturbed sleep and jaundice were the most common presenting complaint. Peer pressure (48 patients, 80%) and psychosocial factors (39 patients, 65%) were the most common precipitating factors. Seven (12%) patients presented with complications. Sixteen (27%) had anemia, 16 (27%) had thrombocytopenia. The mean AST, ALT, bilirubin, ALP and albumin were 113.51 U/l, 62.16 U/l, 3.78 mg/dl, 211 U/l and 3.12 gm/dl respectively. Lipid profile showed significant increase in total cholesterol, LDL and triglycerides in most of patients. On abdominal sonography fatty changes was seen in 40 (66%), Hepatomegaly in 20 (33%) and Portal Vein Diameter ≥ 13 mm in 7 (12%).

Conclusion: The results of this study established common clinical & laboratory profile among alcohol dependency. Not only liver function tests, patients with alcohol dependency have abnormal haematological and lipid profile with hepatomegaly.

Keywords: Alcohol dependency, Clinical profile, laboratory profile Acknowledgements: Authors would like to acknowledge Rajiv Gandhi University of Health Sciences Karnataka Bangalore for the financial assistance extended as a part of major research project for the present work.



33.

PHARMACOGNOSTIC EVALUATION OF AN AYURVEDIC POLYHERBAL FORMULATION - SREEKHANDASAVA

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Background: Sreekhandasava is a polyherbal compound formulation indicated in Madatyaya. It is a liquid dosage form prepared by self generated hydro alcoholic extraction. Clinical studies have proved that Sreekhandasava is effective in both physiological and psychological symptoms of alcohol use disorder. The quality, safety, and efficacy of Ayurveda formulations are always questioned due to insufficient standard protocols. Thus this study was taken up to develop pharmacopoeia standards for Sreekhandasava.

Materials and methods: The raw materials were collected from reliable sources and were authenticated from experts of dravyaguna vijnana. Microscopic, macroscopic and HPTLC documentation of raw materials was done. The formulation was prepared as per standard operative procedures specified in authoritative books. The sreekhandasava thus prepared was analysed using standard protocols specified by CCRAS. The analysis was repeated three times and the data was recorded.

Results: Sreekhandasava has specific gravity of 1.148 and Refractive index of 1.38243. It has pH of 3 with 3.4374 viscosities. HPTLC photo documentation could recognize 4 spots under short UV, 8 spots under long UV and 5 spots after derivatization.

Conclusion: The data obtained can be considered as preliminary standard for raw materials as well as formulation under study.

Keywords: Sreekhandasava, Preliminary standard, pharmacognostic evaluation

Acknowledgements: Authors would like to acknowledge Rajiv Gandhi University of Health Sciences Karnataka Bangalore for the financial assistance extended as a part of major research project for the present work.

34.

“EFFICACY OF AYURVEDIC TREATMENT MODALITIES, BEHAVIOR THERAPY AND COMBINED APPROACH IN ATTENTION DEFICIT/HYPERACTIVITY DISORDER- A THREE ARM COMPARATIVE CLINICAL TRIAL”

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Background: Attention Deficit/ Hyperactivity Disorder(ADHD) is the most common child psychiatric disorder occurring in 5-10% of children. Children with ADHD have impairment in academic-social domains. The present study was carried out to compare the efficacies of Ayurvedic treatment modalities and behaviour therapy separately and combined.

Materials and methods: A comparative clinical trial was conducted in 30 participants. Among



them 20 participants satisfying the DSM-IV diagnostic criteria for ADHD were selected from VPSV Ayurveda College Kottakkal and randomly allocated into Group1 and Group2. Other 10 were selected from Rehabilitative Institute for Cognitively and Communicatively Challenged (RICCCH) Edarikode and allocated into Group3. First group received internal administration of Naladaadi ghr'ta(5ml bid) after food and Talam with Pan'cagandhacoornam and Ksheerabalaatailam in the evening. Second group received the above modalities with behaviour therapy and the third group received only behaviour therapy. Duration of interventions was 1 month with an equal follow up period and the assessment was done before and after treatment and after follow up using Conner's rating scale for ADHD.

Results: Individually all three treatment approaches were found highly significant ($p<0.001$) in reducing the signs & symptoms of ADHD on Conner's rating scale. The difference in efficacy between three treatment approaches was statistically significant. The improvement after follow up in each group were 10.7%, 24% and 10% respectively.

Conclusion: Though all the treatment approaches were highly significant, combined approach of Ayurvedic treatment modalities and behavior therapy showed more efficacy than individual approaches

Keywords: Attention Deficit/Hyperactivity Disorder, Ayurveda, Behavior therapy



35.

REVIEW OF JANU KAPALA (PATELLA) AND ITS CLINICAL ANATOMY IN RELATION TO AGE, SEX AND HEIGHT W.S.R TO SPORTS INJURIES

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Background: Janu marma is described vividly in various classics as the region between Uru and Jangha. Janu kapala asthi is a flat bone which constitutes janu sandhi with its structure and function. Explanation regarding position (level) of Janu kapala is to identify the pathologies related to knee joint. Understanding and managing sports injuries especially related to janu marmam is the need of the hour.

Materials and methods: An effort is initiated to identify position of patella and its relation with height, age & sex of a healthy individual. Height, age and sex of 40 volunteers were taken. Radiographic (Blackburne and Peel) method was used to identify the position of patella. Later data was tabulated, statistically analyzed.

Result: In the present study, Pearson's correlation co-efficient(r) for the two variables is found to be (+) 0.486. T value is found to be 7.63 with 98 degree of freedom and $P < 0.001$. There is Positive Correlation between the Position of patella and Height of the individuals and the Pearson's correlation co-efficient(r) is highly significant.

Discussion EQUATIONS FOR THE ESTIMATION OF POSITION OF PATELLA FROM HEIGHT Regression equation to find Position of patella from height of individual Y (position of patella) = $0.1317 + 0.0037 * X$ (height of individual) ± 0.0459

Conclusion: It is statistically proved that there a positive correlation between position of patella and height of an individual.

36.

EVALUATION OF ANTIDIABETIC PROPERTIES OF TRIVANGA BHASMA ON WISTAR RATS

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Background: Trivanga Bhasma is a metallic bhasma preparation having Naga (lead),Vanga (Tin), Yashada (Zinc) as main ingredients. It is described in various disease conditions in classics like Prameha, Amavata, Dhanurvata, etc. Diabetes mellitus is a major life style problem nowadays. India is called Diabetic capital due to high prevalence rates. In the present study anti-diabetic property of the drug has been evaluated on streptozotocin induced diabetes in wistar rats.

Materials and methods: Trivanga bhasma was prepared in the department of RSBK, NIA, Jaipur as per Ayurvediya AushadhiGunaDharmaShastra. Animal experiment was carried out at preclinical (animal) research facility, DMIMS, Wardha. The rats were divided in to 4 groups (n=8). Glibenclamide was used as standard drug. 10% gum acacia solution was used as vehicle. Drug was administrated for 28 days. Blood glucose level & body weight were examined of 7th, 14th, 21st and 28th day.

Results: On 7th day results were not significant, but on 14th day, 21st day and 28th day, there were significant relief (p value -0.0034, <0.0001 and <0.0001 respectively). Whereas in comparison to standard on 7th day there was significant changes was noted while from 14th day and onwards the no significant changes were obtained. No significant result was found in body eight.

Conclusion: In the study showed anti diabetic effect at various levels of significance in Blood Glucose Level and showed comparable results against standard drug. Statically no improvement in body weight was observed during trail.

37.

DEVELOPMENT OF AN ANALYTICAL PROFILE FOR VACHA LASUNADI THAILAM

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Background: The determination of quality of herbal medicines is having boundless importance in order to justify their acceptability. Herbal product studies can be considered scientifically valid only if the product tested has been authenticated to ensure reproducibility in the manufacturing of the product in question. Hence standardization and quality control measures have become an inevitable criteria for the production of safe and quality medicines. This study was aimed to develop an analytical profile for Vacha Lasunadi Thailam(VLT).

Materials and methods: The study was based on standard analytical parameters proposed by



API and Pharmacopoeial Laboratories of Indian Medicine (PLIM). Three samples of VLT were prepared using the same ingredients, ensuring the same manufacturing procedures. The market samples of four GMP certified companies of VLT were selected for analysis and comparison. Three samples from each company were selected for analysis. The study consisted of three stages, pharmacognostical study, drug preparation and analytical study. The pharmacognostical evaluation helped in proving the genuinity of the raw drugs. The analytical part included both quantitative as well as qualitative analytical procedures like HPTLC. The results were subjected for further statistical analysis.

Results: An analytical profile for Vacha lasunadi thailam was developed. Market samples of four GMP certified companies were compared with the developed profile.

Conclusion: The developed profile can be used to check the batch to batch variations and to ensure the quality of Vacha lasunadi thailam.



38.

SOMATIZATION DISORDER AND AYURVEDA

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Background: Somatization is a clinical and public health problem as it can lead to social dysfunction, occupational difficulties and increased healthcare needs. Hence understanding somatisation disorders is of paramount importance especially in developing countries like India. Tackling the physical illness with no physiological basis is really a challenge to general physicians. Even though somatisation disorder is a common clinical entity; many of the cases are treated misdiagnosed. The clinicians usually concentrate more on their physical illness and the underlying psychic pathology remains untreated

Objectives: Understanding somatisation disorder on the basis of Ayurvedic principles and discusses the role of Ayurveda in its management. Each of the patients had an association of abnormal mood.

Materials and methods: An observational case study on somatisation disorder one presented with low back Pain and second one with GIT symptoms is being described. An observation study is carried out to understand the underlying pathology, clinical manifestation, assessment of mental status and management strategies to be planned to tackle the clinical situation.

Results: Subjects were analysed objectively and subjectively. 70% relief was obtained.

Discussion and Conclusion: Imparting knowledge about the underlying pathology and gaining confidence of the patient is very important. Self-realization is also a part of the treatment Satwavajaya chikitsa and Yuktiviyapasraya chikitsa has to be done in a balanced way to uproot the causative factor. Somatization as well as other psychiatric illness is becoming a growing menace to the society and a major public health problem. Ayurveda and other AYUSH components especially yoga can immensely contribute to improve the mental health of the society and alleviate the agony of ailing minds.

Keywords- Somatisation, satwa, satwavajaya, Yuktiviyapasraya

39.

PRELIMINARY PHARMACOGNOSTIC AND PHYTOCHEMICAL SCREENING OF MARKET SAMPLES OF KARKATAKASRINGI (GALLS OF PISTACIA INTEGERRIMA STEW.EX BRAND.) IN KERALA.

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Background: Karkatakasringi is an important ayurvedic drug indicated in many diseases and a constituent of preparations like Dasamularista, Chyavanaprasha, Shringyadi curna etc. It is a drug of vegetable origin and the source is identified as leaf galls of Pistacia integerrima Stew.Ex Brand as per API. This tree grows in Himalayas and often cultivated in Punjab. There was one report of suspected adulteration of Karkatakasringi in South India.

A market survey conducted showed that cost of Karkatakasringi in North India is ₹ 3000/Kg and ₹ 400 in Kerala. So it is hypothesized that there is adulteration of Karkatakasringi in Kerala markets.

Materials and methods: Karkatakasringi was purchased from Jammu, Punjab, two each from south, middle and north zones of Kerala market. Samples were labeled and evaluated both pharmacognostically and phyto-chemically as per standard procedures.

Results: Morphologically Kerala samples were entirely different in shape, size, color from the samples obtained from North India and resemble Terminalia chebula galls in appearance. In phytochemical analysis intensity of presence of tannin, flavonoids and phenols were far less in the Kerala market samples. In HPTLC analysis with the solvent system chloroform: ethyl acetate: formic acid (23:22:0.5), two spots were found less in Kerala samples. Quantitative estimation using HPTLC with solvent system Toluene:Ethyl acetate:Formic acid(6:5:1)and with gallic acid marker showed far less percentage of Gallic acid in Kerala samples.

Conclusion: Present study demonstrated marked adulteration of Karkatakasringi in Kerala raw drug stores and that the samples from Jammu and Punjab were genuine as per API standards.

Keywords: Karkatakasringi, P.integerrima T. chebula, HPTLC.

40.

OPEN LABELLED SINGLE ARM CLINICAL STUDY ON THE COMBINED EFFECT OF ANUTAILA NASYA, PUNARNAVĀDIARKA ĀŚCYOTANA AND LODHRA ARKA PĀNA IN ALLERGIC CONJUNCTIVITIS

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Background: Ocular allergy is one of the most common ocular conditions encountered in clinical practice. In addition to physical discomfort, it limits certain activities such as going outdoor, reading and driving. Current conventional topical medications can lead to rebound hyperemia, cataract, elevated intraocular pressure and secondary infections. Since Ayurveda can provide better results,

a combined administration of Anutaila as Pratimarśa nasya, Punarnavādi arka as āścyotana and Lodhra arka internally were administered.

Materials and methods: The study was conducted in 30 patients with an age group between 20-40. Patients were given deepana pachana medicines followed by Sadyasnehana and later Virechana as preparatory phase. Then Anutaila as pratimarśa nasya, Punarnavādi arka as āścyotana and Lodhra arka internally were given for a period of two months. Follow up was done at an interval of 30 days for four months. Wilcoxon signed rank test was done for subjective and objective parameters along with Paired t test for Absolute eosinophil count.

Results: On assessing overall effect, 76.17% marked relief and 23.83% moderate relief was obtained. One recurrence was reported, but with less severity.

Conclusion: Since the disease is of chronic nature, a combined administration of the above treatments was done. After correcting the agni, major interventions were done with drugs which are kapha and pitta dosha hara, srotoshodaka, ropana as well as chakshushya in nature as the clinical features of the disease are having the same dosha predominance. The results brought to a conclusion that the combined intervention was effective in the management of the disease.



41.

IN VITRO ANTI-ARTHRITIC ACTIVITY OF KASHAYA OF SIDA CORDIFOLIA LINN. AND SIDA RHOMBIFOLIA LINN.

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Background: Sida cordifolia Linn. and Sida rhombifolia Linn. are considered as Bala and Maha-bala respectively, in Ayurvedic classical text books. Anti-arthritic activity of ethanolic extract of whole plant of Sida cordifolia Linn. and that of various extracts of aerial parts of Sida rhombifolia Linn. is already proven in vivo. But the evaluation of kashaya (decoction) of root of Sida cordifolia Linn. and Sida rhombifolia Linn, for anti-arthritic activity has not been reported.

Materials and methods: -Kashayas of root of both plants were prepared as per standard. The in vitro anti-arthritic activity was evaluated by two standard procedures - Inhibition of Protein Denaturation Method and Inhibition of Proteinase Enzyme Activity. Protein denaturation was induced in Bovine serum albumin and proteinase enzyme used was trypsin. Each experiment was done in triplicates, in concentrations varying from 62.5 μ g/ml to 500 μ g/ml and the average percentage of inhibition of protein denaturation was calculated. The results were compared with standard drug Diclofenac sodium.

Results:- Kashayas of both the drugs showed dose dependent anti-arthritic activity. When compared with each other both drugs showed significant difference in their activity in higher concentrations ($p=0.001$) in the first procedure. In the second procedure, no significant difference was noted ($p>0.05$). When compared to standard drug, first procedure showed significant difference for Sida cordifolia Linn. and second procedure showed significant difference for both drugs.

Conclusion:- Kashaya of Sida cordifolia Linn. and Sida rhombifolia Linn have anti-arthritic activity. When the average percentage of inhibition was compared, Sida rhombifolia Linn. was found to have more activity.

42.

HEPATOPROTECTIVE EFFECT OF KALKA FORMULATION OF LOBELIA ALSINOIDES LAM. IN WISTAR RATS

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Background: Traditional practitioners use kalka (an Ayurvedic dosage form of fine paste) of Lobelia alsinoides Lam. for curing hepatic diseases. However its liver protective effect has not been studied. The study aims to evaluate in vivo hepatoprotective effect of kalka containing whole plant (Lobelia alsinoides Lam.) in Carbon-tetrachloride (CCl4) induced hepatotoxicity and its potential safety in a rat model.

Materials & methods: Hepatotoxicity was induced by oral administration of 1.25 ml/kg CCl4 once every day for 7 consecutive days. Kalka formulation was administered at dose rates 0.54g/kg, 1.08g/kg or 2.16g/kg daily for 7 days. Hepatoprotective effect was evaluated by monitoring the serum levels of Aspartate amino transferase (AST), Alanin amino transferase (ALT), alkaline phosphatase (ALP) and Bilirubin and histopathology of liver specimens. Further a 'limit test' performed in accordance with OECD guideline 425 (acute toxicity).

Results: CCl4 treatment caused hepatotoxicity as shown by significant elevation ($p<0.01$) in serum level of AST, ALT, ALP and bilirubin. Animals treated with kalka did not show an elevation in biochemical values compared to CCl4 treated rats ($p<0.01$). In kalka-treated animals, during histomorphologic evaluation, hepatic regeneration was evident with scattered mitotic figures in the parenchyma. The effect was pronounced in the animals dosed with 2.16g/kg. The toxicity study showed a dose up to 2500mg/kg was not toxic to rats.

Conclusions: The kalka had significant hepatoprotective effect in CCl4 induced liver toxicity in rats. The study collected objective scientific data in support of the traditional wisdom on the use of Lobelia alsinoides Lam. for curing liver diseases.



43.

AN EXPERIMENTAL STUDY TO ASSESS THE NEUROTROPHIC EFFECT OF GUDUCHI IN PHYSIOLOGICAL STRESS OF ALBINO RATS.

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Background: Rapid changes of modern culture, fast growing technologies, changing lifestyle has enabled us to cross unimaginable boundaries but, at the same time, fascination has some harmful effects. It paved the way to new breed of disorders -Stress related disorders. In the present era stress is unavoidable. It has got a dreadful impact on the society. It has been the main reason behind many dreadful diseases like cancer, road accidents and has lead many people to commit suicide and homicide.



Materials and methods: In the present study animals were randomly grouped into three consisting of 6 rats each. Group 1 and 2 were given food and water for seven days. On seventh day evening Initial rectal temperature, rota rod and actophotometer test was done. Then group 2 rats were kept for starvation one day night and exposed to seven hours of swimming stress. Then again rectal temperature, rota rod and actophotometer readings were noted. Animals were anaesthetized and blood was collected for hematological parameters. They were sacrificed and stomach along with other organs like adrenal gland and brain was dissected out. The organs were sent for the Histopathological and antioxidant study. The stomach was excised to note ulcer index. 3rd group was administered guduchi swaras for 7 days and above said same procedure was repeated with the test group.

Results: The result were analyzed statistically. The test group was able to overcome physiologically induced stress.

Conclusion: The study confirmed the neurotrophic effect of guduchi in physiological stress.



44.

THE EFFECT OF VIDARICHOORNA IN THE MANAGEMENT OF KARSYA

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Background: The existence of krisatwa or emaciation is known as Karsya. Karsya is a serious problem that affects a person's physical activeness and mental strength. Therefore studies are essential to make them dynamic and useful to the society. The objective of this study was to find out the effect of Vidari choorna in the management of Karsya.

Materials and methods: The study design was one group pre-test and post design without control group. 30 patients were selected randomly and were given the trial drug Vidari choorna at a dose of 6 gm twice daily after food with 4 times of milk as anupana for a period of 3 months. Assessments were done before and after treatment on the basis of Clinical symptoms, Anthroponetry and Lab Investigations.

Results: The treatment was effective for reducing the severity of signs and symptoms. There was significant increase in BMI ($p<0.001$) and circumferences of mid-upper arm ($p<0.001$), chest ($p<0.001$), abdomen ($p<0.001$), thigh ($p<0.001$), neck ($p<0.01$), and waist ($p<0.01$). The follow up of patients for 2 months revealed a consistency in the result gained by the drug administration.

Conclusion: The study proved to be highly significant in curing Karsya by alleviating most of the signs and symptoms of the disease and the results were long lasting. Had the sample size been bigger, the clinical study might have been made more significant.

45.

FORMULATION, EVALUATION, IN VITRO AND IN VIVO GLUCOSE TOLERANCE CAPACITY OF AN AYURVEDIC FORMULATION (TABLET) FOR ANTI DIABETIC PROPERTY

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Background: The objective of the study is to formulate an Ayurvedic Anti Diabetic tablet and evaluate its Pharmacognostical, Phytochemical, Pharmaceutical parameters and investigated its In vitro and In vivo Glucose tolerance capacity.

Materials and methods: The plant materials Salacia reticulata, Trigonella foenum gracium, Momordica charantia and Cassia auriculata were collected and identified by the Botanist of Vaidyaratnam and processed naturally without losing its therapeutic efficacy. The granules were prepared with the processed herbs having good

Rheological properties and punched into tablets after the preformulation studies. The pharmaceutical parameters of the tablets weight variation, hardness, friability, thickness and disintegration time were evaluated and the values 5%, 3.5Kg/cm², 0.6%, 5.1mm and 20 min respectively. Dissolution study was done on the percentage release of Total Phenol from the tablet at regular intervals and the maximum phenol release was found to be 94.5% in two hours.

Results: The In vitro anti diabetic tablet had showed the mechanism of inhibiting the glucose transport from the stomach to bloodstream. The inhibition of the glucose tolerance capacity of the tablet was increased by increasing the availability of the glucose in the absorption site. In vivo glucose tolerance test were carried out with Wistar rats and level of glucose was maintained constant in the blood even after the 2 hours of the study (76.21 mg/dl, 95.77 mg/dl (30 min), 100.98 mg/dl(60 min), 100.83 mg/dl(120 min), 77.36 mg/dl).

Conclusion: The prepared ayurvedic tablet has an excellent prevalence of diabetes and may reverse the insulin resistance.



46.

EFFECT OF SPECIFIC YOGA PROTOCOL ALONG WITH AYURVEDIC MEDICINES IN ATTENTION DEFICIT-HYPERACTIVITY DISORDER-AN OPEN CLINICAL TRIAL.

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Background: Attention Deficit Hyperactivity Disorder (ADHD) is a common disorder that affects 5.3% to 20% of the children worldwide. Children with ADHD suffer from poor academic performance, higher levels of temper-tantrums, problems with family and peer relationships. If the condition remains untreated, it can continue into adulthood and prevent the person from achieving their greatest potential. Ayurveda and yoga has made a significant impact in ADHD



problems independently. Current study involves a multimodal approach that includes Ayurvedic medicines along with yoga therapy.

Materials and methods: Ten children between 5 and 12 years of age fulfilling ADHD DSM V criteria selected from OPD of AC ACC Purakkattiri were included in the study. The participants were given specific yoga training protocol for 6 months along with Ayurvedic medicines (Metabolic correction and brahmi ghrita). Assessments were done before and after the intervention using ADHD-rating scale. Paired t test is employed to compare the means of scores.

Results: There was a significant improvement ($p < 0.05$) in the ADHD symptoms as assessed on ADHD-SRS at post assessment.

Conclusion: Findings suggest that specific yoga protocol along with Ayurvedic medicines is effective for children with attention and hyperactivity problems.

Keywords: Attention deficit-hyperactivity disorder, Children, Yoga, Ayurveda



47.

A SURVEY STUDY TO FIND OUT THE ETIOLOGY OF RHEUMATOID ARTHRITIS (VATARAKTA)

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Background: Rheumatoid arthritis is occurring among ladies commonly. The exact reason of the disease is not known to the scientific community. Therefore preventive measures are also failing. Here a survey study was conducted at National Ayurveda Research Institute for Panchakarma, Cheruthuruthy based on ayurvedic daily regimen (Dinacharya). The objective of the study was to find out the etiology of Rheumatoid arthritis (vatarakta).

Materials and methods: Using the proforma, 50 cases of rheumatoid arthritis was surveyed at the institute. Based on the probable causative factors, assessment was done with proper statistical methods.

Results: It is observed that those who are not drying their hair properly after bath are prone to have Rheumatoid arthritis. Those who are applying oil on head after bath are also susceptible to the disease.

Conclusion: More hair among ladies and lack of time to protect hair is a leading factor for the occurrence of the disease. For prevention of Rheumatoid arthritis, care is to be taken for drying of hair. The use of oil or cream on head after bath is also not acceptable. Those who are not getting time to dry their hair properly are advised to take head bath once or twice in a week. This etiological factor can be considered as Viruddha cheshta (Incompatible action) in the production of Vatarakta. The survey is to be extended with more sample size for confirmation.

48.

CONTRIBUTION OF TRADITIONAL KERALEEYA PRACTICES IN THE MANAGEMENT OF DISEASES OF CHILDREN- A SURVEY THROUGH THE SELECTED LITERATURE OF MEDIEVAL PERIOD AND ITS COMPARISON WITH BRIHATRAYEE

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Background: Purpose Kerala has played a unique role in the process of nourishment of Ayurveda. The traditional literature of Kerala is a laudable source on Ayurvedic paediatric care. No proper efforts were made to critically study the published texts in regional traditions. It is necessary to explore these variants in regional tradition and impart the treasure of knowledge to the medical community.

Materials and methods: Standard editions of Chikitsamanjari, Yogamrutam, Alathiyur Mani-pravalam enna Vaidya Grantham, Arogyaskalpadruma and Brihatrayi were taken for study. A literary survey was conducted through the selected Ayurvedic literature of medieval Kerala to identify the contributions and unique features of traditional regional practices in the specialty of balachikitsa. The collected data is then classified under four major domains and compared with Brihatrayee. The collected data is analysed under four major domains namely Theoretical contributions including detailed explanation of skin diseases affecting the child –51 types of Visarpa explanation of new diseases like ulbarus,kundalaka,kupaka, Innovative ideas such as prakara yogas (immunomodulators), which deals with different immunomodulatory recipes and procedures to be adopted right from the day after delivery. single drugs and simple formulations such as Jeeraka (Cuminum cyminum)in loss of appetite and nausea, Machinganeer(juice of moccinna-the young coconut) in mouth ulcer ,external therapies like application of butter on head, medicated dhara on head in jatara vrana(ulcer)

Results: An in-depth analysis of the selected traditional Kerala literature and its comparison with brihatrayee has shown that the traditional Kerala literature contains exceptional information regarding the diseases affecting children, its pathogenesis and management.

Conclusion: -Traditional regional literatures present a wide scope for research and should be scientifically analysed, clinically validated and incorporated into classical tradition.





MANAGEMENT OF OBESITY (ATISTHAULYA) BASED ON A CLINICAL TRIAL AND ASSESSMENT PARAMETERS WITH SPECIAL REFERENCE TO VILANGADI CHURNA.

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In Ayurvedic classics the disease is described with due importance to its pathological implications at tissue metabolism (dhatuparinama) and digestive process (agnivayapara). The WHO considers obesity as world's oldest metabolic disorder.

Materials and methods : A clinical trial was conducted on 35 individuals to assess the clinical features of atisthaulya based on different parameters mentioned in Ayurvedic classics and to assess the effect of Ayurvedic management in obesity. The study aimed at assessment of the aspects of physiology and implementation of the line of management depicted in Ayurvedic Classics. Efficacy of the medicine (Vidangadi churna) was assessed with the help of different parameters such as laboratory investigations, body weight, and skin fold thickness, in four anatomical sites before and after the study.

Result & Conclusion: The significance of results in laboratory investigations and total body weight indicate the clinical trial has fulfilled the objective of the project to an extent.

Keywords : Obesity, atisthoulya, Vidangadi churna

CYTOTOXICITY OF PUNARNAVA (BOERHAAVIA DIFFUSA L.) IN BREAST CELL LINE

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The incidence of cancer especially breast cancer is increasing alarmingly world wide with a high percentage of death especially in developing countries. Recently herbal medicines are coming to play a more vital role in the reduction and prevention of cancer. The preliminary studies on a number of promising herbal drugs having anticancer potential. The current study investigates the In vitro Cytotoxicity of decoction of Punarnava (Boerhaavia diffusa L.) in breast cell line (MCF-7). The five different concentrations of decoction of Punarnava (Boerhaavia diffusa Linn.) were used for In vitro Cytotoxicity by MTT assay at 24 hours and 48 hours. The test sample exhibits cytotoxicity in breast cell line. The results were also analyzed statistically. It showed that there is highly significant difference in the percentage of inhibition of test sample in concentration from 50 μ g/ ml - 800 μ g/ ml. The IC 50 value was also calculated by using sigmaplot software. Thus the study revealed that the test sample possess cytotoxicity in breast cell line (MCF-7). Therefore, this might possess potentiality for the development of novel anticancer medicine.

51.

STANDARDISATION OF PANCHASAMA CHOORNA - A PROMISING AYURVEDIC POLYHERBAL FORMULATION

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Background: Panchasama choorna, described in Sharangadhara samhitha is a classical preparation which uses five drugs in equal quantity .Though the drug is extensively in practice for management of various disease conditions, its standards are not according to pharmacopoeia. Standardisation of the formulations has become mandatory to prove their therapeutic efficiency.

Materials and methods :Standardisation of choorna was done by preparing by classical methods and the parameters like organoleptic , physical and physico-chemical properties were analysed to determine the quality of the product. Chromatographic techniques were used for the detection of the ingredients . This technique has not been adopted by API for the selected drug of study. Hence, as an add on to the pre-existing data about the formulation, T.L.C has been done which will help in better understanding and standardisation of Panchasama choorna.

Results and discussion :The presence of piperine, a major alkaloid of *Piper nigrum* was detected in choorna. Using the solvent system toluene: ethyl acetate 7:3.The presence of piperine is also found in *Piper longum*.So for the identification of *Piper nigrum* in the presence of *Piper longum* other solvent systems like benzene –pet ether- ethyl alcohol in ratio 5:5:0.2 is used. Other physical parameters were also used to determine the result.

Conclusion: The result of the study suggests the general characters of panchasama choorna which can be considered as standard for quality evaluation. The parameters presented in this paper would serve the purpose of reasonable and dependable standard for this presentation.

Keywords: panchasama choorna, standardisation, physicochemical evaluation,T.L.C.



52.

PHARMACOGNOSTIC AND PRELIMINARY PHYTOCHEMICAL EVALUATION OF IRATTIMADHURAM(GLYCYRRHIZA GLABRA LINN) FROM THE MARKETS OF NORTH MALABAR

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Background: The genuineness, purity and quality of the drugs have direct impact on the quality of the medicinal preparations .In Kerala, medicinal plants are extracted on large scale for the preparation of diverse medicinal products. Scarcity of drugs, increased demand, inadequate supply, high price in market etc. may lead to adulteration or substitution of drugs. There lies the importance of ascertaining genuine drugs and the need for their standardization.



Irattimadhuram (Yashtimadhu) (*Glycyrrhiza glabra* Linn) is a plant growing in sub-tropical and warm temperate regions. Cultivated in Jammu and Kashmir, Punjab and sub-Himalayan tracts. It is a semi-perennial, erect herb or under shrub growing to a height of up to 1.7 m. It has a characteristic pleasant taste.

In a pilot study conducted, the market price of Irattimadhuram varies from Rs.400/Kg – Rs.500/Kg. This huge difference also lead to a possible chance of adulteration or use of inferior quality drugs. Therefore, in an attempt to elicit quality of market samples.

Materials and methods: A preliminary phytochemical assay of samples collected from six different markets of North Malabar was carried out and the value is compared with the genuine sample collected from the source.

Pharmacognostic evaluation including macrosopy and microscopy and physical parameters including foreign matter, moisture content, and volatile oil content were also evaluated. Ash values and different extractive values were evaluated. TLC and HPTLC profile of the alcoholic extract of the market samples were done and compared with the genuine drug and values in API to prove the quality and genuineness of the drug.

Keywords: Irattimadhuram, *Glycyrrhiza glabra* Linn, market samples



53.

A COMPARATIVE STUDY ON THE EFFICACY OF VACHADI UPANAHA WITH RASNAPANCHAKAM KWATHA AND RASNAPANCHAKAM KWATHA ALONE IN SANDHIGATAVATA (JANU) VIS-A-VIS OSTEOARTHRITIS (KNEE)

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Background: Knee OA is one of the leading causes of global disability with increasing prevalence (28.7%). In present study, Rasnapanchakam Kwatha and Vachadi Upanaha were selected. The present study was designed to compare the combined efficacy of Rasnapanchakam Kwatha and Vachadi upanaha with Rasnapanchakam Kwatha alone in Janusandhigatavata.

Materials and methods A Randomised Comparative Clinical study (16 patients in each group) was conducted in VACH OPD, Ollur in Sandhigatavata patients fulfilling KneeOA ACR diagnostic criteria. WOMAC index, VAS, Lab investigation and X-ray Knee were used for assessment. Group 1 were given Rasnapanchakam kwatha orally for 14 days and Group 2 were given Rasnapanchakam kwatha with Vachadi upanaha for 14 days.

Results : Of 32 patients, 84.3% were females with highest frequency in age group 51- 60(43.8%) in both groups. The mean difference in WOMAC Score before and after treatment in group 1 was 21.43 and in group 2 was 35.06 which shows marked reduction in WOMAC in Group 2 ($t(30)=9.178$, $p<0.005$). The significant reduction in WOMAC Score in Group 2 shows that the combination therapy has more efficacy as compared to kwatha group only.

Conclusion: The combined efficacy of Rasnapanchakam Kwatha and Vachadi upanaha is significantly high as compared to Rasnapanchakam Kwatha alone in Janusandhigatavata.

Keywords: Sandhigatavata; KneeOA; Rasnapanchakamkwatha; Vachadiupanaha; WOMAC

54.

A STUDY ON THE EFFECT OF A COMBINATION OF VANGA BHASMA AND SILAJATHU IN OLIGOSPERMIA

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Background: Infertility is one of the burning problems in current era. Male factor is at least partially responsible in 50% of infertile couple. Oligospermia is one among the prime factor in male infertility. The condition of Oligoappermia can be well matched with Ksheena sukra in Ayurveda. Although there are many treatment modalities in Ayurveda, most of them are time consuming and costlier. So here comes the importance of Rasa drugs which have quick action, small dosage form and are highly economical. Here the drug used was combination of Vanga bhasma and Silajathu.

Materials and methods: For the preparation of the drug, sodhana of Vanga was done as per Rasaratna Samuchaya and marana was done as per Rasamrutham. And for Silajathu, sodhana was done as per Rasa tharangini and these drugs are combined in a uniform dosage form as gulika. Clinical study done was before and after study without control group, conducted in Government Ayurveda College, Thiruvananthapuram. 21 patients full filling exclusion and inclusion criteria were selected. The study group was given the combination of Vanga bhasma and Silajathu for a continuous period of 30 days with sufficient quantity of honey.

Conclusion: Study shows that the trial drug is effective in semen volume, sperm count, motility and morphology

Keywords : Oligospermia, Ksheena sukra, Vanga bhasma, Silajathu



55.

EFFECT OF AN AYURVEDIC INTERVENTION PACKAGE IN SCHOOLGOING CHILDREN WITH ADHD WITH SCHOLASTIC BACKWARDNESS

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Background: Attention Deficit /Hyperactivity Disorder is the most commonly diagnosed child psychiatric disorder. Reduced attention and impulsivity are the most important features. ADHD prevalence is estimated to be 3-5% in the Indian population. This disorder carries significant public health implications in the view of its prevalence. The persistence of these problem highlights the need for its safe and effective management of ADHD

To test the efficacy of an ayurvedic intervention package in school going children with ADHD from selected government schools of Ernakulam district, a study was planned & conducted.

Materials and methods: An open clinical trial was conducted in 10 specially identified ADHD students from a government LP school in Ernakulam district. They were diagnosed under DSM 4 manual criteria.

After getting informed consent from parents they were taken into the study. Ayurvedic medicines along with music therapy, individualised education plan and lifestyle guidelines were given to them for 3 months. Assessment was done before and after treatment using conner's rating scale
Results :Conner's rating scale though parent rating is not significant(>0.05), techers as well as combined rating showed significant results (<0.05). This indicates that ayurvedic methodology of intervention in children with ADHD have significant role in its management.

Conclusion :Treatment package which includes medicaments, music therapy, individualised education plan and lifestyle guidelines has promisig result in children with ADHD.

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ETHNO BOTANICAL STUDY OF HOYA OVALIFOLIA (GONUKA) IN CENTRAL PROVINCE, SRI LANKA

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Background: Medicinal plants, has been used for the treatment of various human ailments. Traditional physicians of Sri Lanka, using a number of medicinal plants in the treatment of Kadum-Bidum, a unique art of knowledge to manage bone fractures including bruise. Gonuka has been used by the traditional physicians of Central Province, Sri Lanka for the treatment of Kadum-Bidum, generally. Even though, discrepancy observed in plants used by traditional physicians as Gonuka. Current study was designed to tabulate the medicinal plants that use by the traditional physicians as Gonuka, to identify the actual plant.

Materials and methods: Data were collected by conversations with traditional physicians and observation of the plant samples, when directly visited their treatment places. Further details were collected from Botanist, University of Peradeniya, Sri Lanka, books of Plant Sciences and web. The plant samples were photographed and specimens saved. Seven plant species considered as Gonuka. Each plant specimen of traditional physicians and Botanist were morphologically differed, when compare with the specimen of *Hoya Ovalifolia* (Gonuka), saved in Royal Botanic Gardens, Kew.

Results & Conclusion: Identified plant species were *Hoya carnosa* and *Hoya pauciflora* (Apocynaceae - Asclepiadaceae), *Schefflera emarginata* (Araliaceae), *Cayratia trifolia* (Vitaceae) and *Psychotria sarmentosa* (Rubiaceae). Botanical name of the 2 plants were not find out. The pharmacological actions of the above plats were fracture healing (asthi sandana), analgesic (vedana shamaka) and anti-inflammatory (shothahara) actions and mainly whole plant used for the preparation of medicines. Further studies including DNA finger print and phytochemical studies needed to identify the actual *H. Ovalifolia* (Gonuka) plant.

Keywords – *Hoya Ovalifolia*, Gonuka, Kadum Bidum and traditional medicine,



57.

ROLE OF BASIC METABOLIC CORRECTION IN BEHAVIORAL DISORDER IN CHILDREN

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Background: Any deviation from normal behavior represents a behavioral disorder. Children with behavioral problems are common in school going population. These behavioral problems often lead to trouble for the child, parents and to the society. About 20% of children are with behavioral problems worldwide. In Ayurveda a very few references are there for behavioral disorders. But the basic metabolic correction can throw light to management of behavioral disorders.

Materials and methods: 30 members of age group 3-16yrs both male and female fulfilling ICD10 criteria from the OPD of A C Shanmughadas Ayurvedic child and adolescent care centre Purakkattiri, Kozhikode were selected and given internal Ayurvedic medication. Guluchyadikashayam, Ashtachurnam, Mustarishtam and krimishodini were given for a period of 3 weeks. All the members are rated with CASI Progress Monitor before and after medication. Paired t test is employed to compare the scores before and after treatment.

Results: A significant ($p<0.05$) improvement in behavioral disorders after Ayurvedic treatment is noted as assessed with CASI Progress Monitor.

Conclusion : Ayurvedic medicines for metabolic correction are significantly reducing symptoms of behavioral disorders.

Keywords: Metabolic correction, Ayurveda, Behavioral disorders

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A CLINICAL TRIAL TO EVALUATE THE EFFICACY OF BALAGUDUCHI KSHEERA KASHAYA WITH KSHEERABALA ANUPANA IN DISTAL SYMMETRICAL SENSORY DIABETIC NEUROPATHY

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Background: Diabetes mellitus (DM) is a common cause of neuropathy worldwide. Prevalence of PN in diabetic patients ranges from around 10.5% to 32.2% in various studies across India, and up to 50% patients will eventually develop neuropathy during the course of their disease according to Western literature. The drugs used conventionally in Diabetic neuropathy is mostly for relief in the symptoms and moreover they have certain side effects. Therefore, it is necessary to explore the possibilities of safer and effective treatments from other sources. Ayurvedic classics symptoms like suptata (numbness) and daha (burning sensation) in body parts especially in hands and feet are described as purvarupa of prameha, daha is also described among the upadravas (complications) of prameha. According to Ayurvedic principles, there is involvement



of predominantly Vata and with an association of pittadosha in diabetic neuropathy .As dhatukshaya is also attributed to a chronic disease like prameha and the sensory as well as motor component is attributed to vata. So in the management of Diabetic neuropathy the principles of management of vatavyadhi should also be adopted. As prameha is one of the chronic diseases, the preparations that are suitable for long term use are to be selected which point towards the formulations or drugs that are having rasayana nature. Also lipid based drug delivery systems are widely used in Ayurveda and conventional system for drug delivery in deeper and specialised tissues like nerves.

Materials and methods: 20 patients who are diagnosed with symptoms of Distal Symmetrical sensory Diabetic Neuropathy were included in the study based on Inclusion and exclusion criteria. Study was designed as open -labelled prospective study for a duration of 30 days. Balaguduchi ksheerakashaya with ksheerabala 7 Avarthi anupana was intervention. Assessment was done at the baseline and at the end of the study period with respect to Sensory symptoms and Electrophysiological parameters. Hematological investigation like Blood routine, FBS, P-PBS, LAFT, RFT, HbA1c were done before and after the study. The data was then statistically analysed using paired t test.

Results: Statistically significant changes were noted in Aching pain, symptoms worsening at night, feeling of walking on cotton, pinprick sensation, touch sensation and localisation, Pain sensation and pain localisation, Joint position sense, two point discrimination, temperature discrimination, passive movements, vibration sensation. No significant changes were observed in Hot and cold sensation and deep pain. In Electrophysiological findings only Amplitude of peroneal nerve showed statistically significant results.

Conclusion: The Balaguduchi ksheerakashaya and ksheerabala 7 Avarthi is effective in the management of sensory symptoms of Diabetic Neuropathy.



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A COMPARITIVE CLINICAL STUDY TO EVALUATE THE THERAPEUTIC EFFECT OF SHIVAGUTIKA IN PATIENTS WITH HIV (HUMAN IMMUNO DEFICIENCY VIRUS) INFECTION

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Background: HIV-AIDS is a broad spectrum pathology that affects multiple system. The main pathology being reduction and destruction of immunity for making person susceptible for various infections common being tuberculosis. The understanding of the same is dealt under the heading of Sosha and Rajayakshma. The current study to evaluate the efficacy of shivagutika in patient suffering from Hiv infection/Rajayakshma confirms that Shiva gutikaha has Vyadhikshamta enhancing property and better response in comparison with ART Therapy. **OBJECTIVE:** To evaluate the therapeutic effect of Shivagutika in patients suffering from HIV infection/rajayakshma

Materials and methods: Design of Study: A comparative clinical study with pretest and post test



design. Setting :SDM Hospital of Ayurveda ,Udupi Karnataka. Sample selection:40 patients suffering from HIV Infection of either sex were selected for the study. Intervention: The patients were randomly categorized into two groups as Shivagutika and ART group consisting of 20 patients each. Shivagutika group 20 patients were treated orally with ART for six months. Main outcome Measure: Percentage changes in the Subjective and Objective Criterias including Karnofsky Performance Scale index. Visual Analogue scale and performance scale Index, Visual Analogue scale and performance scale following the intervention.

Results: Among the criterias selected for the evaluation like Cough, Dyspnoea, Fever, Body weight, Hb%, ESR and CD4 count were statistically highly significant as $P < 0.001$. One way Anova test carried showed marked significant results in patients administered with Shivagutika. The severity of illness showed marked remission. The better improvement observed in Shivagutika group was statistically significant. Following medication with Shivagutika the value of CD4 count was 567 in comparison to initial value of 391. In the ART group the initial value of 417.6 increased to 447.6 following treatment.

Conclusion: The improvement in CD4 count affirms the therapeutic benefit of shivagutika in HIV infection/ AIDS.



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INVITRO CARDIOTONIC ACTIVITY OF SELECTED KSHEERAPAKAS AND THEIR VALUE ADDED FORMULATIONS

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Background: Acute heart failure represents a major health problem because of their prevalence, high rates of mortality and significant health care costs. It is a therapeutic challenge for the clinicians because management strategies very markedly. Its treatment mainly includes medicines like cardiotonics and surgical intervention. The toxicity of cardiotonics in chronic therapy has hampered the therapeutic value. Thus, there is indispensability for further research in this discipline, to discover potential leads with less toxicity and greater efficacy(5) the potency of many of the cardiotonic drugs mentioned in Ayurveda have been explored and used in conditions after a cardiac emergency. They even have proven better for use than the cardiac glycosides for usage for a longer duration as they have minimum undesired properties.

Materials and methods: The experimental procedures for the present study entitled "Invitro Cardiotonic Activity of Selected Ksheerapakas and their value added Formulations" has been done as: Preparation of ksheerapakas of arjuna, sthira and lasuna, Preparation of a value added formulation of ksheerapaka by trial and error method, Physico-chemical analysis of ksheerapakas and the new formulation were then carried out, Invitro insitu assessment of cardiotonic activity of ksheerapakas and the new formulation was done with a physiograph, by comparing the activity of the test drugs with that of the standard drugs.

Results: Ksheerapaka and spray dried samples of Terminalia arjuna and Desmodium gangeticum increase in force of contraction and heart rate. That is they are positively inotropic and chronotropic. But the Ksheerapaka and spray dried sample of Desmodium gangeticum was more positively

inotropic than Terminalia arjuna. The positive inotropic and chronotropic effects indicate that they act on the beta adrenergic receptors of the heart .

But since it blocked the action of propranolol(which is not blocked by adrenaline),its action cannot be said to be adrenaline like. Since these samples blocked the action of acetylcholine,its action may be said to be atropine like(as atropine is a blocker of acetylcholine). The ksheerapaka and spray dried samples of Allium sativum decreased

the force of contraction and heart rate,that is negatively inotropic and chronotropic. That is they act on the muscarinic receptor of heart.

Discussion & Conclusion: The study collected objective scientific data to support the concept of hridya in Ayurveda classics. The indication of ksheerapakas of arjuna and lasuna in hridayamaya and sthira in hridgata vata can be substantiated by their action on the specific cardiac receptors. The cardiotonic activity of ksheerapakas of arjuna,sthira and lasuna are proved experimentally. The study collected objective scientific data regarding cardiotonic action to support the concept of hridya in Ayurveda classics.

Keywords: Cardiotonic,ksheerapaka,hridya.



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ROLE OF DIET IN HEAVY AND PROLONGED MENSTRUAL BLEEDING : A CASE SERIES

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Background: excess intake of spicy and sour food stuffs has become a very common unhealthy dietary regimen now. Heavy or prolonged menstrual flow is a common health issue. The objective is to assess the Role of avoidance of excess intake of spicy and sour food stuffs in the management of heavy and prolonged bleeding.

Materials and methods: 10 subjects with heavy And/or prolonged menstrual bleeding were observed. It revealed that all the subjects Had excess consumption of spicy and sour food stuffs in their routine. 50% were reported to have excessive sweating with bad odour and abnormal Vaginal discharge also. All the subjects were given ayurvedic treatment for 3 consecutive cycles. They were advised to avoid excess intake of spicy and sour food items. They were advised to come after every bleeding phase. Flow in terms of number of pads used and duration were assessed.

Results: in the first follow up, bleeding decreased in all the cases. There was significant relief in sweating and vaginal discharge also. 10% had recurrence of abnormal vaginal discharge when reindulge in the excess consumption of spicy and sour items in the third follow up.

Conclusion: avoidance of excess intake of spicy- sour food stuffs Has a prime role in the Ayurvedic management of excessive and prolonged Menstrual bleeding and in bringing back the overall health status at the earliest.

AYURVEDA TREATMENT PROTOCOL ON CRUCIATE LIGAMENT INJURY OF KNEE JOINT- A CLINICAL STUDY

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Background: Knee joint injuries are common worldwide, mostly in adolescents and young adults, during sports and recreational activities. Cruciate ligament [CL] injuries occur primarily in activity with knee-pivoting movements such as football, basketball etc. The main treatment of CL injury includes surgical reconstruction and rehabilitation protocols, aiming knee stability, restoration of kinetics and prevention of post traumatic osteoarthritis. But studies¹ showed that surgically reconstructed Anterior CL injured patients were more frequently diagnosed with knee OA than non-reconstructed patients. It emphasizes the relevance of conservative treatment than undergoing a more complicated and costly surgical intervention. In Ayurveda, knee is considered as janu sandhi, which is a vaikalyakara sandhi marma. So its inflictions can be treated with marmabhighata chikitsa and sandimukta chikitsa. It includes local application of medicines, proper positioning and bandaging, taila dhara, anuvasana vasti, rehabilitation therapies etc along with internal medications.

Materials and methods: Data were collected from cases of MRI diagnosed CL injury knee - Grade I and II from the OPD and IPD of Dept. of Salyatantra, Govt. Ayurveda College Hospital, Tripunithura.

Results: Results were assessed before and after treatment on pain, swelling, limitation of range of movement and instability showed symptomatic relief.

Conclusion: Knee CL injuries Grade I and II can be effectively managed with Ayurveda treatment protocol.

AN OPEN LABEL, SINGLE ARM CLINICAL STUDY ON EFFECTIVENESS OF TRADITIONAL ASTHAVAIDYAN AYURVEDA TREATMENT IN ANKYLOSING SPONDYLITIS

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Background: Arthritis and various musculoskeletal disorders are the leading causes of disability in persons between 18 to 65 years of age and are common causes of disability related to employment. Among them Ankylosing spondylitis is a chronic, systemic, inflammatory disease that affects primarily the sacroiliac joints and spine with the symptoms of muscular spasm, stiffness and limitation of movement of spine. It is classified under seronegative spondyloarthritic disease.

Traditional practice of Kerala Ashtavaidya Ayurveda line of management has been tried to evaluate the efficacy in Ankylosing spondylitis. A combined treatment with internal medication

and external therapeutic procedures of Ayurveda has been taken up to evaluate the efficacy (specifically aimed at effect on the functional improvement) and safety in Ankylosing spondylitis.

Materials and Methods: In clinical study, 30 patients (age 20 – 60 yrs) diagnosed with Ankylosing spondylitis have undergone the prescribed traditional Ashtavaidya Ayurvedic treatments, both in outpatient and inpatient basis. The study period was totally 57 days which includes 21 days each at inpatient and outpatient basis and 15 days of follow up. Initially pizhichil (kayaseka) with Keta-keemooladi taila with Panchatiktaka ghrita was performed along with internal medications for first 7 days later same internal medication is continued with sathaila Tila pinda sweda and followed by panchatikthakaksheera vasthi for last 7 days. Same internal medicines and oil application were continued for next 21 days on outpatient basis and Balaguluchyadi taila was applied regularly on scalp for all these days.

Results & Conclusion: The response of treatment was assessed periodically with respective parameters and was showed significant improvement. The functional improvement was evaluated by using the BASDAI SCORE, DAS-28 score, disability index, SF-36 (quality of life index) and global assessment of disease activity scale and it was that there were significant changes in all the above scales. Liver and kidney function test did not show any significant change that indicates that the prescribed treatment is safe.

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EFFECTIVENESS OF AYURVEDA POST NATAL CARE – AN INTERVENTIONAL STUDY

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Background: Folklore is considered as the essence of local health traditions. Ayurveda post natal care is one such area where the immense potential of Ayurveda has not been fully explored in the current era. Though there is vast scope in the subject, due to several constraints of a primary level health care institution, the present project is limited to increase the awareness on Ayurveda post natal care, managing certain selected health problems and transfer its benefit to the selected beneficiaries.

Materials and Methods: Single Group Interventional study, done at Govt. Ayurveda Dispensary Chadayamangalam, with a sample size of 113 during 2017-2018.

Awareness programme including classes, group discussions and domestic visits.

Identification and selection of beneficiaries.

Authentic and cost effective post natal care with necessary follow up.

Data Capturing Form.

Statistical Evaluation Tools. (Odds Ratio, Confidence Interval)

Results: The adopted protocol proved effective in the management of Low Back Pain (OR – 20.932) Flatulence, (OR – 20.444) Abdominal Distension (OR- 13.114) Belly Sagging (OR 9.677) and resulted in adequate weight gain of the baby.

Discussion: Bringing back traditional ayurveda post natal care along with conventional modern medicine will surely be a short in the arm for all successful health strategies in the state that is aimed at improving both maternal and infant health indices.

Keywords- Ayurveda , Post Natal Care



**“ROLE OF TILA TAILA (SESAME OIL) GANDOOOSHA DHARANA
(ORAL RETENTION) AS A
PROPHYLACTIC MEASURE IN PERIODONTAL DISEASE- A PUBLIC
HEALTH PROBLEM”**

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Background : Periodontal disease, chronic inflammatory disease resulting in progressive attachment and alveolar bone loss, is an important oral disease contributing to global burden of chronic disease and is a public health problem demanding action. Tila(Sesamum indicum Linn.) is a plant having immense medicinal property. The oil from Tilabeeja (Tila taila) is used in cookery and medicine. Gandoosha dharana is a procedure in which medicine is retained inside the oral cavity without movement for a stipulated period. Gandoosha dharana with Sesame oil is propagated in classical texts as daily practice for healthy gums and teeth. Periodontal disease often results from untreated plaque induced Gingivitis. The main cause of long term Gingivitis is plaque accumulation resulting from inconsistent dental hygiene. Tila taila is cost effective and easily available which can be advised for prophylactic purpose in periodontitis if proven effective in Plaque induced Gingivitis.

Materials and Methods: The study involved forty patients who were given Tila taila gandoosha dharana twice daily for ten days. Results were assessed using Bleeding index, Calculus index and Gingival index as parameters.

Result: Results were found statistically significant

Conclusion: It can be propagated as a therapeutic measure in established Plaque induced Gingivitis and as a prophylactic measure in periodontitis.

Keywords: Tila taila (Sesame oil), Gandoosha dharana, Periodontal disease



Part 2

YOGA & NATUROPATHY

abstracts

1.

**EFFECTS OF YOGA ON MATERNAL CARDIOVASCULAR PARAMETERS:
A PILOT STUDY OF THE CYTER ANTENATAL YOGA PROTOCOL.**

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Background: This pilot study was done to evaluate the effect of antenatal yoga protocol developed by CYTER, on maternal cardiovascular parameters.

Design: Ten, 45 mts session of CYTER's antenatal yoga protocol was administered over a period of 2 weeks to 11 pregnant women in their 3rd trimester. This includes jathis (loosening practice), pranayama (conscious breath work), kriyas (systematic movements) and relaxation. Cardiovascular parameters namely Heart rate (HR), Blood Pressure (BP) were assessed before and after the 1st session as well as at the end of the 10th session.

Result: HR, systolic pressure (SP), pulse pressure (PP), mean pressure (MP), rate pressure product (RPP), double product (DoP) reduced significantly even after a single session. Similarly at the end of 10th session HR, PP, DoP, RPP reduced significantly. All mothers felt more relaxed and sensed their babies were more peaceful and slept better.

Discussion: Reduction in maternal cardiovascular parameters may attribute to reduced sympathetic activity coupled with enhanced vagal parasympathetic tone. Reduction in RPP signifies a reduced myocardial oxygen consumption and reduced load on heart as evidence by previous studies. These changes in cardiac autonomic status enhance placental circulation, leading to healthier fetal development.

Conclusion: The present study reiterates the importance of yoga for the psychosomatic health of maternal-fetal unit as relaxation technique. We plan to develop this pilot study into a full-fledged evaluation of maternal and fetal wellbeing through yoga.



2.

EFFICACY OF YOGIC CLEANSING TECHNIQUE FOR CHRONIC ALLERGIC RHINITIS

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Background: Yogic cleansing techniques (JalaNeti and Kaphalabhati) have been associated with cleansing with the upper respiratory tract. The present study assessed the efficacy of yogic cleansing techniques in patients with chronic allergic rhinitis (AR). (age S.D., 38.86 9.75 years) with at least 5 years of history of allergic rhinitis. The control group consists of 23 subjects ages 22-57 years (group mean age S.D., 37.74 9.76 years).



Each participant in both groups was assessed before and after the intervention based on Sino-nasal Outcome Test 22 (SNOT). Yoga group performed JalaNeti and Kaphalabhati alternatively for 14 days. Whereas control group underwent regular treatment. A Student t-test was performed on the SNOT-22 score using MATLAB R2015a (Mathworks, Natick, Massachusetts, USA) for both the groups.

Results A significant reduction was observed in SNOT-22 after yogic cleansing techniques ($p<0.05$). Whereas in the non-yoga group there was no significant reduction in SNOT-22 with the regular treatment. It was found that there was a significant reduction in psychological and sleep dysfunction domain.

Conclusions AR is a common and chronic health problem having a high prevalence in the population. The direct cost of treatment, as well as indirect cost due to loss of productivity, is significantly high in AR. Our data indicate that the combination treatment of yogic cleansing techniques is a simple measure to reduce symptoms of AR and improve patients satisfaction.

Keywords; Allergic Rhinitis, Yoga, Breathing exercise, Nasal Breathing.



3.

EFFECT OF MANIPULATION THERAPY ON INCREASING OXYTOCIN DURING PARTURITION

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Background: Oxytocin is an important maternal hormone produced by the posterior pituitary and hypothalamus. By the third trimester oxytocin level will be increased significantly compared to non pregnant woman . This Hormone is greatly associated with parturition , lactation and stress reduction during pregnancy. Oxytocin is a Hormone known to facilitate the social bonding and touch may release oxytocin. By manipulation of tissues (stroking, kneading, abdominal massage) the level of oxytocin increases and helps to reduce Pain during parturition in third trimester.The objective is to review the effect of manipulation therapy and oxytocin during pregnancy.

Materials & Methods: This article reviews the effect of massage on increasing the oxytocin levels during pregnancy.

Result: Oxytocin levels can be increased by manipulation therapy and helps to maintain the oxytocin level during pregnancy.

Conclusion: Review of various studies shows that when the oxytocin level is maintained through the these techniques painless delivery happens.

Keywords: Manipulation therapy, oxytocin, painless parturition.

4.

IMMEDIATE EFFECT OF COLD CHEST PACK ON AUTONOMIC FUNCTIONS IN HEALTHY INDIVIDUALS. A RANDOMISED CONTROLLED TRIAL

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Background : Cold chest pack is used as the first line of treatment in the management of cardiovascular and respiratory lifestyle disorders. Though cold chest pack is used for both rejuvenation as well as therapy its physiological effect is less understood. Hence this study aims to evaluate the physiological effect of cold chest pack on HRV.

Materials and methods: 60 male and female healthy volunteers of mean age 22.2 were recruited for the study. Subjects were randomly allocated into two groups, group 1 cold chest pack for 30 min, group 2 sham chest pack for 30min. Assessments will be done 5min before and 5 min immediately after the intervention.

Results: Results of the present study shows a significant reduction in mean HR ($p=0.0309$) and mean RR ($p=0.0141$) in the cold chest pack group. In control group, significant reduction in RR ($p=0.0141$).

Conclusion: To conclude, cold chest pack enhances the parasympathetic activity than the sham (dry) chest pack.

Keywords: Cold chest pack, Heart rate variability, Heart rate, Naturopathy, Sham chest pack

5.

IMMEDIATE EFFECT OF SLOW AND FAST SURYANAMASKAR ON AUTONOMIC FUNCTIONS IN HEALTHY VOLUNTEERS - SELF AS A CONTROL STUDY

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Background: Surya Namaskar (SN) is an integral part of yoga. Its versatility and application make it one of the most useful practice for a healthy life and prepares one for spiritual awakening. The objective is to evaluate the immediate effect of slow rounds of SN (SSN) and fast rounds of SN (FSN) on Autonomic and Respiratory functions in healthy individuals.

Materials and Methods: 52 novices aged between 18 to 27 years were screened and 40 subjects satisfying the inclusion and exclusion criteria were recruited randomly to both the groups i.e., FSN or SSN. Subjects practiced either of the session on first visit and second visit respectively. The assessments were determined before and immediately after the practice of SSN and FSN on the individuals.

Results: FSN group showed highly significant increase in blood pressure, pulse rate, mean HR, VLF, LF, LF/HF and a significant decrease in mean RR, SDNN, RMSSD, NN50, pNN50 and HF, whereas there were no significant changes in respiratory rate when compared to SSN group.

Conclusion: FSN has high sympathetic cardiac dominance when compared to SSN. Thus fast rounds of SN are contraindicated for cardiovascular disorders and in people with depressive symptoms.



EFFECT OF BRIEF STRUCTURED MINDFULNESS BASED INTERVENTIONS ON ANXIETY AND DEPRESSION SCORES OF PATIENTS WITH SUBSTANCE USE DISORDER

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Background: The Impact of Brief Structured Minfulness based Interventions on the Anxiety and Depression symptoms of patients diagnosed with Substance Use Disorders. In the periodic surveys conducted by National Institute of Drug Abuse and National Survey of Drug Use and Health more than 22 million persons older than 12yrs were classified as having Substance Use Disorder. Mood disorders and Anxiety disorders are most commonly associated with alcohol related disorders. Mindfulness based interventions have been extensively studied in Western population for its effect on relapse prevention, stress reduction etc. However, very few studies have been conducted in Indian population to study the effectiveness of Mindfulness based interventions on patients with Substance Use disorders. The objective of the current study was to assess the impact of Mindfulness based interventions on Anxiety and Depression scores of patients diagnosed with Substance use disorders along with changes in the Stress levels and Mindfulness levels.

Materials & Methods: The study was conducted in Mental health center, Oolampara in Trivandrum, Kerala. Interested patients were selected from the Outpatient department of the hospital and a sample of 36 males (n=36) was selected based on their score on Hospital Anxiety and Depression Scale and the inclusion and exclusion criteria. Of the 34 participants 19 were grouped in the experimental group and the other 17 in the waitlisted control group. 2 members dropped out of the experimental group during the course of the study. Pre intervention scores (baseline) scores were obtained from both the groups on day 1 on HADS, PSS and MAAS. The experimental group received brief structured mindfulness based intervention for 4 weeks along with conventional medical management, whereas the waitlisted control group received only conventional treatment. The post experimental scores of HADS, PSS and MAAS were obtained from both the groups after 4 weeks.

Results: The results showed significant reduction in the Anxiety ($p<0.05$) and Depression scores in the Experimental group ($p < .001$) when compared to the control group. The reduction in stress level assessed by PSS was also significant ($p < .001$). However there was no significant change in Mindfulness score.

Conclusion: Brief Structured Mindfulness based Interventions are highly effective in reducing anxiety, depression and stress among patients diagnosed with Substance Use Disorders and can be introduced along with conventional treatment.



COMPARISON OF PEACE OF MIND OF PEOPLE WHO PRACTICE YOGA AND PEOPLE WHO DO WALKING EXERCISE

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A study was carried out through questionnaire based interview method containing the measure of peace of mind (Yi-Chen Lee et al, 2012) to compare the effect of practicing yoga and walking exercise on achieving peace of mind. The sample consisted of 50 people practicing yoga, 50 people doing walking exercise and 50 people who do not practice them. The data was analysed as percentages through t test. The results show that both walking exercise and practice of yoga help the practitioners to achieve the following positive states of mind, namely, mind being free and at ease, feeling content and comfortable, having peace and stability of mind, and having peace and harmony. Walking contributes more to the experience of the positive states of mind “all the time” for people, when compared to yoga and no exercise / no yoga. Walking is also able to reduce the following negative states of mind, namely, difficulty in feeling mentally settled and feeling uneasy and anxious more, when compared to the practice of yoga and no exercise / no yoga. More number of people, who do not exercise / do not practice yoga, experiences the positive states of mind “only sometimes”. However, walking exercise or yoga is not able to make significant number of people totally free from worries / tension, which need not be expected in today’s fast and hectic life. However, the effect of yoga and walking exercise in achieving better peace of mind of the practitioners is evident from the study

Part 3

UNANI

abstracts

IN-VITRO SCREENING OF TINOSPORA CORDIFOLIA AGAINST HUMAN HERPES VIRUS I

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Background: There is an increasing need for substances with antiviral activity since the treatment of viral infections with the available antiviral drugs often leads to the problem of viral resistance. Herpes simplex virus (HSV) causes a variety of life threatening diseases. HSV-1 establishes life-long latency in the TG and is associated with high morbidity and mortality in humans worldwide.

Materials & Methods: Tinospora cordifolia with ethnomedical background which is being used for different ailments since long and in hindu mythology the plant is said to be an elixir of life, is screened for antiviral activity against HSV-1. And. The ethanolic extracts from the stem and leaf of Tinospora cordifolia were screened for their cytotoxicity against Vero cell line by microculture tetrazolium trypan blue (MTT) assay.

Result: Antiviral properties of the plant extracts were determined by cytopathic effect inhibition assay. The plant ethanolic extract of Tinospora cordifolia Leaf and stem shown significant antiviral activity at a concentration non toxic to the cell line.

Conclusion: Currently, there is no method available to eliminate latent HSV-1 from an infected individual. Since the chemotherapeutic agents available for HSV infections are either low in quality or limited in efficiency, there is a need to search for new and more effective antiviral agents for HSV infections.

Keywords: Tinospora cordifolia, HSV-1, antiviral, chemotherapeutic agents.



RATIONAL OF HIJAMAH : A REGIMENTAL THERAPY IN UNANI SYSTEM OF MEDICINE

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Unani system of medicine is a great healing art as well as Science. It treats a person as a whole not as a group of individual parts. It is based on the Hippocratic theory of four Humours these are :Phlegm (Balgham),Blood(Dam),Yellow bile(Safra)and Black bile(Sauda). Any deviation in these humours from normal, results into disease. Regimental therapy is one of the most popular methods of treatment, practiced by Unani physicians since centuries. Hijamat is Literally derived from an Arabic word Hajm which stands for volume , but technically used for to stuck.

The Objectives of cupping are : To eliminate or divert the morbid material. To enhance the blood supply and correct cold temperament or to rectify the temperament of a particular organ. To achieve antispasmodic and detoxifying effect. To evacuate waste products through skin. It is a technique

in which a cup is applied over the surface of skin by creating vaccum and it is known as dry cupping(Hijamat bila Shart). Sometimes, scarification is done on the location of cupping to draw blood from the body part to relieve internal congestion and this is called wet cupping(Hijamat bi Shart).Ibn Hubl writes in his book that Hijamat sucks out the blood from those minor vessels which are scattered under the muscles and skin, so it does not produce weakness like fasd. Also cupping has a unique property to reduce the congestion locally and also from adjoining structures. Hence, because of this importance of clearing morbid matter without harming to the patients cupping is becoming very popular mode of treatment and gaining fame globally.

Keywords:Regimenal therapy, Hijamat, Hijamat bil Shart, Hijamat bila Shart

3

A CLINICAL STUDY ON HAMMAM, A REGIMENAL THERAPY IN UNANI MEDICINE WITH ADJUNCT THERAPIES

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Background: A detailed clinical study on patients with Hammam(Medicated bath) and adjunct Regimenal therapies of Unani medicine. Objectives: The primary objective was to describe the clinical advantages of the Hammam in Unani medicine.

Materials & Methods: A clinical case study was observed in patients receiving Hammam therapy at Sathyauanani Health Care. A comparative study of the vital signs and prognosis made a way for the standard operational procedure(SOP) that was established after many modulations since 2004 in which a Varzish(exercise) of 20 - 30 min with exercise equipments, followed by Dalak therapy with Unani herbal oils for 45min - 1 hour, followed by Hammam therapy with Unani herbal decoctions for 30 min -1hour and then the patient was relaxed for 15 - 30 min during which a health drink has been served.

Results: - 106 patients were included from April 2015 to mar 2018 with 505 sessions. Parameters taken into consideration were weight, oedema, blood pressure levels, sugar levels, prognosis of their respective disease, treatment of skin diseases without oral pharmacotherapy, stress & strain etc. No adverse effects were noted. 10 patients were given placebo got 20% result, 26 selected diseased patients given the SOP only got 90% results and 70 patients were given SOP along with Unani pharmacotherapy got 94%results. 6 -10% patients had a decrease in the severity of their symptoms during the sessions.

Conclusion:- Excellent results with no adverse effects were noted in SOP formulated.

4

REVERSING TYPE 2 DIABETES WITH UNANI FORMULATION

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Background: Reversing diabetes refers to a significant long-term improvement in insulin sensitivity in people with type 2 diabetes. If people with type 2 diabetes are able to get their HbA1c

below 6% without taking diabetes medication then their diabetes is said to be reversed or resolved . This is also called as putting diabetes into remission.

Materials & Methods: Study was carried on the known case of type 2 diabetes patients who were undergoing treatment with allopathic medication. These patients were prescribed simultaneously with a Unani Formulation prepared with Amla, Chiraita, Gulnar and Kushta Marwareed processed with Gilo as the key ingredients and some diet pattern according to Unani. The allopathic medication was tapered as per the drop in the Blood sugar levels of the patients.

Results: Patients shown significant drop in their HbA1C levels with an improved metabolism and decrease in triglyceride and LDL levels with an improvement in other associated symptoms of Diabetes Mellitus.

Conclusion: It was concluded that after taking the Unani Drug, the patients tapered and finally stopped their allopathic medication. After taking the Unani drug for a period of 3 to 6 months they stopped their Unani medication as well. Post Unani treatment, with a Good diet control and healthy lifestyle their HbA1C level are still below 6% and thus their diabetes has been put into remission terming it to be reversed.

Keyword: Reversing diabetes, Unani and diabetes, Ayush and diabetes.

5

ROLE OF GINGER AND GARLIC IN REDUCING THE RISK OF CORONARY ARTERY DISEASE (CAD)

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Background Coronary artery disease(CAD) is most common cause of death world wide. The Registrar General of India reported that CAD leads to 17% of total deaths & 26% of adult death in 2001-2003, which has been increased to 23% of total and 32% of adult death in India .The prevalence of CAD in Kerala is increased nearly 3 times since 1993 without any difference in rural & urban areas . **BACKGROUND** To review the impact of raw form of ginger and garlic which can reduce the risk of death in coronary artery disease due to its antiplatelet activity produced by its active components namely Gingerol, Shogaol and Allicin.

Materials & Methods: For this purpose we viewed Books, Articles , Review papers from Pubmed, Google Scholar etc. to collect the needed data about ginger, garlic and its role in coronary artery disease.

Result: & Discussions The active constituents of ginger (*Zingiber officinale*) and garlic (*Allium sativum*) namely Gingerol, Shogaol and Allicin interact with the clotting cascades and inhibit the Thromboxane B2 production and prostaglandin formation preventing platelet aggregation. The major platelet activation pathway involve Arachidonic acid, Adenosine diphosphate(ADP), Serotonin and Nitric oxide pathways and oxygen free radicals on molecules involved in platelet aggregation, which helps in treating CADs.

Conclusion: Although the invasive procedures are important part of emergency treatment during heart attack, medical management of Coronary artery disease using traditional medicine and life style changes have now emerged as primary treatment regimen.

Part 4

SIDDHA

abstracts

1.

NOVEL STANDARDIZATION AND CHARACTERIZATION OF JALAMANJARI CHENDURAM

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Background: Siddha is the most popular healthcare system since ancient times, where herbs, metals and minerals are used abundantly in various dosage forms. The nano form of medicines like parpams and chendhurams are prepared from metal and mineral compounds. They are highly potent, catalytic and act on molecular level. These metal and mineral preparations are in use since centuries for number of illness which includes chronic respiratory, cardiovascular, neurological, hepatic, urinary conditions, certain forms of cancer, chronic inflammatory and immunological disorders. Hence, there is a need to standardise and characterise the data of these metal and mineral based preparations for global acceptance. Standardisation of a Siddha drug is done to establish its safety and efficacy, while characterisation is done to predict the nature and structure of phytoconstituents present in it.

Materials and methods: The aim of this study is to standardise the nano formulation Jalamanjari Chendhuram (JM) as per the siddha literature and characterise the same using sophisticated techniques like Fourier Transform Infrared Spectroscopy (FTIR), X-Ray powder diffraction (XRD) and Scanning Electron Microscope (SEM). The FTIR report shows the presence of primary aliphatic amides, aromatic compounds, sulphates, iron and its oxides.

Results: The XRD shows the presence of Sulphur, Potassium nitrate, Calcium sulphate, Aluminium sulphate and sodium borate as the key ingredients.

Conclusion: The data obtained from the current study confirms the size, shape and nature of nano-components present in JM.



2.

STUDY OF AAVARAI KUDINEER TOWARDS STANDARDIZATION – A SIDHHA HERBAL FORMULATION ACCORDING TO THERAIYAR KUDINEER

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Background: Aavarai Kudineer (AK) is a poly herbal Siddha drug and it has been highly prescribing for the condition of Madhumegam, even though the drug is not standardized scientifically. According to Theraiyar kudineer AK comprising seven medicinal plants; leaves of Senna auriculata (Aavarai) and Cassia fistula (Kondrai), Seeds of Syzygium cumini (Naval), wood of Salacia reticulata (Kadalazhingil), root of Saussurea lappa (Koshtam), rhizome of Cyperus ro-



tundus (Koraikizhangu) and bark of Terminalia arjuna (Maruthu). The current study was design to analyze AK scientifically towards develop parameters for standardization of the formula.

Materials and methods: Precursor mixture (coarse powder) of AK and aqueous extract of AK were analyzed. Pharmacognostical analysis including preliminary phytochemical study, antimicrobial study and heavy metal analysis were done. AK was dark brown liquid.

Results: Physicochemical analysis of AK were calculated in % w/w- total ash 10.21%, acid insoluble ash 1.24%, water and alcohol soluble extractive 19.13% and 13.76% respectively, loss on drying at 110C 6.62%, total solids 4% and pH 4.93. Trace amount of heavy metals were detected and they were under permissible limit of consumption. Bacteria and fungus were absent. Special cells as trichome, prismatic and cluster crystal, starch cells, stone cells and rosette were observed in microscopic studies. Alkaloids, flavonoids, sterols, saponins, tannin and protein were present and sugar absent. No bands observed in mobile phase of TLC. AK was shown agreeable organoleptic and physicochemical characteristics and passes all the analytical tests.

Conclusion: The observations of the current study may serve to develop parameters for quality control of AK.

3.

INVITRO ANTI INFLAMMATORY ACTIVITY OF KARUPPUVISHNU CHAKKARAM MATHIRAI – A SIDDHA HERBOMINERAL FORMULATION FOR MANAGEMENT OF ARTHRITIS

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Background: Osteoarthritis is a degenerative joint disease. Its more common in the elderly but may occur at any age. It is strongly associated with ageing and is major cause of pain and disability in older people. Chronic inflammation is one of the precipitating factors of arthritis. Arthritis affects more than 180 million people in India. People in India around 14% population seeks a doctor's help every year for the joint disease. Siddha system is one among the ancient system of Indian medicine. As per Siddha system arthritis will develop primarily due to Vitiated Vali in all the three vital humours - Vali, Azhal and Iyam. Karuppu Vishnu chakkaram(KVC) is one of the Siddha Herbo mineral formulation mentioned in Viramamunivar Vagada Thirattu useful to treat Arthritis. It consist of 24 ingredients, in which 6 of them minerals and others are herbals. Literature review shows most of the ingredients of KVC have anti- inflammatory action, no scientific reports available on KVC have anti inflammatory action. Present study was under taken to evaluate anti inflammatory action of KVC by using Albumin Denaturation Assay –In vitro.

Materials and methods: In this assay various concentration of aqueous extract of KVC was tested and Diclofenac Sodium was used as a standard.

Results & Conclusion: The assay result shows anti-inflammatory effect of KVC was 53.26% significantly compare with Standard.

Keywords : Karuppu Vishnu Chakkaram, Siddha, Anti Inflammatory , Invitro.

4.

ANTI MICROBIAL ACTIVITY OF A POLY-HERBAL FORMULATION AGAINST CANDIDA ALBICANS TO RULE OUT CANDIDEMIA

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Background: Candidemia is becoming a major public health issue among terminally ill patients. Even though *Candida albicans* is known for Gynaecological illness, it is an alarming fact that it is a major cause of death in Intensive care patients as per the data of GAFFI (Global Action Fund for Fungal Infections). Hence it is the need of the hour to find an exclusive remedy and put it into practice after scientific validations. The poly-herbal drug is selected based on the basic principles of Siddha system of medicine. The drug consists of 11 ingredients most of which are Thuvarpu (Astringent) in taste.

Materials and methods: Trial drug was prepared as per the SOP and subjected to Anti-microbial study using Disc Diffusion Method.

Results and discussions: The test drug showed 16mm zone of inhibition at a concentration of 100 μ l where positive control has 24mm (Streptomycin). As the ingredients of the drug are purely herbal and undergone the traditional purifications process, it has lesser side effects. It can be given as a prophylactic agent for patients with chronic infections and as a therapeutic agent for patients with Chronic illness/ hospitalised patients.

Conclusion : Much more studies are to be done to confirm the efficacy of our herbal formulation for a wider usage.



5.

A PILOT STUDY OF SIDDHA DRUG NILAVAGAI CHOORNAM (INTERNAL) AND SANJEEVI THYLM (EXTERNAL) FOR THE TREATMENT OF KANAKADI (URTICARIA)

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Background: The study was designed to evaluate the therapeutic effectiveness of nilavagai chooranam (internally) and sanjeevi thylam (externally) for the treatment of kanakadi (urticaria).

Materials and methods: This study was conducted at the National Institute of Siddha, Tambaram sanatorium, Chennai, India. The 20 patients were recruited with an inclusion and exclusion criteria. The patients were treated with 1gram of nilavagai chooranam along with ghee twice a day and sanjeevi thylam for oil bath twice a week for a period of 48 days. The clinical effectiveness of the drugs was assessed by using blood parameters (ESR & absolute eosinophil



count) and UAS7 scale prior to after the treatment.

Result and discussion: Out of 20 patients 17 patients showed a good improvement during the trial period with respect to the symptoms. Recurrence occurred in 3 patients. None of the patients showed any adverse effect. The results were analyzed statistically which reveals a significant ($p<0.05$) improvement in the treatment of kanakadi.

Conclusion It is concluded that the trail drugs nilavagai chooranam (internally) and sanjeevi thylam (externally) are very effective and safe for the management of kanakadi

Keywords: Siddha medicine, Kanakadi, Urticaria, Nilavagai chooranam, Sanjeevi thylam



6

ASSESSMENT ON SELF MEDICATION PRACTICE OF NILAVEMBU KUDINEER AMONG PUBLIC IN THE TIRUNELVELI CITY, TAMIL NADU

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Background: The concepts of self-medication practices of AYUSH drugs are more common among people all over the country. The Siddha medicine, Nilavembu kudineer has highest prevalent usage among people of Tamilnadu, Kerala. Objective of this study is to understand the self-medication practice of Nilavembu kudineer among voluntarily consuming subjects.

Materials and methods: A cross sectional survey consisting of 15 questions were asked through a questionnaire to 60 participants (CI 95%, Abs. Precision 10% over nt=200) through convenient sampling method. The setting of the study was Siddha Nilavembu Kudineer distribution stall, Government of Tamilnadu expo held at Tirunelveli City, June-July 2018. The collected data was analysed through SPSS ver. 23

Results: The data were analysed for frequency distribution, one sample t-test, binomial distribution and Chi-square test for selected variables. The results clearly tabulates the frequency of usage, influential factors, access to medicines, knowledge on preparing & chief ingredients of nilavembu kudineer, untoward symptoms, optimum dosage used, hours taken to consume with respect to shelf life etc.

Discussion & Conclusion: Through this study, we have identified the lacunae in its dosage pertaining to age, method of preparation, shelf life, safety issues etc. Still there is a need for the initiation of awareness camps, creating notice board in public place during monsoons, awareness through pamphlets etc.

Keywords : Nilavembu Kudineer, Self medication, Siddha and public health



7.

APPLICATION OF TRADITIONAL QUALITY PARAMETERS FOR ASSESSING THE EFFICACY AND IN SETTING THE STANDARDS OF SIDDHA HERBAL DISTILLATES

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Background : To study, quantify and validate the approach of TQP for assessing the quality and efficacy of Siddha herbal distillates through supporting Gas Chromatography-Mass Spectrometry (GC-MS) studies and to develop Organoleptic indexing (color, odor, taste and volatile tinge) or NMST (Niram, Manam, Suvai, Theeneer ennai) Scales for comparison of quality.

Materials and methods: Eight single and three compound Siddha classical distillate formulations were selected. Standard quality has been set by repeated distillations by following accurate SOP S. Comparative approach on distillation by using Glass and Traditional stills also done and finally, GC-MS studies of the samples has been done for assessing the therapeutic potential.

Results: TQP of all the distillates complies with good standards when made in traditional apparatus identified with GC-MS Screening. More the NMST index higher was the extraction value of bioactive compounds.

Conclusion: Considering TQP is a reliable quality and efficacy pre-assessment for herbal distillates moreover NMST scale may be used for quality profiling and setting the standards of herbal distillates.



8.

A CASE SERIES ON NEIKKURI EXAMINATION (OIL ON URINE SIGN) IN DIABETIC NEPHROPATHY AND RESPONSE TO CLASSICAL SIDDHA DRUG AAVARAI KUDINEER

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Background : Kidneys are often involved in many metabolic diseases. One among such conditions is diabetic nephropathy; renal involvement of diabetes can be related to duration of diabetes, glycemic control, genetic susceptibility etc. Diabetes Mellitus is a leading cause of end stage renal disease, most of the cases eventually develop diabetic nephropathy and to ESRD over course of many years.

OBJECTIVES: Albuminuria is one of the indicators to detect nephropathy it is usually asymptomatic and is often picked up by urinalysis. The progress of disease cannot be assessed by simple techniques such as dipstick method, it requires more expensive immuno assay, hence the author wished to devise a cost effective diagnostic as well as prognostic tool by means of Neikkuri examination mentioned in the Siddha literature. There is no specific treatment for diabetic nephropathy as per Modern System of Medicine; hence it would be helpful if any specific treatment is derived from indigenous system.



Materials and methods: This was an interventional case series, ten selected subjects after passing through inclusion and exclusion criteria was subjected to Neikkuri (oil on urine sign) as well as advised to take Aavarai Kudineer internally.

Results: Specific and similar pattern was observed in all ten selected cases while doing Neikkuri oil on urine sign, so this can be used as a preliminary and supportive test in the case of diabetic nephropathy. Here by using Siddha drug Aavarai Kudineer albumin excretion has got lowered in selected ten subjects.

Conclusion: The possibility of Aavarai Kudineer in diabetic nephropathy may be clinically validated for future Siddha practice.



Part 5

HOMOEOPATHY

abstracts



A CLINICAL STUDY TO FIND OUT THE EFFECTIVENESS OF HOMOEOPATHIC MEDICINE FOR PALLIATION OF PAIN AMONG CANCER PATIENTS.

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Background : The incidence of cancer has increased considerably over the last 50 years because of tobacco smoking, environmental pollution and greater life expectancy. One of the most feared consequences of the cancer is the pain. The prevalence of the acute & chronic cancer pain and the profound psychological and physical burden engendered by this symptom oblige all treating physician to be skilled in pain management. Uncontrollable pain is a major factor in cancer suicides. Moderate or severe pain occurs in 1/3rd of patients at the time of diagnosis, more than 2/3rd of patients with advanced cancer suffer from moderate or severe pain. Homoeopathy is a specialized system of therapeutics developed by Dr. Samuel Hahnemann based on the natural law of healing, similia similibus curentur. The treatment is based on individualisation and considering the patient as a whole. Aim: To find out the effectiveness of homoeopathic medicines for managing cancer pains.

Materials & Methods: Design: one group before after design. Sample: Conveniance sampling, Size: 38. Inclusion Criteria: Diagnosed Cancer cases with pain. Tools: Numerical Rating Scale, Technique: Homoeopathic Medicine. Statistical Analysis: Students t Test.

Results: Significant pre/post differences were observed in Pain score. Conclusion: Homoeopathic medicines were found effective in palliating the pain in cancer patients.

Keywords: Cancer; Cancer Pain; Homoeopathy; Homoeopathic Medicines; Individualization; Palliation; Miasm *

“EFFECTIVENESS OF THE MEDICINE LAPIS ALBUS [CALCIUM HEXAFLURO SILICATE] ULTRA HIGH DILUTION IN HYPERTRIGLYCERIDAEMIA: A RETROSPECTIVE COHORT STUDY OF CASE REPORTS”

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Background : Hypertriglyceridaemia is a clinical condition where the serum Triglyceride level raises above the normal value of 150 mg/dl. It often leads to cardiovascular diseases and severe hypertriglyceridaemia increases the risk for pancreatitis. All lipid lowering drugs used in conventional medicines are reported to have adverse side effects. In this scenario, it is prudent to explore a drug which effectively reduces the Triglyceride level, without any side effects, within a relatively shorter time period. The aim of this study was to highlight the effectiveness of Lapis albus 30C in reducing hypertriglyceridaemia.

Materials & Methods: A retrospective cohort study of case reports of patients, who were

under medicine Lapis albus 30C for Hypertriglyceridaemia, irrespective of age and gender, in general OPD of NHRIMH Kottayam, was done. Pre and post intervention fasting lipid profile values were analyzed and evaluated for the study.

Results: The medicine Lapis albus 30C when administered to 22 patients with Hypertriglyceridaemia, significantly lowered the Triglyceride level in blood, in 21 cases. The Mean TGL level was changed from 248.327 ± 112.204 to 169.05 ± 76.850 Wilcoxon signed-rank test elicited a statistically significant change in Triglyceride level ($Z = -3.945$, $p = 0.000$).

Discussion The study elicited the possible effectiveness of the Homoeopathic medicine Lapis albus 30 C in reducing the Triglyceride level in blood. Although Homoeopathic medicines are prescribed on symptom totality, pathologically advanced conditions require drugs which have selective affinity for the part, or the system which is affected.

Conclusion : The present study clearly indicates that the medicine Lapis albus 30C reduced Hypertiglyceridaemia to a significant level and lends support for exploring the possibility of this medicine in a larger study sample.

Keywords: Hypertriglyceridaemia, Dyslipidaemia, Cohort study, Homoeopathy, Lapis albus, Calcium hexafluro silicate.

3

A PROSPECTIVE OPEN LABEL OBSERVATIONAL STUDY ON MODULATION OF IMMUNOGLOBULIN E, ABSOLUTE EOSINOPHIL COUNT AND PULMONARY FUNCTION TEST IN BRONCHIAL ASTHMA UNDER HOMOEOPATHIC TREATMENT

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Homoeopathic management is found to be effective in Bronchial asthma. But modulation in Immunoglobulin-E (IgE), Absolute Eosinophil count (AEC) and Pulmonary function Test (PFT) were not correlated scientifically after administering homoeopathic medicines. This prospective study aimed to explore this correlation. Methodology: 149 consented patients selected from the IPD and OPD sections of Vinayaka Missions Homoeopathic Medical college Hospital, Salem, after approval from institutional ethical committee, were given Homoeopathic medicines. Monthly estimation of IgE and Forced expiratory volume in 1 sec/ Forced vital capacity (FEV1/FVC) ratio and quarterly assessment of AEC was done for a period of 1 ½ years. Result: Clinical subsidence of symptoms was associated with statistically significant reduction of IgE, AEC and marked improvement in FEV1/FVC ratio (P -value < 0.001) was observed. Sulphur, Arsenicum album, and Pulsatilla was mostly indicated in this study. Kali iodatum, Arsenicum iodatum, Natrum sulphuricum, Phosphorus, Ferrum iodatum, Ferrum arsenicum, Kali carbonicum, Lobelia inflata, Lycopodium clavatum, and Medorrhinum were effective in modulating the above said parameters. Conclusion: The homoeopathic medicines has the ability of modulating the pathological parameters associated with bronchial asthma along with reduction of clinical symptoms. Limitations: Since it is an open labeled trial more elaborated study under randomised control is recommended.



4.

A RESEARCH WORK ON EFFICACY OF HOMOEOPATHIC TREATMENT AS AN ADD -ON THERAPY IN BRONCHIAL ASTHMA CASES WHO ARE UNDER ALLOPATHIC TREATMENT

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Background : Asthma , characterised by chronic airway inflammation and increased airway hyper-responsiveness leading to multiple symptoms. This study introduces Homeopathic medicines as an add-on therapy to study the total improvement of the patient.

Objectives: To study the effectiveness of homeopathic treatment given as add-on therapy

Globally about 300 million people have Asthma, prevalence increases by 50% every decade.

In India it is 2.4% of population.

Materials & Methods: Study setting: A well equipped(AYUSH Asthma Research OP) is established for this project at Govt. Homoeopathic Medical College Thiruvananthapuram. Total 305 OP registration 124 cases fall under inclusion and exclusion criteria. We randomly (lottery method) selected 40 cases .Assessment of Efficacy: • Using primary variable, FEV1 The patients are subjected to spirometry test FEV1/FVC, FEV1 before and after treatment. The values are analysed by using paired T tests with SPSS software. Statistical analysis found no significant changes during 2 months, significant changes occurred after 4 months. At the end of 6th month got significant changes at 99% confidence interval. • Using secondary variable, Mini AQLQ Questionnaire AQLQ Containing 15 questions. Grades 1 to 7 according to the present disease condition of the patient .

Results: Total score obtained is calculated and analysed by using ‘paired t’ test. There is significant difference between before and after treatment with homeopathic medicines at 99% confidence interval.

Conclusion: By analysing the data obtained, it is found that homeopathic treatment has much significance in ameliorating the disease condition.

Keywords: Bronchial Asthma, Spirometry, Mini-AQLQ, Wheeze, FEV1



5.

HOMOEOPATHIC INTERVENTIONAL PROGRAMME FOR DIFFERENTLY ABLED CHILDREN LINKED WITH SSA

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Background : Homoeopathy has effective proved medicines without untoward effects for the

management of conditions like learning disability, mental retardation, ADHD, Autism, Behavioral disorders etc. SSA programmes for this children includes Home based Remedial Teaching, Notebook Analysis, IEDC Special Therapy, Sensory Integration Therapy etc. But a comprehensive improvement cannot be claimed with the SSA programme alone and hence the idea to incorporate homoeopathic medicines in conjoint with the other therapeutic programmes of SSA was thought off. This programme was being implemented for differently abled children of government and aided schools under Vellavoor Panchayath by Vellavoor AYUSH Homoeopathic primary health Centre.

Materials & Methods: Initially differently abled children of the area were identified by trained personnels such as IEDC (Integrated Education for Differently Abled Children) teachers, under SSA block Coordinator. Afterwards the group was forwarded to Children Guidance Clinic, Govt. Medical College, Kottayam for diagnosis. The final group of children were managed with homoeopathic medicines.

Results and Discussion: With this conjoint therapy of Homoeopathic medicines along with SSA programmes , high degree of effectiveness was recorded in all cases. In the case of Learning Disabilities children had better development in academic field, skills and interest in learning. In Autism children, eye contact, tactile, vestibular, proprioceptive, visual and auditory levels were found to be increased. When medicine was administered 75% improvement was observed in ADHD cases. In cerebral palsy cases muscular weakness, ataxia and dystonia was reduced considerably.



6.

AN EXPERIMENTAL STUDY TO FIND OUT THE EFFECTIVENESS OF HOMOEOPATHIC MEDICINES FOR NORMALIZING THE THROMBOCYTE COUNT AMONG PATIENTS WITH DENGUE FEVER

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Background :Dengue is a vector borne disease transmitted by the bite of female Aedes aegypti mosquito; the infectious agent being dengue virus. The lacunae in the management of dengue fever can be better handled with homoeopathic medicines selected upon the grounds of individualization which are now found very much effective in its prophylaxis and treatment. Homoeopathic medicines work on the principle of similia similibus curentur. The present study was carried out to assess the effectiveness of homoeopathic medicines in normalizing thrombocyte count in dengue fever.

Materials & Methods: Design-The present study was carried out through an Experimental study using one group before after design. Sample: Purposive sampling. Size: 21 participants diagnosed with Dengue fever. Tools: Dengue Thrombocyte Criteria Technique: Homoeopathic medicine.



Cases diagnosed with Dengue fever selected from the outpatient and inpatient department of Government Homoeopathic Medical College, Kozhikode were given Homoeopathic medicines and the pretest and posttest values were assessed.

Statistical Analysis: Wilcoxon Signed Ranks test.

Results: Significant pre/post difference were observed and the test was found to be significant at 0.000 level.

Conclusion: Homoeopathic medicines were found effective in normalizing thrombocyte count in patients with Dengue fever.

Keywords: Dengue Fever; Dengue Thrombocyte Criteria; Homoeopathy; Homoeopathic Medicines; Individualization; Normalizing; Thrombocyte Count Homoeopathic



7

A QUASI EXPERIMENTAL STUDY ON THE EFFICACY OF HOMOEOPATHIC ANTI PSORIC MEDICINES IN PSYCHIATRIC CASES

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Background: The 'Theory of Chronic Diseases' and 'Organon of Medicine', proposed by Dr Samuel Hahnemann has mentioned the inevitable use of Anti Psoric Medicines for treatment of Psychiatric cases to be most effective.

Materials & Methods: A Quasi, single-blinded, pseudo-randomised controlled experimental study was conducted among patients in a private Homoeopathic Clinic. The study arm was Psychiatric patients receiving Anti Psoric Similimum. The control arm was Psychiatric patients receiving non-Anti Psoric Similimum. The sample size was 40 in number. An equal number of 20 Patients were enrolled Pseudo randomly into each group receiving Anti Psoric Medicine and Non-Anti Psoric Medicines, dispensed on an outpatient basis, followed up in a monthly frequency for an average ambit of 1 year. Medication was prescribed strictly on 'Totality of Symptoms' and 'Similimum'. A verbal informed consent was obtained from all after explaining the modalities of the study.

Results: Descriptive statistics were performed followed by analytical tests to compare the effect of Anti Psoric Medication. The study consists of 63% Females and 37% Males, most of the study subjects were professionals, the average age of the participants were 51 yrs with a range of 2 to 79 years, about 75% of the participants were married. The study found clinically as well as a statistically significant difference between the intervention arm and the control arm the Fisher exact test valued at 0.0008 at 95%CI. The antipsoric medication was found to be 2.5 times cure rate compared to Non-Anti Psoric.

Limitations- Small sample size and loss of follow up.



STANDARDIZATION OF HOMOEOPATHIC MEDICINES USING DYNAMIC LIGHT SCATTERING : A NOVEL EXPERIMENTAL APPROACH TO ESTABLISH AN EVIDENCE BASED APPROACH IN HOMOEOPATHY

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In the era of advanced science and technology it is very important to have an evidence based approach in scientific research. The scientificity and authenticity of homoeopathy is continuously challenged by the scientific communities and researchers across the globe. Even though the fundamental aspects of homoeopathy is based on the nanomedicine frame work for personalized management of diseases using precision medicines with least possible dosages of medication, it lacks the experimental evidences to support these extra ordinary claims. The fundamental research in homoeopathy is in its neonatal stage due to the complexity of nanotheranostics used in homoeopathy. It has been noted that the scientists and clinicians working in the area of homoeopathy is aggressive in claiming the nanotechnological background of homoeopathy. But the current experimental evidences are not enough to substantiate this. In this regard we have carried out dynamic light scattering analysis to understand the physicochemical characteristics of serial dilutions of homoeopathic medicines. In this paper we present a facile and novel experimental technique to identify and distinguish different potencies of homoeopathic medicinal preparations based on its photon interaction dynamics. For the first time in the world we are reporting an experimental technique for standardization of homoeopathic drugs. We identified that homoeopathic medicines have distinguishable photonic finger print features and it can be used as an experimentally verifiable standardization parameter.

Keywords: Drug Standardization, Non-destructive Methods, Photon Scattering





MALE INFERTILITY MANAGEMENT USING HOMOEOPATHIC MEDICINES: AN OBSERVATIONAL STUDY FOCUSED ON ASTHENOSPERMIA

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Infertility is having a pivotal role among clinical conditions which affects more than 10% of world's population. The socio-psycho stigma and economic factors associated with infertility have a major impact in family health and welfare. Asthenospermia is a clinical condition in which sperm motility is less than WHO cut off levels (less than 40% of anterior motility), it is a major cause for the male infertility. Even though conventional methods like ICSI is available for treating Asthenospermia (with an average cost of Rs.76000) the common people cannot economically afford it. In this regard we have conducted an observational study on 50 cases of Asthenospermia who received Homoeopathic treatment for 6 months at fertility care centre, Thiruvananthapuram from 2017 July to 2018 January. The total sperm count and anterior sperm motility was fixed as the observational data points. A Quasi experimental study was designed and the data sets were derived from the organized analysis and evaluation of semen analysis reports. Standard and individualised homoeopathic medicinal management was carried out and the cases were evaluated on 3rd and 6 months respectively. The data analysis and multivariate ANOVA were carried out using SPSS -2017. It is identified from the obtained results that among the treatment group total sperm count increased from a mean value of 23.19 before treatment to a mean value of 41.68 after 6 months of Homoeopathic medicinal treatment. At the same time mean anterior motility, (Asthenospermia) of 13.28 before treatment raised to a value of 32.96 after treatment for 6 months period. Obtained results revealed that total sperm count increased more in patients without varicocoele when compared to the patients with varicocoele. Moreover we did not observe any correlation between varicocoele and Asthenospermia.

Keywords :Male Infertility, Asthenospermia, Homoeopathic Medicines



A META-ANALYSIS OF HOMOEOPATHY IN TREATMENT OF DEPRESSION

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Background: The aim of this study was to assess effect of homoeopathy in depression using Beck Depression Inventory scale (BDI). The BDI is a preferred outcome scale owing to its high reliability and good correlation to measures of Depression and Anxiety.

Materials & Methods: The Study was retrospective cohort systematic review. A comprehensive search was carried out using various keywords like depression, homeopathy, homoeopathy,

clinical trial, randomized controlled trial, BDI from search engines like Google Scholar, Pub-med, EMBASE, Web of Science, CINAHL, SCOPUS, etc. Relevant research was further categorized by study type. The quality of the research papers selected was assessed by JADAD score and those with score >3 were selected for final meta-analysis. Fixed Effect Model was used to conduct the meta-analysis of the qualified studies.

Results : Out of the total 18 filtered studies only 3 studies were qualified for systematic review. Out of them only 2 studies were used for meta-analysis. After applying Fixed Effect Model total mean difference was $-5.47[-8.12, -2.82]$ at 95% CI. Heterogeneity using Chi² was 4.73 with df 1 and (P=0.03); I² being 79%. The overall effect was significant [4.04 (P<0.001)] between the experimental and control cohort.

Conclusion: Homoeopathic treatment for depression was found to be effective in the meta-analysis of controlled clinical trials.



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EFFECTIVENESS OF HOMOEOPATHIC MEDICINE IN NORMALIZING TSH LEVEL AMONG PATIENTS WITH PRIMARY HYPOTHYROIDISM

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Background: Primary hypothyroidism where the defect is itself in the thyroid gland and one of the common endocrine disease and is characterized by a broad clinical spectrum ranging from an overt state of myxedema, end-organ effects and multisystem failure to an asymptomatic or subclinical condition with normal levels of thyroxine and triiodothyronine and mildly elevated levels of serum Thyrotropin Stimulating Hormone. There are two types of primary hypothyroidism; Non Goitrous & Goitrous. Homoeopathic medicines are found effective in reducing or normalizing the TSH level in both types of Primary Hypothyroidism.

Aim: To find out the effectiveness of homeopathic medicine in normalizing the TSH level.

Materials & Methods: Design: One group before and after design.

Sample: Purposive sampling in patients with primary hypothyroidism.

Size: 20 patients.

Inclusion Criteria: Both sexes between ages of 15 to 60 years.

Tools: American Thyroid Association Criteria. Personal Data Schedules, Informed Consent from Patients.

Techniques: Homeopathic Medicines.

Statistical Test: Wilcoxon Signed Rank Test.

Results: Significant difference in the pre- and post TSH levels observed.

Conclusion: Homoeopathic Medicines are effective in normalizing TSH level among patient with Primary Hypothyroidism.

Keywords : Hypothyroidism , American Thyroid Association Criteria, Homoeopathic Medicines , Normalizing , TSH.





EFFECTIVENESS OF HOMOEOPATHIC MEDICINE FOR MANAGEMENT OF SYMPTOMS AND HEMODYNAMICS AMONG PATIENTS WITH DENGUE FEVER

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Background : Dengue fever is a mosquito-borne arboviral infection presented with fever, aches and pain, retro-orbital pain, nausea and vomiting, rashes and thrombocytopenia. The number of dengue cases across Kerala is increasing yearly. Homoeopathic medicines are very effective in the management of acute diseases and dengue fever as well.

Aim: To find out the effectiveness of homoeopathic medicines for managing symptoms and hemodynamics among patients with dengue fever.

Materials & Methods: Design : One group before and after design. Sample Size: 17 cases between ages 3 to 70 years were selected. Sampling Procedure: Purposive sampling.

Tools: (1) Individualized Case Records, (2) Dengue Fever Diagnostic Criteria of World Health Organization (WHO). (3) Laboratory Investigations. (4) Temperature Chart.

Technique: Homoeopathic Medicines were used as the technique of intervention.

Statistical analysis: Wilcoxon Signed-Rank Test.

Results: Significant pre and post differences were observed.

Conclusions: Homoeopathic medicines are effective for managing the hemodynamics among dengue cases.

Keywords: Homoeopathy-Acute diseases, Homoeopathic Medicines; Dengue Hemodynamics Management, Dengue Fever Management –Homoeopathy,



EFFECTIVENESS OF HOMOEOPATHIC MEDICINE FOR MANAGING THROMBOCYTOPENIA AMONG PATIENTS REACTIVE TO DENGUE NS1AG.

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Background: Dengue fever was the most dangerous epidemic in Kerala and some parts of Tamilnadu during monsoon. The causalities reported were around 800 lives giving much trouble to entire society. Many cases were treated successfully with homoeopathic medicines during the monsoon season of 2017 and 2018. The global incidence of dengue has grown dramatically in recent decades, mostly in urban and semi urban areas. This viral infection has grown 30 folds since it was first reported and then expanded and diversified globally. Dengue disease in humans produce wide spectrum of clinical features ranging from atypical nonsevere or nonspecific febrile symptoms to potentially fatal dengue hemorrhagic fever (DHF) or Dengue Shock Syndrome(DSS) conditioned



by age ,secondary infection ,immunologic status ,dengue serotype .

Aim: To find out the effectiveness of individualized homoeopathic medicine for managing thrombocytopenia among febrile patients reactive to NS1Ag.

Materials & Methods: Design: One Group Before After Design. Samples: Sampling Technique-Purposive Sampling. Size: 40 cases. Tools: Personal Data Schedule, Informed Consent and Dengue Fever Diagnostic Criteria (NVBDCP, 2008).

Technique: Individualized Homoeopathic Medicine.

Results: Statistical Tests: (1) ANOVA, (2). t-Test Results: Significant differences were found among pre/post test scores on Dengue Diagnostic Criteria.

Conclusion: The Individualized Homoeopathic Medicines were effective for managing thrombocytopenia among febrile patients reactive to Dengue NS1Ag.

Keywords: Dengue Fever, Thrombocytopenia, Homoeopathy, Homoeopathic Medicine, NS1Ag Reactive.

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AN ATTEMPT TO STUDY THE EFFICACY OF SYZYGIUM TINCTURE IN DIABETES MELLITUS

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Background: (Purpose) Diabetes mellitus is a serious and costly metabolic disease which is a huge burden for human health. It is rapidly increasing particularly in developing countries due to urbanisation, genetic predisposition and lifestyle. Homoeopathic medicine Syzygium jambolanum has an anti-diabetic effect in improving insulin action.

Materials & Methods: The efficacy of syzygium tincture in diabetic patients has been established in 25 sample subjects for a period of 3months. The subjects selected were between 40 -80yrs with BMI below 30kg/ m² who were strictly not under any other medication for any chronic diseases and were under diabetic diet and exercise.

The procedure was started by calculating the desired dose for each patient, based on their body weight. For an effective study , 1 drop for each 3kg was set as standard measurement. After giving the medicine twice daily blood report of consecutive 3 months were collected as a part of this study. 20 subjects completed the study and 5 opted out as they wanted to take emergency medication for other conditions.

Results: After the analysis of the study we came up with 60% positive result 25% fluctuating and 15% negative. There were limitations as the number of samples used in this study was very small.

Conclusion: Finally we came to the conclusion that syzygium serves as a potential medicine for the management of diabetes and its complication.





THIS STUDY IS TO ASSESS THE SCOPE OF HOMOEOPATHIC MEDICINES ON VITILIGO.

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Background: Vitiligo a chronic, usually progressive, type of hypomelanosis in which melanocytes are destroyed, resulting in white patches on the skin that may be surrounded by a hyper-pigmented border.

Objectives:- This study is to assess the scope of homoeopathic medicines on vitiligo.

Materials & Methods: Source of Data Clinical practice. Method of Collection of the Data: Inclusion and Exclusion criteria were fixed.

Inclusion Criteria 1. Both male and females aging from 0 to 70 years were taken for study 2. A detailed case history will be taken as per the proforma prepared for the topic. 3. Sample size will be 30 in number. 4. No particular sampling procedures adapted.

Exclusion criteria 1. patients with any other systemic illness • All the cases were selected as per the inclusion and exclusion criteria.

A total of 30 patients were included in the study after the drop outs were excluded.. • Mental generals, physical generals and characteristic particulars were considered for the selection of the remedy. • Criteria for follow up were mental generals, physical generals and characteristic particulars as per the individual case.

Prognosis was evaluated according to the symptomatic relief.

Results: The treatment results have shown that maximum number of patients (13) were under marked improvement which is 43.33 % while moderate improvement was seen in 30.00 % of patients (09). mild improvement 16%, no improvement (3)

Conclusion: The study showed that homoeopathic medicines were found very effective in treating vitiligo

HOMEOPATHIC MANAGEMENT IN HIV / AIDS

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Background :The Opportunistic Infections among HIV infected persons can be effectively treated using existing Homoeopathic Medicines without any adverse effects. This Research Oriented Clinical Treatment Has Been Conducted Under TDNP+. About one thousand seven hundred and sixty HIV positive persons are registered under TDNP+ as of today.

Materials & Methods: research oriented clinical treatment among hIV infected persons.

Results: 1) The Opportunistic Infections among HIV infected persons can be effectively treated using existing Homoeopathic Medicines. 2) The CD4 T-Lymphocyte count in HIV infected persons has increased by three times in one year since commencement of treatment. 3) The Viral Load has also decreased in the meantime.

Conclusion: By using existing Homeopathic Medicine HIV infected persons opportunistic infections can be treated.

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EFFECT OF INDIVIDUALIZED HOMOEOPATHIC TREATMENT ON QUALITY OF LIFE OF PATIENTS WITH BREAST CARCINOMA

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Background : For the patients with advanced breast carcinoma, the primary outcome goals of treatment are to control the symptoms and improve the quality of life (QoL). However, patients with metastatic disease are frequently treated antagonistically with numerous lines of chemotherapy. Even so, the advantage of such chemotherapy is unsure.

The objective of the study was to examine whether homeopathic medicines can improve quality of life (QoL) in patients with breast carcinoma.

Materials & Methods: This was a prospective, mono-centric, open-label, uncontrolled, pragmatic study conducted between years 2004 to 2018. Female patients between 20 to 75 years diagnosed with breast cancer and treated with standard line of treatment (operative, radiation or chemotherapy) for at least one year were included in this study. Primary outcome was QoL measured using the EORTC QLQC-30 and SF-36 questionnaire. Homeopathic treatment was prescribed on the basis of individualization and constitutional approach.

Results: Thirty-four patients were treated (mean age: 56.12 ± 2.16 years). Mean duration of disease at baseline was 24.8 ± 6.79 months. Mean size of the tumor at baseline was 3.402 ± 0.2581 cm. Most patients were diagnosed with stage II carcinoma [15(44.1%)], Stage III carcinoma [13(38.2%)] and few patients with stage I carcinoma [6(17.6%)]. The QoL status improved significantly ($p < 0.0001$) after the homeopathic treatment as assessed by EORTC QLQC-30 and SF-36 respectively.

Conclusion: Patients with breast carcinoma treated with constitutional homeopathic treatment had considerable improvement in QoL, but the efficacy of the homeopathic treatment remains to be established in further studies.

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BINARY INTENSITY DISTRIBUTIONS OF PHOTONS IN NATRUM MURIATICUM: A FINGER PRINT SIGNATURE IDENTIFIED FROM LASER SCATTERING EXPERIMENTS

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In this paper we report the binary photon intensity distributions generated from the serial dilutions of Natrum Muriaticum using dynamic light scattering technique. The serial dilutions of NaCl based homoeopathic medicines were subjected to the coherent photon beam scattering in a standard DLS system. The scattered photons were collected using photodetectors and the final data was derived using the experimental data sets. The obtained results suggested that coherent photons are scattered by the supra molecular clusters present in pristine samples of Natrum Muriaticum (NaCl). Contrary to the conventional formalism the binary photon intensity distributions obtained from the DLS scattering suggest that pharmacological constituents present in pristine Natrum Muriaticum are existing in a complex molecular environment. We propose that this may be due to the variation in diffusion coefficients of Na and Cl ions present in the pharmacologically significant supra molecular clusters. Moreover the solvation effect also contribute to intensity variation in photon scattering. We strongly believe that the presented results are highly significant and will be a stepping stone for standardization of homoeopathic medicines. The presented work will have a great impact in the advancement of non-destructive spectroscopic techniques for standardization of homoeopathic medicines.

Keywords: Drug Standardization, Natrum Muriaticum, Photon Scattering



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AUTISM SPECTRUM DISORDERS: A STANDARD MULTI DOMAIN MODEL TO EVALUATE THE EFFICIENCY OF HOMOEOPATHIC THERAPY USING AN UNIVERSALLY VALID CARS SCALE

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Autism Spectrum Disorders (ASD) are a form of neuro-developmental maladies that express themselves in early childhood and lasting throughout the life span of the person. It is characterized by impairment of behaviours to varying extent in social, interactive, and communicative plane. The diagnosis of ASD are made from the manifestations like poor eye contact, repetitive behaviour, lack or diminished reciprocative emotions, restricted interests and remaining to themselves. Conventional systems of medicines do not have any medicinal management strategy for treating ASD. In this regard a clinical study was conducted in the outpatient department of Government Homoeopathic Medical College Thiruvananthapuram. A total of 30 diagnosed cases of both genders below 12 years of age with clinical symptoms of ASD were selected. Pre and Post CARS values were evaluated using standard CARS evaluation tools. The homoeopathic single medicine based on the totality of symptoms were administered to the patients. Obtained results suggested that homoeopathic single medicine are able to provide relief not only the ASD symptoms but also the overall health of the patients by improving their immunity and alleviating diseases like epilepsy. To test the scientific aspects of action of homoeopathic medicines clinical conditions like ASDs are highly useful. Since it consists of multiple and complex pathways it demand an exclusively specific target oriented approach for generating pharmacological effects.



Also from the experimental results it is evident that the measurable variables in CARS scales associated with ASDs are reflecting the action of applied homoeopathic medicines in that specific domain. This can be observed as variation in CARS values after administration of homoeopathic medicines. In conclusion we propose that ASD based clinical conditions can be used as a standard multidomain model to clinically evaluate the action of homoeopathic drugs using the same gold standards used in other conventional systems of medicine.

Keywords : Autism Spectrum Disorder, CARS Scale, Homoeopathy Medicines



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TO REDUCE THE USAGE OF INHALER THERAPY USING HOMEOPATHIC CONSTITUTIONAL MEDICINE IN DIAGNOSED CASE OF BRONCHIAL ASTHMA WHO ARE UNDER REGULAR DOSAGE OF BRONCHODILATORS ESPECIALLY INHALERS.

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Background : The prevalence of asthma varies widely around the world, probably because of gene-by-environment interactions. Prenatal risk factors for asthma may include maternal smoking, diet and nutrition, stress, use of antibiotics and delivery by cesarean section. Childhood risk factors for asthma may include allergic sensitization, environmental tobacco smoke, exposure to animals, breastfeeding, decreased lung function in infancy, family size and structure, socio-economic status, antibiotics and infections, and sex and gender. Objective of the study is to assess the compatibility of homeopathic constitutional medicine to reduce the usage of inhaler therapy in bronchial asthma cases.

Materials & Methods: 15 cases of diagnosed cases of bronchial asthma that are under MDI, Metered dose inhalers were considered for observation for a period of 6 months. The mean age of the study group was 44- 44 years. Cases were free of other co morbidities. Homeopathic constitutional medicine selected according to corresponding symptomatology was administered and assessment recorded on weekly, fortnight or monthly basis. Patients were advised to use both MDI and homeopathic medicine along with till a favorable response was elicited and to withdraw MDI in a tapered dosage schedule. Evaluation was done as per peak flow meter test, pulmonary function test and subjective feeling of well being. Acute episodes were controlled by Homeopathic medicine alone in 11 cases.

Results-Out of the fifteen cases 9 cases could stop MDI within 6 months, 4 cases have reduced the dosage of MDI to a considerable level and 2 cases were unable to switch off MDI. Symptomatic improvement as reduction of cough, breathlessness, wheeze and acute episodes were recorded in almost 11 cases.

Conclusion: Homeopathic constitutional medicine enhances reactive power of the organism to combat with allergic response when faced with an allergen were evident in this observation. The results were assessed in a small number of samples. Better outcome can be expected in well designed studies with large samples in future

Keywords-Asthma , constitutional medicine, inhalers



A STUDY ON EFFICACY OF HOMOEOPATHIC TREATMENT FOR RHEUMATOID ARTHRITIS IN CASES VISITING SPECIAL OP AT GOVERNMENT HOMEOPATHIC HOSPITAL, MANJERI

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Background : Rheumatoid arthritis also belongs to the group of auto immune disorder and there have been multitude of patients who have reaped the benefit of this wonderful science of homoeopathy. This study is analysing the results obtained from the cases visiting Special OPD in Government Homeo Hospital Manjeri.

Materials & Methods: The study indicates that the concerned treatment instituted to subjects has resulted in significant improvement in the disease symptoms as per statistical analysis of DAS28 scores before and after treatment using Mann-Whitney U Test.

The materials for the study were randomly collected from the patients attending the Special Out Patient Department of Govt. Homoeo Hospital, Manjeri, in the past three year period between 2013 and 2015. Cases were randomly selected from the patients coming to special OPD GHH Manjeri. From this, well diagnosed 50 cases were selected. Of this 17 did not complete the treatment. Remaining 33 cases are selected for the final analysis.

The population of the study consists of 33 cases which fulfils the criteria.



HOMEOPATHIC MANAGEMENT OF ACUTE SUPPURITIVE OTITIS MEDIA IN CHILDREN USING PULSATILLA:AN OBSERVATIONAL STUDY

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Background : Acute Suppurative Otitis media (ASOM) is a pyogenic bacterial infection affecting the middle ear. The most common symptoms of ASOM are otalgia, otorrhoea, irritability and changes in tympanic membrane. In most cases there will be associated upper respiratory tract infections. Nearly 50-85% of children experiences at least one episode of ASOM by 3 years of age. Peak incidence being between 6-18 months. Conventional method of treatment is by using antibiotics especially Amoxicillin. Even though the treatment is effective there is recurrence in many cases. Only limited studies have been carried out in homoeopathy to study the effectiveness of homoeopathic medicine in ASOM. The aim of this study is to explore how far our medicine Pulsatilla is effective in managing ASOM.

Materials & Methods: A prospective study was carried out in the ENT OP and IP sections of GHMCT. 30 cases were selected randomly and the study population was children below 12 years presenting with the clinical symptoms and otoscopic findings of ASOM. Study duration was 1 year. Outcome of the treatment was measured by analyzing the symptom score and otoscopic findings. Final evaluation of the data was done with paired t test.



Results: Maximum incidence was seen in female child belonging to the age group 4-6 years. Most common presenting symptom was otalgia and most cases had associated URTI. 27 patients had marked change in symptoms and otoscopic findings after treatment. There was a marked reduction in symptom score after treatment showing a statistical significance of p value < 0.001, confirming the effectiveness of Pulsatilla. The well being level of patient was found to be better after treatment. In the 30 cases observed no complications have been observed.

Conclusion: The study shows that Homoeopathic medicine Pulsatilla is effective in the management of ASOM.

Keywords: ASOM, Homoeopathy, Pulsatilla, Otoscopy.

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EVALUATION OF THE FREE RADICAL SCAVENGING AND ANTIOXIDANT ACTIVITIES OF CERTAIN HOMEOPATHIC DRUGS COMMONLY USED IN OSTEOARTHRITIS

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Background : Degenerating joint disease, like Osteoarthritis, is remained unanswered by the conventional medical system. Homeopathy considered as an Alternative and Complementary medicine has been accepted by people around the world. The homeopathy medicines are based on natural ingredients, easy to use and cost effective. As free radical scavenging and antioxidant effects have pleiotrophic effects in the prevention of degenerating diseases, it is logical to accept that these mechanisms are triggered or ensued. In this research study, the free radical scavenging and antioxidant effects of five selected Homoeopathic drugs were evaluated.

Materials & Methods: Various concentrations of hydro-ethanolic extractions of Rhus toxicodendron, Pulsatilla nigricans, Bryonia alba, Thuja occidentalis, Lycopodium clavatum, were used in the study. Relevant assays were performed to understand the free radical scavenging; superoxide, hydroxyl radical, nitric oxide scavenging; inhibition of lipid peroxidation induced by iron and hydrogen peroxide.

Results: Hydroethanolic extract of Pulsatilla expressed highest percentage of DPPH scavenging followed by Thuja, Lycopodium, Bryonia and Rhustox. Hydrogen peroxide neutralisation is more in Hydroethanolic extract of Pulsatilla and is followed by Lycopodium, Rhustox, Bryonia and Thuja. Highest percentage of lipid peroxidation is observed in Bryonia, followed by Pulsatilla, Thuja, Rhustox and Lycopodium. Maximum Nitric oxide scavenging activity is observed in extracts of Pulsatilla followed by Bryonia, Lycopodium, Rhus tox and Thuja. Superoxide anion scavenging is found to be high in extracts of Pulsatilla and is followed by Bryonia, Rhustox, Thuja and Lycopodium.

Conclusion: The results of the study clearly indicate that hydro-ethanolic extract (Homoeopathic preparation) of selected Homoeopathic drugs possess in vitro antioxidant activity. The encouraging results in this study proved that these Homoeopathic drugs act as effective antioxidant agents hence, it is worthwhile to use as drugs for degenerating diseases like osteoarthritis.

ROLE OF HOMOEOPATHY IN THE MANAGEMENT OF TYPHOID FEVER

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Background : Typhoid fever is a gastrointestinal infection caused by salmonella enterica typhi bacteria, transmitted through faeco-oral route, producing symptoms lasting for 3-4 weeks. Step-ladder fever, hepato-splenomegaly, constipation, pea soup diarrhea, rose-spots on trunk, strongly positive Widal reaction in the second week. Severe complications like intestinal perforation occur in third week. Southeast Asian countries where poor water and sewage sanitation, low socio economic group are at risk and became a major public health problem .(1).Chronic carriers forms reservoir by excreting bacteria for months . Incubation period is 8 to 14 days. Vaccination and anti-biotics does'nt favor complete cure.(www.health.nsw.gov.au). Homoeopathy has a major role in treating typhoid.

Materials & Methods:Thirty cases of age group between five and sixty five years are selected randomly from Government Homoeopathic Medical College O.P.D,Trivandrum from the year 2007 February to 2010 June. Clinical observation and laboratory data like Routine blood examination and Widal reactions are considered for prognosis.

Results:63% cases of lower socioeconomic group,56% female and 44% male with past history of typhoid, 47% of college students are affected Statistical evaluation by paired 't' test with 1% level of significance and degree of freedom 2.4 CURED-67% , IMPROVED :10% , NO RELIEF : 23%

Conclusion: Statistical evaluation of the score proves that Homoeopathic management according to its p



OPEN OBSERVATIONAL STUDY TO EVALUATE RESPONSE TO HOMOEOPATHIC TREATMENT IN VITILIGO - INTERIM REPORT

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Background : Objectives The objective of this study is to evaluate response to homoeopathic treatment in vitiligo with respect to Vitiligo Area Scoring Index (VASI), Dermatology Life Quality Index (DLQI) and Vitiligo European Task Force (VETF).

Materials & Methods: An observational study is on-going at the NHRIMH, Kottayam from June 2015 to till date. After 119 cases preliminary screening and the cases fulfilling the inclusion criteria. The Homoeopathic prescription for 55 enrolled cases were done by homoeopathic specialists .The follow up of the patients were done periodically and the improvement was assessed by the investigator under the supervision of the dermatologist according to VASI, VETF and DLQI Photographic record of lesion is maintained in each follow-up.

Results: Result Out of 119 cases screened, 55 cases were enrolled. Among 55 cases, 30 cases have completed two year follow up. Out of the 30 cases, 4 cases showed marked improvement, 6 cases showed moderate improvement, 10 cases showed mild improvement, 9 cases showed no significant improvement and one case became worse. A Friedman test was conducted by using the VASI scores at baseline, 6th ,12th , 18th and 24th months and mean VASI scores differed significantly between time points ($\chi^2(4)=92.84$, $P<0.05$. The % Area ($\chi^2 (4) =82.22$, $P<0.05$),, stage parameter ($\chi^2 (4) = 50.4$, $P<0.05$) and the spread parameter of VETF($\chi^2 (4) =77.77$, $P<0.05$)also differed significantly between time points from baseline over a period of two years,. The DLQI score differed statistically between time points, $\chi^2 (12) =78.31$, $P<0.05$.There was significant difference in VASI scores, VEFT scores and DLQI scores. The Homoeopathic medicines frequently prescribed are Arsenicum album, Lycopodium, Natrum muriaticum and Phosphorous.

Discussion & Conclusion Thus homoeopathic medicines are found to be very effective in the management of vitiligo permanently and safely. The outcome of the multi centre study will further reveal the effect of homoeopathic medicines in the treatment of vitiligo.

Keywords: Homoeopathy, Vitiligo

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TOWARDS BUILDING AN EVIDENCE BASE OF INDIGENOUS, LESSER KNOWN AND RARE DRUGS USED IN HOMOEOPATHY : AN OPEN LABEL MULTICENTRIC CLINICAL VERIFICATION PROGRAMME BY THE CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY (CCRH)

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Background :The verification of drug proving symptoms have been an essential aspect in clinical practice of Homoeopathy. Repeated and adequate verification of the symptomatic indication of a drug is needed before it's entry to repertory as a remedy with high grade. Such verifications also contribute to new information about new symptoms that did not appear during the proving but were improved in the patients after the administration of the remedy either completely or partially. The programme is multicentric, as per open clinical trial design and as per a standard protocol. Council has been working more on indigenous, rare, fragmentarily proved and lesser known remedies some of which were first proved and verified here in accordance with the AYUSH policy to promote such research. In due course many of the symptoms of the drugs mentioned in the book 'Drugs of Hindooostan' by Dr. S.C Ghose were clinically verified by CCRH. Antidiabetic indigenous drugs like Abrroma augusta, Cephalandra indica, Gymnema sylvestre, Syzygium jambolanum ; fever remedies like Andrographis panniculata , Azadirachta indica ; drugs with marked action on urinary system like Boerhavia diffusa, Ocimum canum, Ferrum picricum, Tinospora cordifolia ; drugs like Aranea diadema, Argemone mexicana, Jacaranda caroba, Mangifera indica effective in arthritis; Aegle folia, Curcuma longa, Embelia ribes, Iris tenax, Holarrhena antidysenterica, having definitive action on gastrointestinal tract; Acalypha india, Cassia fistula, Cassia sophera, Gallicum acidum, Justicia adathoda with marked action on the respiratory tract have been clinically verified in hundreds of patients. Till date clinical verification has been completed in 106 drugs out of which 72 are of plant origin , with 39 drugs of indigenous origin. In this study thousands of prov-

ing symptoms have been verified multicentrically in atleast 09 to 16 centres in over 20,000 study subjects in this flagship programme of the Council. Skin symptoms of a superficially proven drug according to Constantine Hering like Anthrakokali viz. papular eruptions on whole body, palms (1029, 632); blackish eruptions with itching worse at night (591, 397); cracks on palms and soles with itching (452, 352); Ringworm (clinical symptom 330, 235) could be substantially verified in large number of patients. Haemostatic action of the Indian drug Cynodon dactylon in epistaxis (435,413) could be convincingly verified. Urinary symptoms of Ferrum picricum , a partially proven drug in Clarke's Dictionary mainly burning , dribbling and retention of urine (209,146) could be clinically verified . Factors like inter rater reliability due to investigator bias can affect the results since this being a multicentric trial. Patient outcome assessment scales like MYMOP and ORIDL are being incorporated to make a more accurate assessment of the verifications.

Keywords: Clinical Verification, Partially proven drugs, Indigenous drugs, MYMOP, ORIDL

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DYSLIPIDEMIA IN MENOPAUSAL WOMEN-A HOMOEOPATHIC PERSPECTIVE

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Background :Dyslipidemia is a major cause of cardiovascular disease, which in turn, is the most commoncause of female morbidity and mortality.¹ Menopausal transition is characterised by decline inoestradiol which causes increase in the total cholesterol (TC), low-density lipoproteins(LDL-C)levels, triglycerides(TG) and a decline in the high density lipoproteins which increases the cardiovascular risks.²It has been reported that postmenopausal women are four to eight times morelikely to die of CAD than of any other disease targets³.So the menopausal health demands higher priority.Side effects of conventional treatments for dyslipidemia are better known today.⁴ Although the effectiveness of homoeopathic medicines in dyslipidemia is proved by few clinical and preclinical studies ⁵but the previous studies did not focus on the management of dyslipidemia in menopausal women and also there is no exact reportorial representation in synthesis repertory.

Materials & Methods:A prospective study was conducted in randomly selected 30 postmenopausal womenwith elevated cholesterol in fasting lipid profile attending the outpatient and inpatientdepartments of Government Homoeopathic Medical College, Kozhikode affiliated to Kerala university of health Sciences(KUHS), Thrissur. The selection of medicine, potency and repetition for each case was strictly according to the homoeopathic principles through the process of repertorisation using 9.1 version of Synthesis repertory.⁵ The assessment of treatmentwas made by a scoring based on ATP III guidelines on dyslipidemia using paired t test.

Results: The maximum prevalence of dyslipidemia in the study was noted in the age group 55-59 years. Out of 30, 83% were with natural menopause, 33% shows positive family history, menopausal hot flushes were present in 33%. Presenting symptom in about 50% patients were palpitation of heart, in 23.3% as weakness of body.60% cases shows significant improvement and 10% remained static and the remaining 30% showed slight aggravation. Homoeopathic med-

icine Phosphorus found to be effective in 30% cases and Natrum Mur in 23% cases. The potencies found useful were 200 and 1M. Statistical analysis was done using paired t test and this study was statistically significant.

Conclusion: The study shows that homoeopathic medicines selected by repertorising with Repertorium Homoeopathicum Syntheticum by Dr.Frederik Schroyens were effective in the management of dyslipidemia in menopausal women. This study also facilitates better understanding about dyslipidemia in menopausal women. As this is a lifestyle disorder cooperation from patient in dietary and lifestyle intervention is mandatory.

Keywords: Dyslipidemia, Menopausal women, Synthesis repertory, Lipid profile.

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THE PRACTICE OF HOMEOPATHIC PROPHYLAXIS

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Background :Homeopathic medicines are preventive and curative in most of the communicable diseases. Since from the inception of Homeopathy, this system has successfully managed several life threatening epidemics like Plague, Asiatic cholera, Scarlet fever etc.

Even today, Homeopathy has been getting more popularity by its success in the prevention and cure of several communicable diseases appearing in various parts of the world. In India, by the wholehearted support of both Central and State Governments, Homeopaths and organizations, NGOs, and well-wishers, Homeopathic prophylaxis medicines are given during the outbreaks of epidemics, and the responses to the preventive remedies are quite favorable. For many ordinary people, now 'preventive medicine' means homeopathy!

Keywords:Homeopathic prophylaxis, Genus epidemicus, Communicable diseases, Epidemic, Endemic, Vectors, Quasi experimental post epidemic study, Controlled Preventive Trial, clinical trials.

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MANAGEMENT OF LIFESTYLE DISEASE THROUGH PREVENTION OF METABOLIC SYNDROME A HEALTH CARE INITIATIVE

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Background: In homoeopathic history, Kerala stands top because of effective management of epidemic diseases through preventive measures taken in controlling epidemic diseases. Nowadays , life style disorders also shows the quality of epidemic diseases, as it is spreading like forest fire. Therefore, it would be better to adopt a preventive aspect through constitutional miasmatic remedy, Homoeopathy has significant efficacy in treating lifestyle diseases like Diabetes, Blood Pressure, Obesity, Insomnia, Heart Problems, Peptic Ulcers etc. The Objective of the study was to evaluate the prevalence of metabolic syndrome in school going children and to assess risk factors and their surveillance using standardized physical measurements to collect data on height and weight; hip and waist circumference, family and past history.

Materials & Methods: The present study is a cross-sectional study carried out among children aged 8-13 years with the criteria of metabolic syndrome in NM Vidhya Kendra, Chitharal, Kanyakumari district. Selected children and communicated with the parent and are requested to visit Sarada Krishna Homoeopathic Medical College for advanced studies and treatment after a written consent. Anthropometric measurement of weight, height, waist circumference, Waist Hip ratio, skin fold measures and activity tracker along with the constitutional medicine was the intervention. Follow up was conducted for a period of 6- 8 months to record significant differences in parameters.

Results: The prevalence of the MetS was seen in 19 children among 264 screened students 7.2% among which 3.4% were females; 3.7% were males. All 19 children had BMI above 85percentile; among which obese children were 8 and remaining 11 were identified overweight. The factor responsible were identified as low physical activity, sedentary activities such as watching television or using electronic gadgets and sleep routines, which were seen in 63% of the children and rest was understood as due to medication, family history etc. After the prescription of constitutional remedy and follow up of 8 months, following parameters were analysed for observing significant difference in Waist circumference, BMI and Waist Hip ratio, skin fold measures? $P = 0.001$.

Conclusion: The MetS is prevalent among school children, and this is due to lack of awareness among students, teachers and parents, therefore school health programs can help the children to lead healthy life style. Introducing Physical education and outdoor games in school must be recommended and made mandatory to raise up a healthy generation. Occassional screening programs to manage obesity and MetS must be intervened.

Keywords: Metabolic syndrome, obesity, prevalence, school children

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HATS METHOD FOR SELECTION OF GENUS EPIDEMICUS IN HOMOEOPATHY

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Background: Homoeopathy remains a reliable preventive option since the accidental finding of homoeopathic epidemic prophylaxis for scarlet fever in 1799, by its founder Dr Samuel Hahnemann. Genus epidemicus is the homoeopathic medicine proposed for secondary level prevention of an epidemic after field survey and repertorisation of cases reported in a specific universe. Repertorisation is done based on the epidemic totality of symptoms developed from the homoeopathic working case definition. There had never been a statistically verifiable model for representativeness of the signs and symptoms selected for repertorisation from the data collected. Frequency and intensity distribution of symptoms among sample is used here to make it verifiable. Objective: To develop a new model for developing an epidemic totality of symptoms.

Materials & Methods: Population: Dengue confirmed cases from kannur District.

Sample: Purposive sampling. Size :70 cases Tools: Case Taking Form, Pain VAS, Informed consent

sent. Technique : Frequency, Symptom Grade Intensity, Mean Intensity. Conclusion: HATS – A new model developed for finding the epidemic totality of symptoms in an outbreak.

Keywords: Genus epidemicus, Epidemic totality of symptoms, Homoeopathic working case definition, Homoeopathy, Epidemic prevention, Symptom Grade Intensity, mean intensity.



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EFFICACY OF INDICATED HOMOEOPATHIC MEDICINES IN MODERATE ACUTE MALNOURISHMENT: A SINGLE BLIND, RANDOMIZED CONTROL TRIAL

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Background: Malnourishment among children is an important health concern in India and is responsible for high rates of morbidity and mortality especially under 5years of age group. The clinical presentations of Moderate Acute Malnourishment (MAM) are limited. But there is reduction in anthropometric measurements (AM)- Weight(wt), Height(ht), Mid upper arm circumference (MUAC). There are no fixed strategies in Homoeopathy to deal with malnourished children. Hence an exploratory study was undertaken to understand the effect of homoeopathic medicines on AM.

Materials & Methods: A prospective, single blind, parallel group RCT method was used and 60 cases of MAM under 5years, both the gender were randomly divided. Amongst them 30children in Experiment -Homoeopathic treatment group(E) and 30children in Placebo group(P) was selected. Both the groups continued with ongoing anganwadi diet. The AM were taken every month for 6months.

Results: There was statistically significant difference between two groups in mean change of weight (E- 0.98 ± 0.35 vs. P- 0.49 ± 0.33 , p<0.0001) and MUAC (E- 0.53 ± 0.57 vs. P- 0.03 ± 0.46 , p<0.001); but no statistical difference in change in height (E- 4.54 ± 2.43 vs. P- 1.90 ± 1.19 , p>0.05). After 6months of treatment there was significant difference in change in grade (E-90% MAM, 6.67% cured; 3.33% SAM, P-80% MAM, 0% cured, 20% SAM, p<0.037).

Conclusion: Individualized Homoeopathic medicine is effective in improving Weight, MUAC in children with MAM over 6months. It reduces the risk of severe malnourishment.

Keywords: Efficacy, Malnourishment, Homoeopathy, Children



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HOMOEOPATHIC MANAGEMENT OF NON-COMMUNICABLE CHRONIC SKIN CONDITIONS: AN OBSERVATIONAL STUDY ON PSORIASIS

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The global burden of non-communicable diseases, such as cardiovascular disease, stroke, cancer, chronic obstructive pulmonary disease and chronic skin conditions, is on the rise. Among these,

chronic skin conditions, including psoriasis and vitiligo, are not only more prevalent but also difficult to manage. In spite of various treatment modalities being available under conventional therapy, these methods cannot be considered in the long term due to their undesirable side effects as well as lack of clinical efficacy. Dermatological illnesses also affect patient quality of life because of associated psychosocial stigma. The clinical management of chronic skin conditions is closely linked with these psychosocial factors, and is highly determinative of disease prognosis. For reasons such as these, a personalized and individualistic approach is necessitated for disease management. Conventional therapeutic approaches are, as yet, in the nascent stage where such deliverables are concerned. Homoeopathy can step into this lacuna and play a pivotal role by providing affected patients with economically feasible, personalized treatment options that have no undesirable consequences. Here, we present an observational study of the clinical management of chronic skin conditions, and psoriasis in particular, based on standard homeopathic principles. Homoeopathic management provided good symptomatic relief and control for patients with psoriasis.

Keywords: Chronic skin diseases, personalized medicine, psoriasis

PHOTON SCATTERING EXPERIMENTS ON ULTRA DILUTIONS OF AURUM METALLICUM: INTERACTIONS OF SUPRAMOLECULAR NANOCLUSTERS WITH DIFFRACTION LIMITED COHERENT BEAMS

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Recent development in nanotechnology have a great impact in the area of fundamental research in homoeopathy. Even though the homoeopathic medicines are highly effective in clinical management of diseases, it fails to get the proper recognition and often misses the limelight due to the lack of experimental evidences to corroborate the clinical outcomes. Recent efforts are there by the scientific communities to exploit the potential of advanced analytical instrumentation facilities for understanding the nanomaterialistic background of homoeopathic medicinal formulations. But the researchers are not able to provide a solid evidence to substantiate their claims. Among these issues standardization of homoeopathic medicines is a major challenge due to the complex drug manufacturing procedures like ultra-dilution process. So far no reports are available in the domain of standardization techniques for homoeopathic medicines. Even it is quite miserable to understand the structure property relationship of nanomaterialistic constituents present in serial dilutions of homoeopathic medicinal potencies. In this regard we performed a simple laser scattering experiment on serial dilutions of Aurum Metallicum to understand the physicochemical properties of its materialistic constituents. Diffraction limited coherent beams of photons are passed through the pristine samples loaded in an optical quality quartz cuvete and the

corresponding scattered photon beam intensity was recorded using photodetectors. The obtained results confirmed that each pristine samples of Aurum Metallicum has a unique photon scattering intensity distribution and which can be used as a photonic fingerprint to identify the corresponding dilutions of Aurum Metallicum.

Keywords: Drug Standardization, Aurum Metallicum, Photon Scattering

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IMPACT OF LONG TERM HOMOEOPATHIC TREATMENT ON DISEASE PROGRESSION IN ART NAIIVE HIVPATIENTS– A CASE SERIES

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Background: In the year 1991 when there was no ART treatment was available, Central Council of Research in Homeopathy had established clinical research unit at Mumbai for undertaking research in HIV/AIDS research. There are 2502 number of cases have been enrolled for homoeopathic treatment and three studies have been completed and published since then. In this paper we will highlight the lessons learned in the management of 8 cases who had long term follow up for more than 15 years.

Materials & Methods: Data in respect of eight cases was clinically analysed with respect to CD4 counts, CD4/CD8 ratio, body weight and occurrence of opportunistic infections. Individualised homoeopathy was used in cases in different potencies.

Results: The CD4 count was maintained in all patients except in one case. Three patients have the CD4 level in the range of 500-1200, four in the range of 300-500, one has 272 CD4 Count. There has been a decline of CD4/CD8 ratio since baseline, but the patients have maintained their body weights, remained free from major HIV related illnesses and opportunistic infections. The frequently indicated medicines are Pulsatilla nigricans, Lycopodium clavatum, Nux vomica, Tuberulinum bovinum, Natrum muriaticum, Rhus toxicodendron, Medorrhinum, Arsenicum album, Mercurius solubilis, Thuja occidentalis, Nitric acid, Sulphur, Bryonia alba and Hepar sulph.

Conclusion: In the emergent scenario of drug resistance and adverse reactions of ART in HIV infections, there may be a possibility of using Homoeopathy as adjuvant therapy to existing standard ART treatment.

Part 6

INTER DISCIPLINARY abstracts

1

ETHNOMEDICINAL USES, BIOCHEMICAL STUDIES AND BIOACTIVE COMPOUNDS FROM THE EDIBLE CRAB SCYLLA SERRATA F

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Crab Scylla serrata Forskal is a marine invertebrate belonging to the family Protunidae, which is a commonly available edible crab. Compared to other marine edible crustaceans and fishes, this crab is famous as a delicious food due to the presence of high-quality proteins. Now a day's crab fishery is one of most emerging areas in the world. Crab is not only a good source of proteins but also rich in polyunsaturated fatty acids and minerals. Traditionally different preparations of Scylla serrata F are in use for different ailments. Due to the lack of proper scientific validations and concise report for its therapeutic uses, it becomes less vulnerable in the scientific community. The present review comprises a concise explanation of reported researches on crab with special reference to the taxonomical features, traditional uses, biochemical studies, antioxidant, anticancer activity, antibacterial activity and biomarkers for cancer treatment. This paper will provide a good knowledge to natural researchers for the development of bioactive compounds from marine resources

2

ROLE OF VAISHVANARA AGNI MEDITATION (VAM) IN REDUCING FUNCTIONAL GASTROINTESTINAL DISORDERS

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Background : A great number of population suffers from FGIDs like dyspepsia, Constipation, IBS and GERD etc. globally. In India, these disorders are on a rise. Several psychological disorders have also been associated with poor gut health. Presently available medicines come with many side effects. This raises an immediate need of a natural intervention that will help treating the diseases without side effects and dependence on medicines for long period. The objective of this study is to investigate the effect of Vaishvanara Agni Meditation on gastrointestinal disorders.

Materials & Methods: 80 subjects with self-reported gastrointestinal problems underwent Vaishvanara Agni Meditation (VAM) sessions for 24 days. In the same study in the extension, 69 of the participants continued the session for 50 days. Their digestive health was monitored at baseline, after 24 and 50 days from beginning. An extensive questionnaire-based assessment was created to monitor the digestive health. It consisted questions on the basis of both Ayurveda and Allopathy. Ayurveda section consisted 25 questions for assessing Aama (toxins) levels and Agni (digestive fire) levels. A validated and standard questionnaire 'Gastrointestinal Quality of Life Index' (GIQLI) was used for the modern medical science (36 questions).

Results: Between baseline and Day 24 measurements, there were significant differences for overall Aama ($p=1.87*10-15$), Agni ($p=0.02$), and GIQLI ($p=2.63*10-7$) levels. Between baseline

and Day 50 measurements, there were significant differences for overall Aama ($p=1.09*10^{-15}$), Agni ($p=5.68*10^{-5}$), and GIQLI ($p=1.81*10^{-7}$) levels.

Conclusions: Significant results show that VAM is an effective holistic technique to help treating the gastrointestinal problems and symptoms.

3

ANTI-ARTHRITIC ACTIVITY OF THYMOQUINONE ENRICHED BLACK CUMIN (NIGELLA SATIVA) OIL ON ADJUVANT INDUCED ARTHRITIS MODEL

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Background: Inflammation is considered the cornerstone of pathology in that the changes observed are indicative of injury and disease. Rheumatoid arthritis is characterized by chronic inflammation of synovial joints and subsequent progressive erosive destruction of articular cartilage. Both steroid and nonsteroidal (NSAID's) drugs have shown to have adverse effects during the treatment. This demonstrates the need for new and safe anti-inflammatory drugs. This demands the use of natural medicines for treatment.

Materials & Methods: In this experiment, effect of thymoquinone enriched black cumin (Nigella sativa) oil on Adjuvant induced arthritis (AA), was studied. Adjuvant induced arthritis (AA), a chronic inflammation was induced by a single intra-dermal injection of 0.1 ml of Complete Freund's adjuvant in this experimental model. 100mg/kg body weight of thymoquinone enriched black cumin (Nigella sativa) oil was used as the potent dose in this study.

Results: The antioxidant status like SOD, Catalase, GPx, Matrix metalloproteinase like MMP-2 & MMP-9 and histopathological studies were carried out to identify the level of inflammation in the Arthritis-Induced Rats.

Conclusion: The thymoquinone enriched black cumin (Nigella sativa) oil showed higher anti-inflammatory effect and it significantly inhibits the arthritic condition.

4

STUDY ON SINGLE DOSE AND REPEATED DOSE-28 DAY ORAL TOXICITY STUDY OF CARDIOSPERMUM HALICACABUM LINN LEAF IN RODENTS AS PER OECD GUIDELINES

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Background: Cardiospermum halicacabum known as Balloon vine (one of the plant in Dasa-pushpam) is a climber under the family of Sapindaceae. This plant is used by the physicians of AYUSH stream and also by traditional healers for treatment of various illnesses. The present study scientifically evaluated the safety and toxicity of hydro alcoholic extract of C. halicacabum Linn Leaf as per the OECD guidelines.

Materials & Methods: The single dose Acute toxicity study was carried out in Wistar albino rats as per OECD guidelines 423. The test drug (2000 mg/kgbw) was administered once and the animals were observed for signs of toxicity and death. The Repeated Dose-28 day Oral toxicity study was conducted as per OECD guidelines at three dose levels i.e 250, 500, and 1000 mg/kg b.wt. Mortality and clinical signs of toxicity was observed. Clinical chemistry, hematology and histopathology studies were carried out.

Results and Discussion: The Acute toxicity study showed no pre-terminal deaths, no toxic signs and abnormal behaviour in the animals exposed to the test extract. 28 day Sub-acute toxicity study showed no pre-terminal deaths in animals receiving the extract. Weekly body weight gain found to be adequate. Biochemical, haematological and histopathological studies also evidenced the safety of the test extract

Conclusion: The Single dose and Repeated Dose-28 day Oral toxicity study demonstrated that hydro alcoholic extract of *C. halicacabum* Linn Leaf is safe at all prescribed dosages. The LD50 cut-off is found to be $> 5000\text{mg/kg}$ bwt. So, the usage of this plant in Indian medicine system is highly safe and appreciable.

5

NOVEL METHOD TO TREAT OSTEOARTHRITIS FOR SURGERY-ADVISED TRIAL GROUPS USING A COMBINATION OF HOMEOPATHIC AND INTERDISCIPLINARY METHODS.

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Background: Osteoarthritis is getting common by the day and the need for effective treatment likewise as well. Drastic changes in lifestyle, lack of proper physical activities, over usage of toxic drugs seems to be some of the reasons for the trend. This paper sheds light on a novel methodology of documented treatment technique effective for this disease through an interdisciplinary approach combining Homeopathy, Naturopathy and Physiotherapy.

Materials & Methods: The treatment includes a patient-tailored combination of Homoeopathic constitutional medicine along with naturopathic techniques like sauna and steam baths. Physiotherapeutic procedures like Transcutaneous Electrical Nerve Stimulation (TENS) therapy, infrared light exposure, ultrasound therapy are seamlessly integrated into the course. Apart from Steroids, Homoeopathic medicines like *Rhus-Tox* and *Arnica* etc are used. Analgesic effect is provided by Camphor oil instead of conventional painkillers. Naturopathic bathing procedures are done with natural Neem extracts (*Azadirata Indica* Q).

Result: A controlled and documented experiment has been conducted on 100 patient population using the mixture of Homeopathic medication, Naturopathic baths and physiotherapeutic procedures. After a fallout of an aggregated average of 11%, out of the remaining 89 patients, 72 percentage were found to have effectively healed during the course of the treatment using this technique. A remaining 15% were found to have nominally performed well and the rest were found to have no significant changes.

Conclusion: An inference of above average healing for the prescribed course is made.



AN INTERDISCIPLINARY APPROACH TO CURE MENSTRUAL IRREGULARITIES USING DIFFERENT THERAPIES AND EXERCISE

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Background: Menstrual complaints are raising day by day. Changed Lifestyle, stressful life, Modern food etc are disturbing her regular cycle. This paper shows the effective management of disturbed cycle by combining Homoeopathy, Naturopathy, Acupuncture and Physiotherapy.

Materials & Methods: An Interdisciplinary approach- fusion of Naturopathic baths, Stimulation of Acupuncture trigger points, Homeopathic life style modification with Constitutional medication along with physiotherapy- is used to answer the above threat. Homeopathic female drugs like Pulsatilla, Sepia etc are substituting hormonal tablets with side effects! Physiotherapeutic procedures like Ultra sound Dry Heating, Ultra sound therapies, hot bags etc along with needling the Acupuncture trigger points are used for therapies. Naturopathic baths provide uninterrupted blood flow.

Results: A controlled and documented experiment has been conducted on 60 female patients. 66 percentage were found to have effectively regulated during the course of the treatment using this technique. A remaining 17 % were found to have nominally performed well and the rest were found to have no significant changes.

Conclusion: interdisciplinary Approach is effective 83% more effective in curing Menstrual irregularities.



NEERA INHIBITS ALCOHOLIC LIVER DAMAGE BY MODULATING INFLAMMATORY MARKERS AND OXIDATIVE STRESS

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Background: The present study was carried out to evaluate the hepatoprotective effect of coconut inflorescence sap powder (CSP)/Neera on alcoholic liver damage by modulating inflammatory markers and oxidative stress.

Materials & Methods: Adult male Wistar rats were grouped into three and treated separately with vehicle, ethanol, and ethanol+CSP (250 mg/kg body weight) for 30 days. Ethanol treatment (12.5 g/kg body weight of 90% [v/v]) induced significant liver damage as evidenced from the elevation ($p < .01$) in liver function markers (SGPT, SGOT, and ALP), inflammatory markers (WBC, CRP) along with decrease in endogenous antioxidant markers (SOD, CAT, GPx) and histopathology/cytology measurements. But, supplementation of CSP demonstrated significant ($p < .001$) inhibition of alcoholic hepatic damage with reversal ($p > .05$) of the biochemical markers and indicated hepatic cell regeneration.

EFFECTIVENESS OF CRITZ RELEASE TECHNIQUE TO DECREASE PAIN IN MEDIAL EPICONDYLITIS

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The study was conducted to find out the efficacy of Critz Release Technique in the management of medial epicondylitis of the elbow joint in reducing pain. The researcher used an experimental design. The population included was the persons diagnosed with stage two medial epicondylitis. A total of 30 subjects randomly assigned in to control group and experimental group of 15 each. Pretest evaluation was done on the first day prior to the starting of treatment. The tool selected for the study was Visual Analogue Scale (VAS) for measuring pain. Control group was treated with conventional physiotherapy including ultrasound, stretching and home exercise programme and the experimental group was treated with Critz release technique in addition to conventional physiotherapy. Duration of the treatment was five days continuously. The results obtained were statistically analyzed using Wilcoxon Signed -Rank test and Mann-Whitney U test. The result showed that there is significant difference of pain relief between the experimental group and Control group; the treatment given to experimental group was more effective than control group

Keywords: Medial epicondylitis, Critz release technique



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123.AN EXPERIMENTAL STUDY TO ASSES THE ANTIOXIDANT EFFECT OF SALAPARNI(PSEUDARTHRIA VISICIDA) IN PHYSIOLOGICAL STRESS ON ALBINO RATS

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124.EVALUATION OF THE STATUS OF AGNI AND KOSHTA BASED ON THE PHYSIOLOGICAL CHANGES DURING SODHANAARTHA SNEHAPANA IN KUSHTA

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125.ROLE OF MEDICINAL PLANTS IN LACTOGENIC ACTIVITY -AN OVERVIEW

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126.CONCEPT OF MANASIIKA BHAVAS IN RELATION TO MANOVIKARAS

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127.DYNAMICS OF AYURVEDIC NUTRITION W.S.R TO SCHOOL GOING

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128.CONCEPT OF KALA VIRUDDHA IN RELATION TO AHARA AND ITS IMPACT ON HEALTH STATUS

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129.270.LEARNING DISORDER-AN AYURVEDIC TREATMENT APPROACH

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130.HAEMORRHAGE AND ITS CLINICAL MANAGEMENT

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131.STANDARDISATION OF AYURVEDIC CRUDE DRUGS

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132.NUTRITIONAL EPIDEMIOLOGY IN AYURVEDA: APPLICATION IN PUBLIC HEALTH NUTRITION.

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133.ANALYSIS OF VARNYA DESAIMANI

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134.A REVIEW ON THE EFFECT OF DHANYAMLAYUKTHA VAITARANA VASTI IN MECHANICAL LOW BACK ACHE

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135.PREVENTION OF CARDIAC RISK THROUGH AYURVEDA

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136. ROLE OF GANDUSHA IN ORAL HEALTH

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137.PATRADHANA: AN ALTERNATIVE CARE FOR VENOUS ULCER.

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138. EFFECTS OF VIRUDDHAAHARA ON MENSTRUAL HEALTH

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139.A COMPARISON OF YANTRAS AND SHASTRAS IN PRASUTI AND STRIROGA FROM PAST TO PRESENT -AN OVERVIEW

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140.EFFICACY OF SPANDANAM APPROACH IN CHILDREN WITH SPECIFIC LEARNING DISORDER

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141.THE RELATIONSHIP BETWEEN FUNCTIONAL ASPECTS OF PITTA-RAKTA AND METABOLIC MARKERS IN PSORIASIS

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142. A CASE STUDY ON PSORIASIS

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143.COSMETIC EFFECT OF NASYA IN MUKHADOOSIKA

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144.A SCIENTIFIC APPROACH TO ANALYSE THE EFFECT OF DHOOPANA IN PURIFICATION OF AIR

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145.INTEGRATED YOGA MODULE FOR POLYCYSTIC OVARIAN SYNDROME

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146.AYURVEDIC ANTENATAL KIT FOR FIRST TRIMESTER

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147.ADVERSE EFFECTS OF KAJAL ON EYES

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148. AN OBSERVATIONAL STUDY ON THE PREVALENCE OF LACK OF EXERCISE AMONG SCHOOL GOING CHILDREN IN A RURAL POPULATION

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149. MULTIDIMENSIONAL UTILITY OF SIDHARTAKA SNANA YOGA IN PSORIASIS

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150. CANCER- AN AYURVEDIC PERSPECTIVE

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151. PREVALENCE OF NON COMMUNICABLE DISEASES (NCDs) IN ELDERLY POPULATION IN AN AYURVEDIC TERTIARY CARE HOSPITAL AT THIRUVANANTHAPURAM

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152. DEFINING THE CURRENT PROSPECT OF FUNDAMENTAL RESEARCH IN AYURVEDA – A PERSPECTIVE THROUGH REVIEWING PRAKRITI BASED RESEARCHES

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153. PREVENTIVE OPHTHALMOLOGY

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154. AN OPEN CLINICAL TRIAL TO EVALUATE THE COMBINED EFFECT OF GOKSHURADYA GHRITHA WITH HINGUVACHADI CHOORNA IN BENIGN PROSTATIC HYPERPLASIA

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155.A REVIEW ON KALAVASTI WITH LEKHANEYYA MAHAKASHAYA IN HYPERLIPIDEMIA

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156.AN AYURVEDIC MANAGEMENT IN RENAL CALCULI ALONG WITH LIFE STYLE MODIFICATIONS

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157.CLINICAL STUDY TO ASSESS THE EFFECT OF NASYA,PHYSIOTHERAPY AND A COMBINATION OF BOTH IN CERVICAL SPONDYLOSIS

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158.EFFECT OF UDVARTHANA WITH TRIPHALACHOORNAM IN OBESITY.

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159.LEGG-CALVE-PERTHES DISEASE - AYURVEDIC MANAGEMENT - A CASE STUDY

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160.A CASE SERIES STUDY ON AYURVEDIC MANAGEMENT OF CHRONIC PSORIASIS

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161.ROLE OF AYURVEDA IN THE MANAGEMENT OF LUMBAR DISC DISEASE - A CASE STUDY

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162.ROLE OF GANDUSHA IN RECURRENT TONSILLITIS- A CONCEPTUAL STUDY

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163. HEALING POTENTIAL OF AYURVEDA IN CHRONIC NON-HEALING VENOUS ULCER

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164. EFFECT OF KSHARASUTHRA IN DIABETIC FOOT- A CASE STUDY

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165. PIPPALI VARDHAMANA RASYAYANA, A NON-STEROIDAL FAST EFFECTIVE AYURVEDIC HERBAL MEDICATION FOR HEPATOMEGALY – A CASE REPORT

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166. PRECONCEPTIONAL CARE IN AYURVEDA-A CLASSICAL REVIEW

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167. RELEVANCE OF DINACHARYA IN THE PREVENTION OF LIFESTYLE DISEASES

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168. PREVENTION OF DIABETES IN WOMEN THROUGH AYURVEDA

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169. CONCEPT OF SOCIAL ANXIETY DISORDER IN AYURVEDA

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170. AYURVEDIC MANAGEMENT OF NON HEALING POST FISTULA-IN-ANO LASER THERAPY WOUND- A CASE STUDY

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171 REVIEW ON AYURVEDIC CONTRIBUTIONS TO PUBLIC HEALTH PROBLEMS

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172. AN OVERVIEW ON THE PRINCIPLES OF VAIKRITAPABA CHIKITSA AND COSMETOLOGY.

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173. CRITICAL REVIEW ON CLINICAL TRIALS OF AYURVEDIC CONTRACEPTIVES

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174. AN AYURVEDIC APPROACH IN CHILDHOOD SEIZURE DISORDER WITH DELAYED MILESTONE - A CASE REPORT

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175. A SINGLE CASE STUDY- MANAGEMENT OF DIABETIC FOOT ULCER WITH GANGRENE BY KASHAYAM DHARA

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176. A BRIEF OVERVIEW ON RELEVANCE OF GMP TO ENSURE THE QUALITY OF AYURVEDIC DRUGS

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177. IMPACT OF SODHANA ON VATSANABHA(ACONITUM FEROX LINN.)-

A BRIEF REVIEW

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178. ROLE OF PANCHAKOLA CHOORNA IN SUTIKA PARICHARYA W.R.S DESA AND RITHU

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180.EFFECT OF KSHARASOOTRA IN THE MANAGEMENT OF POST-SURGICAL WOUND INFECTION- A CASE Study

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181.A REVIEW ON VAMANA IN PSORIASIS

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182.AN AYURVEDIC APPROACH TO ANTERIOR CRUCIATE LIGAMENT INJURY- A CASE STUDY

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183.ACCENTUATING THE ROLE OF YOGA AND PRANAYAMA IN PROMOTING ANTENATAL HEALTH

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184.A CONCEPT REGARDING ANAEMIA IN PREGNANCY WITH RESPECT TO AYURVEDA

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185.AN AYURVEDIC APPROACH TO THE MANAGEMENT OF INFERTILITY DUE TO LOW AMH

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186.MANAGEMENT OF PAIN IN SPORTS INJURIES WITH JALOUKA

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187.OBJECTIVE ASSESSMENT OF UTKLESANA WITH SPECIAL REFERENCE TO POORVAKARMA- CONCEPTUAL APPROACH

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188.EFFICACY OF AYURVEDIC TREATMENT ALONG WITH OTHER SUPPORTING THERAPIES IN THE MANAGEMENT OF AUTISM SPECTRUM DISORDER

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189.PANCHAKARMA PROCEDURES IN SURGICAL PRACTICE -A REVIEW

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190.AYURVEDIC MANAGEMENT OF RECURRENT URINARY TRACT INFECTION IN A CASE OF INSULIN DEPENDENT DIABETES MELLITUS - A CASE REPORT

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191.AYURVEDIC MANAGEMENT OF SPONTANEOUS OSTEONECROSIS OF THE KNEE- A CASE REPORT

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192.QUALITY OF LIFE ASSESSMENT AFTER RITU SODHANA – VASANTHA KALA VAMANA

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193.MADHUSNUHI(SMILAX ZEYLANICA-LILIACEAE FAMILY) AS AN ADJUVANT IN ANTI CANCEROUS THERAPY

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194. ROLE OF ABHAYANGA IN LYMPHATIC DETOXIFICATION AND DRAINAGE.

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195.POSSIBILITIES AND CHALLENGES OF AYURVEDIC DRUG DEVELOPMENT

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196.AHARA VIDHI VISHESHAYATANA AND SIGNIFICANCE IN PRESENT

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197.EXPLORING AYURVEDA IN PREVENTIVE AND PROMOTIONAL HEALTH

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198.HYPOTHYROIDISM - AN AYURVEDIC PERSPECTIVE

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200.AN OVERVIEW ON ETHICS IN OBSTETRICS AND GYNAECOLOGY

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201.AN ANALYTICAL STUDY ON DRUGS INCLUDED IN MEDHYA RASAYANA

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202.AN AYURVEDIC APPROACH IN THE MANAGEMENT OF DIABETIC

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203.ASTÂNGA YOGA AND ÂYURVEDA BASED MANAGEMENT OF CANCER.

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204.EFFECT OF PRATHISARANEEYA KSHARA IN THE MANAGEMENT OF CHRONIC ULCER - A CASE STUDY

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206.AN OBSERVATIONAL STUDY TO ASSESS THE STATUS OF AGNI IN MIGRAINE DISABILITY

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207.QUALITY SAFETY AND EFFICACY OF AYUSH DRUGS

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208.AN OBSERVATIONAL STUDY TO EVALUATE THE EFFECT OF CHYAVANAPRASA IN PEOPLE with REDUCED VITAL CAPACITY OF AGE 50 YEARS AND ABOVE IN TERMS OF SPIROMETRIC VALUES- A PROPOSED STUDY

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209.A SINGLE CASE STUDY ON AYURVEDIC MANAGEMENT OF CHRONIC CALCIFIC PANCREATITIS

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210.DRUG INDUCED LIVER INJURY - A CASE REPORT

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211. ROLE OF AYURVEDIC HERBS IN THE MANAGEMENT OF STROKE W.R.S

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212. AN OBSERVATIONAL STUDY TO ASSESS THE STATUS OF ASTHI DHATU IN STHOULYA PATIENTS WITH BONE MINERAL DENSITY

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213. A REVIEW ON THE EFFECT OF SURASA ARKA NASYA IN CHRONIC SINUSITIS

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214. EFFECT OF BHADRADARVYADI YOGA VASTHY IN OVER WEIGHT WITH RESPECT TO DYSLIPIDEMIA- CASE STUDY

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215. COMPARATIVE STUDY TO ASSESS THE GATING MECHANISM OF PAIN RESPONSE IN PRESSURE APPLICATION TECHNIQUE IN KATIGRAHA ALONG WITH GANDHARVAHASTHADI KASHAYA BASED ON VISUAL ANALOGUE SCALE

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216. A CLINICAL STUDY ON THE EFFECT OF HARIDRADI DHUMAPANA IN RESPIRATORY HEALTH OF HEAVY MOTOR DRIVERS

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217. POST NATAL CARE-AN AYURVEDIC PERSPECTIVE

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218. TO EVALUATE THE COMPARATIVE EFFICACY OF JANUVASTHI & JANUPICHU WITH MAHISHA VASA IN THE MANAGEMENT OF SANDHIGATAVATA WSR TO OSTEOARTHRITIS OF KNEE JOINT

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219.DIETETIC REGIMEN AND DRUGS MENTIONED IN MASANUMASA GARBHINI PARICHARYA -AN ANALYSIS

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220.HEALING EFFECT OF APAMARGA KSHARA (CAUSTIC THERAPY) IN SALYAJANYA NADI VRANA AFTER CHEDANA KARMA -A CASE REPORT.

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221.CRITICAL ANALYSIS OF KSHARA RAHITA BHOJANA – A COMPLETE REGIONAL DIETICS AS PER KASYAPA SAMHITA.

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222.AN OBSERVATIONAL STUDY TO ASSESS THE CONCEPT OF DHATU MALA FOR STRENGTH AS WELL AS DISEASE WITH SPECIAL REFERENCE TO NAKHA (ASTHI DHATU MALA)

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223.THREATS OF VIRUDHA AHARA AND ITS CONSEQUENCE IN PRESENT ERA: A CRITICAL REVIEW

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224.PROGRESSIVE SUPRANUCLEAR PALSY AND ITS AYURVEDIC APPROACH- A CASE REPORT

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225.SINGLE CASE STUDY ON AYURVEDIC MANAGEMENT OF AVASCULAR NECROSIS WITH KANMADA RASAYANA

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226. POLICY ON AYURVEDA HEALTH TOURISM THROUGH GOVERNMENT SECTOR – A NOVEL APPROACH

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227. A REVIEW ON AYURVEDIC COSMETOLOGY

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228. AN OBSERVATIONAL STUDY TO ASSESS THE EFFECT OF LEKHANEYYA GANA KASHAYA IN OVERWEIGHT INDIVIDUALS - A PROPOSED STUDY

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229. ROLE OF SAMANASNEHAPANA IN OSTEOARTHRITIS

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230. A CROSS SECTIONAL ANALYTICAL SURVEY ON THE ARTHAVA ROGAS PREVALENT AMONG ADOLESCENT GIRLS AGED BETWEEN 13 TO 17 YEARS IN 6 SCHOOLS IN KOLLAM DISTRICT IN THE YEAR 2016-17 FOLLOWED WITH A PROSPECTIVE CLINICAL STUDY TO ASSESS THE THERAPEUTIC EFFECT OF OUTPAT

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231. CONCEPT OF METABOLIC SYNDROME IN AYURVEDA

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232. A CASE STUDY ON THE AYURVEDIC MANAGEMENT IN MYOSITIS OSSIFICANS TRAUMATICA

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233.RATIONALE AND EFFICACY OF AN AYURVEDIC PROTOCOL IN MANAGEMENT OF T2DM- AN OBSERVATIONAL STUDY

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235.VALIDITY OF METHODS FOR ASSESSMENT OF PRAKRUTI – INFERENCES FROM A PILOT STUDY

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236. SCOPE OF AYURVEDIC COSMETOLOGY IN SKIN CARE

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237.THE MANAGEMENT OF THROMBO ANGIITIS OBLITERANS-AN AYURVEDIC PERSPECTIVE

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238.DIFFERENTIAL DIAGNOSIS OF SHOULDER PAIN IN AYURVEDIC PRIMARY CARE; A SYSTEMATIC REVIEW

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239.EMERGENCY MANAGEMENT AND AYURVEDA

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240. STUDY ON THE EFFICACY OF GOKSHURADI CHOORNA IN ERECTILE DYSFUNCTION

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242. ANKYLOSING SPONDYLITIS AND ITS AYURVEDIC APPROACH - A CASE REPORT

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243. OBSERVATIONAL STUDY ON THE DIFFERENT DIAGNOSTIC PROFILE, MANAGEMENT AND FOLLOW UP OF CARDIOVASCULAR DISORDER PATIENTS ATTENDING THE PREVENTIVE CARDIOLOGY SPECIALTY OP IN GOVT. AYURVEDA COLLEGE, TVM DURING THE PERIOD FROM JANUARY 2017 TO JUNE 2018

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244. CONCEPTUAL CONSIDERATION OF AGADAYOGAS IN THE MANAGEMENT OF NON ALCOHOLIC FATTY LIVER DISEASES

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245. A HAND ON MANAGEMENT OF FLOODS DISASTER IN THE FIELD OF AYURVEDA

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246. HEAVY METAL CONTAMINATION OF SOIL AND ITS IMPACTS ON DRUG PRODUCTION

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