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Thiruvananthapuram, Kerala, India



GAF – IAS
INTERNATIONAL
AYURVEDA SEMINAR
DECEMBER 1-5, 2023

BOOK OF ABSTRACT

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Government of India



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GAF- 2023

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INTERNATIONAL AYURVEDA SEMINAR

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Book of Abstracts

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Global Ayurveda Festival - 2023- Thiruvananthapuram

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From the Editing Desk

Dear Readers,

With immense pleasure and pride, we present the “Book of Abstracts” for the 5th Global Ayurveda Festival (GAF 2023) International Ayurveda Seminar, a testament to the global convergence of Ayurvedic wisdom.

GAF 2023 is poised to be the largest worldwide gathering of Ayurvedic minds, transcending boundaries and weaving together diverse streams of knowledge, from molecular biology to animal and plant health. The overarching goal of GAF is to propel Ayurveda onto the world stage, aligning with the Ministry of Ayush’s vision for the global promotion of this ancient science. GAF fosters an environment that nurtures dialogue, research, and the exchange of innovative ideas.

The response has been overwhelming, with 2500+ abstracts received globally, reflecting the vibrant Ayurvedic community’s dynamic nature. The scientific sessions will delve into an array of disciplines, fostering collaboration and cross-pollination of ideas. The abstracts span classical formulations to cutting-edge research, covering themes from Ayurveda and Modern Medicine to Veterinary Medicine, Pharmacology, Pharmacognosy, Botany, Materia Medica, and Molecular Biology.

In line with the ancient Indian philosophy of “*Vasudhaiva Kutumbakam*” (the world is one family), GAF 2023 embraces the “One Health” concept. This pursuit seeks to harmonize the well-being of humans, animals, and the environment. The abstracts mirror collective efforts toward a holistic approach to health.

The “Book of Abstracts” is a comprehensive guide for practitioners, students, researchers, academicians, policymakers, and stakeholders, providing insights into the latest advancements. The diverse array of abstracts facilitates a deeper understanding of Ayurveda’s multifaceted contributions to health and well-being.

On behalf of the Editorial Board, I extend heartfelt gratitude to contributors, organizers, and participants who made this endeavor possible. May this “Book of Abstracts” serve as a guiding light, inspiring collaboration and illuminating the path toward a healthier, interconnected world.

Warm regards,

Dr. Jayan D.

Chief Editor and Chairman - Seminar Committee
5th Global Ayurveda Festival



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MODERN BIOLOGY FOR AYURVEDA





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UNREVEALING THE MOLECULAR MECHANISMS ASSOCIATED WITH ANTI-VIRULENCE ACTION OF POLYHERBAL FORMULATIONS AGAINST ANTIBIOTIC-RESISTANT PATHOGENIC BACTERIA

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Background: The concept of polyherbalism has been widely employed in traditional medicine systems like Ayurved. We have been investigating anti-pathogenic activity of certain polyherbal formulations (Panchvalkal, Triphala, Herboheal, Enteropan[®]) against multidrug resistant strains of pathogenic bacteria e.g. *Pseudomonas aeruginosa*, *Staphylococcus aureus*, listed by WHO/CDC/DBT as Priority Pathogens. Objective: To uncover the molecular mechanisms underlying the anti-pathogenic activity of certain polyherbal formulations. Methods: In vivo anti-virulence activity of the test formulations at non-growth inhibitory concentrations against the bacterial pathogens was evaluated in the model host *Caenorhabditis elegans*. Molecular mechanisms of the virulence-attenuating activity of these polyherbal preparations were elucidated through a whole transcriptome approach. Major targets from among the differentially expressed genes in extract-treated bacteria were identified through network analysis. Results: Different gram-negative and gram-positive bacterial pathogens, when pre-treated with test extracts, displayed a reduction in their ability to kill the model host *Caenorhabditis elegans*. A common mechanistic trait associated with each of these extracts was 'multiplicity of targets', wherein each of them influenced differential expression of multiple genes in target bacteria i.e. no single gene/protein/pathway in bacteria can be pinpointed as the sole major target of any of these extracts. Various mechanisms through which these polyherbal formulations attenuated bacterial virulence were found to be disturbance of metal homeostasis, quorum sensing, sulfur metabolism, generating nitrosative stress, etc. Conclusion: Such multitargeted action of polyherbal formulations as revealed through modern 'omics' approach can have important implications with respect to combating the global AMR (antimicrobial resistance) pandemic, as the probability of emergence of resistant phenotype among pathogenic bacteria against such polycomponent therapeutics can be expected to be quite low. This work is a good demonstration of the utility of modern scientific techniques towards validation of traditional medicine.

Keywords: Antimicrobial Resistance (AMR), Transcriptome, Polyherbalism, Multiplicity of Targets, *Caenorhabditis elegans*, Non-antibiotic action

Registration Code: ABOP 1002



MICROBIOME- THE PAST AND FUTURE OF AYURVEDA A PROPOSAL

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Enormous quantities of microbes exist inside our gut. The genes expressed by these microbes is collectively known as microbiome. DNA sequencing technology and bioinformatics have made it possible to evaluate the composition of the diverse community of bacteria, archaea, fungi, viruses, and other organisms that form the microbiome. A growing body of research has now correlated the microbiome with a wide variety of diseases. The gut microbiome participates in vital processes including digestion, energy homeostasis and metabolism, the synthesis of vitamins and other nutrients, and the development and regulation of immune function. It also contributes to the production of numerous compounds that enter the blood and affect various tissues and organs of the body. Dysbiosis arises when the delicate and elaborate ecology of microbial communities are disrupted by internal or external factors. Recent research has helped us to understand the connection between the microbiome and the different preventive and therapeutic treatment approaches of Ayurveda. The presence of microbiome assisted functioning in various aspects of ayurvedic principles like prakriti, panchakarma, Agni, ama and even brain functioning has been proven with the help of metagenomics and metabolomics. An example of a case of IBS-M with severe dysbiosis in microbiota was symptomatically improved with Ayurvedic management which reveals a potential breakthrough. Hence uniting fields like bioinformatics, metagenomics and the Vasthi procedure in ayurveda can develop futuristic therapeutics and prevention protocols which can take over invasive procedures like fecal transplant to get much better ecosystems of microbiota inside our gut. Through this we can devise a microbiome-based therapeutics and diagnostics and hence get deeper insights into the Ayurvedic physiology.

Keywords: Microbiome, Ayurveda, Metabolomics, Panchakarma

Registration Code:ABOP 1097



AN IN-VITRO PILOT STUDY TO EXPLORE THERAPEUTIC ADJUVANT POTENTIAL OF TINOSPORA CORDIFOLIA WITH METHOTREXATE IN RHEUMATOID ARTHRITIS MANAGEMENT

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Rheumatoid arthritis (RA) is a chronic inflammatory disease characterized by pain, swelling and inflammation at the site of bone joints. The inflammatory response plays a crucial role in RA pathogenesis. The present therapeutic approaches include extensive use of disease-modifying antirheumatic drugs (DMARDs) such as methotrexate (MTX) with adverse effects. *Tinospora cordifolia* (TC/Guduchi) is an extensively prescribed botanical in Ayurveda practice for management of chronic inflammatory conditions. The present study explored the adjuvant potential of aqueous extract of TC (TCA) in combination with MTX using SW982 cells. The cytotoxicity of MTX and TCA on SW982 cells was tested using MTT assay. The SW982 cells were dosed with logarithmically increasing concentrations of MTX (0.01 – 1000nM) and TCA (0.01 – 1000 µg/ml) to identify IC₂₅ value using dose-response curve. The anti-inflammatory potential of MTX and TCA alone and in combination was evaluated by cell migration assay. The scratches were made in confluent monolayer SW982 cells followed by induction of inflammation by 5 µg/ml of lipopolysaccharide (LPS). The monolayers with scratch were dosed with MTX (450 nM) and/or TCA (75, 88.5, and 100 µg/ml). The scratches were observed under dosing. The scratch images were analyzed using ImageJ software followed by statistical analysis and graphical representation using GraphPad Prism 9.1.1. The cytotoxicity assay showed IC₂₅ values of TCA .

Keywords: *Tinospora cordifolia*, Rheumatoid arthritis, Ayurveda, Adjuvant

Registration Code:ABOP 1278



AYURVEDA AND EPIGENETICS: AN INNOVATIVE APPROACH FOR INTEGRATIVE MEDICINE

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Epigenetics is a field of study focused on heritable alterations in gene expression without modifying the fundamental DNA sequence. Key epigenetic mechanisms encompass DNA methylation, histone modification, and the regulation of genes by microRNAs. Ayurveda posits that factors like *Desa*, *Bala*, *Kala*, *Agni*, *Prakriti*, *Vaya*, *Satva* can influence an individual's health. This is analogous to the contemporary understanding that diet, stress, exercise, and other environmental factors can induce lasting epigenetic modifications impacting development, metabolism, and health. Notably, epigenetic changes have been observed in several diseases, including cancer, autoimmune disorders, and neurological conditions, presenting a promising avenue for evidence-based integrative medicine. As a part of this review, an online search has been done in various databases using keywords such as Ayurveda, Herbal, Traditional Medicine, Complementary Medicine, Alternative Medicine, and Epigenetics. Full-text articles were meticulously reviewed, and selected studies were subjected to data extraction and qualitative analysis to inform this review. This review proposes a hypothesis for integrating Ayurveda and epigenetics to develop innovative, evidence-based integrated treatment approaches. Exploring the epigenetic effects of Ayurvedic herbs and therapeutic procedures may usher in a new era of epigenetic-based integrated treatments within Ayurveda. While this review underscores the promising synergy between Ayurveda and epigenetics, it is essential to acknowledge the limited body of research at the intersection of these two fields. Currently, there are relatively few studies investigating epigenetics in the context of Ayurveda. Consequently, drawing definitive conclusions based on the available evidence remains challenging. As such, we recommend further comprehensive investigations in epigenetics and Ayurveda to unlock the potential for revolutionary integrative medical approaches.

Keywords: Ayurveda, Epigenetics, Herbal medicine, Traditional Medicine

Registration Code: ABOP 1544



SCOPE AND FIELD OF AYURNUTRIGENOMICS IN THE PRESENT ERA

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Ayurgenomics presents a personalized approach in the predictive, preventive, and curative aspects of stratified medicine with molecular variability, which intersects mind and body. It embodies the study of inter-individual variability due to genetic variability in humans for assessing susceptibility, and establishing diagnosis and prognosis, mainly on the basis of the constitution type of a person's Prakriti. Ayurveda merges Pathya or Ahara and Ausadha inside the concept of therapeutics, to maintain harmonization of the Doshas according to individualistic variability or Prakriti and other environmental factors. Ayurvedic principles have also given the concept of adaptability termed Satmya. Here, nutriome is referred to as the entire food habit of a person interacting with his/her genome or physiome. Ayurnutrigenomics is an emerging field of interest pervading Ayurveda systems biology, where the selection of a suitable dietary, therapeutic, and lifestyle regime is made in relation to the Prakriti of an individual, which amalgamates information from genomics, proteomics, and metabolomics projected to provide a solid evidence-based scientific foundation for the advancement of personalized nutrigenomic dietetics. Nutrigenomics extends from the study of the genome-wide influence of nutrition to the ensuing time-dependent response in transcriptomics, proteomics, and metabolomics to express the phenotype of a biological system. The influence of genetic variation on pharmacokinetics and nutrikinetics have also traditionally been incorporated in the concept of nutrigenomics, to optimize nutrition according to the one's genotype. The Ayurvedic concept of nutrition can be explained or translated in the same direction. Hence, Ayur-nutrigenomics maps the influence of dietary molecules on the genome, to correlate consequential phenotypical divergence in the cellular response such as metabolic pathways and homeostasis of the biological systems. It also includes precise determination of molecular mechanisms essential to human health and disease, advocating an enormous prospective for promoting health, and lowering mortality and morbidity.

Keywords: Ayurgenomics, Nutrigenomics, P4 medicine, Personalized medicine, Pathya, Satmya, Prakriti.

Registration Code: ABOP 1666



TRANSDERMAL DELIVERY OF BHASMA -A NOVEL APPROACH

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Nanotechnology has been extensively explored for its ability to boost the progress in pharmaceutical research. Application of Metallic nanoparticles has drawn much attention especially in the field of health. Metallic nanoparticle as medicine has significant advantages like increased stability and half-life, can provide required biodistribution and target specificity. Bhasma is a unique Herbo-mineral-metallic compounds in Ayurveda with a size of Nano dimension that is 1-2 μ . Through Bhasmikarana process, metals and minerals get reduced particle size also get converted into a suitable, absorbable and assimilable form for human body. The oral administration of Bhasma has limitations like reduced bioavailability, target specificity and less control over release of Bhasma into circulation. Transdermal Delivery of Bhasma is a robust idea in the field of Ayurveda. Transdermal Delivery can also overcome the adverse effects of first pass metabolism and can release the drug in a controlled manner into circulation. The Material and methods include review of literatures regarding the transdermal delivery of Metallic nanoparticles, its advantages and risk factors involved both in classics and scientific publications. All the data have been compiled, analyzed and summarized. The present study aims to explore the possibility of developing Transdermal drug delivery systems for Bhasma and their applications in various disease conditions.

Keywords: Nanotechnology, Metallic nanoparticle, Bhasma, Transdermal drug delivery

Registration Code: ABOP 1851



STUDY OF THE COMPOSITION OF DASHAMOOLAKAYU TREYAM KVATHA CHURNA AND SIMHYADI KVATHA CHURNA USING GAS CHROMATOGRAPHY WITH MASS SPECTROMETRY FOR ITS ANTI-ASTHMATIC ACTIVITY

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Purity testing and assessment of natural or synthetic biologically active substance is the most prime aspect of studying the chemical analysis in pharmaceutical preparations. This study includes two techniques where the components is separated by Gas chromatography and the mass spectroscopy does the analysis of the bio-active component. As a part of such an analytical aspect, standard drug Dashamoolakayu treyam Kvatha Churna and Simhyadi Kvatha Churna is subjected to GC-MS to study their bioactive compounds. Methodology: 1g of sample was extracted with 10mL of methanol and was filtered through a syringe filter (Nylon 13 mm 0.2um) and injected to GCMS. The components of the oil were identified by comparison of their mass spectra with those of the spectrometer/ mass spectral database using NIST library (NIST -08 SPECTRAL DATA). The identified common compounds and different compounds were compared and studied for their anti-asthmatic activity. Result shows three peaks with R.T mins as 7.689, 7.964, 8.841 and the compounds are identified are α -Copaene (Tricyclo [4.4.0.02,7] dec-3-ene, 1,3-dimethyl- 8- (1-methylethyl)-, stereoisomer), Caryophyllene, Caryophyllene oxide with peak heights as 17768, 104199, 39458 respectively in Dashamoolakayu treyam Kvatha Churna. Simhyadi Kvatha Churna identified major peaks indicating the presence of phytochemical constituents such as α -Copaene (Tricyclo [4.4.0.02,7] dec-3-ene, 1,3-dimethyl- 8- (1-methylethyl)-, stereoisomer), Caryophyllene, Caryophyllene oxide compounds. Discussion: Identified components has antioxidant, Analgesic and anti-inflammatory activity, antiasthma activities and are used in the therapy of inflammatory diseases of the upper airways. Thus, this GC-MS study indicates the scientific validation of Dashamoolakayu treyam Kvatha Churna and Simhyadi Kvatha Churna as a potent medicine as claimed by ayurvedic literature and practice.

Keywords: Gas Chromatography; Bio-active component; Mass Spectrum, α -Copaene, Caryophyllene, Caryophyllene oxide.

Registration Code: ABOP 2411



AN EXPERIMENTAL STUDY TO EVALUATE THE EFFECT OF NITYA SEVANIYA DAILY CONSUMABLE AND NITYA ASEVANIYA DAILY NONCONSUMABLE FOOD ITEMS ON ALBINO RATS

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There was need to evaluate the wholesome and unwholesome effect of Nitya Sevaniya (NS) and Nitya Asevaniya (NAS) food items. The present study was conducted to perform in vivo safety evaluation of selected NS and NAS food items. Materials and methods: Thirty rats were randomly divided into five groups-each containing six Charles Foster strain albino rats. Group 1 served as standard diet group, groups 2 and 3 served as test drug received groups namely NS50 and NS100, in which 50% and 100% mixture of NS food was administered. Group 4 and 5 as test drug received groups NAS50 and NAS100, in which 50% and 100% NAS food mixtures were administered. The test diet was administered orally in the form of freshly prepared pellet twice daily ad libitum for 90 days. Parameters studied were gross behavior, body-organ weight, food-water intake, fecal-urine output, hematological-biochemical parameters, electrocardiogram and histology of various organs. Results: In the NAS100 group, a significant change was observed in 20 of 47 parameters in view of pathological aspect. Among them, platelet count, SGOT, and indirect bilirubin were above normal limits, while other parameters were within the normal limits. No significant change was observed in any of the parameters in the NS50 and NS100 group after 90 days of administration as compared with the control group. Considering findings of this study, it is concluded that selected NS food items are safe while consumption of only selected NAS food items (when administered in 100% dose) for 90 days have the potential of inflammatory changes in the liver, spleen; fat deposition in kidney and impairment of cardiac and renal functions. Significance of study: This study proves wholesomeness and unwholesomeness of selected NS and NAS food items.

Keywords: Asevaniya, Kilaat, Kurchika, Nitya, Sevaniya

Registration Code: ABOP 2682



IDENTIFICATION OF PHYTOCHEMICALS IN SALLAKI TABLETS TARGETING TRPA1 PAIN RECEPTORS - AN IN SILICO APPROACH

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TRPA1 is a pain receptor involved in sensing inflammatory pain. Sallaki tablets are Ayurvedic medicines used to manage pain in inflammatory conditions, such as osteoarthritis. These tablets contain extracts from medicinal plants, including *Boswellia serrata*, *Tinospora sinensis*, and *Ricinus communis*. The study aims to identify the phytochemicals in Sallaki tablets that target TRPA1 pain receptors. Methods: In silico computational approaches were employed in the study. To study the interaction of phytochemicals with TRPA1, molecular docking studies were conducted using Discovery Studio Client v21.1.0.20298 (DS) software. The Drug-likeness of phytochemicals was evaluated using Lipinski filter protocol of DS. 'ADMET descriptors' of DS were used to predict pharmacological features based on the chemical structure of molecules. Results: A total of 196 phytochemicals were present in the three medicinal plants of Sallaki tablets, with 84 compounds in *Boswellia serrata*, 62 in *Ricinus Communis* and 50 in *Tinospora Sinensis*. Docking of human TRPA1 (PDB ID: 7OR1) with these compounds revealed interactions between 41 phytochemicals of *Boswellia serrata*, 7 from *Ricinus communis* and 10 from *Tinospora sinensis* with TRPA1. Among these, 27 compounds passed the criteria for ADMET and Lipinski parameters. Within these 27 compounds, the phytochemical Epicubenol (Pubchem ID: 12046149) from *Boswellia serrata* exhibited the highest Libdock score when compared to standard TRPA1 inhibitor. Moreover, it interacted with the same residues to which the inhibitor binds. Conclusion: The findings of this study suggest the potential of Epicubenol as a modulator of TRPA1, particularly as a TRPA1 inhibitor. This research highlights the promising role of phytochemicals in Sallaki tablets as potential candidates for managing TRPA1-mediated pain.

Keywords: Pain, TRPA1, Sallaki tablets, Molecular docking, Phytochemicals, Epicubenol.

Registration Code: ABOP 2928



SCOPE OF PRINCIPLES OF AYURVEDA BIOLOGY IN CANCER PREVENTION AND MANAGEMENT

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In Ayurveda, the theory of Prakriti, or body constitution, considers human physiology concerning Panchamahabhuta. Also, the biological system of humans is coded in three forces that govern all life processes and are expressed in physiology as Doshas: Vata, Pitha, and Kapha. Each dosha has sub-doshas that relate their functions within the body systems (Tridosha theory). These three physical and physiological control systems coordinate the entire body's activities. When the doshas are balanced, each body type has unique positive tendencies and health attributes. The imbalance between the body elements leads to decreased vitality and immunity, inflammation, and diseases. Research says that there are genetic and epigenetic correlates for these body types. Abnormal epigenetic modifications in specific oncogenes and tumor suppressor genes can result in uncontrolled cell growth and division. By reviewing published studies. Results: The Ayurveda texts describe cancer as inflammatory or non-inflammatory swellings designated as Arbuda or Granthi. These terms have been described differently: significant, muscular, immovable, or swelling "tumor" and Granthi as a benign cystic node or nodule or glandular enlargement. The disease's occurrence process is described as six stages of pathogenesis (Shad kriyakala). This process can happen over the years and is a progression of aggravation of the doshas weakened by wrong diet or causative factors and accumulation of ama and tissue inflammation. An important aspect of this theory is that imbalances in the body can be detected in the early stages of the disease, and Ayurvedic treatments can reverse the disease process. The development of statistically robust and reproducible research methods for integrating Ayurvedic concepts of Prakriti, Ama, and Agni into current cancer care research is needed.

Keywords: Ayurveda, Prakriti, Agni, Ama, Cancer

Registration Code: ABOP2942



INVESTIGATION ON THE ANTIBACTERIAL ACTIVITY OF NAGARADI KASHAYAM ON ANTIBIOTIC RESISTANT KLEBSIELLA PNEUMONIAE ISOLATES FROM THE HUMAN RESPIRATORY TRACT

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Antibiotic resistance is a global problem that affects healthcare systems worldwide. The development of antibiotic resistance outpaces the creation of new antibiotics. Respiratory tract infection caused by multidrug resistant gram negative pathogens makes empirical treatments ineffective and worsens the clinical condition of patients. Many polyherbal formulations can target multiple sites or mechanisms within the bacterial cell. This makes it more difficult for bacteria to develop resistance because they would need to evolve multiple resistance mechanisms simultaneously. The study was focused on exploring the antibacterial efficacy of a traditional polyherbal formulation Nagaradi Kashayam which had been used to treat respiratory tract infections, which is one among the leading infectious conditions prevalent in our country. The study involves preliminary phytochemical analysis, quantification of phytoconstituents, and its antibacterial effect on multidrug resistant clinical isolates from the respiratory tract. The phytochemical analysis revealed the presence alkaloids, phenols, saponins and tannins. Agar well diffusion assay confirmed the antibacterial effect of the formulation. The effectiveness of antibacterial activity was determined by finding the MIC and MBC values through Microtiter plate assay. MIC values were found to be in the range of 6.25mg/ml – 25mg/ml and its MBC ranged from 6.25mg/ml -256 mg/ml. This study proposes the Nagaradi Kashayam as an alternative strategy for treating respiratory tract infections caused by multidrug resistant pathogens.

Keywords: Agar well diffusion, Microtiter plate assay, Polyhebal formulation

Registration Code: ABOP 3089



MODULATION OF VIRULENCE TRAITS OF CANDIDA ALBICANS USING ESSENTIAL OILS- AN IN VITRO AND IN VIVO APPROACH

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Candida albicans is a pathogenic fungus that poses serious health risks, particularly in immunocompromised people. Candida albicans was designated as a critical priority fungal pathogen by the World Health Organisation in 2022 due to its public health impact and emerging antifungal resistance risk. Antifungal resistance makes treating C. albicans infections more difficult, necessitating the development of alternative therapeutic techniques or the discovery of novel antifungals. Targeting the virulence properties of fungi is an attractive method for identifying new antifungals since it targets microbial virulence without compromising cell viability, which may make drug resistance less likely. The current study used in vitro and in vivo methodologies to determine the anti-virulent mechanism of Thyme essential oil. Our research demonstrated that sub-inhibitory concentrations of Thyme oil suppressed germ tube formation, one of C. albicans's key pathogenicity traits that helps the organism to invade the mucosal lining and establish the organism to withstand competition from normal flora inhabiting the mucosal membrane. In vitro, co-culture of Candida albicans and THP-1 macrophage cells, combined with sub-inhibitory concentrations of Thyme oil, showed decreased adherence to macrophages and subsequent germ tube formation. Infection of C. albicans in an in vivo C. elegans model indicated Thyme oil's inhibitory effect on germ tube development and enhanced C. elegans survival. Thyme oils at sub-inhibitory concentrations significantly inhibited additional virulence factors of C. albicans, such as biofilm, protease activity, phospholipase activity, and wrinkled colony formation. These studies demonstrate Thyme oil's anti-virulent properties. More research is needed to fully understand the mechanism of the anti-virulent activity of Thyme essential oil.

Keywords: Candida albicans, Virulence, Thyme oil, Germ tube

Registration Code: ABOP 3092



ADAPTING DAY TO DAY AYURVEDIC PRACTICES AND THEIR RELATION WITH THE IMMEDIATE AND REMOTE EFFECTS ON THE BODY

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Ayurveda provided us the tools that can help built resilience to the hormonal imbalance to which we are so susceptible especially females, several chemicals /hormones play role in our happiness and health which are merely chemical conversions in the brain and gut closely related to Dhatvaagni present in the tissues affecting metabolism Study of Practices corresponding to TrayaUpsthmbha[moderate nourishing diet nuts, fruits, milk, ghee, honey] used extremely cautiously according to age, season, exercise, sleep, celibacy as described in Sadvritta, SasthaVritta, AacharaRasayan, produces Dopamine[feel good , reward, pleasure Hormone] from the brain, Serotonin[Mood regulating:produced in the Kostha:gut]affects sleep, optimism [so,healthy microbial biome is crucial] closely related to Agni and Grahani affected by diet, AatapSevan ,Abhyang, Dhyaan while Chinta ,Irshya, Shok, Bhaya, Krodha[persistent stress negates it] Oxytocin provides trust, safety ,empathy Increases with Sparsh Daan etc Endorphins[Pain reducers ,feeling of well being],secreted by Kriya,MadhurRasa,Dhyan etc and depletion causes Anindra, SharirRuja and affecting release of Melatonin, Angiotensin, GammaAminoButyricAcid which leads to CVD. Results-Assessment of particular regimen on specific chemical produced and their understanding in terms of Dosha, Agni, Oja and Bala. Stress, illness, injury or emotional trauma leads to imbalanced vital force energy[Pran] as Dosha follows Pran which weakens the immunity, so, prioritizing the hormonal balance should be the way of life be it gut health or fertility concerns. The body constituents vacillate between Prakriti and Vikriti, focusing the hormonal status reinforced by Ayurvedic practices strengthens the ability to move in and out gracefully builds resilience of subtle body PraanMaya Kosha connecting AnnaMaya communicating with ManoMaya Koasha as Kostha[Gut brain] communicates with Manas sending messages 10 times faster than the brain sends messages to the gut, so to strengthen the hormonal role we must focus on the gross factors affecting the interdependence of three Koshas

Keywords: Chemical messengers, TryaUpasthmbha, Kostha ,Kosha, Pran,

Registration Code: ABPO 1147



APPLICATION OF MANDALI VISHA CHIKITSA IN CELLULITIS- A CONCEPTUAL STUDY

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Mandali visha vega is characterized by the vitiation of blood and body becoming yellow, burning sensation, appearance of swelling, fever etc. which resembles cellulitis in modern science. Cellulitis is a commonly occurring infection of the skin and subcutaneous tissues. It is commonly caused by streptococci, staphylococci, or clostridium organisms. It also occurs due to the bite of various insects and snakes. Cellulitis is a spreading type of inflammation of subcutaneous tissue. Characteristic features of inflammation- pain, redness, tenderness and swelling are landmarks of cellulitis. Snakes living on earth are of 3 kinds as per Vagbhata- darvikara, mandala and rajimanta. Snakes which have no hood, covered with patches of different sizes on their body, big in size and slow in movements are mandala sarpa. Mandali visha causes aggravation of pitha dosa. Mandali (spotted with patches) are the vipers. Two kinds of vipers are found in India- the pit viper and the pitless viper. Cellulitis patients comprise 1-14% of emergency room visits and 4-7% of hospital admissions. Management of cellulitis should be aimed to avoid further complications like sepsis, osteomyelitis, lymphangitis, endocarditis and meningitis. Cellulitis is usually treated with antibiotics, anti-inflammatory, antipyretic and analgesic drugs. But it takes almost 3 to 7 days or more to get the actual results besides all these drug management only glycerine + magnesium sulphates dressing is recommended. The effort will be to inco-operate mandali visha chikitsa in cellulitis, because it is sophahara, pithasamana. Both are raktha dushitha avasthas and main treatment will be to purify the blood. So giving respect to pitha, jallokavacharana, mode of rakthamokshana will be the first line of treatment. Sodhana will be done, and external pitha samana lepana will be done. Kashayas with anti-inflammatory and antipyretic effect will be internal drug of choice, all from mandali visha prakarana.

Keywords: Mandali Visha, Cellulitis, Jalukavacharana

Registration Code: ABPO 1884



AGADATANTRA





DETRIMENTAL EFFECT OF HAIR CARE PRODUCTS WSR TO DOOSHI VISHA

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Hair is considered as crowning glory and no human being is ever satisfied with the length, volume, color and nature of their hair. People are using natural and unnatural products to improve the quality and quantity of hair. Though it is well known that the condition of the hair reflects the health of a person, rather than consulting a doctor, people use hair care products that they see in the advertisement. The excess use of hair care products like cadmium in hair cream, selenium sulfide in shampoo, coal tar in hair dye etc can cause serious health hazards. Along with the physical ailment, it can also affect the mind and social behavior of a person. Dooshi Visha is a unique concept of Visha chikitsa. Dooshi Visa is that which remains in the body for a longer time period before it gets excited. The cause and metabolism of hair abnormalities by hair care products can be well compared with Dooshi Visha. A thorough study on the toxic content in hair care products and its adverse effect is studied from the modern text book and research articles. A detailed study is done on Dooshi Visha from Brihatrayees. Treatment principles of Dooshi visha, Rasayana, Keshya Dravya are incorporated to remove the hair abnormalities and to regain healthy hair. The overall action of Nidana parivarjana, Shodhana, rasayana, Vishahara and Keshya dravya's eliminate the toxin present in hair, prevents accumulation of poison, alter the various abnormalities of the hair and improves the growth of the hair. Ayurveda has a systematic approach in treatment which is after considering various factors like nidana, ahara, vihara, prakriti, dosha, and dhathu involvement by which complete cure can be attained.

Keywords: Hair, Haircare products, Hair loss, Dooshi Visha, Rasayana, Keshya

Registration Code: ABOP 1415



AN EVIDENCE BASED ASSESSMENT OF PSORIASIS MANAGEMENT IN AYURVEDA

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Pсориаз is a chronic immune-mediated inflammatory skin disease, associated with morbidities such as psoriatic arthropathy, psychological, cardiovascular and hepatic disease. The disease have multiple phenotypically distinct subtypes. There is an increase in prevalence of psoriasis worldwide. Due to systemic inflammation, the psoriatic disease is often associated with other comorbidities that negatively impact social and private life, resulting in overall poor quality of life. Reduction in the burden of the psoriasis remains the focus of future work. If we follow a scientific ayurvedic protocol and proper dietetics and regimens it is very easy to manage the skin diseases. But the documentation of these are not in common practice among ayurvedic physicians with the help of passive scoring; Psoriasis Area and Severity Index. Here is the presentation of evidence based data collected during the treatment of 20 cases diagnosed with psoriasis.

Keywords: Psoriasis, Psoriasis Area and Severity Index

Registration Code: ABOP 1435



A CASE REPORT ON AYURVEDIC MANAGEMENT OF CHRONIC NON-HEALING DIABETIC ULCER

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An ulcer is a break in the continuity of the skin and mucous membrane and that do not heal for a long time are term as chronic. Chronic non healing ulcers are major health problem worldwide and have great impact on personal, professional, and social levels. It can be seen in patients associated with diabetic, auto immune disorder, multiple primary skin conditions etc. In patients suffering from diabetes mellitus the wound healing process is impaired hence conventional therapeutic intervention might not be effective. The improper care of ulcer can cause gangrene and may lead to amputation of that part. The morbidity caused by it creates a negative impact on the quality of life of the patient. In the present scenario the whole class of chronic non healing ulcers can be thus incorporated mainly into Dustavrana category owing to its striking resemblance. This case study discusses about a 58-year-old male Diabetic patient presented with chronic non healing ulcer on left leg associated with severe burning pain, swelling, etc. Patient was advised with internal medication having amapachana, srothosodhana, vranaghna, mehahara, sothaghna and soolahara properties. Externally ksheera Dhara was done with karaskara , highly potent drug among the upavisha . Wound healed within 5 weeks with complete relief of symptoms. This case study focuses on the potency of Ayurvedic medication on treating hopeless non healing diabetic ulcers and the mode of treatment was found to be very cost effective, safe and easy to carry out.

Keywords: Dustavrana, Gangrene, Srothosodhana, Mehahara, Karaskara, Upavisha,
Registration Code: ABOP 1509



DIAGNOSTIC APPROACH FOR DHATURA AS PER AGADATANTRA

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Dadru is one of the common skin disease mentioned in ayurveda. In modern science the clinical manifestation of dadru is closely similar to local fungal /tinea infection which is affecting upto 15% of population. Excessive severe itching and red patches are the common clinical manifestation which can be diagnosed by pariksha. All the skin diseases in Ayurveda have been classified under the broad heading of “kushtha” which are further categorized in to mahakushtha & kashudrakushtha. Acharya Charaka mentioned dadru in kashudrakushtha, and Acharya Shushruta has mentioned dadru kushtha in mahakushtha. According to most of ayurvedic texts, all types of Kushtha have been considered as Rakta Doshaja vikara. As per modern perspective disease Dadru comes under “Superficial fungal infection of skin”. The matter related to pathology, etiology and management has been collected from text book of Ayurveda and its concert commentaries. modern medicine has been reviewed to collect concert matters of Dadru in details. All collected matters have been framed into primary and secondary causes of Dadru along with etiology, pathology and Ayurvedic management. The basics principles of hetu of Dadru have been mentioned in Brihatrayi, Laghutrayi in the Kustha Nidana. Most of the Apathya Ahara Vihara mentioned in Ayurveda for causes of Kushtha, produces the healthy environment for the growth of fungal infection in the skin tissues. In modern science the clinical manifestation of Dadru is closely similar to Tinea infection which is caused by contact with diseased person, the weak immune system, poor nutrition, stress, obesity and contact with contagious things etc. Acharayas has mentioned predominance of Pitta-Kapha dosha in Dadru. Before Shamana Chikitsa, Shastrokta Virechana Karma will be helpful to remove out vitiated Dosha from body. Rakta mokshana will also help to remove pacify and purify the Raktavaha Srotasa..

Keywords: Dadru, Kushtha, Mahakushtha, Kshudra, Fungal, Tinea, Worms

Registration Code: ABOP 1517



CRITICAL REVIEW ON CLINICAL MANIFESTATIONS OF COVID-19 THROUGH SPECTRUM OF AGADTANTRA

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As we all know the criticalness of COVID-19 pandemic situation due to fulminant mortality And morbidity. Due to that scenario everyone knows the terminologies like cough, fever, Body ache which causes a drastic illness both physically and mentally among the people Suffering from it. Every Pathy tried their best to get rid of the situation. Ayurveda played a major role to prevent such Worldwide drastic Infectious situation and not only that it also helped to control the pandemic situation. As through many research paper, scientists have agreed that COVID-19 is caused by coronavirus from an Animal. COVID-19 is a Zoonosis, a Human disease of Animal origin i.e., from bats to humans. In Agadatantra our Acharyas like Shushruta, Charaka and Vagbhata has classified Visha(poison) into two types namely Sthavara Visha (poisons of plant origin) and Jangala visha (poisons of animal origin). So COVID-19 Pandemic can be considered under Jangama visha as it is of Animal origin . Also, the origin and clinical manifestations can be understood through the spectrum of Agadatantra as mentioned in Janpadhovanmsa and Keeta,loota visha etc. So here is an attempt to understand the clinical manifestations and origin of COVID-19 through spectrum of Agadatantra.

Keywords: Infectious diseases, Origin, Janpadhovanmsa, Jangama visha , Keetavisha, lootavisha

Registration Code: ABOP 1519



ROLE OF AGADA TANTRA IN CUTANEOUS DERMATOPHYTOSIS

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Dadru is a common dermatological manifestation, which has lakṣaṇās – kaṇḍu, dudgatamaṇḍala, piṭaka, vivarṇata, dīrghapratānata. A study by Singh Gurdip and Singh Gurmohan concludes that Dadru kuṣṭha is perhaps the equivalent of dermatophytosis. Superficial dermatophytic infections are highly prevalent in tropical & subtropical countries like India, where heat and humidity are very high for most part of the year. According to WHO, an average time period of 3-4 weeks is required to cure the condition completely. But the condition, which was once considered easily treatable, has now evolved into a difficult-to-treat menace. It is in this scenario, the importance of Viṣopayogīya arises. Aṣṭāṅga Samgraha justifies the use of viṣa for the management of disease conditions which are resilient to treatment. One such formulation mentioned in Kriyākaumudi for management of Dadru is Guggulucakramarda yoga, in which guggulu is used in aśodhita form so that, it acts like viṣa and could be useful in curing Dadru which does not respond to treatment. Various studies on guggulu (*Commiphora* sp.) and cakramarda (*Cassia tora* L.) establish the antifungal property of flavonones Muscanone and Naringenin, α -pinene and furanosesquiterpenoids of guggulu and the leaf extract of cakramarda along with its kuṣṭhaghna, dadrughna, krimighna properties. A comparative clinical trial is intended to assess the efficacy of Guggulucakramarda yoga in Dadru w.s.r.to Cutaneous dermatophytosis by comparing the efficacy with Nimbaharidrādi yoga, the standard drug where the medicines are used as lepa with water, in the dose 0.2g/cm² affected area at 5pm for 1hr 30min, for a period of 14 days and assessment could provide significant results.

Keywords: Dadru, cutaneous dermatophytosis, Guggulucakramarda yoga, Nimbaharidrādi yoga, Viṣopayogiya

Registration Code: ABOP 1525



IN VITRO ANTIBACTERIAL ACTIVITY OF PATHA NAGAR AGADA IN SELECTED ORGANISM IN THE CONTEXT OF FOOD POISONING

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Food borne illnesses are usually infectious or toxic in nature and are caused by bacteria, viruses, parasites or chemical substances entering through contaminated food or water. The most important bacteria that causes food poisoning are Salmonella, Staphylococcus aureus, Ecoli, shigella and clostridium botulinum. Agadatantra as, a branch dealt with Ayurvedic toxicology consider the microbes as site of toxin or viṣa adhiṣṭana. In this perspective Pāṭhā nāgarā agada from Ashtanga Samgraha viṣopadrava pratiṣeda in the context of viṣaja atisāra was taken for the study. This was an in-vitro antibacterial study, conducted to evaluate the antibacterial effect of Pāṭhā nāgarā agada against selected organism (Escherichia coli, Staphylococcus aureus, Shigella sonnei and Salmonella entericus) in the context of food poisoning. The study was planned at four levels: Literature review, Drug extraction, Drug standardization and In-vitro study. After drug extraction, phytochemical screening and HPTLC profiling was done. Microbiological study contains two parts, Minimum Inhibitory Concentration determination and Antimicrobial assay. MIC was determined using serial broth dilution method. Pāṭha nāgarā agada showed higher antimicrobial activity in the gram positive S. aureus. In higher concentrations like 480, 240, 120 Pāṭha nāgarā agada showed better result with P

Keywords: Bacterial food poisoning, Antibiotic resistance, Antimicrobial herb, Agadatantra, Viṣajaatisāra, Pāṭhā nāgarā agada, Disc diffusion method

Registration Code: ABOP 1535



APPLICATION OF TOXICOGENOMICS IN AYURVEDA

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Toxicogenomics is the evolving science which measures global gene expression changes in biological samples exposed to toxic agents and investigates the complex interaction between the genetic variability and environmental exposures on toxicological effects. Present lifestyle, food habit and mental attitudes are invariably different from the past generation. The basic essentials of healthy life such as air, water, food etc are polluted in this era. These changes manifest as various polymorphisms which in turn affects the gene expression of an individual. If cells or organisms are exposed to xenobiotic compounds, they respond by altering the pattern of expression of genes. Genes are transcribed into mRNA, and the chemical information encoded in genes is translated into proteins that serve a variety of cellular functions in response to the exposure. Depending upon the type of exposure and the cellular response, the production of protein encoded by a given gene may be increased, decreased, or remains unchanged. Toxicogenomics can be used to predict adverse toxic effects of toxic compounds on susceptible individuals, etiology of various chronic diseases and poisonings involves interactions between environmental factors, chemicals, and genes that modulate physiological processes. The delicate concept of such type of interactions which eventually hampering the health of a human being is dealt under the board concept of Dooshivisha. The way by which Individuals responds to such kind of exposure is not the same. Acharya have given clue regarding the individualized variations in toxic manifestations. Even though visha Chikitsa demands an emergency treatment, Acharya have given due importance to different factors such prakrti, sathmya, balam, rithu etc. Acharya have also pointed out that pitha prakruthi individuals are more prone to develop severe symptoms when expose to toxins

Keywords: Toxicogenomics, Polymorphisms, Xenobiotics, Dooshivisha, Prakruthi

Registration Code: ABOP 1538



ROLE OF GARAVIA IN FOOTWEAR CONTACT DERMATITIS

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Contact dermatitis is the inflammation of skin resulting from direct contact of a substance with skin surface. It could be irritant or allergic contact dermatitis. Irritant contact dermatitis is caused by contact with a substance which is irritant in nature, such as solvents, pesticides and other chemicals. Allergic contact dermatitis is caused when the substance of contact triggers an immune response, as in case of nickel, perfumes, dyes, latex and cosmetics. This leads to erythema, pruritus, oozing, ulceration, pustules, etc. Contact dermatitis due to footwear is common in India with an overall prevalence ranging from 3-11%, and is often misdiagnosed. It may result from footwear materials containing leather, rubber, adhesives, dyes particularly paraphenylenediamine (PPD), nickel, cobalt, etc. Thus, various factors together contribute to the symptomatology. Many a times, it leads to cross reactivity, further aggravating the condition and reducing the quality of life of patient. The role of Agadatantra in the management is important as these ingredients in footwear form kṛtrima viṣa, and they cause symptoms via their combination or yoga, causing raktaduṣṭi. Thus they constitute garaviṣa (pādukāviṣa), and may act similar to hapten-carrier adduct in causing hypersensitivity. The identification of gara is important as the treatment may fail and the condition may remain long without the elimination of viṣa. Garacikitsa is essential for curing the condition completely, along with doṣa cikitsa

Keywords: Garaviṣa, pādukāviṣa, Agadatantra, kṛtrima viṣa, hapten-carrier adduct.

Registration Code: ABOP 1539



AYURVEDA IS KEY OF HEALING THE ALCOHOL ADDICTION FOR REJUVENATION RECOVERY

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Often when in action dependent on alcohol, we may not feel quite better about ourselves. Our low self-esteem might have been one reason we started drinking in the first place. We might have dishonestly accepted drinking; we would feel better inside. Alcohol does briefly give you a fleeting dopamine rush. Alcohol Addiction is called as Mansikam, Vishargah, Madyapash, Madyasakti. Certain risk like Underage consumption of frequent intake alcohol, imbalance mental health, male gender, social factors. Causes of Alcohol sets off your mind to release the chemical dopamine. This leads your brain to good interface sentiments with drinking and propels you to need more. It also influences serotonin, affecting things like mental state and sleep. Small quantities of alcohol might make beneficial cardiovascular impacts, there is inescapable agreement that heavier drinking can prompt medical conditions³ Stages of Mansikam Visargah According to Ayurveda, the properties of alcohol are opposite to life sap and comparable to poisons(ama). Treatment Of Alcohol Addiction in Ayurveda Detox Therapy for Alcohol Addiction, Ayurveda Herbs, Ayurveda shodhan, devopashray chikitsa to relieve stress, tension, anxiety, depression from root. Collected from various sources, Samhita, modern text books and google searches. We frequently hear a drinker saying, "I drink to release my everyday stress". Stress can be caused by various reasons, like work pressure or family stress. There are numerous options available to fight your everyday stress other than indulging in the hazardous habit of consuming alcohol or being dependent on something which will only lead you to your end. If you're someone who is opting for alcohol because you're stressed. Just give our customized Stress Relief Treatment a try. Ayurveda Shodhana combines a specific diet, proven home remedies, effective herbal remedies, authentic detox, and Marma. And don't forget to share your experience with us.

Keywords: Madya, Madatya, Addiction, Alchohoism

Registration Code: ABOP 1547



A CASE REPORT ON AYURVEDIC MANAGEMENT OF DADRUKUSHTA WITH SPECIAL REFERENCE TO TINEA CORPORIS

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Skin is the largest organ of human body. Its size and external location makes it susceptible to various diseases. Tinea corporis is a widely seen dermatological manifestation encountered in daily clinical practices. Tinea corporis is ring worm of the glabrous skin. By definition it includes lesion of the trunk and limbs, excluding ring worm of specialized sites such as the scalp, feet, and groins. It may be transmitted by direct contact with other infected individuals or by infected animals. The signs and symptoms of tinea corporis can be correlated with dadrukushta based on its pattern of spreading, morphology of lesion, itching and chronicity. Dadru is classified under Kshudra Kushta by Charka Samhita and under MahaKushta by SusruthaSamhitha and AshtangaHridaya. It is not a life-threatening condition but it affects the quality of life and daily activities of human being. The fungus grows best in warm moist environment. Thus, recurrence of dermatophytosis is very common. This single case study discusses about 18 year old boy presented with itchy annular lesions over back of trunk for 2 months with severe itching. Patient was advised with internal medication and external containing amapachana , kandughna , kushtaghna and krimighna properties for a duration of one month. The symptoms including kandu (itching), utsanna mandala (papules), raga (erythema) and spreading nature were reduced considerably. From this case study it can be concluded that ayurvedic formulations are effective in the management of dadru kushta

Keywords: Kshudra kusta, Krimighna, Kustaghna, Kandughna, Utsanna mandala, Amapachana

Registration Code: ABOP 1564



AYURVEDIC MANAGEMENT OF EKA KUSHTA WSR TO PSORIASIS - A CASE REPORT

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Skin is the largest organ in the body. In Ayurveda, all skin diseases are grouped under a broad heading of Kushta Roga and are classified as Mahakushta and Kshudrakushta. Eka kushta is a type of Kshudra Kushta occurring mainly due to the imbalance of Vata and Kapha doshas, resembling Psoriasis in its clinical manifestation. Psoriasis is a chronic dermatosis, characterized by an unpredictable course of remissions and relapses, affecting 2 % of world population. It is clinically characterized by well defined, erythematous, indurated papules and plaques, which are surmounted by large loose silvery scales. Beyond physical manifestations it causes significant social and psychological impairment. Topical steroid, systemic steroids such as methotrexate, phototherapy is the mainstay of treatment for psoriasis. But these therapies give serious side effects like hepatotoxicity, nephrotoxicity and bone marrow depression in long term use and it hampers the quality of life of patients. Hence, it is the need of time to find out safe and effective treatment for Psoriasis and Ayurveda plays an important role in this. This is a case study of, 35-year-old male patient presented with dry erythematous silvery scaly lesions on whole body with severe itching and white scaly lesions on scalp since 15 years. Patient treated with Shamana and Sodhana chikitsa followed by Rasayana chikitsa. The symptoms were assessed with the help of PASI Score at pre and post therapy and Satisfactory results were observed after treatment. So, the present case signifies the fruitful outcome of ayurvedic treatment.

Keywords: Kushta, Mahakushta, PASI score

Registration Code: ABOP 1601



ROLE OF AGADATANTRA IN ALLERGIC CONTACT DERMATITIS- A CASE REPORT

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In India, Westernization of life style has resulted in an increase in exposure to different types of chemicals that exert toxic effects on humans. Allergic Contact Dermatitis is a delayed (Type IV) Hypersensitivity reaction to exogenous contact antigens in previously sensitized individuals. Immunological responses in this are due to interaction of cytokines and T- cells characterised by erythema, papules, vesicles, pruritis, scaling, lichenification and sometimes oedema. The site of involvement carries a definite significance and the discomfort produced may affect the day to day activities of the individual. In Ayurveda, Gara Visha is considered as kritrima visha, which is a combination of poisonous or non-poisonous substances, its mode of administration being explained by Acharya Susruta as Gara Visha Adhishtanas in which their symptoms are strikingly similar to Allergic Contact Dermatitis. The present case report is of a 61 years old male, came with the complaint of erythema, oedema, vesicles and pruritis of bilateral palms, which he noticed after exposure to cement as a part of his job. He was treated with Samana Aushadhis- Vishaghna Dasaimani Gana as Lepa and Kshalana and Patoladi Gana Kashaya internally for a period of 14 days. Changes in the symptoms were assessed with the aid of EASI Score. The results of the report are suggestive of significant effect of Vishaghna Dasaimani Gana and Patoladi Gana Kashaya in managing Allergic Contact Dermatitis. Significance: Alternate treatment of the disease includes use of corticosteroids and antihistamines which in turn become a reason for aggravation of the condition on regular usage. The present case study highlights the importance of the role of Vishahara drugs in the treatment of Allergic Contact Dermatitis.

Keywords: Gara Visha Adhishtana, Vishaghna Dasaimani Gana, Patoladi Gana Kashaya, Vishahara drugs

Registration Code: ABOP 1603



A CASE REPORT ON AYURVEDIC MANAGEMENT OF ALCOHOL WITHDRAWAL

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Alcohol use disorder (AUD) formerly known as alcoholism or alcohol addiction is a medical condition characterized by an inability to control the consumption of alcohol despite negative consequences. Alcohol withdrawal syndrome (AWS) often referred to as alcohol withdrawal is a set of symptoms that can occur when individual who has been regularly consuming alcohol suddenly stop or significantly reduces their intake. Common symptoms include tremors, anxiety, nausea and vomiting, sweating, headache, insomnia, hallucinations, seizures, etc. The effect of alcohol withdrawal on society extends beyond the individuals, affecting families, communities and the healthcare system significantly. Ayurvedic classics have explained a disease that occurs due to the excess intake of madya, termed madatyaya. Madya and visha possess similar properties except for their rasa. Acharya Caraka mentioned madatyaya as a tridoshaja vyadhi that affects both sareera and manas and its samanya lakshanas can also be comparable with the symptoms of AWS. Chronic use of alcohol leads to a metabolic error called ama which leads to obstruction of srotas. So, the initial treatment should aim at amapachana and srotosodhana. After that ayurveda panchakarma procedures and drugs can be selected to address AWS. Here is the case of a 36-year-old male patient who presented with AWS and was treated in our hospital with selected ayurveda management protocol, including sodhana and samana chikitsa, along with lifestyle modification advice. The condition was assessed before and after the treatment using the Clinical Institute Withdrawal Assessment of Alcohol revised scale (CIWA-Ar scale). After undergoing management for several weeks, we witnessed remarkable progress in patient's condition. This case serves as a testament to the positive results that can be achieved through ayurvedic treatment for AWS.

Keywords: Alcohol use disorder (AUD), Alcohol withdrawal syndrome (AWS), madatyaya, Clinical Institute Withdrawal Assessment of Alcohol revised scale (CIWA-Ar scale)

Registration Code: ABOP 1610

AN INNOVATIVE APPROACH TO MANAGE PRIMARY HYPERHIDROSIS THROUGH AYURVEDA-A PILOT STUDY

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Primary focal hyperhidrosis (PHH) is mentioned in (ICD-10-L74.519) under disorders of Skin Appendages. It is a pathological disorder characterized by excessive sweating over the palms, axillae, soles, face. PHH affects ~3% of the population worldwide including both sexes equally between 18-39 years. The complication like skin infections have a negative influence on QOL. The current standard of care including surgical and non surgical interventions have their own limitations still keeping a large adult population under the physical and emotional burden of HH. Clinical symptoms of PHH could be considered similar to Atisweda (40 pittaja nanatmaja vikara). The drava guna vriddhi of Pitta contributes to kleda vriddhi causing Atisweda. Hence kledaharana should be achieved. The Proposed study was a Pilot Study with Pre-Post Test study design. 10 subjects diagnosed as PHH as per diagnostic criteria-International Hyperhidrosis Society, who fulfilled inclusion & exclusion criteria was selected. For them internally Patolakaturhinyadi kashayam 7 days followed by Topical application of Shireeshadi choornam as Avachoorana 4 weeks were done. After completing the treatment course change in the HDSS, HidroQOL and Hydration, TEWL levels-Derma lab combo system was assessed. Rookshanam-Patolakaturhinyadi kashayam is pitta-kapha hara has affinity to twak, acts as kledahara thus reduces Atisweda. Shireeshadi choornam has swedahara dhourgandhyahara actions used as Samana. By analyzing the activity of isolated phytochemicals they significantly reduce excessive sweating by blocking muscarinic receptors in sweat glands and have anti-fungal antibacterial properties helps to reduce risk of HH-related skin infections also helps stay the topical powder on the skin longer which increases its absorption. The mean score of both objective & subjective parameters, Before & After treatment were analyzed. The TEWL values were reduced significantly by maintaining the hydration of skin. Mean scores of HDSS and HidroQol has improved from 2.8 to 2.1 and 16.6 to 10.8 respectively. Hence administration of Patolakaturhinyadi kashayam and Shireeshadi choorna as Avachoorana improved objective & subjective parameters in PHH after treatment course.

Keywords: Primary hyperhidrosis, Patolakaturhinyadi kashayam, Avachoorana, Shireeshadi choornam

Registration Code: ABOP 1612



ROLE OF AGADA FORMULATIONS IN COSMETIC TOXICITY

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Recently, there has been a remarkable increase in the use of cosmetics among individuals of various age groups. They use these products without knowing their skin type, the ingredients or constituents present in cosmetics and also without proper professional consultation. This may lead to hypersensitivity reactions which in turn cause irritant or allergic contact dermatitis, ultimately resulting in cosmetic toxicity. One among the common clinical presentations of cosmetic toxicity is acneiform lesions. Acneiform lesions is one such dermatoses which resemble acne in symptoms, morphology and impact but has a different pathophysiology. It results from the spillage of follicular contents into the dermis and is characterised by papules, pustules or nodules over the face. It has a negative impact on their body image and attractiveness as it affects the person's overall appearance. Therefore it has a significant detrimental effect on the quality of life of the person and their psychologic state. In Ayurveda, contact allergies can be correlated to the term gara. One among the sixteen gara adhishshānas mentioned in our classics is Mukhālepa visa or poisoned cosmetics. It produces symptoms of eruptions, pain, exudation, ulceration and face becomes covered with thorny eruptions. This condition can be correlated to acneiform lesions due to cosmetic toxicity. The clinical presentations of acneiform lesions due to cosmetic toxicity, can be taken under the purview of Agada tantra . The formulations mentioned in the context of mukhālepa visa can hence be utilised in treatment. Therefore the main aim of avoiding the root cause of cosmetic toxicity can be addressed. Also by using Agada formulations we can treat the condition. Hence it is important to identify one of the most unrecognized reason of cosmetic toxicity which is not being considered while treating acneiform lesions.

Keywords: Cosmetics, Acneiform lesions, Gara, Mukhālepa viṣa, Agada tantra

Registration Code: ABOP 1677



EFFICACY OF VIAGHNA DAAIMNI DHPA IN INDOOR AIR MICRO FLORA - AN IN VITRO STUDY

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Indoor air pollution is the degradation of indoor air quality by harmful materials. It can be up to ten times worse than outdoor air pollution. Biological indoor air pollutants include bacteria, fungus etc. They can cause adverse health effects such as respiratory symptoms and may affect immunity also. Preventing their growth in indoors is an important mean for avoiding their harmful effects on health. Vi aghna daśaimāni yoga (VD) had taken from Caraka Samhita. The individual drugs of the yoga have antimicrobial properties. It was an in vitro antibacterial and antifungal study to establish an effective dhūpa in indoor air microbial contamination. Air borne microbes were collected, isolated and the areas were classified as mildly, moderately and severely contaminated. The microbes were fumigated in glass chambers and studied for the effect of fumigation. The effective dosage of the formula was also determined. Drug extraction was done by hot percolation method using the solvents: Cyclohexane, Ethyl acetate, Chloroform, Acetone and Methanol water. Antibacterial and antifungal assay were carried out in Disc diffusion method. VD gave statistically significant antibacterial and antifungal effects. Among which, the antifungal effects are dominant.

Keywords: Viṣaghna daśaimāni yōga, Biological indoor air pollution, Fumigation, Antibacterial effect, Antifungal effect

Registration Code: ABOP 1715



UPAVISHAS - AN ELIXIR TO TWAKGATHA ROGAS

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Agadatantra or Vishachikitsa is a well-developed branch of Ayurveda since ages. The Visha (poison) is divided in two major groups, sthavara visha (vegetative and mineral poison) and jangama visha (animal poison). In which sthavara visha is again divided in to visha and upavisha. Upavishas are the group of drugs which were less toxic in nature but produce certain toxic symptoms on consumption or administration without proper shodhana. It doesn't have all the dasha gunas of visha in its full potency but present in a milder form which indeed helps in therapeutic level. A recent Global Burden of Disease Study finding revealed that skin diseases rank 18 in top 20 diseases in terms of Disease Adjusted Life Years (DALYs) and is fourth leading cause of nonfatal disease burden. In general, skin diseases require long-term treatment and is of high cost. In a developing country like India, treatment seeking and treatment compliance are marred by poor health-care delivery system and catastrophic out-of-pocket health expenditure. Inadequate usage of topical & systemic corticosteroids along with immunosuppressants for long term are turning the skin ailments into an emerging issue of multidrug resistance. Screening of different formulations and single drug application, which were commonly practised by visha vaidyas in acute & chronic skin ailments reveal the extensive use of Upavishas dravyas. Even an acute poison can become an excellent medicine if administered properly & on other hand even most useful medicine can act like a poison if handled incorrectly. Infact nothing is as effective as Visha (poison) to neutralize another poison, as it possesses Sukshma, Vyavayi, Vikashi, Aashu, Laghu properties which enables it to penetrate to Sukshmatisukshma Srotas and act very quickly. Present observation & approach endorses a step forward for compiling the unique methodology of using semipoisonous plants in vicious skin diseases.

Keywords: Upavisha, Visha, Skin disease, Dravya

Registration Code: ABOP 1751



EFFICACY OF ABHYANGA WITH MURIVENNA ON XEROSIS CUTIS IN GERIATRIC POPULATION A PRE AND POST TEST CLINICAL STUDY

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Efficacy of Abhyanga with Murivenna on Xerosis cutis in Geriatric population – A pre and post test clinical study .Abhyanga is one among the dinacarya mentioned in Ayurveda. Among the various benefits of Abhyanga the most praised effect is improving the health of skin. Skin as an organ, which is constantly exposed to internal and external changes, and hence protection of skin should be done as a daily routine. Xerosis cutis or dry skin is one of the common clinical condition in old age population. Epidemiologic studies show that approximately 60% of older adults have Xerosis cutis. Skin deficient in hydrolipids is the evident characteristic of Xerosis, which is due to Vata vridhi. The proposed study was a Pre and Post Test study design. 20 subjects diagnosed as Xerosis cutis as per clinical symptoms, who fulfilled both inclusion and exclusion criteria was selected for the study. For the selected subjects external application of Murivenna was given after assessment using TEWL, Hydration, Videoscope, Sebum, Skin colour and Elasticity of Derma Lab combo system, SRRC Score (Scaling Roughness Redness Crack fissures Score) and ODS Score (Over all Dry Skin Score). After 30 days reassessment was done using the same objective parameters. A significant change in the mean score of TEWL, Hydration, Videoscope, Sebum, Skin colour and Elasticity – Derma Lab combo levels and SRRC score was obtained. In Ayurveda, dhatu kshaya induced by Vata in vridha avasta is evident. The formed rasa dhatu is incapable to nourish the dhatus in a vridha. This results in deterioration in dermal health. Twak gata vata lakshanas like roughness, dryness and cracking etc, hence become visible in elderly. Daily Abhyangam with Murivenna will aid in Vata samana in twak and gives dardiyata to skin.

Keywords: Abhyanga, Dinacharya, Xerosis cutis, Geriatric population, Jara, Murivenna

Registration Code: ABOP 1764



IN VITRO ANTI-DERMATOPHYTIC ACTIVITY OF PONGARADI AGADA

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Dermatophytic infections have high prevalence in India and currently we are facing an epidemic of cutaneous fungal infections. The most important groups of fungi causing world-wide human infection are Epidermophyton, Microsporum and Trichophyton. They can invade fully keratinized tissues such as stratum corneum, hair and nails to produce superficial fungal infection. The most frequent pathogens causing current outbreak of dermatophytosis in India are Trichophyton verrucosum and Trichophyton rubrum. In the purview of Agad Tantra, microbial infections embody the concept of viśa owing to the secretion of several toxic principles which interact with the host immune system to produce pathological responses. Moreover, in diseases resistant to conventional therapies, the use of viśa itself is indicated as mentioned in viśopayogīya as per Vagbhata. The study is conducted on two species of Trichophyton verrucosum and Trichophyton rubrum which are the most prevalent species leading to dermatophytosis in India. The study included drug preparation, MIC determination and In-vitro study. Determination of Minimum inhibitory concentration (MIC) of Pongārādi agada was done by serial broth dilution method and In-vitro study was done by antifungal susceptibility test using disc diffusion method. Pongārādi agada showed statistically significant anti-dermatophytic activity against T. verrucosum and T. rubrum.

Keywords: Anti-dermatophyte, Pongārādi agada, Trichophyton verrucosum, Trichophyton rubrum, Minimum inhibitory concentration, Antifungal assay

Registration Code: ABOP 1819



CASE REPORT ON AYURVEDIC MANAGEMENT OF CHRONIC NON-HEALING ULCER DUE TO VIPER BITE

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Snake bite is the most neglected among the tropical diseases. Development of nonhealing ulcers following a snake bite is very common in patients who survive the bite. The severity of symptoms depends on the venom's potency. Swelling of the bitten part and spreading cellulitis are the common manifestations. In the event of recovery surviving patient may develop necrosis of the skin, muscles, tendons, and even bones. Various secondary infections leading to suppuration and gangrene may necessitate amputation. Long-term complications beyond the acute phase adversely affect victim's life and may become a socio-economic burden for the family. In the present case a male patient aged 55 years came with complaints of nonhealing ulcer over the left foot with a history of snake bite 4 months back following which he developed an ulcer. He was presented with severe pain on the left foot and was unable to walk due to pain. On examination a 4×3×2 cm ulcer was found over the posterior foot overlying the tendo-achilles region. He was under allopathic treatment for the last 4 months and took antibiotic medicines for a long time. Still the ulcer did not heal so they advised him to do skin grafting which is an expensive treatment modality. As he couldn't afford it, he consulted other allopathic hospitals and all of them suggested the same. Then he came to our OPD for Ayurvedic treatment. In Ayurveda it was diagnosed as dushtavrana. Ayurvedic drugs described in classics having the property of Vrana sodhana and Vrana ropana properties were given for the treatment, both internally and externally. In Ayurveda Viper is described as Mandali, which is paithika in nature, therefore medicines having pittahara property also was given. Complete healing of the ulcer was obtained in 8 weeks.

Keywords: Case report, Chronic non healing ulcer, Snake bite, Ayurvedic management
Registration Code: ABOP 1828



A PROTOCOL FOR THE AYURVEDIC MANAGEMENT OF PSORIASIS - A CLINICAL TRIAL

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Psoriasis, is a T-helper 1(Th1)/Th17 cells mediated inflammatory disease, where the perfect etiopathogenesis remain unclear. Researchers have so far identified the contribution of faulty gene expression, life style, environmental factors, stress etc in the pathogenesis of psoriasis. According to WHO, the reported prevalence of psoriasis in countries ranges between .09% and 11.4%. As on 2023, the prevalence rate of psoriasis in india, varies from .44% to 2.8%. Instead of wide usage of immunosuppressant drugs in the management of psoriasis, Ayurveda proposes immunomodulatory drugs, which act more selectively by targeting only specific portion of the immune system and there for lower risk of complications related to immune system. The aim of the study was to develop a protocol for the ayurvedic management of psoriasis . The study design was a pre-post interventional study with sample size 30. Patients with signs and symptoms of psoriasis, of age group between 18 - 60, satisfying the diagnostic criteria such as Erythema, Induration and Scaling, selected from Agadatantra OPD of Government Ayurveda college, Tripunithura were included in the study. The treatment protocol included deepana pachana rookshana, vicharana snehapana, Abhyanga-ushnambu snana, virechana, Brihmana varna prasadana chikitsa externally samana rasayana drugs internally apyayana chikitsa and once again virechana. Total study duration was 47 days and follow up period was 14 days. First assessment were done on 1 day before the start of the study. 2nd assessment after first virechana(25 th day), 3 rd assessment after second virechana(48 th day) and 4 th assessment after a follow up period of 14 days, using PASI Scoring. Results were analyzed statistically. The results showed that for 90% of participants scoring for Scaling, erythema and induration reduced after each assessment. Conclusion: The immunomodulatory drugs used in the protocol was found to be effective in the management of psoriasis.

Keywords: Psoriasis, Immunomodulation

Registration Code: ABOP 1867



EFFECT OF HINGUADI GULIKA LEPANA AND KULAKADI KASHAYA IN VRISCHIKA VISHA

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Vrichika damsha is one of the major public health problems in many countries. Scorpions are eight legged arthropods have its toxicity is more than that of snakes, but only a small quantity is injected. In Ayurveda scorpion is described as Vrischika. A clinical study was conducted to evaluate the effect of Hinguadi gulika lepana and Kulakadi kashaya in vrischika visha. The study design is interventional study-pre and post-test with a sample size of 15 patients with signs and symptoms of Grade 1 scorpion poisoning of age group 16-60 years, attended the OPD of Agadatantra Department, Panchakarma Hospital, Govt. Ayurveda college, Thiruvananthapuram and OPD of Vishachikitsa Kendra, Pappinisseri within 48 hours after scorpion poisoning were selected. Patients who have already undergone any other treatment for Scorpion poisoning, pregnant women and lactating mothers patients with systemic are excluded. The prepared Hinguadi gulika was powdered and mixed with adequate warm water and applied externally to a thickness of 0.6 cm in the bite site. Lepa wiped off before getting dried up for 45min using warm water. Lepana was done twice a day for 5 days. Kulakadi kashaya was given for 5 consecutive days and its dose was fixed as 48 ml twice daily half an hour before food at 6.00 am and 6.00 pm along with the adjuvant 3g powdered Shoditha Guggulu. During the study period of 10 days symptomatic assessment was done before the treatment, 3rd day, 6thday, 11th day. Result was analyzed statistically using non parametric statistical test - Freidmans test with Dunnets multiple comparison test (post-hoc).The result obtained was highly significant in relieving the cardinal symptoms of Vrischika damsha especially pain. The result shows the effect of Hinguadi gulika lepana and Kulakadi kashaya is very effective in Vrischika visha.

Keywords: Vrischika visha, Hinguadi gulika, Kulakadi kashaya

Registration Code: ABOP 1879



A COMPARATIVE CLINICAL TRIAL TO EVALUATE THE EFFICACY OF PRADEEPA SARSHAPA TAILA LEPA AGAINST SIGRUPUNARNAVADI LEPA IN THE MANAGEMENT OF SATAPADI DAMSA

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Toxicity in present era has become a general problem as world is filled with toxins rather than living beings. Toxicity or toxins due to living creatures comes under jangama visha. It consist of venoms of animals like snakes, scorpions, insects etc. Among these centipedes come under insect category. Centipede bites are most frequent in the months following peak summer, Toxicity is not usually fatal but pain is moribund. Along with pain marked swelling, redness, itching and burning sensation also occurs, in most of the cases causes difficulty in doing their daily activities. The outcomes are largely benign but complications can occur. Swelling deterioration after initial improvement can be due to infection or hypersensitive reactions. Sigrupunarnavadi lepa is scientifically proven in keeta visha and traditionally used by visha vaidyas in kerala to treat satapati damsa. Pradeepa sarshapa taila mentioned in Yoga ratnakara visha chikitsa prakaranam, satapadi visha context, is not popularly used by the practioners. However sarshapa (white variety) is considered to be vishaghna .Hence it can be tried as a vishaghna aushada in shatapadi visha damsha. A comparative clinical trial is being conducted during a period of 2017-2018. It is carried out in all study cases of satapadi damsha satisfying the inclusion and exclusion criterias alternately selected in two groups. Group 1 receives Pradeepa sarshapa taila lepa and Group 2 receives Sigrupunarnavadi lepa 5 times daily for a period of three days. Fourth day is observatory period and assessment is done on the fifth day. Dasanga gutika is used as common internal medicine. Assessment criteria includes four main cardinal symptoms namely pain, burning sensation, swelling and erythma. The data collected during the study were tabulated and analyzed using \$ Mann-whitney U tests and #wilcoxon Signed Rank test .The result obtained was highly significant in relieving the cardinal symptoms of satapadi damsa.

Keywords: Satapadi, Centipedes, Keeta, Pradeepa sarshapa taila, Sigrupunarnavadi choorna

Registration Code: ABOP 1967



IN VITRO PHYSICO-CHEMICAL AND MICROBIOLOGICAL SCREENING OF AMAMARUTDI AGADA IN PURIFICATION OF WATER FOR POTABLE STANDARDS AS PER BUREAU OF INDIAN STANDARDS BIS AND WORLD HEALTH ORGANIZATION WHO

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Water pollution, typically as a consequence of human activities. Right to access water is a basic human right according to Indian Constitution under Article 21. Contaminants found in groundwater cover a broad range of physical, inorganic chemical, organic chemical, bacteriological, and radioactive parameters. Principally, many of the same pollutants that play a role in surface water pollution may also be found in polluted groundwater. Life of a human cannot be sustained with polluted water since it causes poisoning and diseases. Āmamarutādi agada has been taken from Kriyākoumudi mentioned in Sthāvara vi a prakarnam for purification of water. It became the need of the hour to explore the classical water purificatory formulations and to validate them under the modern scientific settings. So, an experimental study was planned in order to test the efficacy of the Āmamarutādi agada. Method- In-vitro physico-chemical and microbiological screening of water Result- Āmamarutādi agada has significant effect in the purification of water for potable standards. The study confirms the effect of Āmamarutādi agada in the purification of water for potable standards.

Keywords: Āmamarutādi agada, Kriyākoumudi, potable standards.

Registration Code: ABOP 1991



POLYMORPHOUS LIGHT ERUPTION - AN AYURVEDIC PERSPECTIVE

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Polymorphous light eruption (PMLE) is a common idiopathic photodermatosis characterized by pruritic lesions in the form of erythematous papules, papulovesicles, vesicles or plaques that develop in sun exposed skin, hours or days after exposure to sunlight. Women in their second and third decades are slightly more affected than men. It commonly occurs in fair skinned individuals with Fitzpatrick skin types I-IV. As the name suggests the lesions are polymorphic, but individual patients tend to develop the same type each year. Although its etiology remains only partially understood PMLE has been hypothesized to involve resistance to UV light- induced immune suppression and subsequently cell- mediated immune reactivity to a cutaneous photoantigen. The diagnosis of PMLE is typically made by assessing the history and clinical observations. Basic preventative management of PMLE consists of adequate sun protection and the application of broadband sunscreens with high UVA protection potential. In some cases topical steroids is needed which gives only short term relief and the repeated use of which may cause complications like skin atrophy. In ayurveda the manifestation of PMLE can be correlated to one of the kshudra kushta- Vicharchika. Acharya Susrutha categorized Vicharchika as pitha pradhana kshudra kushta and Acharya charaka as kapha pradhana kshudra kushta presenting with symptoms like kandu, pidaka, shyava, srava, rukshata, ruja and raji. The general line of management of kushta can be applied here ie shodhana and shaman chikitsa followed by rasayana. In kushta chikitsa shodana is given prior importance. According to doshic predominance vamana or virechana can be done. After completing the shodana karma, samana chikitsa is indicated to subside the remaining doshas. Rasayana chikitsa is also important after shodana chikitsa as it nourishes sapta dhatu and prevents the recurrence of disease.

Keywords: Vicharchika, kshudra kushta, Fitzpatrick skin type

Registration Code: ABOP 2004



INVITRO HEPATOPROTECTIVE EFFECT OF VISHAGHNA MAHAKASHAYA DRUGS IN PARACETAMOL INDUCED HEPG2 CELLS

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Liver injury due to prescription and non prescription medication is a growing medical, scientific and public health problem. Certain medicinal agents when taken in overdoses and sometimes even when introduced within therapeutic ranges may injure the liver and this chemical-driven liver damage is termed as hepatotoxicity. Garavisha is a vast concept mentioned in the Ayurvedic classics, which can be comparable with various sources of exposure of toxins in our daily life activities. The concept of Gara in Ayurveda holds well worse with the pathology of hepatotoxicity which need to be unfolded in the lights of our holistic approach. Vishaghna Mahakashaya mentioned in Charaka Samhita Sutrasthana 4th chapter Shadvirechanashathasritheeyam was selected for assessing the hepatoprotective action in paracetamol induced hepatic cells. Paracetamol is a widely used anti-inflammatory and analgesic, over the counter drug. Its over dosage produce acute liver injury and hence this drug was chosen for producing hepatotoxic condition. So an Invitro experimental study was conducted to prove the efficacy of Vishaghna Mahakashaya drugs in paracetamol induced Hep G2 cells. Methods: Preliminary standardization was done by physicochemical, phytochemical and HPTLC profiling. HepG2 cells were cultured according to standards and hepatotoxicity was induced with paracetamol. MTT, ROS and Annexin V/FITC Assays were carried out in controls and sample added specimens and observations were statistically analyzed. Vishaghna Mahakashaya showed significant hepatoprotectivity in a dose dependent manner. The study confirmed the hepatoprotective effect of Vishaghna Mahakashaya drugs in paracetamol induced HepG2 cells.

Keywords: Hepatotoxicity, Gara, Invitro study, Vishaghna Mahakashaya

Registration Code: ABOP 2025



A CONCEPTUAL STUDY OF DUSHI VISHA WITH SPECIAL REFERENCE TO CONTACT DERMATITIS

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Contact dermatitis is a prevalent clinical condition that affects a substantial portion of the population across various age groups worldwide. Several factors contribute to the increasing relevance of contact dermatitis, such as increased chemical exposures, changing lifestyles, and environmental changes etc. In Ayurveda, the concept of Dushivisha and its relationship with skin diseases is clearly articulated by ancient acharyas. Dushivisha is described as any visha, whether sthavara (inanimate), jangama (animate), or kritrima (artificial), which is not properly expelled from the body and becomes less potent after digestion or due to the action of vishagna oushadhis or other environmental factors. It stays in the body for a long period, slowly vitiating it. Thus, conditions like contact dermatitis can be treated considering them as Dushivisha. Ayurveda classical texts are referred. Data is collected from Academic experts .Articles and related websites are searched for latest updates and researches .When explaining Dushivisha, Acharya Charaka mentions symptoms such as kotha and kitibha, while Acharya Susruta identifies symptoms like kusta, viasarpa, mandala, and bhinna varna. Additionally, Ashtanga Hridaya explains that Dushivisha can be aggravated by factors such as daytime sleep, indigestion, an unwholesome diet, and exposure to eastern winds etc. These references underscore the importance of Dushivisha in the development of allergic skin diseases. The concept of Dushivisha in Ayurveda offers a comprehensive perspective on managing many skin diseases. Exploring Vishahara treatments could provide effective solutions for those conditions.

Keywords: Dushivisha, Contact dermatitis, Vishahara treatment

Registration Code: ABOP 2030



CONCEPTUAL STUDY OF TOXICAL MANIFESTATIONS OF DIFFERENT HAIR COSMETICS WITH ITS AYURVEDIC MANAGEMENT

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Conceptual study of toxical manifestations of different hair cosmetics with its Ayurvedic management. Sonal S Patil(1), Rajendra D Lambat(2) (1)PG Scholar, Department of Agadatantra, (2)Hod and Associate Professor, Department of Agadatantra, Government Ayurved College, Nagpur- 440024 Introduction Cosmetics are the products proposed to be applied on human body for cleansing, improving or altering the appearance of the body. Over the past decade, the hair cosmetics sector has seen a revolutionary upheaval. Nowadays, not only Simple cleansing is the focus, but also mending, increasing tensile strength and promoting attractiveness are now prioritized. Wax, gel, hair dyes and hair spray are used widely. The chemicals in many of these items, including Parabens, Sulphates, PEG, Phthalates, Fragrance, Heavy Metals like Lead, Mercury, Titanium etc., are hazardous to human body. Due to It's chronic use, it can build up in the body and can lead to inflammation, cancer, liver damage, hair loss, reproductive toxicity and contact dermatitis of irritating or allergic type. Cumulative toxicity is the accumulation of the toxins over a period of time & in turn resulting in the harsh effects on the body & mind. This cumulative toxicity due to hair cosmetics is similar to the Dushivisha concept defined by Acharya Sushruta. Various Ayurvedic preparations can be used instead of chemical cosmetics in order to gain the same results for hairs. Keshayurveda is one of the emerging branch of Ayurveda. Consequently, this paper reviews different toxicological manifestations of hair cosmetics and the Ayurvedic principles of their management. Material and Methods Review of the literature on the cumulative toxicity of hair cosmetics has been compiled from modern science textbooks, research journal and several authentic websites. An analysis of the material on Dushi visha is gathered from an Ayurvedic compendium. Conclusion People are least aware of toxins they are exposing through hair cosmetics. There is a great need of application of Ayurveda principles of Dushi Visha in this field. Awareness of the toxic ingredients and utilizing the Ayurvedic hair care products will help to reduce the incidence of hair cosmetic toxicity.

Keywords: Hair cosmetics Toxicity, Parabens, Keshayurveda, Dushi Visha

Registration Code: ABOP 2014



KOTTAMTHAGARADI AGADA- A PARADIGM SHIFT IN CLINICAL PRACTICE

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Kottamthagaradi Agada is explained in keraleeya visha chikitsa texts like Prayogasamuchayam, Visha vaidya jyotsnina, and Kriyakaumudi in Mandali visha sophya context and is traditionally used in for toxic oedematous condition and is found to be very effective. The ingredients are Kushta (*Saussurea lappa* C.B), Tagara (*Valeriana officinalis*), Useera(*Vetiveria zizanioides*), Chandana(*Santalum album*), Yashtimadhu (*Glycyrrhiza glabra*), Sariba (*Hemidesmus indicus*). Most of drugs of Kottamthagaradi Agada has Seetha veerya and the general dosha hara properties of drugs may acting in pain, erythema, and oedema. The main objective of this presentation is to discuss the effect of this agada in different clinical conditions like Ulcers, Suppuration , Necrotic/ gangrenous conditions ,and Atopy .

Keywords: Kottamthagaradi Agada, Mandali visha sophya , Cellulitis, Skin diseases

Registration Code: ABOP 2067



CONCEPTUAL UNDERSTANDING OF VISHAJUSHTA MUKHALEPA COSMETIC TOXICITY

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Gara Visha is a widely discussed topic in Ayurveda, considering its wide applicability in day-to-day life. Gara Visha is mixture of two or more deadly or non-poisonous components, which builds up in the body eventually and affects different bodily systems by vitiating Doshas, Dhatus, Malas, and Srotas. Vishajushta Mukhalepa is one among them. Cosmetics is a preparation applied to the body, especially to the face, to enhance the appearance. Among the cosmetics lipsticks, powder, and other beauty enhancing products like face washes, shaving creams, sunscreens are widely used by the public. These cosmetic preparations contain chemicals and heavy metals which are carcinogenic and long run use of which can cause cosmetic toxicity. Relevant literature and research from ayurveda and modern science were found, investigated and interpreted. The commonest type of adverse effect of cosmetic products is contact dermatitis, and has got an incidence rate of 59.2%. The main symptoms of Vishajushta Mukhalepa according Acharya susruta are Shyavatha, Vivarnyatha, Spotajanma, Ruja, Twak-paka, Jwara. For managing this Acharya mentions different agada yoga's, Kshoudrapana, Ghritapana and application of various lepana Yogas. Classics has mentioned various practices like Dinacharya, Ritucharya, Rasayanas including Achara Rasayana for better quality of life. Following these chariyas in turn have effect on enhancing the skin by maintaining the equilibrium of Doshas and Dathus. Beauty is always a concern throughout the ages, so we need to develop an area of focus beyond solitary or temporary solution. Here an attempt is made to evaluate the modification of various chariyas in its best suitable way for the current era as a natural way of beauty enhancement.

Keywords: Gara Visha, Cosmatology, Dinacharya, Ritucharya, Rasayana

Registration Code: ABO P2094



ROLE OF AYURVEDA IN SKIN DISEASES IN PURVIEW OF SROTAS

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Ayurveda plays a significant role in the diagnosis and management of skin disorders. Srotas is one of the Ayurvedic terminology that refers to the channels or passage within the human body through which various substances including nutrients flow. The sufficient knowledge of Srotas can be efficient in aborting Tvak vikar since mastery of physiology of the human body and pathology is one of the keys to success in Tvak vikar treatment. Various Ayurvedic Samhita, Pubmed articles, reference textbooks and internet resources were studied. The Ayurvedic literature go into great depth on the origin, classification, pathology, and treatment of skin disorders (Tvak Vikara). Srotas (channels) play a crucial role in functioning the body including health of Tvak. Tvak vikar, involves the vitiation or blockage of Rasavaha, Raktavaha, Swedvaha Srotas with Dosh, Dhatu and Mala. For instance, Tvak is the reflection of Rasa Dhatu Sarata, hence any derangement in Rasa Dhatu function directly implies vitiation of quality of Tvak. The treatment of Tvak Vikar involves balancing the Dosh Dhatu Mala and ensuring that srotas are functioning well through the Aahar Vihar, Herbal medicine, Lepa, Panchkarma. The review is to unveil the importance of Srotas in Tvak Roga which can help in both treatment aspects i.e. Nidana Parivarjana and Samprapti Vighattana.

Keywords: Srotas, Samprapti, Dosh, Dhatu, Mala, Tvak vikar

Registration Code: ABOP 2124



MANAGEMENT OF PSORIASIS THROUGH AGADATANTRA PRINCIPLES- A CASE REPORT

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Purpose of the study- Psoriasis, an auto immune skin disease is not optimally controlled in spite of newly developed treatments. But in Ayurveda, diagnosing the case by understanding the clinical presentation through dosha assessment and adopting specific Shamana Aushadhi and Shodhana chikitsa can relieve the disease. Introduction- A 25 year old male student, visited OPD with complaints of itchy and mild scaly lesion since 6 months. His condition was diagnosed as Psoriasis (Pitta pradhana vataja) and Ayurvedic medications were adopted for further management. Methodology- Current work is the outcome of a clinical case and comprehensive analysis of the literature. Results – Patolakaturohinyadi Kashaya, Nimbadi Kashaya and Dooshivishari Gulika was given internally and Kutaja Taila externally was given for a period of first 15 days, resulted in slight reduction of erythematous, dry and rough scaly lesion and the same treatment continued for period of 2 month. After 2 month, Shodhana chikitsa was adopted, Snehapana wit tiktaka grutha and Virechana with trivrut leha. Follow up medications was given for a period of 15 days. Guducchyadi Kashaya and Nimbadi Kashaya internally and Nalpamaradi Taila for external application Conclusion- A major challenge of psoriasis addresses difficult of treat areas, even in absence of significant body surface involvement, was optically treated through Ayurvedic principles and Interventions. Significance/Contribution of the study- Attaining patient satisfaction, with no recurrence of psoriasis complaints since past 6 month.

Keywords: Key Words- Psoriasis, Dosha Assessment, Vishaghna prayoga and Shodhana Chikitsa.

Registration Code: ABOP 2175



AYURVEDIC MANAGEMENT OF DUSHIVISHAJANYA TWAKA VIKARA WSR TO SHITAPITTA RECURRENT URTICARIA A CASE REPORT

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Urticaria is an inflammatory skin disorder that affects up to 20% of the world population at some point during their life. Urticaria is an acute and chronic itchy rash that can be quite irritating. It presents with wheals, angioedema, or both due to activation and degranulation of skin mast cells and the release of histamine and other mediators. Although many etiologic factors such as infections, drugs, and foods are blamed in their etiology, they are often idiopathic. A 46yrs old female patient presented with chief complaints of red eruption and itching on whole body on & off, eruption increase after itching, increase quantity of urine, increase appetite, sweating sometime without work on 21July, 2023. The patient was suffering from 30 yrs. K/C/O-DM since 4 yrs. Hysterectomy done before 4 yrs. temporary relief after intake of allopathy medicines and relapse of symptoms after discontinuing the medicines was informed by the patient. After detailed history taking and thorough examination of patient from Ayurvedic as well as modern perspective it was diagnosed as recurrent Shitapitta. After critical analysis of patient's history and examination, the management protocol was designed as Shamana and Raktaprasadana in the form of internal medicines. In which Aragavadhadikwatha 10ml BD, Mahamanjisthadikwatha 10ml BD, Khadirastakakwatha 10ml BD, Combination of Panchanimbachurna, Gandhakararayana, Sarivachurna 3gm BD with lukewarm water internally. Significant improvement was seen in chief complaints like red eruption and itching, was alleviated after 15 days of the therapy. No recurrence of the symptoms has been reported till date. On the basis of the present case report, it can be concluded that current Ayurvedic management is more efficient in reduction of chief complaints of Shitapitta along with the improvement of quality of life also it reduces the financial burden and recurrence was not found.

Keywords: Shitapitta, Dushivisha, Twaka vikara

Registration Code: ABOP 2200



AYURVEDIC MANAGEMENT OF KEETAVISHA A REVIEW OF 30 CASES TREATED AT OPD LEVEL

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Ayurveda describes Agadathantra as one of its Ashtanga or eight branches which explains different types of poisons and management of pathological conditions associated with poisons. Apart from other toxicological cases Keetavisha or insect bites and stings are commonly seen in clinical practice. Insects represent more than half of all known living organisms and potentially represent more than 90% of the different life functions on earth. Hence human contact with insects is unavoidable. Agadathantra also elaborately explained 67 types of Keeta, its diagnosis and treatment. In Kerala state due to the geographical peculiarities and rich biodiversity, the incidence of animal poisoning is little higher as compared to other regions. Usually Keeta bite is more during the transition period from summer to the end of the rainy season. Most of the cases are misdiagnosed and later result in certain dermatological conditions. The present study aimed to analyze 30 random cases of Keetavisha with evident bite or sting with or without identifying insects and being diagnosed according to the reference. The cases were treated at OPD level during the month of May to August 2023. The symptoms like pain, swelling, itching, redness, burning sensation and blister formation were considered for the study. Treatment comprised of internal medications like Vilwadi gulika, Patolakadurohinyadi kashaya, Manjishtadi gulika and externally with Kottamramachadi choornam, Shigrupunarnavadi choornam, Vishanthaka lepam etc. The first course of treatment was for 5 days, main complaints subsided within this period and a complete cure with 14 days treatment was also observed. The paper summarizes the importance of Keetavisha or insect bite and sting, its clinical presentations and management according to Agadathantra principles of Ayurveda.

Keywords: Agadathantra, Keetavisha, Insect bite and stings

Registration Code: ABOP 2236



A CASE STUDY ON THE AYURVEDIC MANAGEMENT OF VICHARCHIKA

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Skin is the emblem of health, beauty, confidence and social wellbeing. Skin ailments in Ayurveda have been thoroughly explained under the term Kushta which is one among the ashta mahagadas. Kushta is further divided into maha kushta and kshudra kushta. Vicharchika is one among the kshudra kushta with the involvement of tridosha having the predominance of kapha dosha. It is a highly prevalent distressing condition to the patients because of its appearance as well as it incapacitates them from doing their day to day activities because of intense itching which further affects their quality of life. Vicharchika is characterized by the symptoms such as kandu, pidaka, syava varna and bahu srava. The currently available treatments offered by modern medical science is unsatisfactory. So there arises the need of Ayurvedic treatment in the management of this disease. Sodhana, samana and nidana parivarjana is the key point to treat any skin disease even it is chronic. Here a qualitative analysis of case study of a 73 year old male patient who presented with complaints of swelling, redness along with blackish discoloration, exfoliation of skin over both lower limbs, fissuring over the ankle joint and in between the toes associated with intense itching and oozing was thoroughly investigated and documented. The patient was treated with sodhana as well as samana therapies. A satisfactory improvement in the signs and symptoms was obtained. This case study shows the significant need of Ayurvedic treatment in the management of Vicharchika.

Keywords: Kushta, Sodhana chikitsa, Shamana chikitsa.

Registration Code: ABOP 2256



SEVERE ERYTHRODERMIC PSORIASIS TREATED WITH SHAMANA THERAPY AND YOGA - A CASE REPORT

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A young male patient of 38 years of age who is a construction worker (increased hours of sun exposure) by profession, with no known co-morbidities and no significant family history, presented with a 3-month history of prominent itchy, red areas with increased skin scaling and peeling. Initially, it started over the arms and gradually progressed to other body parts. He consulted multiple hospitals and took medications with no resolution of symptoms. There is no history of similar lesions, drug intake, previous illnesses, substance abuse, or any allergic history. He has decreased sleep and anxiety due to increasing lesions. Methods Clinical examination revealed erythematous raised plaques with silver scales on limbs, face, ear, scalp, and trunk and some hyperkeratotic plaques over the neck and trunk. Scraping the scales with a glass slide revealed a membrane with pinpoint bleeding areas (Auspitz sign). He was initially admitted with the primary diagnosis of severe Plaque psoriasis managed with systemic therapy of Snehapana followed by Vamana. Following this, the disease flared up with increased scaling and skin peeling. A punch biopsy and histopathological examination showed features suggestive of Erythrodermic psoriasis. He was then started on local treatment procedures, including Ksheeradhara, Takradhara, and yoga to relieve the stress. Results He responded well to the Shamana therapy as his lesions reduced significantly, leaving areas of hyperpigmentation. The therapeutic success is also evident from the PASI SCORE, which reduced to 6 initial 35.2 at the end of 8 weeks of treatment. This case report highlights the role of Shamana therapy, like Ksheeradhara, Takradhara, and Yoga, over Shodhana therapy, which is applied injudiciously in Psoriasis these days.

Keywords: Erythrodermic psoriasis, Shamana therapy Ksheeradhara, Takradhara, Yoga
Registration Code: ABOP 2261



A REVIEW ON DOOSHIVISHA BASED TREATMENT PROTOCOL IN POST- COVID GASTROINTESTINAL COMPLICATIONS

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The COVID-19 pandemic is leaving a global health burden and is now known to be more than just a respiratory disease. Among patients with COVID-19, gastrointestinal symptoms like anorexia, diarrhoea, nausea, vomiting, abdominal pain, constipation, etc. have been reported in 50% of cases and continue for 6 months in 10-25% of cases. Most of these symptoms are kapha and vata-predominant in nature and similar to some of the Dooshivisha symptoms in Ayurveda. Till now, only immunity-promoting AYUSH medicines are advised in the post-COVID management protocol in India. So, there is a requirement for a specific Ayurvedic management protocol for post-COVID gastrointestinal complications. This study aims to create a Dooshivisha based treatment protocol for post-COVID gastrointestinal complications. The treatment proposal consists of rookshana with shaddharanam choornam along with takra, vicharana snehapana with dadimadi gritha, abhyanga with tila taila, mridu swedana with tulasi leaves, sramsana with aragwadha choornam, samsarjana krama, internally dooshivishari gulika and medicated takrapana. Since the disease originates from kapha sthana, rookshana is suggested as the first line of treatment and it will be helpful to bring the agni into a normal state. The takra mentioned for rookshana and pana will be helpful to enhance the good gut flora and also balance kapha and vata. Dadimadi gritha will be helpful for oleation and balance kapha and vata. Sramsana with aragwadha choorna will be beneficial for the purification of kapha and vata. The samsarjana krama will normalise the digestive fire. Dooshivishari gulika will possess anti-toxic and rasayana effects. This treatment protocol primarily reduces kapha and vata dosha as per classics, thereby can be effective in post-COVID gastrointestinal complications. Further studies are needed to evaluate the actual efficacy of this protocol, and it will be a stepping stone in the management of post-COVID gastrointestinal complications through Ayurveda.

Keywords: Ayurveda, COVID-19, Dadimadi gritha, Dooshivishari gulika, Sramsana, Takrapana.

Registration Code: ABOP 2447



SCOPE OF AYURVEDA IN SKIN DISEASE

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Human skin, the outer covering of the body, is the largest organ in the body. It also constitutes the first line of defence. According to ayurveda, the Twak (skin) is one of the essential sense organs which receive sense/stimuli like; sparsh (touch). Skin not only helps to understand touch sensation but it also covers whole body, protect from shock & performing function of thermostat through the sweat channels. The pores present in the skin help in the hair nourishment & detoxication process. It is believed that each & every component of skin having anatomical as well as physiological importance. Therefore any abnormality in skin leads to various disorder with skin manifestation including Psoriasis, acne, leprosy, hyperpigmentation, skin allergy, vitiligo etc. Beauty is the divine gift to human being. The concept of beauty and cosmetics is old as human civilization. The ancient source of existing knowledge i.e. Veda along with Puran, Ramayana, Mahabharata, Britha Samhita etc. are also having a great contribution in this field. In Ayurveda different types of Varnya, Keshya, Vayasthapana, Abhyanga, Snana, Lepa, 22 upkarmas explained under the heading of vaikaritapaham as Alepana, Parisheka etc. in samhitas. Elaborate description of Kushdra roga in different Samhita are the evidence references of scope of Ayurveda in Skin disease. Ayurveda & their relation has been established with types of Prakrati, Sara, Samhana, Pramana etc. Moreover, the description of dietary regims & pathya - apathya is one of the important factors which are considered for the enhancement of beauty.

Keywords: Ayurveda, Skin (Twak), Skin disorder, Ahara, Pathya-Apathya

Registration Code: ABOP 2813



APPLICATION OF VARIOUS VISHGHNA LEPA IN KEETA VISHA

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Agad tantra is one of the subdisciplines of Ashtanga Ayurveda. It deals with the various condition associated with poisoning as well as their diagnosis and treatment. Agada means the medicaments which have antitoxic properties. Local application of medication will remove poison immediately before absorption. Acharya Shranghadhar entitled the name vishghna lepa. That which nullifies the poisonous effect is called Vishaghna lepa. Kalpa sthana of Susruta samhita and Uttar tantra of Ashtanga hridaya and in other classic have recited concerning the origin of Visha and Keeta visha. Insects are largest group of animal. There are 24 modalities given by various acharyas for treating poisonous cases called as chaturvishnti vish upakrama. Lepa is one of them. Poison should be removed from the bite site by applying lepa locally at that site if whole poison was not removed then it remains may recur the toxic effects or it will get converted into dooshivisha.

Keywords: Dooshivisha, Vishaghna lepa, Keeta visha

Registration Code: ABOP 2822



SCOPE OF GARAVISHA CHIKITSA IN PESTICIDE INDUCED SYMPTOMS AMONG AGRICULTURAL LABOURERS OF KUTTANADU ALAPPUZHA

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Kerala is geographically divided into high, plain and low land. Kuttanadu is belonging to low land and is termed as rice bowl of Kerala. Paddy cultivation below the sea level is the peculiarity of Kuttanadu. 21% of the chemicals used in area are extremely toxic, 51.25% highly toxic and 22.55% are moderately toxic. Thousands of people are engaged with various types of agricultural work including ploughing, fertilizer application, land preparation, pesticide spraying etc. In this region. Many health problems due to exposure to pesticides are observed in this area which include symptoms such as eye irritation, nausea, giddiness, breathing problems, itching, vomiting, diarrhoea, hives, convulsions etc. According to Ayurveda, symptoms caused by pesticide residues in a living system can be considered under Gara visha lakshana. The purpose of this paper is to explore the scope of Ayurvedic formulation Moorvadi choorna on symptoms of Gara visha in laborers exposed with various categories of pesticides in connection with agricultural activity. Full time agricultural laborers from selected Grama panchayats of Kuttanadu taluk will be clinically examined for Gara visha lakshanas and subjects with symptoms are recruited for intervention. Those who satisfy the inclusion criteria will be given with Moorvadi choorna 5 gm B.D for 4 months. The assessment will be done at 0th, 30th, 60th, 90th, 120th day and follow up on 150th day. The data will be statistically analyzed to find out the effect of Moorvadi choorna in symptoms due to pesticide residues among agricultural labours of the region. Protection of agricultural laborers of Kuttanadu through the treatment of gara visha concept

Keywords: Agricultural labour, Pesticidal residues, Gara visha, Moorvadi choorna
Registration Code: ABOP 2911



MANAGEMENT OF DIFFERENT TYPES OF PSORIASIS BY PRINCIPLES OF AGADA TANTRA WITH RESPECT TO KERALEEYA VISHA CHIKITSA CASE SERIES

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Psoriasis is a chronic dermatosis characterized by an unpredictable course of remissions and relapse and the presence of typical sites of well-defined erythematous papules and papules, which are surmounted with large silvery loose scales. Psoriasis is one of the longest-standing clinical conditions and 125 million people are affected globally. The disease is treated with steroidal medicines which are not sustainably effective. So, there is a need for an effective and sustainable treatment. The study aims at treating 3 different types of psoriasis like guttate psoriasis, pustular psoriasis, and palmoplantar psoriasis with principles of Agada Tantra incorporating Keraleeya visha vaidya chikitsa. All the cases were given treatment for one month. Snehapanam, virechanam, and takradhara were adopted. Keraleeya visha chikitsa methods of Thooku dhara were used. Mandali visha chikitsa yogas like Parantyadi thailam, Satadhouta ghritam and Sigrupunarnavadi choornam were also used. A complete cure of all the symptoms was observed after one month of treatment. Psoriasis is a disease caused by genetic factors, but the factors aggravating the disease play a major role in determining the number of patients affected globally. The increasing incidence and prevalence of Psoriasis is a major concern which is due to the current lifestyle, diet, and mental stress. A multidimensional approach to the condition is necessary. So, the principles of Agada tantra should be incorporated since the nidana of these conditions have a lot of similarities to Dooshivisha and gara visha. Different types of Psoriasis cases were effectively managed without relapse by treating them with principles of Agada Tantra.

Keywords: Psoriasis, Agada tantra, Keraleeya Visha chikitsa

Registration Code: ABOP 3024



ROLE OF AGNIVRANA TAILAM AND PUNARNAVADI KASHAYAM IN THE MANAGEMENT OF AN ACUTE CASE OF DAGDHA VRANAM WITH SPECIAL REFERENCE TO SCALD

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Scalds have distinct epidemiological and predisposing risk factor among all types of burns. A scald is a burn injury caused by a wet agent such as hot water or steam. Most of the scald injuries occur in domestic settings. The prevalence of scalds in Kerala accounts for about 20.4% of total domestic accidents. In Ayurveda both burns and scalds are dealt under dagdha vranam. The present case report is of a 41 year old female, came with the complaints of severe pain, redness, blisters and oedema on left foot owing to the exposure to boiling water. The patient was treated with Punarnavadi kashaya 90 mL twice daily and Agnivrana taila for external application for 30 days. The wound healed completely without leaving any discolouration or scar marks. Alternate treatment mostly heals the condition with scar or permanent discolouration. The present study highlights the use of agnivrana tailam in the management of dagdha vranam.

Keywords: Dagdha vranam, Scalds, Agnivrana tailam, Punarnavadi kashayam

Registration Code: ABOP 3182



ROLE OF BILWADI AGADA ANJANA IN NETRAABHISHYANDA WSRTO INFECTIOUS CONJUNCTIVITIS - A REVIEW

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India is currently witnessing an outbreak of conjunctivitis, commonly known as 'pink eye', a contagious eye infection. An alarming increase in conjunctivitis has emerged as a major global health concern, affecting a significant number of people across continents. This contagious eye condition involves the inflammation of the conjunctiva, a thin membrane that covers the white part of the eye and the inner eyelids, leading to uncomfortable symptoms like redness, itching and excessive tearing. The outbreak has been triggered by various factors, including viral and bacterial infections, allergies and exposure to irritants. People in crowded areas, offices and children are most likely to get pink eye. Bilwadi Agada is a classical Vishaghna Yoga mentioned in Ashtanga Hridaya. It is prepared from thirteen drugs triturated in goat's urine. It is an antivenin formulation indicated for the snake, spider, rat, scorpion etc., venom intoxication along with diseased conditions like Cholera, indigestion, concocted/low potent poison, fever and psychological disorders. Bilwadi Agada is administered by various routes like Paana, Anjana and Nasya. This review aims to role out the action of Bilwadi Agada Anjana in Netraabhishyanda w.s.r.to Infectious Conjunctivitis. The study being a literary review, the sources of data will be collected from all Ayurvedic Samhitas and also from the contemporary textbooks, relevant Journals and websites. While explaining about the preparation of Bilwadi gutika, Acharya Vagbhata used the term Susookshmapistam i.e all drugs should be made into a fine paste, and this for easy absorption of the drugs. The ocular absorption of Anjana may initiate through the conjunctiva and sclera. All the drugs of Bilwadi Agada are Ushnaveerya and the majority are Katuvipaka which acts on infectious condition. The drugs in Bilwadi Agada are having anti-inflammatory, analgesic, antioxidant, antibiotic activity hence it can be used in infectious conjunctivitis.

Keywords: Bilwadi Agada, Anjana, Netra Abhishyanda, Infectious Conjunctivitis

Registration Code: ABPO 1104



REVIEW ON MANAGEMENT OF KAAMALA WSRTO VIRAL HEPATITIS THROUGH AMRUTA GHRITA

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Kaamala which is caused by aggravated Pitta, may occur with or without Pandu Roga (Swatantra and Paratantra Vyadhi). In classical texts of Ayurveda we come across the Explanation of Rakta Pradoshaja Vikaras. Kaamala is Pittaja Nanatmaja and Rakta Pradoshaj Vyadhi. Viral Hepatitis is one of the most common causes of liver diseases and due to unawareness of the safety measure more prone to spread. Acharaya Charaka explained about Amruta Ghrita in Vishachikitsa Adhyaya. In Phalshruti Acharya mentioned that Amruta Ghrita is indicated in Kaamala. So it is an attempt to review the management of Kaamala (Viral hepatitis) with Amruta Ghrita. Materials and Methods – Data collected from various Ayurvedic book, modern textbook and relevant articles published in Various national and International journals. Results – Kaamala is Pittaja Nanatmaja and Raktapradoshaja Vyadhi. Amruta Ghrita having the Pittashamaka and Raktashodhaka action. So it treats Kaamala (Viral hepatitis) Conclusion – Due to Pittashamaka and Raktaprasadaka Karma Amruta Ghrita will helpful in management of Kaamala (Viral Hepatitis)

Keywords: Kaamala, Viral hepatitis, Amruta Ghrita, Raktashodhaka.

Registration Code: ABPO 1140



A CRITICAL REVIEW OF ROLE OF DUSHI VISHA IN INFERTILITY

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Dushi visha is a unique concept in Ayurveda. Apart from the main classification of vishas, acharyas have mentioned the concept of dushi visha which has a vast significance in present era. Various types of environmental pollutions, exposure to pesticides, chemicals, fertilizers, different types of endotoxins etc is a small part of toxicity story. Though these toxins are not potent enough to cause acute illness ut can cause I'll effects even after a long period. These toxins are deposited in the body in a concealed form without being eliminated timely and properly. This latent toxicity is termed as dushi visha. Infertility is one among the serious consequences of Dushi visha. According to WHO one in every four couple in developing countries has been found to be affected by infertility. Excessive exposure to environment pollutants, long term use of preserved and adulterated foods, cosmetics, various kinds of addictions such as alcohol, fast food etc which comes under the concept of Dushi visha leads to reproductive dysfunctions causing infertility.

Keywords: Dushi visha, Infertility, Latent toxicity

Registration Code: ABPO 1513



EXPLORATION OF KSHALANA VISHA WITH SPECIAL REFERENCE TO DETERGENT DERMATITIS

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Detergents are used by almost every household in the developed and developing world. The resultant dermatitis, predominantly localised to the hands following irritation caused by detergents, is very distressing and incapacitating. Different gara adhisshānas have been mentioned in Susruta samhita kalpa sthāna, most of them can be correlated to materials that we are using in our day-to-day life. Acharya has given a provision such as whatever concocted substances are found to produce toxic effects; they can be included under Gara adhisshānas. There are no specific lakshanas or diagnostic methods for detergent dermatitis explained in Samhithas since there were no such exposure in that period. But now adays it is observed that increased number of reporting of detergent dermatitis cases in clinics. Ksālana visa- the clinical condition however remains undiagnosed, misdiagnosed, or empirically diagnosed without pinpointing the contributing factors especially in the field of Ayurveda, if mistreated or inappropriately treated it produces exacerbation of symptoms which results in permanent disfigurement of skin. Still sufficient study has not been conducted based on dosa analysis and efficacy of drugs. So, it is the need of the hour to find out the specific causes, variations in clinical presentation, probable samprapthi, impact of Ksālana visa in society and to handle the situation with the principles of Ayurveda and Agadatantra through an observational study.

Keywords: Detergents, Dermatitis, Gara, Agadatantra, Ayurveda

Registration Code: ABPO 1541



EFFECT OF VILWADI AGADA IN FOODBORNE INFECTIONS

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“The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison” these words of Ann Wigmore highlight the importance of safe food. In present era when everything is seen as a profit or loss statement; the food we eat has also been affected to a market extend. Each year worldwide, unsafe food causes 600 million cases of foodborne diseases and 420000 deaths. In India upto one third of population is affected by microbiological foodborne diseases each year. A foodborne infection is an inflammation of stomach and bowels. The infection can happen when you eat or drink something that is contaminated by bacteria, virus or parasite. Most common food borne pathogens include *Campylovacter geguni*, *Escherichia coli*, *Salmonella spp.*, *Shigella spp.*, This is a common illness which ranges from relatively mild to serious, even life-threatening condition. Due to the resistance emerging in organisms against anti-microbial drugs, it is immediate need to find a drug which more active against pathogens with high resistance to cater the problem. Vilwadi Agada is a polyherbal potent formulation mentioned in Agada Tantra, Ayurveda toxicology has specific indications like toxicological condition, GIT problems like vishuchika, ajeerna and infectious condition. Traditionally, this formulation has been used in several emerging epidemics. The drugs in Vilwadi Agada having antimicrobial, antiviral, analgesic, anti-inflammatory, anti-oxidant, carminative properties are very effective in relieving the cardinal symptoms foodborne infections such as abdominal discomfort, nausea, vomiting, diarrhoea. Vilwadi agada has proven effect on *Salmonella*, *E. coli*, *Staphylococcus*, *Shigella* which are most common bacteria causing food borne disease.

Keywords: Food borne infections, Vilwadi Agada, Vishuchika, Ajeerna

Registration Code: ABPO 1542



FUNGAL INFECTIONS OF SKIN IN DIABETIC MELLITUS DM AN AYURVEDIC VIEW

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Diabetes mellitus (DM) is a metabolic disorder that predisposes individuals to fungal infections, including those related to Candida etc. DM is becoming one of the largest emerging threats to public health in the 21st century. In 2017, the worldwide prevalence of adult-onset diabetes (20–79 years) was nearly 425 million. Diabetes presents a significant risk factor for all kinds of infections. Between 30–70% of patients with DM, both type 1 and type 2, will present with a fungal infection of skin at some point during their lifetime. The greater frequency of infections in diabetic patients due to the hyperglycemic environment that favors immune dysfunction (e.g., damage to the neutrophil function, depression of the antioxidant system, and humoral immunity). So, infections all appear to occur more frequently in DM. Not only are they more frequent, but these infections appear to have a poorer response to therapy and more rapid progression to severe forms of infection. The signs and symptoms of fungal infection can be correlated with dadru based on its pattern of spreading, morphology of lesion, itching and chronicity. Dadru is classified under Kshudrakushta by Charka Samhita and under Mahakushta by Susrutha Samhitha and Ashtanga Hridaya. The fungus grows best in warm moist environment. This review aims to prevent fungal infection on DM patients. Ayurvedic classics have described many oushadhas for dadru (fungal infection). The role of ousadha (Medicines), Ahara (dietary regimen) and Vihara (lifestyle) are equally important to control blood sugar level as well as to prevent complications of this disease.

Keywords: Diabetes mellitus, Fungal infections, Dadru

Registration Code: ABPO 1632



MIRACLES OF AYURVEDA IN SKIN MALADIES

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Skin is one among the Panchendriya in Ayurveda and largest organ of the body. As lifestyle and environmental factors are changing, skin diseases have grown drastically. Due to their chronicity, they have significant negative influence on the quality of life of the sufferers. It affects people irrespective of ages, from newborn to elderly. The etiological factors include physiological, hereditary, psychological, etc. The role of virudha ahara vihara is also inevitable. They are mainly classified under Kushta in Ayurveda and is treated according to doshik involvement. Unfortunately, most of the skin diseases reaches Ayurveda at their bahudosha avastha. In such conditions, shodhana is the best treatment that can be adopted, as it acts at the cellular level by detoxifying the body and eliminating its root cause. Acharya Susrutha has stated clearly about importance of repeated shodhana, in his treatise under Kushta chikitsa which includes Vamana administration once in every fortnight, Virechana once in a month, Rakthamokshana twice a year, Nasya once in 3 days considering the strength of dosha-dushyas. After shodhana, internal medications can be administered as shamana chikitsa. This includes, herbal, herbomineral and mineral preparations. The individual drugs of some of the herbal formulations possess rakthaprasadana, rasayana, kushtahara, srotovishodhana properties also, improves digestion and metabolic activities. Herbo mineral preparations contain gold, mercury, sulphur etc. which are capable of Dhatupariposhana, Raktaprasadana, Rakthavrudhikara which helps in curing skin diseases. Gandhaka rasayana is one such formulation bestowed with antihelminthic, antibacterial, anti fungal activity and assures the body is free from detrimentally toxins. Likewise, various treatments are available in Ayurveda which cures disease at its causative level. Vaidya considering the dosha-dusyasa of the patient, if administers proper chikitsa with pathya ahara and viharas, the sama dosha sama agni and sama dhatu will get restored and the recurrence of skin disease can be prevented.

Keywords: Skin disease, Kushta, Shodhanachikitsa, Shamanachikitsa, Gandhaka rasayana

Registration Code: ABPO 1638



CONCEPTUAL STUDY TO EVALUATE THE ANTI TOXIC ACTION OF GANDHMADAN AGADA- A REVIEW

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Agadatantra is one of the branches of Ashtanga Ayurveda, that consist of the science of poison (toxicology), which deals with different poisoning conditions, diagnosis, and treatment. Agada have faster action than any other Kalpa because it contains potent ingredients. In Ayurveda, Agada is referred to as an antidote for certain poisoning. Acharya Vagbhat included Lutavisha under the Keetavisha (insects) since it possesses the features of insects. The spider bite are both poisonous and non poisonous, Venomous proves fatal in a week. Moderately poisonous would take more time to prove fatal. Whereas bite by mild poisonous brings death within a fortnight. Many Agadas are described in Luta and Keet Visha management in Ayurvedic literature and Gandhmadan is one of them which is explained in Ashtang Hrudyam. The comprehensive review of Gandhmadan Agada formulation is done from literature of Ashtanga Hrudyam, by emphasizing its properties and action. Gandhmadan Agada mentioned by Acharya Vagbhata in Luta and Keet Visha Chikitsa may be found to be one of the effective anti-poisonous formulations which should be tried for experimental and clinical trials in Luta and Keet Chikitsa. This article reviews Pharmacological properties, Therapeutic action and anti-toxic action of Gandhmadan Agad.

Keywords: Anti toxic, Ashtanga Hrudyam, Gandhmadan Agada, Luta, Keet
Registration Code: ABPO 1688



SCOPE OF AYURVEDA IN SKIN DISEASES

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According to ayurveda, skin is one of the essential sense organs. Ayurveda has its own unique principles of diagnosis and treatment of various skin disease under the heading of kustha. Worldwide around 20% of individuals are suffering from various skin disorders. Ahara and vihara are considered important in ayurveda, the relation between ahara and skin ailments is well established in contemporary medicine. Skin diseases are caused due to doshic imbalances and the best therapy is panchakarma, abhayanga and etc. as a complete program of cleansing and detoxifying, panchakarma flushes all toxins from body at cellular level. Ayurveda can cure long term skin disorder and chronic conditions such as dermatitis and eczema.

Keywords: Cause, Aim, Treatment, Prevention, Formulation, Conclusion

Registration Code: ABPO 1724



AN AYURVEDIC INTERVENTION IN HAIR-DYE ALLERGY WITH RESPECT TO CONTACT DERMATITIS

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Recent increase of hair dye based contact dermatitis reporting about 11.5% of the total consumers. Objective: An Ayurvedic intervention combining principles of Agadatantra which includes Garavisha, Mukhalepa visha, Abhyanga visha and Dusivisa chikitsa in case of contact dermatitis caused by use of hair dye. Materials and Methods: Case of a 28 year old patient with contact dermatitis caused by usage of hair dye. Basic line of treatment of dusivisha adopted with external treatment of abhyanga visha. After undergoing treatment for two weeks there was seen a reduction in the symptoms and improvement of overall health of the patient. Conclusion: The studied showed the efficacy of Ayurvedic treatment in modern cosmetology based health issues.

Keywords: Contact dermatitis, Hair-dye, Gara visha, Abyanga visha, Dusivisha, Mukhalepa visha.

Registration Code: ABPO 1753



ROLE OF AGADATANTRA IN AIR POLLUTION WSR TO JANAPADODHVAMSA DOOSHIVISHA - A REVIEW

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Environmental pollution is a major and attention-seeking problem in the present scenario. It has existed for centuries but only became significant after the industrial revolution in the 19th century. It gradually destroys the natural elements responsible for life on Earth, such as water, soil, and air. Smoke from factories, vehicles, or the burning of wood, which mainly occurs due to coal burning, spraying insecticide, pesticides etc., is considered the major causative factors of air pollution and causes severe health hazards in human beings, including chronic bronchitis, emphysema, degenerative diseases, lung cancer, cardiovascular, respiratory diseases etc. Ayurveda is a holistic science based on principles of disease prevention and treatment. Agadatantra is one among the eight branches of Ayurveda, dealing with different types of toxicities and their management. Thus, environmental toxicology comes under it. In Ayurveda, it is also mentioned that air pollutants like rajo- dhooma are the causative factors of respiratory diseases, including swasa, kasa, pratisyaya and hikka. Our Acharyas have already described environmental health in the form of Dinacharya, Ritucharya, and Janapadodhvamsa. Regular exposure to pollutants like dust, gases, metals, chemicals, etc., accumulates in our body and acts like Dooshivisha. Acharyas have described the treatment of Dooshivisha, and Janapadodhvamsa-associated conditions and diseases, which can prove to be very effective in pollution-associated problems. They detoxify the body and environment without causing harm to other essential factors. Ayurveda also suggests the nidanaparivarjana for the prevention of diseases. Thus, the preventative methods, Samsodhana-Samsamana chikitsa etc may provide relief from diseases induced by environmental toxicants.

Keywords: Air pollution, Agadatantra, Janapadodhvamsa, Dooshivisha

Registration Code: ABPO 1767



APPLICATION OF AGADATANTRA IN COSMETIC TOXICOLOGY

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In present era, both men and women are beauty conscious. To improve skin colour, texture, hair colour, nail care etc cosmetic products are used. The cosmetic products like skin care creams, lotions, cleansers, body wash, nail polish, deodorants which we depend upon everyday contain a wide range of chemicals. It can be in the form of active substances, colorants, preservatives which when exposed to can cause many side effects from upper respiratory tract infections, premature aging, skin allergies, contact dermatitis, reproductive issues, developmental disorders cancers. Such cosmetics and their ingredients may get accumulated after getting absorbed predominantly through skin and can induce the above mentioned hazardous effects due to cumulative effect of toxicity. This concept comes under preview of dusivisa. Dushivisha is one which is less potent by its nature, which get active on favourable conditions like ajeerna, seetha abhakraala, diwaswapna, ahitashana, it will get vitiated and further vitiate dhatus. Its symptoms mainly include sonithadusti, mandala, kota, kitibha aru which are the initial symptoms seen in cosmetic toxicology. Its management include sodhana, samana procedures. When we go through the texts, even during Vedic era, we get the referance regarding the usage of naturally available cosmetics. Turmeric, neem, tulasi, aloe vera are a few to enumerate. Dusivishari agada with honey is specially mentioned.

Keywords: Cosmetics, Dusivisha, Cumulative toxicity

Registration Code: ABPO 1860



AYURVEDIC MANAGEMENT OF DOOSHIVISHA WSR TO ALLERGIC REACTION

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Life in the modern era breaks nature's proper order. As we are all aware, we live in a time when advanced science and technology compete with the natural and organic world, entangling human life in a toxic test tube. The Dooshivisha term is highly unique to Ayurveda. It can be used to look at various bodily hypersensitive reactions. Dooshivisha is a low-potency poison that resides in the body and vitiates Dhatus when the conditions are appropriate. The purpose of this study is to make awareness about the role of Ayurveda in allergic reaction. Reviewed from various Ayurvedic Samhita, modern texts, websites, and various journals. As most of clinical manifestation of allergy are likely similar to Dooshivisha hence it can be included under Dooshivisha & treatment may be given as per. Due to industrialization and agriculture, different pollutants (poisonous substances) are generated in the modern era. These allergens enter our bodies through food, air, and water and, if not completely excreted, will be converted into Dooshivisha. The concept of allergy is known as Dooshivisha in Ayurveda. Ayurveda has a lot of potential in relation to allergic reaction management. The concept of Dooshivisha in relation to allergic reaction is mentioned clearly in the Charaka Samhita, Sushruta Samhita, and other ancient Ayurvedic texts.

Keywords: Dooshivisha, Ayurveda, Allergic reaction, Modern era, Samhita.

Registration Code: ABPO 1890



AYURVEDIC MANAGEMENT OF CUMULATIVE TOXICITY OF PESTICIDES WSR TO DOOSHIVISHA

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Without a doubt, pesticides played an important role in the Green Revolution, but the use of pesticides is increasing to improve agricultural products. Because pesticides are easily absorbed through the skin, oral and respiratory mucosa, the majority of the population is affected directly, indirectly, or both ways while working in industries or agriculture where pesticide production or spraying occurs. People can also be directly exposed if they consume pesticide-contaminated green vegetables, fruits, or water. Most pesticides, such as organochlorine, accumulate in the human body and exist for several years, causing adverse health effects after some exaggerated factor or after approaching a peak level. The clinical manifestation, complications, and management of Dooshivisha have been documented in various Samhitas, but the information is unevenly distributed. This research has made an organized attempt to present a management of cumulative pesticides with particular reference to Dooshivisha. Methods: Reviewed from various Ayurvedic Samhita, modern texts, websites, and various journals. Due to the widespread use of pesticides, cumulative toxicity of pesticides is a complex issue that is getting worse every day around the world. Bio purification (induced emesis and pugation) and herbal and herbomineral products, both of which have been mentioned in Ayurveda, should be used for management of cumulative toxicity.

Keywords: Dooshivisha, Pesticides, Cumulative, Management, Toxicity

Registration Code: ABPO 1891



REVIEW OF HEALTH HAZARDS TOXICOLOGICAL EFFECTS OF COSMETICS WSR TO GARA VISHA

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The field of cosmetic toxicology plays a vital role in assessing the safety of cosmetic products, as these products have become an integral part of modern society, offering a wide array of beauty-enhancing and personal care benefits. However, the safety of these products is a growing concern, particularly when viewed through the lens of traditional medicine, where the concept of “Gara Visha” is used to describe toxic substances. Gara Visha, in the context of Ayurveda, refers to substances that are toxic to the body and mind. It serves as a reminder of the potential harm certain chemicals and compounds found in cosmetics can pose to consumers. The conditions may include skin irritations, allergic reactions, and even long-term health concerns. Even though the presence of certain bodies regulates, and monitors the toxicity level in the products there are certain setbacks in identifying the underlying toxins in them which will raise several diseases like carcinogenicity and various other such conditions in our bodies in the upcoming years. Integrating Ayurvedic knowledge and modern toxicology methods can contribute to a more holistic approach to cosmetic safety. This approach ensures the well-being of consumers by combining scientific research, regulatory oversight, and the wisdom provided in Ayurveda. By doing so, we create a safer cosmetic industry that not only enhances beauty but also prioritizes the health and safety of individuals. All the concerned books available in Modern and Ayurvedic literature and research Articles were reviewed and analyzed Cosmetic Toxicology when considered in the context of Gara Visha highlights the importance of safeguarding consumers from the potential risks associated with cosmetic products. Here is an attempt to update you about the harmful effects of chemical cosmetics and how knowledge of the principles of Ayurveda can help us reduce Toxicity.

Keywords: Cosmetic Toxins, Gara Visha, Safer Consumer Products

Registration Code: ABPO 1902



DIFFERENTIAL PRESENTATIONS IN DIAGNOSIS OF SOME CUTANEOUS MANIFESTATIONS

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In clinical practice diagnosis of skin lesions is sometimes confusing. Sometimes the skin presentation may be due to an infectious disease or an autoimmune disease or even a cancerous lesion. Here reaching a correct diagnosis is necessary in treatment, which need eliciting certain clinical sign, laboratory tests etc. So, for treating cutaneous manifestations, ayurvedic diagnosis, knowing the causative factor, modern pathology, cutaneous signs, laboratory tests will give contributory support. This is an attempt to understand the diagnosis of a few cutaneous manifestations which will help us in clinical practice.

Keywords: Cutaneous manifestations, Autoimmune disease, Cutaneous signs
Registration Code: ABPO 1996



ALARKA VISHA RABIES

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Charaka the ancient traditional medical practitioner who described about the ‘Doshavikrithi’ (Internal Factors) & ‘Agantuja Roga’ (External Factors) as major factors responsible for disease which involves role of contaminated water, food, microbes and trauma in diseases occurrence. Our classical texts mentions Kustha , Jwara, Shosha and Netrabhishyanda etc as some of the disease that spread through direct or indirect contact to one another. Among the current infectious disease Rabies is majorly seen nowadays. Alarka Visha is a disease of sangyavha srotas or the manovaha srotas in ayurveda. Alarka visha is correlated with Rabies according to modern science. According to WHO, there are approximately 10 million cases of rabies reported every year. Annually there are about 55,000 human deaths worldwide due to rabies. India has been reported as having the highest rabies cases in the world. Rabies is also an acute, highly fatal viral disease of the central nervous system caused by Lyssavirus type-1. According to Sushruta, when vata gets aggravated in the body of the dog, fox, jackal, bear, tiger etc. combines with aggravated Kapha & accumulates in the channels of their sense organs which results in loss of sensation. Deprived animal runs with dropped tail, lowered jaw and shoulder, oozing excessive saliva from mouth and biting tendency. Animals which are most likely to transmit rabies include bats, coyotes, foxes, raccoons and most importantly stray dogs. It gets spread when an infected animal bites or scratches a human. Saliva from an infected animal can also transmit rabies if the saliva comes into contact with the eyes, mouth, or nose. Symptoms of rabies are fever, headache, excess salivation, muscle spasms, paralysis and mental confusion. Ayurvedic management of Alarka Visha is described by Acharya Sushruta. It includes pouring hot ghee on bite site, drinking of old ghee for Purgation, Snana Vidhi, Shodhana therapy, Dhatura-Sharpunkha prayoga, Pipliyadi yoga, Jatamanshi yoga and Tagar, Kapith, Khadiradi various agada yoga.

Keywords: Ayurveda, Infectious Disease, Alarka Visha, Jalasantrata, Dog Bite, Rabies, Hydrophobia

Registration Code: ABPO 2077



AN AYURVEDIC MANAGEMENT OF CUTANEOUS LICHEN PLANUS

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Skin is a sense organ with cosmetological importance, and being an index of one's physical and mental health, any diseases affecting it will be a serious problem for that person. Lichen Planus is an idiopathic inflammatory skin disease affecting the skin and mucousal membranes, often with a chronic course with relapses and periods of remission. It is a T-cell mediated auto immune disease in which T helper cells and T cytotoxic lymphocytes are involved. Cutaneous lichen planus is characterized by polygonal flat-topped, violaceous papules and plaques, in some cases intensely itchy. The lesions may result in long standing residual hyperpigmentation. Kitibha is one of the types of kshudra kusta that can be correlated to Lichen Planus due to its similarity in signs and symptoms. In India prevalence of Lichen Planus is found to be 0.5% to 2.6% of general population⁸. The incidence rate¹ varies between 0.22% and 1% of adult population worldwide and 0.38% in India. Women are more frequently affected than men at a ratio of 1.5:1 and most cases develop between the ages of 30 and 60 years. Steroids are the drug of choice in Cutaneous Lichen Planus, and their prolonged use produces various systemic and local side effects. The lesions are mainly seen in volar aspects of wrist, lumbar region and around the ankles. The hypertrophic lesions are in ankle and shin. Cutaneous lichen planus demands an intervention having better effect without side effects. Here we can adopt sodhana pradhana treatment which is kaphavataghna, and also dosashesha treatments. The basic principles for the treatment includes kustaghna, kaphavataghna, vishaghna, raktaprasadana, and rasayana prayogas.

Keywords: Cutaneous lichen planus, Kitibha, Sodhana, Kaphavataghna, Vishaghna, Rasayana

Registration Code: ABPO 2230



SCOPE OF AYURVEDA IN SKIN DISEASE

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Ayurveda is a Sashtreeya system of medicine which is eternal and everlasting. which is based on the idea of balancing the body with Tridosha and Panchamahabhoota, Which provides integrated approach to treating diseases through changing lifestyle and natural therapies. The attainment of the Ultimate Sukha by the performance of Dharma is the main aim of Ayurveda Shastra But for the performance of Dharma one should possess disease free status. Ayurveda bears this torchlight in our path. Twak is one of the largest sensory organ, made up of water, proteins, fats and minerals. The skin stands in the first line of defence mechanism against toxins and other harmful substances. Skin contains the sweat gland, blood vessels, hair follicle which are responsible for proper functioning of skin. The pores present in the skin helps in the hair nourishment and detoxification process. Any anatomical and physiological abnormalities in the skin may lead to skin manifestations. Diseases of the skin are common occurrence in the clinical practices. The reason for twak vikaras ayurveda describes a wide range of etiological factors including virudha ahara, virudha vihara, papakarma. In Ayurveda almost all skin disease included under the spectrum of kushta Roga, means that which causes the disfiguration on the skin. The description of the skin disease are spread over various samhitas included Charaka samhita and Susruta samhita. In Ayurveda treatment is always look for the root causes, so the goal of treatment is to restore doshic balance and treatment focuses on imparting harmony and balance for individuals with proper balance of ahara, vihara and Samana, shodhana types of treatment. . This paper is intended to describe various manifestations of skin diseases and their relevance with ayurvedic treatment.

Keywords: Ayurveda, Kushta, Twak, Twak vikara, Virudha ahara, Papakarma

Registration Code: ABPO 2523



SKIN DISEASES IN AYURVEDA

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According to Ayurveda, the skin is one of the essential sense organs. Ayurveda has its own unique principles of diagnosis and treatment of various skin diseases Ayurvedic literature has described skin diseases mainly under the spectrum of Kushta, the literary meaning of which is that which causes disfiguration. To assess the effect of Ahara and Vihara on Kushta through conceptual study and survey study is applied on clinical grounds. Treatment:- •Lepa Prayoga- after Shodhana and rakta moksha •Punaha-Punaha Shodhana in Bahudoshajanya Tvak roga Good Clinical Practice guidelines: •For all chronic skin diseases, Shodhana is essential. •Green vegetables and seasonal fruits should be taken sufficiently. •Non-vegetarian, oily diet, fast/ junk food should be avoided. All Acharyas have emphasized on Shodhana therapy for the management of Kushta. The therapy which expels out the morbid doshas from the body is known as Shodhana. By nature, Kushta is difficult to cure, but by the application of Shodhana therapy, cure of the diseases becomes easier due to removal of the root cause Conclusion- Virechana is the best measure for Kushta Most of the Kushta come under the Raktapradoshaja vyadhi. Pitta is the mala of Rakta. When an excessive amount of pitta is expelled out from the body it helps to purify the Rakta also, and cures the Raktapradoshaja vikaras like Kushta. Key words - Ayurveda;Kushta;Skin disease,Virechana,Ahara,vihara

Keywords: Ayurveda;Kushta, Skin diseas, Virechana, Ahara, Vihara

Registration Code: ABPO 2627



WHAT IS INFECTIOUS DISEASE AS PER AYURVEDA

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Infectious disease as per perspective of Ayurveda can be reviewed and discussed under below mentioned considerations. Samhita in the chapter where etiological factors for Kushta Roga (different skin diseases) are discussed. Distinctive feature of such diseases is “Sankramanti Naraannaram... (spreads from one human to another human)”. Modes of spread mentioned are caused by physical contact (Intercourse / frequent coming in contact / involve in any gathering), direct physical touch, exhalation of respiration, eating together, sleeping nearby, sitting nearby, and using cloth, ornaments and emoluments. Some of the examples quoted like Kushtha (a group of skin disorders), Jwara (fever), Shosha (~Tuberculosis), Netraabhishyanda (Conjunctivitis) and Aupasargika Roga. ‘Upasarga’[8] word denotes “to come into contact with or causing trouble or afflicts or a disease super induced due to boding evil”. ‘Sansarga’word also bears the similar meaning like “Conjunction, contact, connection or Conjunction of celestial bodies”. All meanings put this disease category nearer to infection and infectious disease. To be in contact with infected person or direct touch of infected material will lead to same disease to healthy humans. Graha / supernatural boding evil might be understood as micro-organism which is inevitable cause of production of the disease and its spread in healthy personnel. Detailed treatment for this disease category is not available due to obvious understanding by detailed causative factors and similarity in treatment with other Nija Vyaadhi. Personal hygiene is of priority in management protocol. Later on medicinal treatment depends on Doshika dominancy in particular disease. Masurika (~ Chickenpox), Roamantika (~ Measle) like diseases are described in Ayurvedic classics which are infectious type of disease as per modern science.

Keywords: Masurika, Roamantik, Graha, Upasarga, Shosha, Kushtha

Registration Code: ABPO 2680



ANALYSIS OF DOOSHIVISHAJANYA TWAK VIKARA WSR TO ALLERGIC SKIN DISEASE

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Concept of dooshivisha in ayurveda is very unique and applicable to various allergic reactions in the body according to sushruta dooshivisha means a part of sthavara jangama or kritrima visha cannot be removed from the body but instead become less potent and remain in the body for a long period and get vitiated when favourable conditions are available. It is a cumulative poison or slow poison which have not been fully eliminated from the system it remains in the body covered by kaphadosha it gradually contaminates the tissue twak vikara's like mandala, kota, aaru etc can be compared with skin allergy. Allergy also known as hypersensitivity are over reactions of the immunesystem and it refers to undesirable (damaging, discomfort producing and some times fatal) reactions produced by the normal immunesystem. All details of dooshivisha are collected from brihatrayees. All details of allergy are collected from modern textbook & articles. A comparison of dooshivishajanya twak vikara to allergic skin disease. Dooshivisha can be well compared with allergic skin manifestation and the treatment of dooshivisha can be applied in allergic skin disease as it is shodhaka shamana and ojovardhaka. Further animal experiment & clinical study can be done to know the effect of various agadas in skin disease.

Keywords: Visha, Dooshivisha, Skin, Allergy, Twak, Roga

Registration Code: ABPO 2781



A NOVEL HERBAL FORMULATION ALLERKHAND TABLET EFFECTIVE MEDICINE TO REGULATE THE ALLERGIC CONDITIONS

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Ayurvedic treatments for allergies typically focus on restoring balance to the doshas. This may involve dietary adjustments, lifestyle changes, and the use of herbal remedies and rejuvenating therapies. The current study was conducted for a scientific comparison of Allerkhanda tablets and Haridrakhanda, a traditional Ayurvedic medicine used to treat allergies and boost immunity. Allerkhanda, a poly-herbal tablet formulation with *Curcuma longa* as the main ingredient and 17 other constituents, serves to improve immunity by combining anti-allergic and anti-histaminic effects. Both products were subjected to qualitative phytochemical and HPTLC analyses. Furthermore, antimicrobial and clinical studies were carried out in Allerkhanda to indicate its efficiency in microbial resistance and urticaria (seethapitham). Phytochemical analysis of both products aqueous and methanolic extracts revealed the presence of 12 and 8 common compounds, respectively. According to HPTLC analysis based on curcuminoids, 4 tablets (2 b.i.d.) are equivalent to a daily dose of 10 g Haridrakhanda. Significant antimicrobial zones were found against six bacterial strains. The clinical study report demonstrates considerable activity in terms of subjective indicators such as varatidashtasamsthana sotha (wheals), toda (pricking pain), kandu (itching), vidaha (burning sensation), and lalima (redness), as well as objective parameters such as absolute eosinophil count and IgE. The results of this study indicate that Allerkhanda Tablet is an effective medicine for treating allergic and skin conditions.

Keywords: Seethapitham, Anti-histaminic, Antimicrobial, HPTLC, Haridrakhanda

Registration Code: ABPO 2807



AN OPEN-LABELED RANDOMIZED NON-COMPARATIVE CLINICAL TRIAL ON THE EFFICACY OF FAIRFOOT OINTMENT IN VIPADIKA

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In Ayurveda, cracked or fissured feet are often associated with an imbalance in the Vata dosha. An excess of Vata in the body can lead to various skin issues, including dry and cracked skin, not only on the feet but on other parts of the body. Fairfoot ointment, a proprietary product, is an antifungal and antiseptic combination of Jathyadi Grutham, Jeevanthyadi Yamakam and Karanja Thailam, intended for external application of cracked feet and other skin conditions like chapped lips, anal fissures etc. An open-labeled randomized non-comparative clinical trial study was conducted on 30 patients presenting with cracked feet, fissures, dry scaly skin, pain, and itching to prove the efficacy in vipadika. The associated symptoms of pigmentation and skin elasticity were also evaluated as part of this trial. A visual analog scale (VAS) was used to quantify pain. On a Likert scale of 1 to 5, dryness, wrinkles, scaling, itching, and skin laxity were scored. At each point of examination, the amount of cracking and pigmentation were counted. The study involved four evaluations of the participants. Following pairwise analysis using the SPSS 16.0 program, data were examined using Repeated Measure ANOVA. The results of the study showed a considerable reduction in the symptoms of dryness, cracking, pain, and itching. Additionally, there was a statistically significant decline in the symptoms of skin laxity, wrinkles, scaling, and pigmentation. No adverse events were observed during the course of the experiment, suggesting that the medication is safe. Clinical findings indicate that Fairfoot ointment could be used for the improvement and treatment of patients with Vipadika.

Keywords: Cracked feet, Pigmentation, Antifungal, VAS, ANOVA.

Registration Code: ABPO 2818



ROLE OF PIPPALYADI AGADA IN DUSHIVISHA JANYA TWAK VIKAR- A REVIEW

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Skin is one of the important sensory organs that protects against mechanical trauma, UV light and infection, in addition the skin is concerned with thermoregulation, conservation, excretion of fluid and sensory perception. The pores present in skin help in the hair nourishment, detoxification process and keeping skin healthy. Therefore, any anatomical or physiological abnormalities in skin or related organs may leads various disorders of skin like Psoriasis, Acne, Leprosy, Hyper pigmentation, Skin allergy. The incidences of Skin diseases are increasing day by day. Modern medicine provides temporary relief but not complete cure. Therefore, peoples are gradually turning towards Ayurveda for safe and complete cure of diseases. Especially in the field of Skin diseases. In Ayurveda concept of Dushivisha is very unique. Dushivisha is a low potent poison which vitiates Dhatus. In its relationship with Raktdhatu some of the Skin diseases caused by Dushivisha which are described in Samhitas are Kustha, Visarpa, Shitpitta, Udarda, Kotha. In present era, people are exposing to various toxins in day to day life which are causing various health problems. There are many such kind of diseases where treatment does not work, as it is not eliminating the root cause. Skin diseases can be prevented and if it occurs then can be cured through Ayurvedic Agada's. Agada's are the counter measures taken against this manifestation. Achayra Yogratnakara mentioned Pippalyadi Agada in the management of Dushivisha. It can be a better choice for the treatment of Dushivisha janya Twak vikar by its Kusthghna, Krimighna, Vishaghna, Kandughna properties. So my goal is to study the Role of Pippalyadi Agada in Dushivisha janya twak vikar . The details will be discussed in presentation.

Keywords: Pippalyadi Agada, Dushivisha, Twakvikar, Kusthghna, Skin diseases etc.

Registration Code: ABPO 2894



CONCEPTUAL STUDY OF GARAVISHA AS CAUSATIVE FACTOR IN DADRU KUSHTA

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In today's world, moving with quick-fire in such conditions where Poverty, Poor Sanitation, Change in food habits, unfavorable weather affect living being. One of these factor is growing Prevalence of Dadru kushta (Tinea Infection). Acharya Vagbhat mentioned that Substances used to produce Garavisha along with food is human waste like Raj, artav, Virudhavirya dravya's bhasma with accumulation of less potent poison. Mode of administration of Garavisha as per Acharya Sushruta is Anna, Pana, Anulepana, etc. Out of these, Anna is very easy to get adulterated with other substances i.e. poisonous or nonpoisonous. These happened in ancient times but in today's scenario, Garavisha can be differentiate with Food poisoning , Chronic side effects of medicine as now medicinal preparation contains metals & repeated administration of small doses of drugs leads to chronic metallic poisoning or toxicity and also Causative factors of Garavisha is food adulterates, additives like coloring agents ,Preservatives has been used by continuously in form of junk food all over since many years . Due to these may effect in interrupting in normal physiology of skin. Garavisha causes vitiation of Agni i.e. Aalpagni which leads to develop 'Aam'. It doesn't metabolise the food properly & convert it into a sour substance which acts like Poison. Aamotpati leading to Kleda formation & Tridoshdusti . These leads to Dhatudushti which causes Dadru Kushta. In Ayurveda, treatment is based upon Nidan, linga, Aushadha and Pathya's i.e. food habits, daily activity which is most important. There are many causes of Dadru kushta but due to Garavisha is one of the important but ignored cause. So my goal is to study the Garavisha as a causative factor in Dadru. The details will be discussed in presentation.

Keywords: Garavisha, Dadru Kushta

Registration Code: ABPO 2906



CRITICAL VIEW ON KUSTA AND ITS EXTENT ON SKIN DISEASE

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Skin is the largest organ of human body. Its size and extension make it susceptible to many disease. In ayurveda kusta is the term used to denote the term skin disease. Charaka acharya has explained this in a detailed chapter of kusta nidana and chikitsa. Comprehensive literature study has been done on the concept for identifying link between modern skin disease concept with the ayurvedic view. Above discussion suggest that traditional system share a bond with the modern concept. Hence the health care expert should focus on treatment by considering the two for effective and better results

Keywords: Kusta, Skin disease, Cikitsa, Nidana, Skin, Kshudra kusta

Registration Code: ABPO 2951



EXPLORING THE EXPANSIVE HORIZONS OF AYURVEDA IN SKIN DISEASES

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Ayurveda, an ancient holistic healing system rooted in the Indian subcontinent, holds profound promise in the domain of skin diseases. This comprehensive review encapsulates the vast scope and potential of Ayurveda in managing a myriad of dermatological conditions. One of the distinctive features of Ayurveda is the customization of treatments based on an individual's Prakriti (constitution). This personalized approach ensures optimal results for each patient. Ayurveda's unique approach to understanding skin health focuses on balancing the body's doshas (Vata, Pitta, and Kapha) and eliminating the root causes of skin ailments. It leverages a combination of herbal remedies, dietary adjustments, and lifestyle modifications to address underlying imbalances. Ayurvedic therapies such as Panchakarma, Nasya, and Abhyanga have been increasingly integrated into mainstream dermatology, offering holistic approaches to manage skin diseases. These therapies help in detoxifying the body, calming inflammation, and rejuvenating the skin. The profound effectiveness of Ayurveda in treating skin disorders is bolstered by its emphasis on addressing the root cause of ailments, rather than merely alleviating symptoms. The ancient wisdom of Ayurveda is steadily gaining recognition and acceptance in the global medical community. In conclusion, Ayurveda presents a vast scope in the management of skin diseases, offering a holistic and individualized approach that aligns with the growing demand for natural, sustainable, and personalized healthcare solutions. The integration of Ayurvedic principles into modern dermatology holds the potential to revolutionize skin disease treatment, ensuring healthier and happier skin for individuals worldwide.

Keywords: Skin diseases, Herbal remedies, Personalized healthcare, Panchakarma, Dermatology, Natural remedies.

Registration Code: ABPO 2959



MANAGEMENT OF INFECTIOUS DISEASE THROUGH AYURVEDA

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Ayurveda being the ancient science defines infectious disease in its own way. Terms like Janapadodhwansa (Charaka), Maraka (Sushruta) and Janamar (Bhela) have been used to describe the disease epidemic in Ayurveda and communicable diseases have been separately described as Aupasargika Roga. Sushruta has used the term aupasargika roga for the diseases communicating from one man to another. kushtha (skin diseases), jwara (fever), shosha (Emaciation), and netrabhishyanda (conjunctivitis) are examples in the case. As per Sushruta Samhita, certain diseases like kasa (cough), shwasa (dyspnoea), pratishyaya (rhinitis), shirahashoola (headache) and jwara (fever) also affect a large number of people of a Janapada or Desha either through polluted or vitiated air or contaminated home, bed, seat, vehicle, gems and other instruments or even through contact of females. Most of these clinical features may be observed in various infections of the respiratory tract in current practices. In Ayurveda, both preventive and curative steps are mentioned to stop the spread of disease and strengthen the body to fight organisms and also to manage complications. These steps and their related aspects are discussed in this article. The data is collected from various research articles published in standard indexed journals. Ayurveda advocates various preventive measures like avoiding prasanga (mutual contact) and gatrasansparsha (touching) to break the chain of transmission of infective agents and rasayana (rejuvenation therapy) and panchakarma (purification procedures) to promote healing. Primordial preventive measures in Ayurveda include healthy lifestyles such as dinacharya (day regimen), ratricharya (night regimen), ritucharya (seasonal regimen), sadvritta (good conduct) and achararasayana (promotive ethical practices) which help in the promotion of host defence. and its related aspects are weaved in Ayurveda which needs exploration, explanation and implementation. Ayurvedic fundamental principles, if followed according to disease condition, it can be prevented at the very beginning.

Keywords: Janapadodhwansa, Dinacharya

Registration Code: ABPO 2981



DUSHIVISHA

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Dushivisha Dushivisha is cumulative poison that accumulate within tissue of human beings due to prolonged exposure. As this dushivisha is less virulent, it does not produce any immediate symptoms in the body but gets enveloped by the kapha and lies dormant in body for several years. Dushivisha vitiates the blood and causes pustules, exfoliations and urticarial rashes. It further affects dhatus and cause death of the person. When it is lodged in the rasa and other dhatus, it gives rise to particular dhatu pradoshaja vikaras. Nowadays people are more prone to various kinds of visha including dushivisha in food as well as in environment. These poisons are not immediately eliminated from the body and they tend to accumulate in the body which causes symptoms of chronic poisoning.

Keywords: Dushi visha, Dhatu pradoshaja vikara, Chronic poisoning

Registration Code: ABPO 2984



SCOPE OF AYURVEDA IN SKIN DISEASES -A CASE STUDY ON SHVITRA VITILIGO

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Skin is the largest organ of our body and Primary physical barrier which protects from the external environment. It consists of blood vessels, connective tissue, hair follicles, fat, lymphatic vessels, any abnormality in their function causes diseases such as vitiligo, eczema, psoriasis. According to ayurveda skin is named Twacha, The word “twacha” refers to skin and is derived from the verb “tvac” dhatu, which implies “to cover.” Depigmented patches that appear on any area of the body, without inflammation are known as shvitra, this can be co-related to Vitiligo. According to sushruta samhitha, skin has seven layers in this vitiligo will be perceived in the 4th layer(Tamra). Despite not being infectious and non lethal, it still causes sociopsychological distress. To study the effectiveness of Ayurveda medication in the management of Vitiligo. This is a case study of a vitiligo patient treated for 8 weeks , pre and post treatment lesion where examined and documented. We observed a significant change in the colour of lesion when compared between pre and post treatment. Patient is still receiving treatment. Results of this study indicate that vitiligo can be treated using ayurvedic medicine.

Keywords: Vitiligo, Shvitra, Case study, Ayurvedic Medication

Registration Code: ABPO 3131



DIABETIC ULCER

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The most common debilitating complication of diabetes mellitus is nonhealing diabetic foot ulcers worldwide. Now a days diabetes is most common as of sedentary lifestyle. Diabetic ulcer is seen as a updrava of diabetes Many of the cases are treated with Ayurveda. Ayurveda has good results in diabetic ulcers.

Keywords: Diabetic ulcer

Registration Code: ABPO 3132



DRAVYAGUNA





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Book of Abstract



EFFECT OF HERBAL COMPOUNDS IN THE MANAGEMENT OF VICHARCIKA ATOPIC DERMATITIS A RANDOMIZED CLINICAL TRIAL

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Skin is the largest protective organ of the body. A healthy skin is the mirror image of a good health. It acts as an effective barrier against the entry of diseases. Skin diseases like atopic dermatitis/eczema get a suitable atmosphere especially in developing countries, due to fast life style, industrial and occupational hazard, Unhygienic living condition, Polluted environment, repeated use of chemical additives etc. This type of diseases make a person feel much more humiliation in society because with a presence, no one wants to touch them, forbidden by everyone and beauty and personality loss, which leads to under stress. Due to above mentioned because this disease was chosen for the study. The study was conducted in 45 clinically diagnosed patients of vicharcika (atopic dermatitis) and randomly divided into three groups. Namely group A, B and C. Each group has 15 patients. Group A: arka taila (external application) as required twice daily for 45 days. Group B: vidangadi churna (5gm.) orally, twice daily for 45 days. Group C: Both arka taila (external application) and vidangadi churna (orally) will be given. After 45 days of study, Group C showed very good effect on disease comparisons to Group A and Group B, because in it internal as well as external medications were used; so it showed better result.

Keywords: Vicharcika, Atopic dermatitis, Herbal compounds, Arka taila and Vidangadi churna

Registration Code: ABOP 1135



EXPERIMENTAL EVALUATION OF PANCHAVALKALA FOR LEKHANA KARMA WSRTO ANTIHYPERLIPEDEMIC ACTIVITY

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Panchavalkala the barks of five trees i.e. Nyagrodha (*Ficus benghalensis* L.), Udumbara (*Ficus racemosa* L.), Ashwatha (*Ficus religiosa* L.), Plaksha (*Ficus virens* Aiton) and Parisha (*Thespesiapopulnea* (L.)Sol.ex Correa) are also known as Pancha Ksheeri Vrikshas in use since Vedic period. The plant samples were extracted using ethanol and water, and subjected for the phytochemical analysis. It was confirmed that samples contain many biologically active compounds like flavonoids, polyphenols, tannins, alkaloids, glycosides and terpinoids etc. Hence the study was aimed to evaluate Antihyperlipidemic effect (Lekhana Karma) of Panchavalkala Bark extracts individually and in combination (1:1:1:1:1) both in ethanolic and aqueous extracts on serum lipid profile in Cafeteria diet (HFD) induced hyperlipidemia in SD rats. The animals were divided in to fifteen groups of six animals each. The normal control group continued to be fed a laboratory pellet chow ad libitum. The cafeteria diet-control group received the cafeteria diet in addition to the normal pellet diet (NPD). The remaining 13 groups were fed with the cafeteria diet and NPD along with standard control Atorvastatin 10mg/kg and the test drug p.o for 30 days. Treatment with the test substance PVK AE and PVK EE at doses of 200mg/kg body weight p.o. controlled and regulated the HFD induced weight gain, glucose and lipids in the blood when compared against high fat diet control ($P < 0.05$). PVK bark extracts are capable of exhibiting significant antihyperlipidemic activity in HFD induced SD rats by enhancing parameters like antioxidant enzyme, Inhibiting pancreatic lipase enzyme and HMG-Co Enzyme reductase activity as demonstrated in the previous studies. There is significant decrease in body weight, Liver weight, Lipid ratios and Atherogenic index of plasma as well as regeneration of hepatic structure. Taken together, this study strongly suggests that PVK bark extracts might be an efficient way for treatment of hyperlipidemia.

Keywords: HFD- High fat diet, PVK-Panchavalkala, Atorvastatin, Hyperlipidemia, AE- Aqueous extract, EE- Ethanolic extract, Anti hyperlipidemic

Registration Code: ABOP 1138



MICROBIAL CONTAMINATION IN MUSTA CYPERUS ROTUNDUS LINN SOURCED FROM NORTH KERALA

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Cyperus rotundus Linn., commonly known as 'Musta' in Ayurveda, is a versatile herb that has been revered for centuries in traditional Indian medicine. With a rich history of use dating back to ancient texts, this herb has played a pivotal role in Ayurvedic healing practices. Its multifaceted medicinal properties, ranging from digestive health enhancement to stress alleviation, make it a vital component in numerous Ayurvedic formulations. Since dried rhizomes of Musta are commonly used in many Ayurvedic formulations, it is important to acknowledge the potential risk of microbial contamination, which cannot be disregarded. The current study aimed to evaluate microbial contamination in dried Musta rhizomes obtained from herbal raw drug markets in North Kerala. Microbial assessment was conducted on five separate commercial samples obtained from five different districts in North Kerala using the Broth method and Colony counting method. Subsequently, these market samples were compared to the microbial standards specified in the Ayurvedic Pharmacopoeia of India. According to API, the acceptable limit for E. coli is zero and the maximum allowable Total Microbial Plate count (TPC) is 105/g. The microbial analysis revealed the presence of *Aspergillus niger*, as well as mixed colonies of *Klebsiella* species, *Bacillus* species, and *Escherichia coli* in the market samples. The colony count falls within the range of 201 to 594, while the TPC/g remains below 105. In Ayurveda, certain formulations incorporate medicinal herbs in their natural, unprocessed form, without subjecting them to heat or any form of processing. Therefore, it becomes crucial to identify and assess the presence of microbial contaminants in crude drugs, as this assessment plays a vital role in establishing the purity and safety of these herbal medications.

Keywords: Microbial assessment, Raw drug market, *Escherichia coli*, API

Registration Code: ABOP 1156



PHYTOCHEMICAL PROFILING OF TILA TAILA CHAKK METHOD USING GAS CHROMATOGRAPHY-MASS SPECTROMETRY GCMS ANALYSIS

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The Chakk method, referring to traditional method of Tila Taila (sesame oil) extraction, typically involves using a mechanical press to extract the oil. The “chakk” is a heavy, circular stone grinding machine, usually powered by bulls or sometimes manually. This method is a cold-pressing technique that ensures the retention of nutrients and flavor in the oil. The extraction method can influence the composition and quality of the oil. This study aims to determine the chemical composition and heavy metal contents in sesame oil (Tila Taila) prepared using the Chakk method. Standard methods for physicochemical properties and GC-MS were used to determine the chemical constituents. For heavy metal analysis, ICP-MS (Inductively Coupled Plasma Mass Spectrometry) was used. The chemical constituents revealed 9, 15-octadecadienoic acid methyl ester (Z, Z)-, n-hexadecenoic acid, 9-octadecadienoic acid methyl ester (E)-, 6-octadecadienoic acid and octadecadienoic acid were the predominant fatty acids. The heavy metals Hg, Cd, As, and Pb concentrations in the samples are within the standard limits. Sesame oil is therefore suitable for consumption due to its good amount of unsaturated fatty acid, low concentration of heavy metals, and some phytochemicals. It is important to note, however, that while many traditional uses of sesame oil have been reported, not all have been rigorously studied or validated by modern scientific research. Tila Taila produced by the Chakk method retains the authentic properties of sesame seeds, rich in beneficial fatty acids and antioxidants. However, like all-natural products, rigorous quality control, especially in the context of potential heavy metal contamination, is imperative to ensure its safety and efficacy.

Keywords: GC-MS, ICP-MS, Tila Taila, Heavy Metal

Registration Code: ABOP 1200



MEDICINALLY IMPORTANT AND EDIBLE PTERIDOPHYTES USED BY THE TRIBAL COMMUNITIES OF PALAKKAD AND WAYANAD DISTRICTS OF KERALA

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Humans and plants share an inseparable relationship extending far back from our evolutionary history. Plants are crucial for meeting the basic needs of humans, including food, warmth, shelter, medicine, fuel, and livestock feed. The approximate estimate of vascular plants available worldwide is about 3 million; among these, 10 per cent are used as medicinal plants. Due to the rich biodiversity, the ethnic communities in the forest areas of Palakkad and Wayanad districts of Kerala depend on various plants for their nutritional and medicinal needs. Pteridophytes (Ferns and fern allies), a group of non-flowering primitive vascular plants, are extensively used by these tribal communities for medicinal purposes and as an edible nutritive vegetable. However, the ethnobotanical aspects of pteridophytes are very poorly documented, and they are usually seen as weeds or waste plants. In the present work, as part of medico-ethnobotanical surveys conducted in the Palakkad and Wayanad districts of Kerala, the team surveyed and documented various pteridophytes used by the tribal communities of these areas. Ten species belonging to seven different families of pteridophytes were recorded and identified for their ethnomedicinal values and voucher samples were deposited as Herbarium in the Institute. An attempt was also made to validate the claims by searching the traditional medicine literature, Pharmacopeia, medicinal plant compendiums, and other published works.

Keywords: Pteridophytes, Ethnomedicine, Medicinal plants, Palakkad, Wayanad, Kerala

Registration Code: ABOP 1250



HAIRY ROOT CULTURE- A PROMISING APPROACH FOR THE PRODUCTION OF SECONDARY METABOLITES

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The major obstacle faced by herbal industry is over exploitation of medicinal plants. This is due to increase in demand of crude drugs for pharmaceutical purposes. Due to destructive harvesting the medicinal plant population in the natural habitats has declined drastically and consequently will be listed as vulnerable or rare in red list of medicinal plants. Advancement in technology have opened new ways for short to long term preservation of plant biodiversity and for the production of desirable bioactive compounds. Hairy root culture is one such approach having wide range of applications and can be utilized as a tool for the extraction of secondary metabolites in the pharmaceutical level. Hairy root culture (HRC) also called transformed root culture, is a type of plant tissue culture. The HRC'S are generated from the plant of interest by infecting tissue with the bacterium *Agrobacterium rhizogenes*. Studies on various medicinal plants have shown that the secondary metabolites are present in higher concentrations in hairy root culture that in conventional in-vitro cultures. The databases PubMed, Google Scholar were searched to compile this article. This paper is intended to describe the advancement and culturing techniques of hairy root and to emphasise the views and opportunities of hairy root culture can provide in herbal pharmaceutical sector.

Keywords: HRC, *Agrobacterium rhizogenes*, Medicinal plants

Registration Code: ABOP 1253



EXPLORING DEEPANA AND PACHANA DRAVYAS THEIR IMPACT ON DIGESTION AND THE ENTERIC BRAIN CONNECTION ENS

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Ayurveda employs Deepana and Pachana drugs to enhance digestion and nutrient absorption by correcting the digestive fire. Deepana, to enhance digestive fire and Pachana, the means of alleviating digestive imbalances, are the crucial therapeutic methods in Ayurveda. The study investigates how these time-honoured practices not only support efficient digestion but also influence the complex network known as the enteric nervous system and the impact on cognitive and emotional functions. A systematic review encompassing Ayurvedic texts and scientific studies explores how Deepana and Pachana drugs, affect the ENS and digestive processes. Deepana and Pachana drugs enhance gut motility, improve nutrient absorption, and balance the gut microbiome which are ENS-related functions. Some medicinal herbs modulate gut hormones and possess anti-inflammatory properties, supporting a healthy ENS. Beyond optimizing digestion, emerging research suggests these herbs influence the enteric brain, emphasizing Ayurveda's holistic approach to digestive health and the gut-brain axis. In conclusion, the profound interplay between Deepana and Pachana drugs and the enteric brain, emphasizing the potential for a holistic approach to health by targeting the gut-brain axis. Thus, exploration of Deepana and Pachana drugs and their interaction with the ENS showcases the synergy between ancient wisdom and contemporary science.

Keywords: Deepana and Pachana Dravya, Digestion, Enteric brain system

Registration Code: ABOP 1235



NUTRACEUTICALS-NATURES NEUTRA NECTAR THAT NOURISH YOUR WELL BEING

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Holistic consideration & personalized dietary planning constitute the basic feature of the Ayurvedic concept of the nutrition, which enhance the optimal health & disease prevention. Consumption of junk food has increased a number of diseases due to improper nutrition. For instance certain dietary habit can enhance the cancer risk. Ahara(diet) is indicated as best medicine as per Ayurveda which is similar to that of the concept of Hippocrates i.e. “Let food be thy medicine, medicine be thy food”. The term Nutraceuticals has been applied to products that other than nutrition, are isolated from herbal products, dietary supplements, specific diet & processed food that are used as medicine. Utility of food as health promoting factor, beyond its nutritional value is gaining acceptance. Nutraceuticals have appealing results not only provides nutritive value but also has health benefits in prevention of disease such as Cancer, HTN, DM, Osteoporosis, Arthritis etc. Risk of toxicity & adverse effect of drugs led us to consider safer nutraceutical & functional food based approach for the health management. This paper is intended to explore the importance, significance of herbal nutraceutical with ayurveda examples & disease implications.

Keywords: Nutraceutical, Ayurveda, Preventive medicine

Registration Code: ABOP 1235



GOOD AGRICULTURAL PRACTICES GAP GOOD COLLECTION PRACTICES GCP

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Interest in traditional systems of medicines particularly, ayurvedic medicines, has increased substantially in both developed and developing countries over the past two decades. Global and national markets for medicinal herbs have been growing rapidly and as a consequence, the safety and quality of medicines have become an important concern. Some reported adverse events following the use of certain ayurvedic medicines have been associated with a variety of possible explanations, including the inadvertent use of the wrong plant species, adulteration, contamination with hazardous substances etc. Among those attributable to the poor quality of finished products, some clearly result from the use of raw medicinal plant materials that are not of a sufficiently high quality standard. The safety and quality of raw medicinal plant materials and finished products depend on factors that may be classified as intrinsic (genetic) or extrinsic (environment, collection methods, cultivation, harvest, post-harvest processing, transport and storage practices). Safety and quality assurance measures are needed to overcome these problems and to ensure a steady, affordable and sustainable supply of medicinal plant materials of good quality. In recent years, good agricultural practices have been recognized as an important tool for ensuring the safety and quality of a variety of food commodities, and many Member States have established national good agricultural practice guidelines for a range of foods. However, quality control for the cultivation and collection of medicinal plants as the raw materials for herbal medicines are equally demanding. Within the overall context of quality assurance, the WHO guidelines on good agricultural and collection practices (GACP) for medicinal plants are primarily intended to provide general technical guidance on obtaining medicinal plant materials of good quality for the sustainable production of herbal products classified as medicines.

Keywords: Good harvesting practices, Environmental considerations, Medicine quality, GCP, GAP

Registration Code: ABOP 1376



PARTHENIUM HYSTEROPHORUS -CARROT GRASS- A HARMFUL WEED OR FUTURE MEDICINAL PLANT- A REVIEW

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Parthenium hysterophorus is a species of flowering plant in the family Asteraceae, It is a very common ruderal species, a weed of pastures and industrial crops commonly known as carrot grass in India. *P. hysterophorus* invades roadsides pastures and farmland. Experimental studies through in-vitro, in-vivo, and in-silico on *P. hysterophorus* have indicated its therapeutic pharmacological property, which creates an opportunity to seek its medicinal values. Though Parthenium possess both harmful and beneficial effects, if it is used wisely it can be an effective medicine in the near future. Materials and methods: A thorough review on both harmful effects and medicinal uses of *P. hysterophorus* was carried out. Result: *P. hysterophorus* leaf extracts possess Antidiabetic, and Antioxidant property and experimentally demonstrated antimicrobial activity on Staphylococcus, Pseudomonas, Candida, Trypanosoma and HIV virus. Discussion: Standardisation of Parthenium and appropriate researches are still needed on humans for assessment of safety aspects and determination of safe dosage value. This can add an extra pharmacopoeial, commonly available, easily accessible and cost effective plant as a future medicine.

Keywords: Antidiabetic, Antioxidant, Antimicrobial, Weed, Extra pharmacopoeial drug

Registration Code: ABOP 1416



PECTIN BASED BIOCOMPOSITE DRESSING - A NOVEL DRUG DELIVERY SYSTEM FOR AYURVEDIC WOUND HEALING - A REVIEW

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Wound is a term that refers to the disruption of anatomical integrity and functional loss of skin. The prevalence of people affected with wound in India is about 15.03 per 1000 population. The stages of wound healing involves haemostasis, inflammation, proliferation and remodelling. A proper management of wound depends on prevention of infection and acceleration of healing. Based on studies, various antiseptic agents that have been utilized in current practice to counter wound contamination lacks wound healing properties. This exhibits the necessity to develop a new drug delivery system. Pectin based Biocomposite dressing is an emerging drug delivery technique where it is found to have effective in wound care management as per scientific studies. Pectin is a polysaccharide which can be derived from almost all plant cell walls in which it is suitable in wound healing applications. As per studies, Pectin based Biocomposite dressing accelerates wound healing since the galacturonic acid present in pectin possess Anti-microbial, Anti-thrombogenic and Anti-inflammatory activities in particular the suppression of inflammatory enzymes iNos and COX2. In Susrutha Samhitha, Acharya has described Bheda, Sadhyasadyatha and Upakrama of Vrana along with the Vranashodhana and Vranaropana dravyas like Durva, Lajjalu Gojihva, Yastimadhu, Khadira, Kiratatikta ,etc. Relevant studies confirm the presence of pectin in these dravyas and can be inferred that this may be responsible for Shodhana and Ropana of Vrana. Classical Ayurveda textbooks and Databases like Pubmed, Scopus were reviewed, and 5 relevant papers were obtained. This evidence provides scientific validation for developing Pectin based Biocomposite dressings of Vranashodhana dravyas and thus site-specific drug delivery and bioavailability may be improved.

Keywords: Biopolymer, Biocomposite, NDDS, Vranashodana, Vranaropana, Site-Specific delivery

Registration Code: ABOP 1428



NUTRACEUTICALS APPLICATION IN PATHYA AHARA AND THEIR ROLE IN DISEASE PREVENTION

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Nutraceuticals are potential food or part of food that provides health benefits and modulates immunity, thus preventing and curing various diseases. Nutraceuticals may come under the concept of Pathya Ahara, which has beneficial effects on the body and mind. As per Vaidya Lolambara Raju, if a diseased person strictly follows the Pathya; he may not require medicine but if he doesn't follow the Pathya, medicines may be fruitless. Diet and lifestyle reflect the properties of Dosha and are unsuitable to Dhatus in their properties causing morbidity in Srothas. Similarly, the antioxidant defence systems are often overloaded, resulting in oxidative stress and various diseases. As a result, a new era of medicine and wellness has been ushered in Nutraceuticals. The purpose of this review is to emphasize the health benefits of the Nutraceuticals found in functional foods in relation to the Pathya Aharas that are addressed in classical texts for both prevention and therapy. Methods: A Comprehensive review of the topic after conducting a literature search to gather information from various classical texts and digital journals. Result: The importance of Rasayana as a Nutraceutical is significant in preventing the onset of diseases and cost-effectiveness. The Ayurvedic concept of medicinal food coincides with the existing implications of Nutraceuticals. The role of bioactive compounds in reducing the risk of atherosclerotic vascular diseases and the potential of functional food in mitigating Intestinal health with an appropriate diet are reported in Ayurveda classics. Conclusion: Pathya Ahara is cited in the classics specific to each ailment and may be utilized as Nutraceutical as a therapeutic, palliative, preventative, rejuvenating and curative method. The Nutraceutical application in these areas will be beneficial for the growth of Ayurveda.

Keywords: Functional Food, Wholesome diet, Antioxidant, Bioactive compound, Ayurveda.

Registration Code: ABOP 1436



ROLE OF NUTRICOSMETICS IN KUSHTACHIKITSA

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Ayurveda not only aim for the wellbeing of diseased patients but also maintaining the health of Swastha. Humans are more concerned about the health of skin and are using cosmetics for the improvement of texture. Diet & Nutrition is very important for a healthy skin. Nutricosmetics, which combines the benefits derived from food supplementation with the advantages of cosmetic treatments to improve the beauty of our body. For the purposes of beauty and good health, herbs from Ayurveda are becoming more and more well-liked because of that competitive effectiveness of nutricosmetics and reduced unwanted toxic effects. Methodology:- Literature search done in Ashtangahridaya sutrasthana, Charaka Samhita Sutrasathana, Discussion:- There are certain group of drugs mentioned under dasaimani such as Vayasthapana dasaimani, Kushtaghna dasaimani etc. Selected drugs from vayasthapana dasaimani made into different nutritional formulation for swastha as a preventive aspect. For a healthy person, anti-ageing preventive aspect of rasayana administration and its modified form of food supplements will be effective to maintain their ojas and thereby the twakbala. For a skin diseased patient, drugs possessing antioxidant & antiinflammatory action can be processed as medicinal buttermilk, roasted powder, ghee preparation in a curative aspect. A nutricosmetic diet chart can be advisable for both healthy and diseased persons including the millets, leafy vegetables which are mentioned under pathyahara of Kushtaroga. Conclusion:- The review aims to provide the information regarding the use of different dosage forms of nutrient rich cosmetic drugs in improving the skin complexion, texture, strength. Significance:- Maintenance of healthy skin and prevention and cure of Skin diseases using nutricosmetic dosage forms as a daily dietary supplement.

Keywords: Vayasthapana, Kushtaghna, Pathya, Pubmed

Registration Code: ABOP 1472



NUTRACEUTICAL EFFECT OF USHTRA KSHEERAM CAMEL MILK IN ATTENTION DEFICIT HYPERACTIVE DISORDER

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Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders and can continue through adolescence and adulthood. Symptoms include difficulty staying focused, paying attention, difficulty in controlling behavior and hyperactivity. The research works on ADHD shows that there is a specific relationship between the diet and hyperactive behavior. The present study focuses on the nutraceutical effect of ushtra ksheera (camel milk) mentioned in Ayurveda. In Ayurveda, disorders related to psychiatric and behavioral disturbances are discussed under Unmada.. Results and discussion: According to Ayurveda the symptoms of ADHD have close resemblance with vatika unmada. Ushtra ksheera has the specific effect of pacifying the vata doshas. Research works on camel milk shows that bioactive peptide ,beta-casomorphin-7 (BCM-7), found in camel milk has been shown to have a calming effect on the nervous system by binding to opioid receptors in the brain. Inflammation in gut lining damages the brain and result in development of ADHD symptoms. Camel milk has the anti-inflammatory effect in gut microbiome. Conclusion: Ushtra ksheera has a significant effect in relieving the symptoms of ADHD.

Keywords: Attention deficit hyperactivity disorder (ADHD), Nutraceutical effect, Ushtra ksheera (camel milk)

Registration Code: ABOP 1496



LIPOSOMAL INNOVATIONS IN AYURVEDIC FORMULATIONS-A MODERN APPROACH TO TRADITIONAL HEALING

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In today's world, chronic diseases are on the rise and poor medication adherence remains a formidable challenge, estimated around 50% for chronic illness and leading to severe consequences, including death. The reasons may be low motivation due to delayed results, decreased drug palatability, and challenges in administering medicines. Liposomal drug delivery is an approach that involves encapsulating drugs, within lipid-based vesicles known as liposomes. It is a system which can provide a sustained or controlled drug delivery, that has versatility to carry a wide range of drugs at a time, cost effective and at the same time not hampering with the traditions of Ayurveda. This innovative system aligns with the principles of Sneha Kalpana, where both share a lipoidal nature and employ heat-based processes to transfer active herbal constituents into lipids and water, based on their solubility. This approach offers a solution for chronic diseases where Samana is indicated for a long time after Shodana therapy. Chakrapani Dutta explains the use of Ghrita in the convalescent stage to alleviate Vata-pitta dosha and to reduce rookshana and dhathusoshana caused by the disease. Materials and Methods: Databases like PubMed, Google Scholar, Scopus etc. were searched using key words like "liposomal Ayurvedic formulations, and more. Results: The findings suggest that Liposomal drug delivery systems have the potential to significantly enhance the bioavailability of herbal drugs. This is particularly crucial for lipid-based and non-palatable Ayurvedic medicines. Significance: Liposomal drug delivery systems may enhance the use of Rasayanas, which are usually lipid-based and less palatable overcoming medication adherences. By combining the wisdom of Ayurveda with modern drug delivery technology, we have the opportunity to revolutionize how we treat chronic conditions, offering a more simplified, and patient-friendly approach.

Keywords: Medication adherence, Rasayana, Drug delivery

Registration Code: ABOP 1511



SNEHA KALPANA AND LIPID DRUG DELIVERY SYSTEM - A COMPARATIVE APPROACH

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Lipids are structurally very important components of the human body. There are increasing demands to develop suitable drug-carrier systems to control, localize, and improve drug delivery. Medicated oil & ghee are the important dosage forms widely described in Ayurvedic pharmaceuticals. Owing to the therapeutic multiplicity of Sneha Kalpana extensive studies are required to know its properties. Literature search was done in Ayurvedic textbooks, PubMed, science direct & google scholar with keyword Sneha Kalpana, lipid delivery systems. Lipids are perhaps one of the most versatile excipients classes currently available, providing potential options for improving and controlling the absorption of poorly water-soluble drugs. Routes like oral, parenteral, ocular, intranasal, dermal/transdermal, and vaginal can be used for the administration. Aim of the arrangement of Sneha Kalpana, may be the mass transfer of both the aqueous and lipid soluble active principles. Provides potent, enhanced, and effective therapeutic attributes to the Sneha. Fat soluble drugs have better pharmacokinetics in comparison to other dosage forms However, the complexity arises as many of the formulation are polyherbal and rises difficulties to understand the chemical & physical changes happening while the paka happens. In a study conducted on Gulgulutikthaka ghritha in comparison with plain ghee revealed that changes in RI, viscosity from ghee indicated presence of micro and submicron sized particle embedded in solid background. Polar ingredients may have entrapped in nano/micro size vesicular structures dispersed in oil phase. Lipid based Drug Delivery systems is at head start, while in Ayurveda lipid based formulations have been used since earlier ages. Better understanding and immense studies on mode of action, structure etc of Sneha Kalpana and its applications are to be rediscovered with help of other scientific branches. Confirmative experimental studies essential for development of lipid formulations that target each systems.

Keywords: Sneha Kalpana, Micro size vesicular structure, Lipid drug delivery

Registration Code: ABOP 1614



CHEMICAL PROFILING SPECTROSCOPIC CHARACTERIZATION THEREAFTER MOLECULAR DOCKING STUDIES OF PHYTOCHEMICAL CONSTITUENTS OF AN ANTIDIABETIC POLYHERBAL FORMULATION

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This work is to report the method of preparation of a novel Antidiabetic polyherbal formulation and to find out the active principles in the formulation responsible for the antidiabetic action and to validate the antioxidant activity of the formulation and to study the mechanism of action of the phytochemical constituents in the formulation. The polyherbal formulation is made from the ethanol extract of *Gymnema sylvestre*, *Berberis aristate*, *Costus speciosa*, *Pterocarpus marsupium*, *Syzygium cumini*, *Picrorrhiza kurroa*, *Trigonella foenum*, *Cinnamomum verum*, *Alstonia scholaris* and *Asphaltum pure*. Fingerprinting of phytochemical constituents of this formulation was performed using spectroscopical (IR and UV) and chromatographic technique, LCMS. Biochemical assays like DPPH and SOD radical scavenging assays were done to validate its biological activity. The mode of action of phytochemical constituents against monoamine oxidase B that have a high impact on diabetes management and complications was investigated using molecular docking. LC-MS/MS analysis of this formulation identified 33 compounds, among them, 9 compounds show antidiabetic activity. The absorption bands in the UV spectra and harmonic vibrations in the IR region indicate the presence of active phytochemicals. The dose-dependent response of the formulation demands 40µg/mL concentration of the drug for 50% DPPH radical scavenging and 10µg/mL for SOD radical scavenging. The docking result reveals the active principles in the formulation show a significant binding affinity score than the inbuilt ligand, have a docking score of -9.014 with -74.785 kcal binding energy. Pulmatin showed a docking score of -10.533 with a binding energy of -64.220 kcal, and all others have a comparable docking score and binding affinity. These results point out that the polyherbal formulation is rich in antioxidant ingredients and will require less amount for high performance. The findings obtained in the present work indicate that the novel antidiabetic polyherbal formulation may constitute a safe multi-target remedy to treat diabetes.

Keywords: Docking

Registration Code: ABOP 1646

EFFECTIVENESS OF KARKASADALADI-YOGAM IN DYSLIPIDAEMIA

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Dyslipidaemia is defined as elevated plasma triglycerides, total cholesterol and LDL-cholesterol, low HDL-cholesterol. It is a major independent modifiable risk factor for cardiovascular diseases and its prevalence alarmingly increasing due to Westernization of diet, obesity, reduced physical activity, aging, and other lifestyle changes. Karkasadaladi-yogam is a polyherbal formulation mentioned in Bhavaprakasa in Medoroga chapter, which is not scientifically documented yet. Hence, the study is to determine the effectiveness of Karkasadaladi-yogam in Dyslipidaemia. **Materials & Method:** The Karkasadaladi-yogam(KDY) is a polyherbal tablet dosage form prepared with powder of Karkasadala, Chitraka, Hingu, and Sathapushpa, potentiated with Kashaya of Karkasadala and Chitraka by wet grinding method and the dried fine powder was punched to 500 mg tablets. In this clinical study 39 people having Dyslipidaemia; defined as total Cholesterol (TC) >200mg/dl, low density lipoprotein (LDL-C) as >130mg/dl, hypertriglyceridemia as TG >150mg/dl high density lipoprotein (HDL-C) below 40 were selected, attending OPD of Government Ayurveda College, Thiruvananthapuram and given 2 tablet twice daily after food for 3 months. Clinical parameters, anthropometric indices and biochemical parameters were assessed before and after intervention and data analysed with paired t test. **Result:** KDY tablet administration in Dyslipidaemic participants reduced total cholesterol, LDL-C, HDL/LDL ratio, total cholesterol/HDL ratio, BMI, Body Weight and Appetite score .

Keywords: Dyslipidaemia, LDL- C, cholesterol, HDL/LDL ratio, Karkasadaladi- yogam, Patola, Chitraka, Medoroga, Obesity.

Registration Code: ABOP 1681



EFFICACY OF NIMBADI YOGAM AS AN ADD ON MEDICATION IN TYPE 2 DIABETES MELLITUS SUBJECTS ON METFORMIN MONOTHERAPY A RANDOMIZED CONTROLLED TRIAL

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Diabetes is a major health issue that has reached alarming levels today and nearly half a billion people are living with diabetes worldwide. DM comes under the purview of the broad spectrum of disease mentioned under Prameha. The study drug Nimbadi yogam (NY) is a polyherbal formulation containing Nimba, Usira, Amalaki and Hareetaki mentioned in one of the classical Ayurveda texts Cakradutta in Prameha adhikarana. All the four drugs experimentally proven to have significant hypoglycemic effect. Methodology: The study is of interventional type and designed as RCT. Both male and female participants of age group 25-70 years with FBS level from 126-180 mg/dl, PPBS from 200-250 mg/dl HbA1c from 6.5%- 8.5% and taking single stable dose of Metformin, were selected for the study and randomized into trial and control groups. The study drug NY was dispensed as 500 mg tablets. Nishakathakadi tarpanakwatha was prepared as a medicated health drink and advised to take it instead of drinking water. The subjects of experimental group were advised to take 2 tablets thrice daily before food along with Nishakathakadi tarpanakwatha and the control group were advised to take Nishakathakadi tarpanakwatha for a period of 90 days, with the stable dose of Metformin. The primary outcome variables were FBS, PPBS and HbA1c. The results were analyzed by comparing two groups using an independent sample t test. Results: On analysis FBS, PPBS and HbA1c have statistically significant reduction in trial group after intervention compared to control group.

Keywords: Nishakathakadi tarpana kwatha, Prameha, HbA1c, FBS, PPBS

Registration Code: ABOP 1685



PROTECTION OF THE EXISTING PLANTS AND CULTIVATING NEW ONES

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Man is an integral part of the whole ecosystem. All living beings including man is dependent on nature for its well being. Ayurveda the holistic and curing science of medicine as practiced and utilized by Indians at large since centuries is now being globally accepted which has increased the demand for medicinal plants. According to ayurveda, no plant is there in the universe without any medical use. The demand for medicinal plants is increasing day by day, but the production is not as much to meet the demands. Due to unavailability of medical plants adulteration and substitution is common nowadays. For instance the dasha moola, Bala (sida), Nili (indigofera tinctoria) etc are few among the drugs which are facing scarcity. The yogas or formulation having the above said drugs are being adulterated which reduces the quality and effectiveness. Protection of the existing plant can be successfully attained by prevention of deforestation. Cultivation of medical plants can be effectively done by the proper land identification and land usage with the help of geological department. The combined work of forest department, Agricultural department & Ayurveda department help to conserve the rich source of medicinal plants for a long period. The combined work of these departments will be helpful for all the above said problems, which will be a huge source of energy for Ayurvedic treatment principles.

Keywords: Ayurveda, Unavailability of drugs, Dasha moola, sida, Indigofera tinctoria, Adulteration, Conservation with the help of government departments

Registration Code: ABOP 1748



MEDICINAL PLANTS CONSERVATION THROUGH COLLECTIVE SUSTAINABILITY

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In the modern world, the over-exploitation and unsustainable harvesting of medicinal plants have raised concerns about their future availability. Surveys by IUCN, categorised most of them in red list criteria of threat. It is a call to action for all stakeholders to work together to ensure that these invaluable botanical treasures continue to flourish and heal for generations to come. Purpose : To explore the sustainable method for conservation of medicinal plants through collective approach. Methods: An effort has been made to compile information from a variety of sources, including classical texts, numerous web search engines, published articles, research publications, etc. Results & Discussion : For sustainability of ayurveda and traditional medicine systems, comprehensive strategy is needed to conserve medicinal plants. Vrikshayurveda, ensure healthy growth, productivity and conservation. Scientific approach such as plant tissue culture, seed bank, GACP methods, and ex situ–in situ conservation, can play vital role, in cultivation and conservation of medicinal plants. Wild to cultivation, Rational prescribing like sustainable practices, IUCN-WWF guidelines, collaborative and regulatory strategies must be adopted. Conclusion : Medicinal plants conservation is not just a matter of preserving natural resources; it is about safeguarding the essence of ayurveda like traditional medicine systems and the health of millions of people who benefit from these herbs. Finally, by adopting sustainable practices, raising awareness, ensuring regulations and collaborating across disciplines, this natural heritage can be preserved. The conservation of medicine plants is not just an obligation; it is a legacy, we must leave for the generations and well-being of humanity.

Keywords: IUCN, Vrikshayurveda, Scientific and Sustainable approach, GACP, Rational prescription, Collaborative strategy.

Registration Code: ABOP 1834



SIGNIFICANCE OF AYURVEDIC NUTRACEUTICALS

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Nutraceuticals have evolved from the recognition of the link between food and health. Rapid advances in science and technology, increasing health care costs, and rising interest in attaining wellness through diet are among the factors fuelling interest in nutraceuticals. The association of nutraceuticals with traditional medicine brings the long-standing consumer acceptance. The concept of nutraceutical is not new to Ayurveda, it has the concept of nutrition, dietary supplements, food regimen for patients and health combinations for paediatric to geriatric care in different context. While describing the treatments there are mentions of suitable medicated foods also. Similar references are available in seasonal regimens, as an example, Oushadha kanji in Kerala is a popular medicated food preparation in rainy season to prevent loss of appetite likely to happen then. Ayurveda has a great emphasis on the quality of food as Rasayana, Balya, Brihana, Jeevaniya, Vyadhikshmatva and Vajikarana. The concept of 'Aajasrik Rasayana' deals with food products that can be consumed daily for improving quality of life by offering protection from external and internal stressors. Modern nutraceuticals are adept at meeting modern-day unfulfilled health needs. Yet, there is great potential in amalgamating modern nutraceuticals with traditional Ayurvedic medicines to improve and develop products that address unmet consumer needs. With better understanding of various metabolic processes and disease causation coupled with the convergence of traditional and modern health science and modern nutritional science, it is possible to develop new products. It will lead us to understand and formulate a conceptual basis for Ayurvedic nutraceuticals products for better health outcomes that are aimed at providing basic nutrition and at the same time reducing disease risk.

Keywords: Nutraceuticals, Ayurvedic nutraceuticals, Rasayana

Registration Code: ABOP 1850



HEPATOPROTECTIVE EFFECT OF ROHITAKADI CHURNA IN PARACETAMOL INDUCED HEPATOTOXICITY IN ALBINO RATS

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All over the world, millions of people are affected by serious liver disorders. Hepatotoxicity is one of the major reasons due to which drugs continue to be taken off from the market. Rohitakadi churna(RC) is mentioned in chakradatta in the context of liver disorders. In the present study RC and its hydroalcoholic extract was evaluated for its hepatoprotective and its acute toxicity. Method: The hepatoprotective effect of drug in comparison with Silymarin was studied in Paracetamol (PCM) induced hepatotoxicity in Albino rat. The experiment consists of 6 groups with 6 Albino rats in each group. Groups were Normal control group (distilled water), standard group (Silymarin orally 100mg/kg), Negative control group (PCM 2g/kg), therapeutic dose (0.108g/200g), double dose (0.216g/200g) and hydroalcoholic extract of RC (500mg/kg). Standard drug and study drug were given for 7 days. On 7th day PCM was given orally after 2 hrs of the administration of drug except normal control. On 8th day test animals were sacrificed, blood samples & liver were collected and subjected to biochemical and microscopical analysis respectively. Result: The results were analysed by One-way ANOVA followed by Tukey HSD post hoc multiple comparison test. PCM treatment caused significant elevation in serum level of SGOT, SGPT, ALP & bilirubin and reduction in T.protein & albumin levels. However, the animals treated with standard drug and study drug did not show an elevation in the biochemical values as compared to PCM treated group.

Keywords: SGOT, SGPT, ALP, Aphanamixis polystachya, Terminalia chebula, Cow's urine

Registration Code: ABOP 1906



ROLE OF MILLETS AS NUTRACEUTICALS IN NON-COMMUNICABLE DISEASES

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A balanced nutritive diet is the key to good health. Modern living and economic advancement has shifted the lifestyle of humans towards sedentary routine with more consumptions of carbohydrates and processed foods. Unbalanced dietary habits and over nutrition due to sedentary life habits have contributed to an increase in the incidence of non-communicable diseases (NCDs). These sedentary life styles along with dietary habits may leads to obesity, which again promotes NCDs such as hypertension, hyperlipidemia and diabetes mellitus. Millets are the oldest as well as the primitive indigenous food grains to be used as staple food. Millets have many nutritional, nutraceutical and health promoting properties especially the high fiber content and nature of starch. Aim: The present study is aimed to review about the role of millets in non-communicable diseases. Materials & methods: Ayurvedic Samhitās, Nighantus, journals and various internet publications were consulted regarding Trnadhānyas and its role in NCDs. Result: In Ayurvedic literatures, millets have been mentioned under cereal groups of āhāra varga. Even though Ayurveda considers millets as Kudhānya and never recommends millets under the list of Nitya Sevaniya Āhāra, as no major sedentary life style disorders were present earlier but is very common nowadays. They are best to be used in Santarpanajanya Vikāra (Diseases due to over nourishment) and Kapha-Pitta Dosaja Vikāra. Conclusion: Millets can be used as a preventive diet in healthy and therapeutic diet in diseased especially in NCDs.

Keywords: Kudhānya. Santarpanajanya Vikāra, Trnadhānyas.

Registration Code: ABOP 1909



CONSERVATION OF MEDICINAL PLANTS - A REVIEW

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Medicinal plants and traditional medicine play an important role in the health care system of most of the developing countries. The traditional health care practice is mainly dependent on medicinal plants collected from the wild. In spite of this, the medicinal plant biodiversity is being eroded due to man-made and natural calamities. Moreover, the indigenous knowledge associated with the conservation and use of medicinal plants is also disappearing at an alarming rate. The goal of conservation is to support sustainable development by protecting and using biological resources in ways that do not diminish the world's variety of genes and species or destroy important habitats and ecosystems. In general, it involves activities such as collection, propagation, characterization, evaluation, disease indexing, elimination, storage and distribution. The conservation of plant genetic resources has long been realized as an integral part of biodiversity conservation. There are two methods for the conservation of plant genetic resources, namely In-Situ & Ex-Situ conservation. In-situ or on site conservation involves maintaining genetic resources in their natural habitats and includes procedures like natural reserves and wild nurseries. Ex-situ conservation involves conservation of medicinal plants outside their natural habitat used to safeguard them from destruction, replacement or deterioration and it includes procedures like seed storage, DNA storage, field gene banks and botanical gardens etc.

Keywords: Ayurveda, Conservation, Ex-situ, In-situ, Medicinal plants

Registration Code: ABOP 1931



NUTRICOSMETICS IN AYURVEDA

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The word Nutricosmetics is coined by combining the words nutrition and cosmetics, which can support the function and structure of the skin. In the past decade, beauty has been about changing the look or concealing problems using makeup, surgeries and other intervention. Now the focus has shifted to improving skin health by intake of dietary supplements as the root cause of any specific skin concern is internal. Nutricosmetics contain vitamins, phytonutrients and other natural substances, that nourishes skin at deeper level. Thus, it gained wide popularity. Ayurveda states a healthy skin mainly depends upon overall health and for this acharya has mentioned food, regimens, drugs, dinacharya and ritucharya. The present study aims to review Nutricosmetics in Ayurveda. Literature search was done from PubMed, ResearchGate and Samhitas were searched for food, regimens and drugs. From the review it was found that food, regimens and drugs advised in Ayurveda has effect in Skin care, Anti-ageing and Skin diseases and its uses are beneficial as Nutricosmetics.

Keywords: Nutricosmetics, Ayurveda, Nutrition, Skin health

Registration Code: ABOP 1955



A REVIEW ON THE USE OF SAMYAKA - PANICUM SUMATRENSE ROTH AND KODRAVA - PASPALUM SCROBICULATUM L - AS A NUTRITIONAL SUPPLEMENT IN JALODARA ASCITES

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Ascites is an accumulation of fluid in the peritoneal cavity and known as jalodaram in Ayurveda. This is a common complication of cirrhosis. A hyperdynamic circulatory dysfunction is supposed to occur with ascites, so modification of the fluid dynamics of the cells and lumen will be good for the patient's QOL. The disease is often complicated by malnutrition caused by liver dysfunction. The standard of care for grade three ascites is therapeutic paracentesis, a sodium-restricted diet, diuretics and high-calorie/high-protein diets. In patients with cirrhosis, comprehensive nutritional intervention is being explored as a safe, cost-effective, long-term solution to managing ascites symptoms. Ashtanga Hridaya recommends the use of millets named samyaka and kodrava in jalodara patients after sastrakarma, Ayurveda also emphasises the use of foods which improve digestive power and mitigate kapha for the management of Jalodara. The present review details the nutritional and medicinal value of samyaka and kodrava in jalodara by a literature search in Ayurvedic classics and topic related research publications. Both millets are kapha hara and sangrahi, which helps to absorb excessive fluids, aids digestion with normal formation of faces. These properties along with its nutritional parameters substantiate its usage as a nutritional supplement and therapeutic diet in the post-surgical management of jalodara. Introduction of these millets into the primary diet of jalodara patients will be beneficial in the long-term management of the disease.

Keywords: Ascites, Millets, Therapeutic diet, Nutrition

Registration Code: ABOP 1966

PRELIMINARY PHARMACOGNOSTIC AND PHYTOCHEMICAL ANALYSIS ALONG WITH HPTLC STUDY OF KALASAKADI KASHAYAM AN AYURVEDIC POLYHERBAL FORMULATION

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Kalasadadi Kashayam is a classical Ayurvedic polyherbal formulation mentioned in a major anthology work, *Cikitsamanjari* by Dr. Sreeman Nambootiri in *visoochika prakarana*. It is composed of 3 ingredients namely Kalasaka (*Murraya koenigii* L), Vijaya (*Terminalia chebula* Retz) and Mahaushada (*Zingiber officinale* Roxb) in the ratio of 6:4:2 kazhinju (1 kazhinju=4g). This kashaya is used in the treatment of atisaara, soola, trut, bhrama, grahani (IBS), tamaka svasa and various other diseases of GI tract by Ayurveda practitioners. Due to its high medicinal value this kashaya is widely manufactured and marketed by pharmaceutical companies. But the standardization of this kashaya was not done. Aim: To develop a working standard of Kalasadadi Kashayam. Materials and methods: The leaf of *Murraya koenigii* (L), fruit rind of *Terminalia chebula* (Retz) and rhizome of *Zingiber officinale* (Roxb) were collected from natural habitat and authenticated by subjecting to macroscopic, microscopic, preliminary phytochemical and HPTLC profiling. Kalasadadi Kashayam was prepared and characterised on the basis of organoleptic, physicochemical, phytochemical and chromatographic analysis. Result: Organoleptic features of course powder of each drug were within the standard range. The kashayam was acidic in pH, with total ash 7.9%. Acid insoluble ash was 0.8%. The extractive value was more in hot water followed by methanol and cold water. Qualitative analysis revealed the presence of steroids, phenols, flavonoids, tannins, and saponins. HPTLC profile of Kalasadadi kashayam and its individual drugs using aqueous and methanol soluble extracts were recorded. Toluene:Ethyl acetate:Methanol:Formic acid (5:5:1:0.3) was taken as mobile face for water soluble extract and Toluene:Ethyl acetate:Methanol(7:3:2) was taken as solvent system for methanol soluble extracts. Conclusion: All these parametres can be employed as reference standards for quality control analysis of Kalasadadi kashayam.

Keywords: *Murraya koenigii* (L), *Terminalia chebula* (Retz), *Zingiber officinale* (Roxb).

Registration Code: ABOP 2002



A CRITICAL REVIEW ON THE THERAPEUTIC POTENTIAL AND FUTURE RESEARCH PROSPECTS OF GAMBHARI *Gmelina arborea* Roxb

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Gambhari (*Gmelina arborea* Roxb) is a potent drug with multidimensional uses. The understanding of a drug as a whole will serve as the key to successful research in future. In Gambhari the Moola and Kandatwak is having ushna virya and does Apatarpana whereas Pushpa and Phala is having Shitavirya; is Vatapitta shamana and does Santarpana therapeutically. Owing to such varied properties within the same drug which is rare; Gambhari was chosen for critical review. **Materials and Methods:** The study aimed to critically review various aspects of “Gambhari” including therapeutic properties, actions, and formulations. A detailed review was conducted from Nighantus and Chikitsagranthas. The formulations which contain Gambhari as main ingredient or as an ingredient with less than 7-10 total ingredients were compiled. They were then classified according to the Srotas in which the action was expected and an effort was made to explain the probable mode of action in respective Srotases. Those conditions, not covered under any Srotas, were considered as Miscellaneous diseases. The repetition of a single formulation noted in more than one text was considered as one. **Results and Discussion:** It was observed that in maximum number of formulations Gambhari was used as an ingredient of Dashamoola and Brhat Panchamoola. Few references mentioned about other parts of the plant used in formulations or as single drug. It was indicated in multiple conditions like Vishavikara, jwara, shvayathu, Vrishya rasayana etc. **Conclusion:** The results from the study projects future use of Gambhari as a multipurpose medicinal agent. Such in depth literary reviews serve as the backbone for understanding the myriad of uses of commonly available drugs which can pave way for the sustainable use of medicinal plants which is the need of the hour. More detailed analysis of the pathways of action can be elicited with contemporary methodologies as a further step which will help in delineating the detailed mode of action of drugs.

Keywords: Dashamoola, Srotas, Nighantu, Chikitsagrantha

Registration Code: ABOP 2065



IN-SILICO AND IN-VITRO PHARMACOLOGICAL EVALUATION OF BARLERIA PRIONITIS IN ASTHMA

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Barleria prionitis commonly known as kala bansa a perennial herb which belong to family Acanthaceae is native to plains of India. It is traditionally used for treatment of asthmatic problems in the form of ash mixed with honey. The plant leaves consist of iridoid glycosides like barlerinoside, acetyl barlerin and Shanzhiside methyl ester derivatives. Methods: In the study extract and fractions are prepared with solvents based on polarity in-vitro antioxidant and anti-inflammatory assay i.e., DPPH, hydrogen peroxide, NO and protein denaturation assay and in-silico molecular docking of plant compound with asthmatic target/receptor like β_2 , M3, TNF- α , Inos, IL6 and H1 receptor were performed by the help of software Auto dock, auto dock vina and Discovery studio. Result: The extract and fraction showed significance in-vitro antioxidant activation on DPPH and Hydrogen peroxide assay, also showed promising anti-inflammatory activity by NO and protein denaturation assay. The IC₅₀ value of n-butanol fraction was 6.90, 1.99, 3.98 and 4.09 $\mu\text{g/ml}$ respectively. In silico molecular docking showed significance binding affinity with the asthmatic target and receptors. Acetyl barlerin, barlerinoside, β -sitosterol, scutellarin, verbascoside showed higher binding affinity with iNOS and NF κ β receptors. Conclusion: The resulted study concluded that the Barleria prionitis leaves extract and fraction showed significant antioxidant and anti-inflammatory activity which may contribute for its anti-asthmatic action.

Keywords: Barleria prionitis, Glycosides, Barlerinoside, Antioxidant, Aanti-inflammatory, Molecular docking

Registration Code: ABOP 2073



DEVELOPMENT AND EVALUATION OF A TOPICAL OINTMENT OF DICLIPTERA BUPLEUROIDES NEES BIOACTIVE FRACTION FOR SKIN WOUND IN-VITRO IN-VIVO AND PHYTOCHEMICAL HPTLC STUDY

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The present study aimed to investigate pharmacological efficacy of an ointment-based topical preparation of *D. bupleuroides* Nees. for skin wound. Plant drug was extracted using hydroalcoholic extraction (90%), fractionated using solvents of graded polarities and formulated using Carbopol 940. Acute dermal irritation test was performed using OECD 404 toxicity method. Result :In in vitro DPPH and H₂O₂ assays, petroleum ether and chloroform fractions showed significant antioxidant activity. In addition, in vitro anti-inflammatory NO scavenging, HRBC and albumin denaturation assays, promising results of both fractions with IC₅₀ were noted. The hydro-alcoholic extract showed significant anti-microbial activity against gram-positive and gram-negative bacteria both in agar well diffusion method. Presence of bioactive, Lupeol was quantified with 0.524% w/w (R_f=0.21) and β -sitosterol 0.015% w/w (R_f=0.09) in plant fraction. In excision wound model in Wistar rats, % wound contraction was found to be significant.

Keywords: *Dicliptera bupleuroides*, Wound healing, Excision, Incisions, HPTLC

Registration Code: ABOP 2074



SCOPE OF AYURVEDA NUTRACEUTICALS IN NON ALCOHOLIC FATTY LIVER DISEASE

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Non-alcoholic fatty liver disease (NAFLD) is a manifestation of excessive triglyceride accumulation in the liver. NAFLD is a common clinical condition leading to serious liver diseases including liver cirrhosis and hepatocellular carcinoma. The overall pooled prevalence of NAFLD in India is 38.6% among adults and 35.4% among children. In Ayurveda, NAFLD can be correlated to Yakstroga (liver disease) and Medoroga (obesity). Nutraceutical is defined as a food or part of it that provides the body with medical or health benefits, including the prevention and treatment of a disease. Purpose of the study: There is no scientifically proven medicine for NAFLD, so we mainly focus the nutraceuticals to cure NAFLD. Hence there is great potential for developing herbal medicines as Ayurvedic nutraceuticals for NAFLD. From a nutraceutical perspective, the literature review of clinical trials for NAFLD was conducted on *Allium sativa*, *Curcuma longa*, *Zingiber officinale* and *Beta vulgaris* were found to be Hepatoprotective activity. *Allium sativum*, *Zingiber officinale* and *Curcuma longa* (dietary spice) are improve the liver health by lowering ALT, AST, LDL (bad) cholesterol, and inflammatory markers. *Allium sativum* and *Curcuma longa* found to be safe in 2000mg/kg dose level and used as food and vegetable. Human trials shown that the consumption of beetroot (*Beta vulgaris*) juice lowered the lipid profile i.e. LDL, total cholesterol, triglycerides levels and also significantly increased the levels of HDL in physically active individuals. Conclusion and significance : Medicinal plants and active constituents of plant origin which have shown hepatoprotective effects should recommended as nutraceuticals supplement for NAFLD. Studies shows that adding these drugs to our diet is particularly beneficial for our liver.

Keywords: Non alcoholic fatty liver disease, Nutraceuticals

Registration Code: ABOP 2085



NANOHERBALS IN HUMAN HEALTHCARE

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Nanotechnology was defined by the National Nanotechnology Initiative as the manipulation of matter with at least one dimension sized from 1 to 100 nanometers (nm). The uses of nanotechnology range from very basic day to day needs to major therapeutic needs. Nanomedicine is the combination of nanotechnology and medicine. Herbs have been used for human healthcare throughout human history. But why and how the Ayurvedic medicine which has started thousands of years ago has not reached the masses? Even though the herbal drugs have enormous pharmacological action towards many diseases, it has been shown only limited effect due to their less kinetic performance such as low absorption resulting in reduced bioavailability, inability to cross lipid membrane, high molecular size and weight. Application of nanotechnology in herbal medicines will provide more surface area, enhanced solubility, bioavailability and facilitate exact drug targeting. Hence nano-sized drug delivery systems of herbal drugs have a potential future for enhancing the activity and overcoming problems associated with plant medicines. Conclusion: At present, herbal medicines have been getting more attention because of their potential to treat almost all diseases. However, several drawbacks associated with herbal medicines limit their use. The combination of nanotechnology with traditional herbal medicine may provide a very useful tool in designing future herbal medicine with improved bioavailability profile and less toxicity. It is anticipated that the effectual and valuable relevance of the natural products and herbal remedies being applied with the nanocarrier will enhance the significance of existing drug delivery systems.

Keywords: Nanotechnology, Nanomedicine, Nanoherbals, Ayurveda

Registration Code: ABOP 2095



NUTRACEUTICALS EVALUATION OF CYAVANAPRASA

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Nutraceutical is “any non-toxic food component that has scientifically proven health benefits, including disease treatment or prevention.” Ayurvedic nutraceutical is individual basis and it is explained as NEUTROGENOMICS ,PRAKRIT .Classification, AGNI metabolism ,GUNA theory & PANCHABHOOTHA -theory for nutrition assessment. Cyavanaprash is a one of the most popular and commonly used remedy. Chavanprash is classified under the category of Rasayan, It is a good immuno booster maintaining physique, vigor and vitality , delay the ageing process, etc. It contain 50 herbs including with main ingredient as Amala (*Embelica officinalis*). Therefore presents poster selected to evaluate its true nutritional value by quantifying percentage of Carbohydrates, Proteins, Fats and Sodium and vitamin C presents in Chavanprash and to explore its role as Nutraceutical food. Carbohydrate, protein, fat are the major source of calories required by body daily. 100 g of Chavanprash contains 3.80 g of Fats, 1.08 g of Proteins, 79.12 g of Carbohydrates, 52mg of Sodium, 10.29 mg of Vit. C and provides 355Kcal.

Keywords: Cyavanaprash, Nutraceutical, immunobooster, Rasayan

Registration Code: ABOP 2117



REPOSITIONING OF AYURVEDIC MEDICINAL PLANTS THROUGH CONTEMPORARY RESEARCH

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Medicinal plant and traditional medicine play an important role in the health care system of most developing countries. The traditional health care practice is mainly dependent on medicinal plants collected from the wild. In Ayurveda, the Karma and the Prayoga of medicinal plants in different Roga is already described in classic i.e. Sahmita, Nigantu. In Charak Samhita, this is mention that Desha and Kaala has important role in the incorporation specific Guna in medicinal plants which result in their specific Karma. But in present scenario new disease such as COVID 19 requires repositioning of medicinal plants for treatment. Withania somnifera (Linn.) is used for COVID 19 and rheumatoid arthritis on basis of their Guna and Karma. Althaea officinalis (Linn.) is used in respiratory tract disease is also example of repositioning medicinal plants. Piper longum (Linn.) as a bio availability enhancer of drugs has been observed by the contemporary research.

Keywords: Ayurveda, Contemporary science, Repositioning, Medicinal Plants

Registration Code: ABOP 2127



RECAPITULATING THE MECHANISTIC EVALUATION OF VARDHAMNA PIPPALI A NOVEL DRUG DELIVERY IN AYURVEDA

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Pippali is one among the many drugs in Ayurveda that has rejuvenating properties, traditionally known as Rasayana. Rasayana Dravya are those which improves life span, preservation and maintains youth, nourishes your bodily tissues, improves memory and intellectual ability. The use of Pippali in increasing and tapering doses is known as Vardhamāna pippali. The information on Vardhamāna pippali Rasayana is available in Brihatrayis. Vardhamāna Pippali Rasayana is indicated in Pleeharoga, Udara, rejuvenation etc. Methodology: Bibliographic search was performed for a period 1990 to 2022, in the PubMed, Elsevier and other databases using the keywords Piper longum L. exhibits various pharmacological actions- Antioxidant , anti-inflammatory , immunomodulatory, anti- cancer, anti-depressant, and hepatoprotective activity. The change in active principles and pharmacological properties of Pippali when administered in different dose level and with different liquids showed maximum quantity of active principles and pharmacological properties obtained therapeutically. Result :Vardhamāna pippali prayoga is a unique therapeutic approach mentioned in Ayurveda. This paper provides an understanding of toxicity profile, pharmacological action, relevance of a particular anupana and the need for monitoring of the drug dose in Vardhamāna pippali prayoga with analytical studies. DISCUSSION Therapeutic utility of Vardhamāna Pippali showed promising results in Auto immune and Hepatobiliary diseases. The mechanistic evaluation is necessary to understand the rationality behind explaining ascending and descending drug dose form. An attempt is made to recapitulate the mechanistic action of Vardhamāna pippali in Clinical practice with suitable preclinical studies.

Keywords: Vardhamāna pippali, Piper longum L., Mechanistic action, Novel drug

Registration Code: ABOP 2152



COMPARATIVE EVALUATION OF CARDIOPROTECTIVE ACTIVITY OF SHALAPARNI DESMODIUM GANGETICUM LDC AND DESMODIUM VELUTINUM WILLD DC

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Shalaparni identified as *Desmodium gangeticum* (L.) DC.8, is a member of Dasamoola group of medicine in Ayurveda and is extensively used by Ayurveda, Folk, Homoeo, Sidha, Tibetan and Unani system of Medicine. Shalaparni having Tikta -Madhura Rasa, Ushna Veerya, Madhura Vipaka, Guru-Snigdha Guna and Tridosahara properties has Balya, Rasayana, Vrishya & Brihmana actions. Acharya Charaka and Vagbata have mentioned Amsumati (Shalaparni) Ksheerapaka as a single drug formulation in Hridgata vata. Many scientific studies have also been reported on the efficacy of *Desmodium gangeticum* in cardiovascular diseases. The high demand of *D. gangeticum* makes it necessary to find and promote the usage of equally efficient alternate species for use, especially which is geographically available in different areas. Though identified as *D. gangeticum*, many other species are found to be used as Shalaparni in different parts of India. *Desmodium velutinum* (Willd.) DC is one such species which is found in Western Ghats and is sometimes used and marketed instead of *D. gangeticum* due to their morphological similarity. Hence a study had been done to evaluate and compare the cardio-protective activity of Ksheerapaka of *Desmodium gangeticum* (L.) DC and *Desmodium velutinum* (Willd.) DC against Isoproterenol (ISO) -induced cardiac damage in albino rats. The parameters studied include ponderal changes, serum biochemical parameters and histo-pathological studies. The Ksheerapaka of *Desmodium gangeticum* (L.) DC and *Desmodium velutinum* (Willd.) DC reverted serum parameters particularly transaminase enzymes in serum, serum troponin and histo pathological changes and thus alleviated ISO-induced myocardial necrosis in rats. The results suggest the protective role of both the plants in cardiac damage in rats and the use of *D. velutinum* as a substitute of Shalaparni in cardio protective activity.

Keywords: Shalaparni, Dasamoola, Isoproterenol induced cardiac damage, Cardio protective activity

Registration Code: ABOP 2160



EXPLORING THE PRABHAVA UNLOCKING AYURVEDIC CONCEPTS THROUGH GREEN-SYNTHEMIZED QUANTUM DOTS GQD

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Some herbs act based on their Rasa, some based on their Guna, some based on their Veerya, and some based on their Vipaka. The actions of some drugs do not belong to any of these categories. Some herb's effects fall outside of all these categories. They take precise steps to treat diseases in a way that cannot be clarified by Rasa, Guna, Virya, or Vipaka. This specific action is called Prabhava. Two drugs may be similar in these properties, but their action might vary from each other. Exploring the potential of nanoscience, especially with the use of semiconducting photo illuminant nanoparticles (Quantum dots) will lead to a pathway to unlock these complex phenomena like prabhava vichitra pratyarabda Dravya, etc. Material and Method: The study focused on reviewing various aspects of the green synthesized quantum dots (GQD) such as its preparation, characterization techniques, and Ex vivo and In vivo studies which explore its application as a tool to monitor the specific interactions of herbal compounds with cellular components from various literature sources. The specific bio-illuminance nature of these GQD will lead to a pathway in understanding the mode of action of the herb. Continuously monitoring the behavior and interactions with cellular components using live imaging will provide insights into how the herb's Prabhava manifests at the cellular and molecular level. Conclusion Ayurveda, an ancient system of medicine, relies on holistic principles and intricate theories. The elusive nature of Prabhava, often referred to as the substance's special or inherent property, has intrigued scholars for centuries. This study explores the potential of using green-synthesized carbon dots to gain insights into Ayurvedic concepts, particularly Prabhava.

Keywords: Quantum dots ,Prabhava,Nanoparticle

Registration Code: ABO P2178



DRUG REPURPOSING IN AYURVEDA UNLOCKING NOVEL THERAPEUTIC AVENUES

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Purpose of Study: Drug repurposing, the process of identifying new therapeutic applications for existing drugs, has gained significant traction in the realm of Ayurveda. This review paper offers an in-depth exploration of the growing importance of drug repurposing in Ayurvedic medicine, with a particular focus on finding new uses and indications for established Ayurvedic formulations. Methodology: The study involves a comprehensive analysis of existing literature, research studies etc. related to drug repurposing in Ayurveda. It combines traditional wisdom with modern scientific approaches, offering insights into the adaptability and versatility of Ayurvedic remedies in contemporary healthcare contexts. Summary of Findings/Results: The review emphasizes the adaptability and versatility of Ayurvedic remedies in combating emerging and re-emerging infectious diseases. It showcases successful repurposing efforts that have leveraged Ayurvedic principles to address these dynamic health threats effectively. Furthermore, it highlights the promise of repurposing Ayurvedic formulations to provide innovative solutions for orphaned and difficult-to-treat diseases, offering hope where specific treatments are currently lacking. Conclusion: In conclusion, this study underscores the transformative potential of drug repurposing in Ayurveda as a pioneering approach to discovering new therapeutic applications. By uniting traditional wisdom with modern research, novel and innovative solutions are being developed to address diverse health challenges. The adaptability and holistic principles of Ayurveda offer a unique resource for repurposing existing formulations to meet contemporary healthcare needs. Significance of the Study: This review contributes to the growing body of knowledge on drug repurposing in Ayurveda. It offers valuable insights for researchers, healthcare practitioners, and policymakers seeking to harness the untapped potential of Ayurvedic remedies in addressing emerging health threats and challenging health conditions. By promoting the adaptability of Ayurvedic formulations in contemporary healthcare, this study advocates for the integration of traditional wisdom into modern therapeutic approaches, ultimately benefiting global healthcare solutions.

Keywords: Drug development, Pharmacology, Drug Design

Registration Code: ABOP 2260



COMPARATIVE PHARMACOGNOSTICAL PHYTOCHEMICAL AND ANALYTICAL PROFILING OF VARIOUS PART OF PATHA CISSAMPELOS PAREIRA LINN-A POTENTIAL MEDICINAL HERB

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Background Patha (*Cissampelos pareira* Linn., family Menispermaceae) reputed herb of Ayurveda is indicated for Vranaropana (Wound healing), Stanyashodhaka, Artavavikarahara (Menstrual disorder) Vishaghna (Antitoxic), Atisaraghna (anti-diarrheal) Shulaghna (Analgesic) and many other ailments. The root of the plant is mentioned as useful part in Ayurveda classics. However, the uprooting of plant leads to its destruction and yield is very low. Thus, it is pertinent to explore for its other alternative parts for their therapeutic potential to replace use of its root. Thus, a comparative pharmacognostical physicochemical and HPTLC, FTIR analysis of leaves, stems, and whole plant was done to identify the suitable substitutes of its root. Materials and Method – Macroscopic and microscopic study was done for pharmacognostic standardization as per API. Physicochemical, Preliminary phytochemical tests, FTIR, and HPTLC analysis were performed as per standard guidelines for the identification and standardization of various parts i.e., root, leaves, stems, and whole plant of *Cissampelos pareira* Linn. Results: The organoleptic characteristics, microscopic study and powder microscopy revealed the useful diagnostic features for identification of different parts of Patha. Physicochemical, phytochemical analysis proved useful tools to differentiate the powdered drug material. FTIR and HPTLC analysis showed the presence of important phytoconstituents and functional groups. Conclusions: The data generated from the present study help to authenticate the various parts of *C. pareira*. Morphology as well as various pharmacognostic aspects of different parts of plant were studied and described along with phytochemical and physicochemical parameters, which could be helpful in further standardization of various parts of *C. pareira*.

Keywords: Pharmacognostical, Microscopy, *Cissampelos pareira*, Ayurveda, FTIR, HPTLC

Registration Code: ABOP 2284



ROLE OF NUTRACEUTICALS IN THE MANAGEMENT OF LIFESTYLE DISORDERS WITH SPECIAL REFERENCE TO RASAYANA DRUGS

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There is a huge shift in diet, lifestyle and health practices owing to rapid modernization. The reports show that around 7.9 million deaths and 187.7 million disability-adjusted life years (DALYs) are linked to dietary risk factor and non-communicable diseases. Adapting the healthy practices starting from daily diet may curb the mortality and morbidity of non-communicable diseases. The term nutraceuticals (coined by 1989 Dr. Stephen de-Felice) is derived from a combination of two words namely 'nutrition' and 'pharmaceutical'. He opines that any substance that is food or a part of food that provides medicinal or health benefits including the prevention and for treatment of a disease is called nutraceuticals. The nutraceuticals are classified into three based on the source like plants, animals, and microbes. In India, the nutraceutical industry present abundant opportunities with an estimated market potential of US \$ 100 billion by 2030. Ayurveda gives much more considerations about food. The food can be used for health maintenance and therapeutic purposes. The benefits of food for therapeutic purposes and concept of rasayana for improving quality of life are novel approaches of Ayurveda. Rasayana helps to delaying the ageing process and cure the disease. The present study aims to review the role of nutraceuticals in the management of lifestyle disorders with special reference to rasayana drugs. Samhitas and databases like PubMed, Scopus and Research Gate were searched for scientific research papers and the most relevant ten articles were selected. From this review, it was found that both nutraceuticals and rasayana dravyas show the same components and properties. By strictly following food and regimen mentioned in Ayurveda and the proper usage of rasayana drugs can serve the role of nutraceuticals in lifestyle disorders.

Keywords: Nutraceuticals, Rasayana, Lifestyle disorders, Non-communicable disease, Nutrition

Registration Code: ABOP2300



CLINICAL EVIDENCE DEMONSTRATING SWEDAHARA EFFECT OF HERBAL ANTIPERSPIRANT TALC HAC ON INDIVIDUALS WITH PRIMARY AXILLARY HYPERHIDROSIS

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Hyperhidrosis is a chronic condition characterized by excessive sweating. It can be classified as primary or secondary and can further be delineated into focal or generalized. In dermatological outpatients, the self-reported prevalence of HH was 10.2% (85/832), while the total prevalence was 17.9% (149/832). A large percentage of the adult population typically uses deodorant and antiperspirant products. Topical antiperspirants and certain other surgical techniques are those various treatment modalities available. Herbal antiperspirant talc can be used in place of chemical or artificial deodorant talc. In Charaka Samhita Swedahara Lepa of 4 herbs is mentioned for its application in excessive sweating. Therefore, this current study could produce data from clinical trials demonstrating herbal talc's antiperspirant activity. Aims and Objectives: To prepare Swedahara Lepa's antiperspirant talc by two distinct techniques. To evaluate efficacy of herbal antiperspirant talc (HAC) on subjects with primary axillary hyperhidrosis. Material and Method: The study was performed using fine powder (mesh size 100 U.S. standard) of Shirish (*Albizia lebeck (L.) Benth.*) bark, Lammajak (*Cymbopogon citratus Stapf*) leaves, Nagkesar (*Mesua ferrea L.*) fruits, Lodhra (*Symplocos racemosa Roxb.*) bark, i.e., the contents of Swedahara lepa, and Dugdhapashan (Magnesium silicate). Batch 1(HAC1)- Swedahara lepa: Dugdhapashan (1:1) proportion, Batch 2 (HAC2)- Swedahara lepa. These talc's were given to subjects with primary axillary hyperhidrosis. Gravimetric measurements, HDSS, (HidroQoL[®]), (DLQI), and blood investigations were used to assess. Treatment and follow up schedule: Subject with primary axillary hyperhidrosis who were randomly selected from age ranging 15 to 45 years (based on the assessment score) were given these two combinations to use as antiperspirant talc in mornings after baths and at night before bed. After 15 days of use, evaluation criteria were carried out on days 0, 15, and 30. Results: To get the results similarity and differences in the observations were examined.

Keywords: Swedahara Lepa, Herbal antiperspirant talc, Hyperhidrosis

Registration Code: ABOP2306



BIO-PRESERVATIVES AUGMENTING THE QUALITY AND SHELF-LIFE OF AYURVEDIC FORMULATION NATURALLY- A NEW HORIZON - A REVIEW

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Ayurvedic formulations were designed and formulated to strengthen the body to regain bala from the imbalances caused by dosha, dushya, desha, kala & ahara. The prime necessity of all Ayurvedic medicines is that they must not have any side effects and should be the natural and holistic. The “pharmaceutical modifications” are done to Ayurvedic formulation for various purposes like better dispensing, prolonging shelf life, masking the adverse taste, etc. Due to the advent of commercialization longer shelf life has become the need of hour, especially for the preparations like kashaya. In today’s consumer society the use of chemical preservatives like sodium benzoate is used to prevent spoilage of Ayurvedic formulation like kashaya. However, the artificial preservatives are known to be carcinogenic in high doses where it is effective. Bio-preservative constitute wide range of natural products which can be useful in potentiating the shelf life of ayurvedic formulations by reducing the survival of toxic or pathogenic bacteria and augments the quality of medicine. Natural products of plant and microbial origin enhances the property of preservation. Potentially substituting the artificial preservatives can tune with the natural and holistic tenets of Ayurveda.

Keywords: Preservatives, Bio-preservative, Shelf life, Artificial preservatives, Ayurveda, Kashaya.

Registration Code: ABOP 2453



GIANT LEAP FOR THE FUTURE OF AYURVEDIC MEDICINE IN GERMANY AND THE WEST GIANT LEAP - OR TOO LITTLE TOO LATE

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The demand for Ayurveda globally is steadily increasing, because Ayurveda helps us to face our present world challenges on many different levels. Facing the demand becomes an increasing challenge, because biodiversity of plants is drastically reducing, exploitation of our natural resources, climatical changes, GMO... Current demand for key ayurvedic herbs (like the 10 roots of Dashamoola) is significantly more than its actual availability, increasing number of plants are on the red list. Until recently many plants from India or China have been in an undefined grey zone. Now the regulations are increasing, which is good to have good quality practice on the other hand it makes the availability of the products even more difficult. If we continue in the way we did the last decades soon ayurvedic products will be very difficult to get and to use. We have to act now and do a giant leap, before time passes and it is getting too late because we tried too little. Ayurveda describes 4 pillars (pada catushtaya) for a complete treatment: a Physician (Vaidya/Bhishak), food and medicine (Dravya), bystander or staff (upasthata) and the patient (rogi) himself. One of the main classical texts Ashtanga Hridayam in the first Chapter (AH Su 1, 27): Dravyas are one of the 4 pillars. There are two possibilities to act now (before it is too late): use dravyas from our own surroundings where we are, according to Ayurveda Dravyaguna and prepare them according to the Bhaishajya Kalpana or Registration of dravyas in EU as medicine (eg THMPD, traditional medicine) or as food (NF - Novel food, TF - traditional food from a third country)

Keywords: Dravyas, Novel Food, Traditional Food, THMPD, Registration

Registration Code: ABOP 2466



REVIEW OF VAYASTHAPAN MAHAKASHAYA DRAVYAS AS ADJUVANT THERAPY IN THE MANAGEMENT OF CANCER- MASSIVE CHALLENGE

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Purpose:- To evaluate role of Vayasthapak mahakashaya Dravya as anti-ageing agents and their impact on the cell cycle. Methodology:- Data is collected regarding plants of Vayasthapan mahakashaya and their effect on the cell cycle which is available in published papers. Textual references in Samhita of such drugs are also studied. Summary:- Surge in the newly emerging disease conditions are becoming threat to the health of the society. Cancer is one amongst them having over 100 different varieties. Most of them eventually prognoses towards death. Cancer is nothing but uninhibited growth, development and spread of abnormal cells in the body. Changes in DNA within cells, gene mutation, errors in cell cycle are some reasons which may lead to abnormal growth causing neoplasm. Such mutations can be suppressed with newly aroused gene therapy, immunotherapy. Oncogene induced senescence results in ageing of normal cells along with cancer cells- which may initially act as an antitumor mechanism but later turns to fatal. Maintaining health before treating disease is always a prime goal of Ayurveda. In Charak samhita, 50 different Mahakashaya are narrated. Vayasthapan Mahakashaya among those is group of plants which can be act as antiaging. Such medicines can play role in arresting abnormal cell cycle. Individual plant has affinity towards specific Srotasa, Dhatu and Koshtanga. So they can act differently in various types and stages of malignancies too. Hence an attempt is made to review properties of these plants and their effect on cell cycle so that can be used to rejuvenate cells of body. This also signifies the role of Rasayana in such conditions.

Keywords: Vayasthapan Mahakashaya, Cell cycle, Cancer, Anti-ageing, Rasayana

Registration Code: ABOP 2481



CONSERVATION OF AYURVEDIC CLASSICAL HERBS - VRIKSHAAYURVEDA PERSPECTIVE

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Use of medicinal plants is as old as civilization itself and every country developed its own indigenous medical system wherein herbs occupied an important place in developing various formulations to treat different clinical conditions. In China, Traditional Chinese Medicine (TCM) is largely plant based (80%) where over 3000 herbs are used (WHO-2003). In India, approximately 2000 plant species are used by Ayurveda, Siddha and other folk-lore practices (Zedau-2002). Due to rapid population growth, forests are debried leading to decrease of medicinal plant species from wild sources. According to a report published in Times of India (2004), 93% of wild medicinal plants used for manufacturing Ayurvedic medicines in our country are endangered. Botanical Survey of India (BSI) carried out the assessment in different states for a total of 359 prioritized wild medicinal plants. Of these, 335 medicinal plants have been assigned Red List status ranging from critically endangered, endangered, vulnerable to near threatened. The National Medicinal Plants Board (NMPB) was constituted (Nov, 2000) and started to implement "Central Sector Scheme for Conservation, Development and Sustainable Management of Medicinal Plants." Four complementary strategies for biodiversity conservation - in-situ strategy, ex-situ strategy, reduction of anthropogenic pressures and rehabilitation of endangered species are suggested by National Biodiversity Strategy and Action Plan (NBSAP). Ex-situ conservation of medicinal plants is done outside of its natural habitat by raising nurseries, seedling supply, Plantation material or by establishing herbal or medicinal plant gardens. Many factors like disease(pests) and environmental factors affect ex-situ conservation. Vrikshayurveda, a work on cultivation of medicinal plants contains some herbal pesticides, manures and plant growth promoting recipes which are worth considering for the process of ex-situ conservation. The indigenous knowledge along with new agro-techniques may help in conservation of endangered medicinal plant species and facilitate to meet the demand of growing Herbal Pharmaceutical Industry.

Keywords: Biodiversity conservation, Anthropogenic pressures, Vrikshaayurveda

Registration Code: ABOP 2482



EFFICACY OF JATAMAMSI NARDOSTACHYS JATAMANSI ARKA IN ANIDRA BY GANDHA PRASARANI YANTRA A CASE STUDY

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Ayurveda explains different routes of drug administration. Gandha is also one of them. Jatamamsi, a herb with calming and sedative qualities, is a well-acknowledged component in Ayurvedic medicine, particularly for addressing sleep disorders. The Gandha Prasarani Yantra, an innovative fragrance diffuser, presents a novel approach to deliver the therapeutic essence of Jatamamsi using Arka as a medium. This study aimed to explore the efficacy of Jatamamsi Arka delivered through the Gandha Prasarani Yantra in the context of Anidra (insomnia). Case Study: A 26-year-old patient complained of persistent insomnia for 45 days, significantly affecting quality of life. The assessment involved employing the Insomnia Severity Index (ISI) and traditional Ayurvedic diagnostic criteria for Anidra. The patient was confirmed to have Anidra. Materials and Methods: Jatamamsi was procured and prepared into Arka, a volatile form. The Gandha Prasarani Yantra was constructed using a repellent vaporizer modified for this study. Treatment: The patient was instructed to activate the Gandha Prasarani Yantra for 10 hours each night over a period of half month, with no other external interventions. Regular re-assessments were conducted every 7 days. Observations and Results: The patient exhibited a gradual improvement in sleep quality, as indicated by a reduction in ISI scores and the alleviation of traditional Ayurvedic signs of Anidra. This improvement was consistent with the prolonged use of the Jatamamsi Arka through the Gandha Prasarani Yantra. Discussion and Conclusion: This case study demonstrates the potential efficacy of Jatamamsi Arka delivered by the Gandha Prasarani Yantra in alleviating Anidra. The gradual improvement in sleep quality suggests that the diffusion of therapeutic fragrance using this innovative Yantra may offer a promising avenue for addressing insomnia. Further research involving larger cohorts and controlled trials is warranted to corroborate these findings and potentially integrate this novel approach into mainstream Ayurvedic treatment protocols.

Keywords: Gandha, Greya, Dravyaprayoga marga, Anidra, Arka, Jatamamsi

Registration Code: ABOP 2540



INNOVATIVE DRUG DELIVERY SYSTEMS IN AYURVEDA

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Various types of formulations are listed in Ayurvedic scriptures according to the patient's need, ailment, health, and desired outcome. Due to a lack of scientific support and processing challenges herbal medicines were long ignored for the development of novel formulations. Those challenges include difficulty in standardization, extraction, identification of individual drug components in complex polyherbal systems, pharmacokinetics, site and mechanism of action etc. Innovative technologies have been made to improve their solubility, bioavailability, pharmacological activity, stability, lessen side effects, boost compliance, etc. This is the basic idea behind incorporating novel methods of drug delivery in herbal medicines which addresses the drawbacks of traditional drug delivery techniques. The distribution of phytoactives at an effective level determines the strength of any herbal formulation. The optimal concentration range for several drugs is where the greatest benefit is realized; dosages outside or inside of this range may be dangerous or have no therapeutic effect at all. Numerous researchers are working to create novel Ayurvedic drug delivery systems, such as mouth-dissolving tablets, formulations for sustained and extended-release, mucoadhesive systems, transdermal dosage forms, microparticles, microcapsules, nanoparticles, implants, etc. This paper focuses on such innovative drug delivery methods.

Keywords: Drug delivery system, Ayurvedic drugs

Registration Code: ABOP 2583



NUTRICOSMETIC BEAUTY FROM WITHIN -THROUGH PLANTS

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The body and skin require a great deal of nutrients to achieve a healthy appearance. An insufficient supply of micro and macronutrients can lead to skin problems such as dryness, oily or blemished skin as well as hair loss. A healthy and balanced diet along with micronutrients is therefore essential. The nutricosmetics are products and ingredients of natural origin targeted to support the overall health and appearance and act as nutritional supplements to care skin, nails, and hair. They work from the inside to promote beauty from within. It is the latest trend in the beauty industry. Nutricosmetics are nutrients absorbed orally, which constitutes the key difference in comparison to cosmetic products, which are applied externally and so cannot act beyond the superficial layers of the skin. Aim of nutricosmetics include hydration of the skin, stimulate the production of collagen and hyaluronic acid, promotes a clear, glowing complexion, accelerating growth, strengthens and tonifies hair, strengthens nails. Plants act as one of the main sources for pharmaceutical and cosmetics industries. Active ingredients are obtained from many parts of plants, including fruits, leaves, and herbs. They are a source of flavonoids, mineral salts, vitamins, and antioxidants of antiaging, and anti-inflammatory properties. Examples include, Green tea (EGCG,) resveratrol, grape seed extract, milk thistle, fern extract, alpha lipoic acid, probiotics, omega 3 essential fatty acids, lycopene, astaxanthin, zeaxanthin, vitamins C and E, and marine hydrolyzed collagen, Extracts of Aloe barbadensis leaf, curcuma longa, licorice root, Terminalia chebula Retz, walnut protein hydrolysate etc are used in nutricosmetics. They are available as ampoules, capsules, or tablets. Practical and easy to follow, the treatments are ideal for individuals lacking time and wanting to take care of their skin without any inconvenience. so nutricosmetics is boon in this busy world.

Keywords: Nutricosmetics, Antioxidants, Probiotics, Collagen, Omega 3 essential fatty acids

Registration Code: ABOP 2586



REVIEW ON RECENT ADVANCEMENT AND APPLICATIONS OF HERBAL NANO MEDICINES

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Plants have been used for medicinal purposes long before recorded history and accepted worldwide due to its potential therapeutic effects and fewer side effects. For a long time, herbal medicines were not considered for the development of novel formulations owing to lack of scientific justification and processing difficulties such as standardization, extraction, and identification of individual drug components in complex polyherbal systems. Novel Drug Delivery Systems (NDDS) includes nanoparticles, micro emulsion, matrix system, solid dispersion, liposomes and solid lipid nanoparticles. NDDS have shown their efficacy in reducing many drawbacks of the traditional system and nanotechnology being one of the approaches adopted. Nanotechnology has the capability of making significant contributions to healthcare. Incorporation of the herbal extracts into novel formulation systems have helped to overcome their bulk dosing and less absorption which is the major problem being faced, and also helps in enhancement of solubility, bioavailability, protection from toxicity, enhancement of pharmacological activity, enhancement of stability, improved tissue distribution, effectiveness, safety of the medicine and sustained delivery which can be used to direct the herbal medicines to individual target organs. The synthesis of nanoparticles can be achieved by adopting the novel methodologies such as Polymer nanoparticle, Magnetic nanoparticle and Metallic nanoparticle depending on characteristics of the nanoparticles. The review utilizes papers obtained from various databases like Google scholar, PubMed, Science Direct etc. The current review discusses the recent advancement in HNMs and its applications based on recent study reports. Overall, it is well stabilized that herbal nanomedicines are safer, have higher bioavailability, and have enhanced therapeutic value than conventional herbal and synthetic drugs.

Keywords: NDDS, Nanotechnology, Bioavailability, Sustained delivery

Registration Code: ABOP2603



PHARMACOGNOSTIC COMPARISON OF THE SAMPLES OF LODHRA COLLECTED FROM DIFFERENT MARKETS OF KERALA AN ATTEMPT TO RESOLVE THE BOTANICAL IDENTITY ISSUES

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Symplocos racemosa Roxb. belongs to a unigeneric family Symplocaceae, known as Slodhra in Sanskrit. It is a small evergreen tree found throughout the tropical and subtropical countries, especially in hills of Northern India and other Asian countries. This stem bark has been used in eye diseases, skin diseases, liver complaints, tumours, uterine disorder, menstrual complaints, spongy and bleeding gums, gonorrhoea. At present time there are different types of other species, which are marketed as lodhra, which forces practitioners to prescribe substitute drug. In markets different stem barks are available in the name of Lodhra. Sometimes morphologically similar bark is mixed with Lodhra bark. This led to poor quality of drug in the market, causing reduction in desired therapeutic value of the drug. Therefore, it is decided to check whether the drug present in different markets are the same and to do the comparison of its pharmacognostic properties and HPTLC study of the market sample of Lodhra collected from six different markets. Materials and methods: Fresh stem bark of Lodhra from the natural habitat along with those collected from six different regions in Kerala were used for the present study. All samples are screened for pharmacognostic parameters such as macroscopic, microscopic, histo-chemical and powder microscopic characterization along with HPTLC profile. As an important step towards standardization, the present study is intended to know the authenticity of market samples of Lodhra by comparing it with standards of API (The Ayurvedic Pharmacopoeia of India). Result and Conclusion: In pharmacognostic comparison and HPTLC profile of six market samples of Lodhra collected from selected district of Kerala, Thiruvananthapuram, Idukki, some from Kozhikkod and Wayanad are matching with by Pharmacognostical characters and HPTLC profiles of *S. cochinchinensis* (Lour) Moor ssp. *laurina*. Palakkad and kasargod samples are matching with *S. racemosa*

Keywords: Lodhra (*Symplocos racemosa* Roxb), *S. cochinchinensis* (Lour) Moor ssp. *laurina*, Pharmacognostic parameters, High performance thin layer chromatography.

Registration Code: ABOP 2715



HERB DRUG INTERACTIONS - A LITERATURE REVIEW

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Approximately 70% of people worldwide use medicinal herbs as supplementary or alternative medicines, and this number has increased significantly in both industrialized and developing nations over the past 20 years. (World Health Organization Drugs Strategy 2002-2005). The likelihood of herb-drug interactions increases along with the popularity of both pharmaceutical medications and herbal therapies. Recent research has revealed the possibility of harmful interactions between some regularly used natural remedies and routinely used prescription drugs. The majority of herb-drug interactions found in current sources are speculative and derived from animal and cellular experiments. Studies in cells and on animals indicate that medications with a narrow therapeutic index, such as cancer chemotherapeutic treatments, warfarin, and digoxin. According to studies, between 70 and 80 percent of herbs have anticoagulant properties, and their interactions with anticoagulant drugs increase the risk of bleeding. As a result, it is the obligation of both patients and health professionals to be informed about herb-drug interactions. The purpose of this paper is to identify the potential herb drug interactions.

Keywords: Herb drug interaction, Medicinal herbs, Prescription drugs

Registration Code: ABOP 2733



SCOPE OF NETWORK PHARMACOLOGY IN AYURVEDA

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Network Pharmacology is a developing field based in systems pharmacology that looks at the effect of drugs on both the interactome and the diseasome. Ayurveda, the traditional system of Indian medicine, uses intelligent formulations. This poly herbal formulations contain many bioactives and are capable of modulating several disease targets. Studying complex relationships between the bioactives, targets, diseases and genes is now possible with help of Network Pharmacology. Aim: This study highlights the importance of Network Pharmacology in the field of Ayurveda. Material & Methods: Journals and various internet publications were consulted to compile the relevant information regarding Network Pharmacology. Result: Ayurveda, the traditional system of Indian medicines, uses intelligent formulations; however, their scientific rationale and mechanisms remain largely unexplored. Ayurveda can utilize the potential of the network pharmacology to understand the rationale of commonly used ayurvedic formulations. The network created using various softwares depict the interactions of bioactives with molecular targets and their relation with disease of interest. Conclusion: The emerging technique of Network Pharmacology can serve as a valuable tool for scientific understanding of Ayurveda and natural product drug discovery.

Keywords: Network Pharmacology, Interactome, Diseasome.

Registration Code: ABOP 2739



ROLE OF MEDICINAL PLANTS IN NEURODEGENERATIVE DISEASES - A REVIEW

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Millions of people worldwide are affected with neurodegenerative diseases (NDD) every year, such as Alzheimer's disease (AD) and Parkinson's disease (PD). These diseases are characterized by progressive loss (and even death) of structure and function of neurons, and have created great burden to the individual and society. Weak therapeutic response and progressive nature of the diseases, as well as a wide range of side effects caused by conventional therapeutic approaches make patients seek for complementary and alternative medicine. Medicinal herbs are used in the context of NDD because they may offer potential benefits in managing the symptoms and possibly slowing the progression of such condition. Exploring the action of medicinal herbs can potentially lead to new, more effective treatments. Some of the commonly used Ayurvedic medicinal herbs in the treatment of NDD include *Aśvagandha*, *Brahmī*, *Kapikachu*, *Mandūkarni* and *śankuṣṭhi*. This work aims to analyze the actions of medicinal herbs in NDD through their properties like neuroprotective, anti-inflammatory, anti-oxidant effects etc. Materials and methods: Ayurvedic *samhitas*, *nighandus*, journals, articles and various internet publications were consulted to compile the relevant informations regarding the concepts of NDD, medicinal herbs and their action in NDD. Results: conceptual analysis with the help of scientific research data suggests that the five medicinal herbs from *nighandus*, used in NDD and their actions in NDD through their neuroprotective mechanisms, anti-inflammatory effects, antioxidant effects, reduced side effects etc. slowing the progression of NDD. Conclusion: Even though there are reports about the action of medicinal plants in neurodegenerative diseases, more clinical based researches are required to substantiate their role in improving the quality of life of the patient.

Keywords: Neurodegenerative diseases, Medicinal herbs

Registration Code: ABOP 2754



SAFETY AND EFFICACY REPORTING OF HERBAL MEDICINES - NEED AND SIGNIFICANCE

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With ever increasing use of herbal medicines and the global expansion of the herbal medicinal market, safety has become a major concern for both health authorities and public. The quality of herbal medicines has direct impact on their safety and efficacy. Herbal medicines are generally regarded as safe based on their longstanding use in various cultures. However, serious allegations had been reported after administration of herbal products. This study aim to review about the safety and efficacy of herbal medicines in the current scenario. Materials and methods: Journals, text books related to pharmacovigilance and articles, and various internet publications were consulted to compile the relevant information regarding the safety and efficacy of herbal medicines. Discussion and Conclusion: Analysis from the research data point out the need of documenting the cases attended in the clinics. More pharmacovigilance centres should be started to cease further manipulations in the industry. It is as important to point out the side effects of a drug as confirming the non-toxic nature of the herbal drugs. So to reduce the risk of drug related harm to the patient, there is a need to develop proper quality standards and regulations to ensure a similar safety standards as modern drugs. This paper outlines the status of herbal medicines in terms of safety and efficacy.

Keywords: Safety, Efficacy, Pharmacovigilance

Registration Code: ABOP 2763



THE NEW TRENDS IN NUTRICOSMETOLOGY AGING AND SKINCARE IN AYURVEDIC CONCEPTS

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The aging process is a challenging human experience common to everyone, and the desire to look young prevails in majority of us. The latest trends in beauty, health and wellness sector are opening a new realm of possibilities by fusing anti-aging cosmeceuticals with tradition in Indian medicine. There are still problems to be solved by authorities related to proper identification of these marketed products for their uses, in relation to the information and any health claims labelled. Ayurveda offers vast amount of information on principles of antiaging herbs, helping in exploration of possibilities of developing new antiaging cosmeceuticals. This study aims to review the ayurvedic preparations in nutricosmetology. Materials and methods: Ayurvedic Samhitas, nighantus, journals and articles, and various internet publications were consulted to compile the relevant information regarding the ayurvedic concepts in nutricosmetology. Herbs like Nimba, haridra, Manjishta, Amalaki etc explained in Ayurveda Samhitas under Varnya and kushtaghna ganas were consulted. Results: Conceptual analysis with the help of scientific research data suggests that the selected drugs on nutri cosmetology with the latest trends in beauty, health and wellness. Conclusion: This overview presents the natural alternatives to synthetic products for creative use in cosmetics and nutricosmetics offering benefits far beyond chemical products.

Keywords: Nutricosmetology, Anti-aging, Health wellness, Beauty

Registration Code: ABOP 2772



IN SILICO PHARMACOLOGICAL APPROACH IN AYURVEDA A PREDICTIVE COMBINATORIAL PLATFORM TO ENHANCE TRANSLATIONAL RESEARCH

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In silico pharmacology, or computational pharmacology is a rapidly expanding field that encompasses the development of software-based methods for gathering, analyzing, and integrating biological and medical data from a wide range of sources. In silico methods provide a platform for screening the activity of potential therapeutics against molecular targets, which helps to select the ones with the highest potential activity for further in vitro and in vivo experiments. Techniques of in silico biology are not much explored for the investigation of Ayurveda herbs and formulations. A review of the literature indicates that there is a dearth of information about in silico research on Ayurvedic medications. Aim: The present study aims to scope of in silico studies in Ayurveda pharmaceuticals. Materials and methods: Journals and various internet publications related to in silico studies in the field of Ayurveda were reviewed. Results & conclusion: The paper focuses on the exploration of the idea of Ayurveda using in silico methodologies. The limitations and difficulties of in silico studies and their applicability to ayurvedic formulations will be discussed. In silico studies may provide insights for the elucidation of mode of action of Ayurveda medicines. The targeted convergence of these two fields may offer a predictive combinatorial platform to increase the scope of translational research.

Keywords: Computational pharmacology, in silico, in vitro, in vivo

Registration Code: ABOP 2800

ACUTE DIURETIC ACTIVITY OF GUDUCHI SATVA OBTAINED FROM DRY STEM OF TINOSPORA CORDIFOLIA AND TINOSPORA MALABARICA IN WISTER ALBINO RATS

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Guduchi is the one of the most recognised drug of choice by physicians for various ailments. Guduchi is having various dosage forms such as swarasa, kalka, kwatha and satva etc. Satva dosage form of Guduchi is well acceptable because of its easy accessible and less dose. Guduchi is praised for its multifaceted pharmacological activities and indications and it is known by synonyms like Vayastha, Amrita, Jivanti, and Rasayani. It is already reported that Guduchi satva can be used in various diseases related with the mootravaha srotas with different anupanas. The diuretic effect of Guduchi Satva, made from the dried stems of *T. cordifolia* and *T. malabarica*, were tested in the current investigation in albino rats. Aims: To compare diuretic activity of Guduchi satva obtained from the dry stem of *T. cordifolia* and *T. malabarica* in wister albino rats. Materials and Methods: Both samples of Guduchi satva from dry stem of *T. cordifolia* and *T. malabarica* were administered to experimental rats by oral route (90 mg/kg). Furesemide IP (10 mg/kg) used as reference drug in standard treated group. The diuretic effect was evaluated by measuring urine volume, sodium, potassium content in urine along with Glucose, bilirubin, ketone, specific gravity, blood, pH of urine, protein, and urobilinogen, were also measured. Result: In this study, *T. cordifolia* dry stem satva group and reference standard showed significantly increase result in 6 hr urine sample and 24 hrs urine samples when compared with control group. The diuretic activity of *T. cordifolia* dry stem satva was greater than that of test drug of *T. malabarica* dry stem satva. *T. cordifolia* dry stem satva showed the similar diuretic pattern as that of reference standard. Conclusion: Guduchi satva from the dry stem of *T. cordifolia* has significant diuretic activity in albino rats.

Keywords: Guduchi satva, Dry stem satva, *Tinospora cordifolia*, *Tinospora malabarica*, Urine volume

Registration Code: ABOP 2859



A COMPARITIVE PHARMACO-EXPERIMENTAL STUDY OF THREE SOURCES OF KADAMBA ANTHOCEPHALUS CADAMBA ROXB MITRAGYNA PARVIFOLIA ROXB ADINA CORDIFOLIA ROXB WSR TO ITS SHOTHAGHNA ANTI-INFLAMMATORY ACTION

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Guardian Co-ordinator of cellular and multicellular systems when skewed to the external or/and internal environment, either as a part of defence or pathological states induces disequilibrium among Doshas and produces SOPHA a swelling. An age-agonistic, wide-spectrum condition that deserves proper sequential management. Inflammation to inflammaging it acts as a frenemy within a human biological system. A drug or adjunct from the Plantae kingdom, of natural habitat, that can act wisely in such conditions, safeguarding homeostasis is always welcoming. Kadamba is an auspicious, polypharmacological drug mentioned in various classics having multiple sources that provide prompt actions towards Sopha. Kadamba, Dharakadamba, and Dhoolikadamba are the major sources entitled under Anthocephalus cadamba (Roxb.), Adina cordifolia (Roxb), Mitragyna parvifolia (Roxb.) of the Rubiaceae family. Objectives: An opportunity to explore whether they can act as therapeutical counterparts by comparing the anti-inflammatory action experimentally, with a better understanding of subtle distinctions was considered. The necessity of knowing more about different sources is high time & burden on a single species from positive exploitation can be reduced by providing breathable space for reforestation. Methods Carrageenan-induced rat paw edema in 6 groups using a digital plethysmograph was carried out for the comparative anti-inflammatory action of the drugs using bark decoction with Standard as Diclofenac & the obtained data were statistically analysed. Results: All the trial drugs were confirmed with their anti-inflammatory action. A hierarchy of effects was observed between groups with a pattern denoting probable different pathways of action. Conclusion: The trial drugs have anti-inflammatory effects like that of the standard drug Diclofenac with sig. $P > 0.5$. The trial drug does not possess any sort of side effects or toxic effects in its therapeutic dose in rats. This may prove the supporting action of this drug to other systems and positive crosstalk with other organs.

Keywords: Kadamba, Carrageenan-induced rat paw edema, Anti-inflammatory action Phenol, Flavonoids, Coumarins.

Registration Code: ABOP 2908

PHYTOCHEMICAL ANTIOXIDANT AND FTIR ANALYSIS OF AQUEOUS AND ALCOHOLIC EXTRACT OF DATURA METEL LEAVES - A COMPARATIVE STUDY

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Datura (*Datura metel*. L) is a well-known medicinal plant belonging to the Solanaceae family. According to Ayurveda classics it possesses qualities like laghu, ruksha, tikta & katu rasa, katu vipaka and ushna virya. Datura has vyavayi and vikasi (Fast spreading and dispersing) guna, shothahara and it cures Udara Krimi (Intestinal worms), Bahya Krimi (External worms), Kushta (Skin Diseases) Jwara (Fever) and Kandu (Itching). Materials and methods: This study aims to investigate the presence of phytochemical constituents, antioxidant activity, and FTIR analysis of aqueous and alcoholic extract of leaves of *Datura metel*. Results: The preliminary phytochemical analysis showed the presence of secondary metabolites like alkaloids, tannins, phenols, terpenoids, flavonoids, steroids, and cardiac glycosides in the extracts. The IC-50 values for aqueous and alcoholic extracts in the DPPH Assays were 251.23mg/Kg and 186.85mg/Kg respectively. The results showed that the Alcohol extract of *Datura metel* is having lower IC50 value which means it has a higher anti-oxidant activity than the aqueous extract. FTIR analysis of aqueous and alcoholic extract of leaves of *Datura metel* indicated the presence of 8 and 18 functional groups respectively which confirms the existence of unknown organic compounds.

Keywords: *Datura metel*, Antioxidant, FTIR Analysis

Registration Code: ABOP 2961



PHYTOCRINES AS THERAPEUTIC AGENTS AND THEIR TARGET BASED RESPONSES RELATED TO THE PHARMACOKINETICS OF SELECTED MEDICINAL PLANTS

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Phytocrines are bioactive molecules in plants that share features and connect with mammalian hormones and their endocrine system. Phytocrines are functionally essential components for the growth and development in plant system. But the interrelationship of functional aspects of Phytocrines in human health emphasizing their target based activity has been least explored. The present study was undertaken to explore the role of bioactive secondary metabolites from selected medicinal plants as a potential source of Phytocrines and their target based responses in human system. Materials and Methods: The identification of bioactive compounds were done based on the LCMS analysis data of selected medicinal plants. These bioactive molecules were further studied for their target based responses in human system. Observation and Results: The Liquid Chromatography Mass Spectroscopy (LCMS) analysis of selected medicinal plants revealed an array of Phytoconstituents like beta-sitosterol, stigmasterol, ergosterol etc with wide spectrum of therapeutic implications. The identified compounds like beta-sitosterol, stigmasterol, ergosterol etc were found to bind with various hormone receptors including estrogen, progesterone and androgen receptors. These plant based bioactive constituents were unveiled as Phytocrines with varied spectrum of action as phytohormones, phytohormonogenics or functional mimetics of hormones. Conclusion: The novel findings of the study can contribute target based plant derived Phytocrines as lead compounds for New Drug Discovery and Development in the field of Clinical and Applied Research.

Keywords: Phytocrines, Pharmacokinetics

Registration Code: ABOP 2968



FTIRFOURIER-TRANSFORM INFRARED SPECTROSCOPY ANALYSIS OF HAREETAKITERMINALIA CHEBULA RETZ COLLECTED FROM FOUR GEOGRAPHICAL REGIONS

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In Ayurveda, the concept of “Bheshaja pareeksha” is intricately detailed, encompassing factors such as the method of collection, season for collection, and regional considerations. During that era, ensuring the quality, efficacy, and safety of medicinal plants relied heavily on a strict adherence to the principles of “Bheshaja pareeksha. Hareetaki, is widely used in Ayurveda as a single herb or as an ingredient in many herbal formulations. The Bhavaprakasha Nighantu elaborates on its diverse regional properties. In this study, Hareetaki sourced from various regions is meticulously examined through macroscopic, microscopic, and FTIR analysis. FTIR Spectroscopy is used to determine various functional groups present in the sample. Different functional groups absorbs characteristic frequencies of IR radiation. Thus the effect of geographical variation in the phytochemicals can be assessed by this study. Hareetaki is collected from natural habitat of four different geographic regions viz Uttarakhand, Chandigarh, Ahmedabad, Madhya Pradesh. Authentication done in RRDR lab of All India Institute of Ayurveda. Macroscopy and microscopy performed as per the protocol mentioned in API. FTIR is performed from the RRDR lab of All India Institute of Ayurveda. Marked difference in organoleptic evaluation were found along with slight variation in microscopy and some functional groups variations are found in FTIR. The results can be used for creating evidence for classical statements.

Keywords: Hareetaki, FTIR, Geographical variation

Registration Code: ABOP 2982



**COMPARATIVE EXPERIMENTAL EVALUATION
AND VALIDATION OF DEEPANA
PACHANA ACTIVITY OF SHODITA RAKTA CHITRAKA
PLUMBAGO ROSEAL AND SWETA CITRAKA MULA CHURNA
PLUMBAGO ZEYLANICA L**

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Dīpana and Pācana are the different aspects of the action of digestive fire or Jaṭarāgnī. Acārya gave the example of Citraka as a Dīpana Pācana drug. For the validation of Dīpana Pācana Activity of Chitraka and comparative evaluation of 2 varieties of Chitraka an experimental evaluation was conducted with Wistar albino rats (9M+9F) which were divided into 3 groups each consisting of six animals. Each animal was kept in separate metabolic cages and the study was performed in two phases: Preliminary study with a duration of 4 days and experimental or therapeutic study with a duration of 7 days. Group I Control group, received water (10 ml/kg) Group II Shoditha Rakta Chitraka root powder (360 mg/kg, po) Group III Shoditha Sweta Chitraka root powder (360 mg/kg, po). Assessment of parameters were change in body weight, estimation of food intake, estimation of water intake, estimation of faecal output, and estimation of food conversion ratio. There was a significant increase in food intake in trial drug groups compared to control group.

Keywords: Jaṭarāgnī, Chitrakam Validation of Ayurvedic drugs

Registration Code: ABOP 3012

COMPARATIVE CLINICAL STUDY OF PIPPALI PIPER LONGUM LINN AND VARDHAMAN PIPPALI RASAYANA IN KAPHAVRUTA VATA WSR TO HYPOTHYROIDISM

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Hypothyroidism is most common endocrine disorder. One in ten Indian is suffering with hypothyroidism. In modern medicine patients will be treated with synthetic thyroid hormone, symptomatically. It is not much effective. Acharya Charaka has explained concept of Avarana. Kaphavrut vata has symptoms like Hypothyroidism, it treated with the Katu rasa, kaphapitta hara and Rasayan. Pippali has these properties hence here is an attempt made to evaluate effect of pippali in hypothyroidism. Methodology: A single blinded randomized comparative clinical trial was conducted in 30 patients, in Shri Sidharuddha Charitable Hospital A teaching hospital of N K Jabshetty Ayurvedic medical college and PG center. Each group had 15 patients. Group A- pippali churna ; Group-B Vardhaman pippali Rasayana. Selected patients were newly diagnosed, age between 18yrs to 50yrs irrespective of gender with elevated TSH range 10u/L to 50u/L. Both group treated for 20days. Followed up after 40 days and Sr.T3, T4, TSH, Hb%, Sr. Triglyceride level measured, clinical assessment done with Billewicz Score, Statistically evaluated with students' t test. Result: Group-A clinically 2 patients were relived from all symptoms, 8 were improved, in 5 patients no change were observed. In objective assessment Sr TSH of 3 patients reverse to normal, in 8 patients it significantly reduced and in 6 patients there were no change. Group-B 7 patients were relived from all symptoms, 6 patients showed improvement, in 2 patients no change. In objective assessment Sr. TSH of 5 patients were reverse to normal, 8 patients Sr. TSH significantly decreased, in 2 patients there were no change in value. Conclusion: Pippali and Vardhaman Pippali Rasayana found significant in hypothyroidism. Vardhaman Pippali Rasayana more effective than Pippalli Churna.

Keywords: Pippali, Vardhman pippali Rasayana, Kaphavrutta vata, Hypothyroidism.

Registration Code: ABOP 3015



ANTI-ANGIOGENIC EFFECT OF A TRADITIONAL MEDICINAL PLANT GLYCOSMIS PENTAPHYLLA

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Angiogenesis plays a pivotal role during tumour development and metastasis. Many efforts have been made to develop effective anti-angiogenic agents or anticancer therapeutics. *Glycosmis pentaphylla* (Retz.) Correa (Rutacea) is widely used in traditional and ayurveda medicine to treat a wide range of ailments. In the current study we investigated the anti-angiogenic effect of *G. pentaphylla* ethanolic extract using in vitro and in vivo methods such as cytotoxic assay, cell migration assay, polymerase chain reaction (PCR), and zebrafish model system. Chemical composition of the extract was also determined using phytochemical analysis and Gas chromatography–mass spectrometry (GCMS). Multiple in vitro experiments have shown that alcohol extract has significant anti-cancer activity with minimal toxicity. The cell migration assay showed significant inhibition in cell proliferation and migration. A dose-dependent decrease in vascular endothelial growth factor (VEGF) ligand gene expression was also identified by PCR. The anti-angiogenic property of the active extract was successfully demonstrated using zebrafish embryo model. The half maximal inhibitory concentration (IC₅₀) of alcohol extract in zebrafish embryos was found to be 57.45µg/ml, and it displayed the maximum anti-angiogenic action at 48 hours post treatment (hpt). The half maximal effective concentration (EC₅₀) dose was determined to be 5.49µg/ml. The study also discovered that 10µg/ml dose of alcohol extract impaired blood cell formation and blood vessel development in zebrafish embryos at 48 hpt. The present study validates the anti-angiogenic potential of traditional medicinal plant *Glycosmis pentaphylla* using in vitro and in vivo models.

Keywords: Anticancer, Zebrafish, GCMS, Plant extract

Registration Code: ABOP 3083



IMPORTANCE OF FAT-BASED NUTRACEUTICALS IN AYURVEDA

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Lipids are an essential part of our body, especially in the cell membrane. They help in storing energy, absorbing vitamins, and for the synthesis of many fatty acids. Fat forms a significant component of our diet. There are a variety of fats with a wide range of health applications. According to Ayurveda, some of the major fats like sesame oil, and milk-based fats such as ghee are known to have health benefits like – anti-aging, enhanced metabolism, and reduced degeneration. However, there is very little research done to understand the mode of action of these substances due to their complexity. A tiny free-living nematode, *Caenorhabditis elegans* serves as an excellent model organism for preliminary research for aging and other disorders. Owing to its short lifespan, easy genetic modification, and thorough definition of metabolic pathways, *C. elegans* has become a potent model for studying lipids. Previous studies have shown an increase in longevity in wild-type and diseased worm models upon the treatment with fat-based formulations. Our lab is focused on understanding the effects and benefits of various edible fats and fat-based formulations on age-associated neurodegenerative models of *C. elegans* using behavioural and molecular assays. We found that the fat-based formulations used as medicines in Ayurveda such as milk fat, have shown anti-aging effects. Sesame oil is another example, which is a base for numerous formulations and has been shown to have an improved motor function in wild-type as well as diseased models of worms. Here, we are concentrating on elucidating the mode of action of these lipids and formulations for a better understanding of their medicinal potency. Our findings demonstrate the potential health benefits of certain lipids and their application as a daily nutraceutical.

Keywords: Nutraceutical, *C Elegans*, Fat-based formulations, Anti-aging
Registration Code: ABOP 3139



PRE-CLINICAL VALIDATION OF UTTROSIDE B AS A NOVEL DRUG AGAINST HEPATOCELLULAR CARCINOMA

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Purpose of the study: Uttroside B (Utt-B) is a novel saponin isolated in our lab, from the methanolic extract of the leaves of *Solanum nigrum* Linn and it has been designated as an 'Orphan Drug' against hepatocellular carcinoma (HCC) by the US FDA. The present study aims to decipher the pharmacodynamics of Utt-B and to validate its therapeutic efficacy against HCC using appropriate pre-clinical models. Methodology: In vitro HCC model: HepG2 cells; In vivo models: Hep3B cells were used to establish orthotopic HCC xenograft model and tail vein-induced metastasis model in NSG mice, Aflatoxin-induced environmental liver carcinogenesis model was established in DBA/2J mice. Results: Our results indicate that Utt-B targets EGFR and down-regulates MAPK and mTOR pathways. Utt-B-mediated cytotoxicity and induction of apoptosis is abrogated upon chemical inhibition of EGFR but not AMPK and mTOR, in vitro. Utt-B treatment inhibits the development of hepatic tumors in mice bearing orthotopic HCC xenografts. Utt-B down-regulates the transcriptional activation of major T-helper cytokines, TNF- α , IL-6 and IL-17A and major immune checkpoints and T-cell exhaustion markers namely, CTLA-4, PD-1, TIM-3 and LAG-3, in vivo, in the mice liver tissues from aflatoxin-induced liver carcinogenesis model. Further, Utt-B effectively inhibits the metastasis of HCC, both in vitro and in vivo. Interestingly, Utt-B sensitizes HepG2 cells towards Sorafenib chemotherapy and induces apoptosis, while being safe towards normal HEK-293 and Chang liver cells. Conclusion: Our study provides mechanistic insights into the action of Utt-B and highlights its exceptional therapeutic potential as a stand-alone chemotherapeutic and an effective chemosensitizer against HCC. Significance/Contribution: The current study substantiates the pharmacodynamics of Utt-B and is the first and only report till date on the immunomodulatory, anti-metastatic and chemosensitizing potential of this nutraceutical. Our study has identified a novel combinatorial treatment regimen involving Utt-B and Sorafenib for combating HCC.

Keywords: Keywords: Nutraceutical, Chemotherapeutic, EGFR, Immune checkpoint inhibitor, Metastasis, Chemosensitizer.

Registration Code: ABOP 3162



UTTROSIDE B FROM SOLANUM NIGRUM LINN IS A POTENT LEAD MOLECULE AGAINST NON-ALCOHOLIC STEATOHEPATITIS NASH AND NASH-INDUCED HEPATOCELLULAR CARCINOMA

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Abstract: Purpose of study: Our previous research has showcased the impressive effectiveness of uttroside B (Utt-B), a natural compound derived from *Solanum nigrum* Linn (*S. nigrum*) leaves, in combatting hepatocellular carcinoma (HCC). Moreover, it was found to be pharmacologically safe, in vivo. This innovation has been granted patents by the United States, Canada, Japan, South Korea and Europe. Recently, Utt-B received the 'orphan drug' designation from the US FDA. In this study, we present our findings regarding the therapeutic potential of Utt-B in addressing non-alcoholic steatohepatitis (NASH) and its effectiveness in preventing the progression of NASH to HCC. Methods: Experiments were carried out using liver cancer cell line HepG2 and high fat diet fed (HFD)-C57BL/6 mice. MTT assay, Immunoblotting, qPCR, Oil-Red-O, Direct-red, Trichrome and Hematoxylin and Eosin staining were employed to assess the hepatoprotective and therapeutic efficacy of Utt-B against NASH Results: Utt-B effectively reduces lipid accumulation in vitro. Severe steatosis, inflammation and fibrosis were observed in NASH-induced mice, whereas treatment with Utt-B improved the pathologic features associated with NASH. Furthermore, findings from toxicity studies conducted in human subjects indicate that the whole leaf extract of *S. nigrum*, containing the IC50 concentration of Utt-B, is safe for pharmacological use in healthy volunteers and stabilizes the liver function parameters in individuals with conditions such as fatty liver, NASH, and HCC. Conclusion: Our results indicate that Utt-B improves the pathologic features of NASH and thus can be developed as a candidate drug molecule to treat NAFLD, NASH and HCC. Significance: Recent studies have identified non-alcoholic steatohepatitis (NASH) as one of the major metabolic risk factors of hepatocellular carcinoma (HCC). Currently there are no FDA-approved drugs for the treatment of NASH. Results of the present study highlight Utt-B as a promising candidate drug against NASH and NASH-induced HCC.

Keywords: Steatosis, Fibrosis, NAFLD, Pharmacological safety, Fatty liver, Metabolism

Registration code: ABOP 3164



EFFICACY OF KSHEERABALA UPANAHA IN JANU SANDHIGATA VATA

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Sandhigata vata is a disease in which vitiation and accumulation of Vata Dosha take place in joint(s), and it simulates osteoarthritis (OA) in modern parlance. Shamana (conservative) and Shodhana (biological purification of the body) treatments are advised in Ayurveda, whereas antiinflammatory, analgesic, steroids, and diseasemodifying drugs are required for its management as per modern medicine, which are not free from side effects. A female was suffering from knee joint pain with swelling, restricted movements, and Mandagni (poor appetite) for the past 2 years, which was classified as Janusandhi gata vata / OA as per the WOMAC scale Basti karma was done by the administration along with ksheerabala upanaha . The assessment was made on the basis of relief in signs and symptoms. After Basti karma, the WOMAC score reduced significantly, with a remarkable reduction in joint pain and swelling. Further, by avoiding specific Nidanas, the patient has experienced relief in almost all signs and symptoms for the past 1 month of followup with least medications. This single case report highlights the efficacy of Ksheera Bala Lepa as a local symptomatic management in osteoarthritis.

Keywords: Ksheerabala, Upanaha, Janu sandhigata, jadamayadi, osteoarthritis

Registration code: ABOP 3189

A COMPARATIVE INVITRO STUDY TO EVALUATE THE KRIMIGHNA KARMA ANTIMICROBIAL ACTIVITY OF FRESH AND DRY KUTAJA TWAK HOLARRHENA ANTIDYSENTRICA WALL AGAINST ESCHERICHIA COLI

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The knowledge of the state of drug, which is been used is important, as it plays a key role in achieving the good quality product. Acharya Sharangadhara has explained the rule of taking the dravyas (drug) in wet or dry form. Kutaja (Holarrhena antidysenterica Wall.) is one among the dravya mentioned by Acharya Sharangadhara, which is to be used in fresh state. kutaja is known for its Krimighna karma (antimicrobial activity) possess atisarahara (anti-diarrhoeal) property along with other karmas. Escherichia coli colonizes the human gastrointestinal tract and produce many diseases. The present study is to revalidate the concept of using fresh and dry drug in preparations, with the help of the drug kutaja, with special reference to its Krimignna karma. In many instances dried bark of kutaja is being used, but this appears as it against the concept narrated in Sharangadhara samhitha. So to revalidate this concept and to clear ambiguity, this study is taken. Analytical study will be done as per "Ayurvedic Pharmacopoeia of India". Collected samples will be subjected to organoleptic study, physicochemical evaluation, and preliminary phytochemical analysis, HPTLC. In-vitro Antimicrobial study of the water extract of fresh and dry kutaja bark will be evaluated using nutrient agar medium on Escherichia coli and by well diffusion method. Based on the assessment of analytical and antimicrobial study, the water extract of fresh drug showed better result.

Keywords: Kutaja, Escherichia coli, Antimicrobial study, well diffusion method.

Registration code: ABOP 3191



HPTLC PHYSICOCHEMICAL PHYTOCHEMICAL MACROSCOPIC MICROSCOPIC ANALYSIS OF SEEDS OF A NUTRI CEREAL- FINGER MILLETRAGI ELEUSINE CORACANA L GAERTN

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Background: Finger Millet/Ragi [(*Eleusine coracana* (L.) Gaertn.), an important nutri cereal/millet is being cultivated in various regions across the globe. The largest cultivating continents are Asia and Africa. In this scenario of mounting importance to millets/nutri cereals as the U.N General Assembly announced ‘The International Year of Millets 2023’, there was an urgent need for analysing this drug scientifically, for the purpose of standardisation and quality control. Objective: HPTLC, physico-chemical, phytochemical, macroscopic, microscopic analysis of seeds of Finger Millet were conducted for standardization. Materials and methods: Macroscopical and microscopic analysis (Anatomical and Powder Microscopy), and physicochemical analysis of powder of seeds/grains of Finger millet were done. For, phytochemical analysis, alcoholic extraction (reflux) was performed in the powder of the drug. For HPTLC analysis, the best fingerprint was obtained in with Toluene: Ethyl acetate: Formic acid (5: 3: 0.1) as mobile phase. Results: In anatomical study, unique 5-layered testa, starchy endosperm, and single aleurone layer were identified. Physicochemical analysis revealed identity and purity of Ragi. Terpenoids, quinines, alkaloids, carbohydrates, proteins and glycosides were identified as the constituent phytochemicals. The fingerprint profile of HPTLC exhibited many peaks which correspond to the various phytoconstituents present in Ragi. Conclusion: The results of the study will be beneficial in identifying Finger millet as the whole drug or in powder form, and thus standardising the raw drug.

Keywords: HPTLC, RAGI, FINGER MILLET, *Eleusine Coracana* (L.) Gaertn.

Registration code: ABPO 2105



ANALYTICAL STUDY OF SOUTH INDIAN MARKET SAMPLES OF BHARANGI *CLERODENDRUM SERRATUM* LINN

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Abstract Background: The herbal drug adulteration is a global concern and is practiced for economical benefit which may lead to deterioration of herbal preparations. Identification of adulteration is required for the preparation of good quality medicines. Bharangi (*Clerodendrum serratum* Linn.) is an important herb used in the preparation of medicines for Respiratory disorders. The roots of Bharangi are being adulterated with *Clerodendrum infortunatum* Linn, *Clerodendrum phlomoides* Linn, *Quassia* bark in the market. Aim & Objectives: To identify and authenticate the Bharangi root samples collected from different South Indian market through Pharmacognostical study, Phytochemical study, TLC and HPTLC. Methods: The collected Market samples were prepared for the analysis. The samples were named as sample 1, sample 2, sample 3, sample 4 and sample 5. Extractions of samples were taken by using petroleum ether, Chloroform, water and alcohol. Pharmacognostical study, Phyto-chemical study, TLC and HPTLC were carried out based on the methods which were mentioned in API. Results and Discussion: Organoleptic characters showed the differences in one sample. Total ash value, acid insoluble ash and moisture content were within the limits of standards mentioned in API. 34% of unwanted substances like stones, dust, fecal matter of rats, plastic threads and pieces of some other drugs were found in one sample. Extraction value gave good yield in alcoholic extraction. All the samples were having saponin, steroids, carbohydrates, tannins, proteins and alkaloids. In HPTLC all samples have shown three common substances. Conclusion: The qualitative and quantitative evaluation was done to know the genuinity of different market samples of Bharangi Root, followed with the comparison of these samples with the standards of API. Among the five samples four were genuine since their analytical values nearer to the standards of API and one sample was found adulterated since it differed from the standard analytical values.

Keywords: Bharangi, Physicochemical study, Phytochemical test, TLC, HPTLC

Registration code: ABPO 1209



UNIQUENESS OF YAVA HORDEUM VULGARE LINN A BROADLY USED NUTRACEUTICAL

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Cereals and millets constitute the most important group of food stuffs as they form the staple food of a large majority of the population throughout the world. They form 70 to 80 percent of the diets in the low income groups in India and other developing countries. People around the world are looking into the nutritional as well as medicinal values of cereals and millets. Ayurveda deals with foods and their properties in a systematic and detailed manner. Foods and liquids are classified into separate groups namely dhanya varga, mamsa varga, drava varga, etc. in the text books of Ayurveda, for the sake of systematic study. Yava (*Hordeum vulgare* Linn.) is included in the group sukadhanya varga among them. It is widely known for its scraping action (Lekhana Karma) and indicated in Obesity to remove extra fat. Yava is a cereal using since ancient period. It not only provides nutrition, but also having many medicinal properties too. Nowadays people are aware of the disadvantages of staying away from nature as a part of modernization. Since there is a considerable increase in the prevalence of life style related disorders, a diet which is helpful to prevent their incidence and which is helpful to control the disease is having very much importance. Yava is a nutritious food and is a very good choice for people suffering from type II diabetes or prediabetes. It is advised for daily use in Ayurveda. This paper intends to explore and depict the data obtained regarding Yava (*Hordeum vulgare* Linn) collected from various Ayurvedic text books, electronic search on Research gate, Google scholar, PubMed, Scopus and Google in an orderly manner to get a clear erudition about Yava.

Keywords: Nutraceutical, Cereals, Sukadhanya, Prameha, Lekhana karma

Registration code: ABPO 1331



THE ROLE OF NANO-SIZED HERBAL DRUG DELIVERY SYSTEMS IN EMERGING HEALTH CHALLENGES IN AYURVEDA

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Purpose of study: Nanomedicine is an emerging term which incorporates nanotechnology in the treatment, diagnosis, monitoring, and control of biological systems. Nano-sized herbal drug delivery system could improve efficacy and address drawbacks of plant-based therapies in the future by creating small dosage forms. Herbal drug development faces challenges in the areas of drug dosage form, bioavailability, toxicity, biocompatibility, side-effects and inactivity of the drug, which can be efficiently unraveled with the incorporation of nanotechnology in the herbal drug delivery system. Methodology: Literature review of the classical dosage forms and its preparation in ayurveda through sodhana, bhavana, marana etc processes were evaluated and merged with the basic principles of nanotechnology to improvise the drug delivery thereby enhancing the bioavailability of the drug. Results: Nanomedicine delivers a certain amount of a therapeutic agent for a prolonged period of time to a targeted tissue area within the body. During the intake of herbal medications, its contents may subject to get destroyed due to stomach's highly acidic pH before reaching the blood, and other constituents will be metabolized by the liver. As a result, the herbal medicines may not enter the blood in the proper amount and the treatment will not be delivered in the ideal quantity to the affected area at "minimum effective level." So, the expected therapeutic effect will be delayed or absent. Nano particles are small in size and are able to circumvent obstacles like the stomach's acidic pH and liver metabolism. So, the integration of Ayurveda and nanotechnology may provide the best medicines to treat various life-threatening diseases. Conclusion: Thus, the judicious incorporation of nanotechnology in herbal drug delivery system could upthrust our traditional wisdom globally.

Keywords: Nanotechnology, Herbal drug delivery, Bioavailability

Registration code: ABPO 1340



CURRENT RESEARCHES ON MEDHYA DRAVYAS AND THEIR SCOPE IN LEARNING AND MEMORY DISORDERS

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Purpose of study: Learning and memory are specific cognitive functions of the brain and disorders related to them have diverse etiologies and pathophysiological mechanisms. Learning disorders include impairments of reading, spelling, writing and scholastic skills. Memory disorders encompass amnesic syndromes. Cognitive disorders like dementia also impair learning and memory. Global prevalence of these disorders are escalating. Many researches are conducted for the intervention of these disorders and Ayurveda offers many medhya dravyas which could be potential leads to their therapeutic management. Methodology : Literature review was done from classical Ayurvedic texts and indexed journals. Summary : Knowledge acquisition in the purview of Ayurveda is explained through concepts of indriya (sense organs), indriyartha (objects of senses), mana (mind), indriya buddhi (sensory perception) buddhi (cognition), medha (grasping and retention of knowledge) and smriti (memory). A multitude of drugs and formulations that can influence these factors form the legacy of Ayurveda. The most emphasised category of drugs in this regard are medhya dravyas. They are used as various dosage forms, along with other herbal drugs or with suitable vehicles. Medhya action of the drug can be studied through in vivo studies to assess learning and memory using learning and memory paradigms, amnesia- induced models, histopathological examinations, estimation of neurotransmitters, antioxidant studies, clinical studies etc. The potential action of Aswagandha, Brahmi, Yastimadhu, Vacha, Mandukaparni on Central Nervous System and their role in learning and memory are extensively studied and their probable mode of action can be elicited from researches. Conclusion: Sustainable solution for learning and memory disorders is prevention and herbal drugs can be very effectively applied and utilized as preventive and therapeutic measure in diseases of learning and memory. Current researches provide promising results but extensive clinical research is recommended to provide scientific foundation for patient counselling and treatment.

Keywords: Learning and memory, Medhya dravyas, Buddhi, Smriti, Herbal drugs

Registration code: ABPO 1353



THERAPEUTIC POTENTIAL OF ASWAGANDHA WITHANIA SOMNIFERA IN DEMENTIA OF ALZHEIMERS DISEASE

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Purpose: Dementia denotes a persistent deterioration of intellectual or cognitive function with little or no disturbance of consciousness or perception as a result of chronic progressive degenerative disease of the brain. There is failing memory and impairment of other intellectual functions, certain behavioural abnormalities and changes in personality. Alzheimer's disease (AD) is the most common cause of dementia and is characterized by irreversible memory loss, unusual behaviour, personality changes, and decline in cognitive function. Drugs currently used for treatment of Alzheimer's have limited effects and there is unfortunate increase in the prevalence of the disease. Aswagandha (*Withania somnifera*) is a common herb used in Ayurveda which could be a potential lead in the treatment of the disease. Methodology : Literature review was done from classical textbooks of Ayurveda and indexed journals . Summary : Aswagandha root contains various pharmacologically active components like alkaloids, withanolides, sitoindosides and flavonoids. Withaferin A and withanolide A have anti stress, anti oxidant and immunomodulatory effects. Withanamides scavenge free radicals generated during initiation and progression of AD. They also block neuronal cell death triggered by amyloid plaques. Withanolide A upregulates the expression of neuroprotective proteins. A total alkaloid extract of Aswagandha root was shown to exhibit a calming effect on Central Nervous system. Methanolic extract of Aswagandha have potential to cause dendrite extension, neurite outgrowth and synapse formation. Aqueous extract have been found to increase cholinergic activity. It is also shown to reverse AD pathology by enhancing low-density lipoprotein receptor in liver. Aswagandha added adjutively to medications improved auditory verbal working memory, reaction time and social cognition in bipolar disorder. Conclusion: This review summarizes information concerning the phytochemistry, pharmacology and clinical applications of Aswagandha which could provide new functional leads for treatment of dementia of Alzheimer's disease..

Keywords: Aswagandha (*Withania somnifera*), Dementia, Alzheimer's disease

Registration code: ABPO 1357



MEDICINAL PLANT CONVERSATION

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India has a very rich plant biodiversity throughout, among them many of which are medicinally useful. The rich resource is disappearing at an alarming rate because of over exploitation. Therefore, the conservation of traditional medicinal plant resources plants-based medicines warrants their mass cultivation and propagation. According to the Government of India traditional medicines are the sole means of health care for about 65 percent of the population. The medicinal plants are basic raw material For the production of Ayurveda medicines. The raw material is derived from the forests. Hence, the forest areas have been over exploited in the past to meet the requirement of the pharmaceutical industries. Many of the important plant species have been threatened and some of them are on the verge of extension due to unscientific collection by untrained person. Also, extensive destruction of the plant-rich habitat as a result of forest degradation, agricultural encroachment, urbanization etc. is other factors, thus challenging their existence. In situ conservation allows us to protect indigenous plants and maintain natural communities. It increases the amount of diversity that can be conserved and strengthens the link between resource conservation and sustainable use. Ex situ conservation aims to cultivate and naturalize threatened species to ensure their continued survival and sometimes to produce large quantities of plants used medicinal in the creation of drugs, and it is often an immediate action taken to sustain medicinal plant resources. This paper reviews development and prospects for the strategies and methodologies conserving the conservation of medicinal plant resources as, In-Situ, Ex-Situ Conversation, Cultivation, Propagation by tissue culture.

Keywords: Key Words - Ayurveda, Medicinal Plant, Conversation, In-situ, Ex-Situ.

Registration code: ABPO 1381



CONSERVATION OF MEDICINAL PLANTS NEED OF THE HOUR

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Medicinal plants, one of the most important biological assets worldwide for human beings are used for the manufacturing of different herbal products. Its use as a part of treatment still continues to increase both in traditional and modern medicine and to meet the demands of usage in industry and traditional both, the development of resistant, high yielding, good quality varieties is of utmost importance. The threats to its existence in nature have also increased along with resulting in its decrease at a high speed. Some of the main reasons for it are increased commercial and human exploitation, increasing population and industrialization and habitat destruction due to encroachment of their habitat/niche and adverse effects of climate change. To meet Henceforth, efforts for conservation of medicinal plants must be made with the developments in technology. There are various methods of conservation of medicinal plants such as creation of a scientific database, use of biotechnology to improve the growth of medicinal plants. Another technique viz. in vitro propagation can be opted for large-scale production and conservation of woody medicinal plants. For ex situ conservation of medicinally important species of plants, several biotechnological interventions that involves tissue culture/ in vitro culture methods like somatic embryogenesis which means development of embryo-like structures from somatic cells of the plant body, callus-mediated organogenesis, embryo rescue, pollen culture, cell suspension culture, use of bioreactors, metabolic engineering for modulation of biosynthetic pathway, and cryopreservation can be a useful option for the conservation of medicinal plants can be considered as alternatives.

Keywords: Humans, plants, increase, decrease

Registration code: ABPO 1391



NANOHERBALS REVOLUTIONIZING HERBAL MEDICINE THROUGH NANOTECHNOLOGY

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Nanoherbals is an interdisciplinary approach that utilizes nanoparticles to encapsulate, modify, and deliver herbal bioactive compounds with improved precision and efficiency. By employing nanoscale materials and techniques, these formulations aim to enhance the bioavailability, efficacy, and safety of herbal compounds, thus addressing various healthcare challenges, including chronic diseases, infectious pathogens, and cancer. Nanoherbals overcome the limitations of poor solubility and low bioavailability often associated with herbal compounds. Nano-sized carriers facilitate better absorption and distribution in the body, leading to improved therapeutic outcomes. Moreover, nanoherbals can be engineered to selectively target specific cells or tissues, reducing off-target effects and minimizing systemic toxicity. Additionally, nanoencapsulation protects herbal compounds from environmental degradation, ensuring the active ingredients' stability over time. They can be designed for sustained and controlled release of herbal compounds, enabling prolonged therapeutic effects and reducing the frequency of administration. In conclusion, nanoherbals represent a promising frontier in healthcare and pharmaceuticals, offering solutions to longstanding challenges in herbal medicine. Extensive research is being conducted to assess the biocompatibility and safety profiles of nanoherbals, ensuring their suitability for clinical applications. As research in this field continues to advance, it holds the potential to deliver safer, more effective, and precisely targeted herbal therapies, ultimately improving patient outcomes and the overall landscape of healthcare.

Keywords: Nanoherbals, Nanoparticles, Nanoencapsulation

Registration code: ABPO 1392



PLANT CELL SUSPENSION CULTURE - APPLICATION IN PHARMACEUTICAL INDUSTRY

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Plant Cell suspension culture is an In Vitro Technique that entails cultivating cells in a sterile liquid nutrient medium under aseptic condition. This method finds a broad spectrum of applications across various fields, from pharmaceuticals to agriculture, making significant contributions to the progress of plant-based research and production. cell suspension is an efficient approach for the rapid propagation of medicinal plants, regardless of environmental and soil differences. It should be harnessed for large-scale secondary metabolite production, simplifying compound extraction. Moreover, it plays a pivotal role in the preservation of endangered species and crop enhancement. Application of cell suspension culture was reviewed various Data Bases Pub med, Google scholar by using plants In Vitro techniques, Cell Suspension Culture as keyword. 8 Relevant papers were short listed. It has been found cell suspension culture is a versatile and indispensable biotechnological tool with far reaching applications. As technology advances, plant cell culture is likely to play an increasingly vital role in addressing global challenges such as healthcare, food security and environmental sustainability.

Keywords: Plants In-Vitro techniques, Cell Suspension Culture

Registration code: ABPO 1422



LEAVES OF MACARANGA PELTATA ROXB MULLARG VATTA NOT ONLY FOR COOKING DELICIOUS FOOD BUT FOR IMPARTING HEALTH

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Introduction: Macaranga peltata (Roxb.) Mull.Arg. belonging to Euphorbiaceae family is a resinous tree commonly found in India, Sri Lanka and Thailand. It is used to make food in many places in Sri Lanka and Kerala and used for flavouring in Sri Lanka. In many places of Kerala its wood is used in the manufacture of wooden pencils and in the plywood industry. Many parts of Kerala steamed rice cake with jaggery is made in this leaf. Roots, bark, and leaves of Macaranga are fairly commonly used internally in traditional medicine in Southeast Asia as a decoction, to treat stomach ache, dysentery, haemoptysis, cough and fever. The leaves, and sometimes resin, are applied externally to wounds, ulcers, sores and boils. Few research papers are there and it reveals the its Anti-inflammatory and anti-oxidant activity of the bark and leaves this drug. Meterials and Methods: A Thorough review on the Macaranga peltate (Roxb.) Mull.Arg. and its various pharmacological actions through textbooks and previous research papers. Result: Leaves of Macaranga peltata (Roxb.) Mull.Arg. is used to prepare food in many parts of Kerala. Apart from that flavouring, some ancient people were using it as medicine also. Its Anti-inflammatory and anti-oxidant actions are proven in many research papers. Antioxidant activity of the leaf extract was evaluated by DPPH assay. Results show that it has the ability to provide protection against oxidative damage and so can be therapeutically used in managing diseases like cancer, inflammation etc. Discussion: More in-vitro, in-vivo studies are needed for the proper validation of this drug, its dosage optimization and for the toxicity analysis.

Keywords: Anti-inflammatory, Anti-oxidant, Dosage optimization.

Registration code: ABPO 1427



ROLE OF ARKAKALPANA IN ENSURING THE PRESENCE OF TERPENE COMPOUNDS- A SECONDARY METABOLITE

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Secondary Metabolites are the substances produced by plants, animals, bacteria or fungi as a part of their defense mechanism. They are of different types including Alkaloids, Flavonoids, Phenols, Tannins, Terpene compounds, etc. Among these, Terpenes are one of the largest class and main constituents of essential oils. They possess wide range of biological activities. Researches including in-vitro & in-vivo studies prove that Terpenes have promising pharmacological actions like anti-inflammatory, antimicrobial, anticancer, antidepressant actions. In Modern science, Terpenes have drawn the attention due to their complex structure and are used in new drug discovery, for example Chloroquine in malaria. In modern pharmaceuticals, only specific secondary metabolites are extracted for making drugs. In Ayurveda the whole medicinal plant (or useful parts) are used, so combined effect of various secondary metabolites present in the plant are responsible for pharmacological actions. As terpenes are volatile substance that could be easily evaporated at room temperature, selection of suitable Kalpanas are important, to ensure the presence of Terpenes in formulations. Most of the Kalpanas used in Ayurveda are done by using heat or done at room temperature that can easily evaporate Terpene contents. So here, Arka Kalpana can be utilized. Arka Kalpana is a unique formulation in Ayurvedic pharmaceuticals for its method of preparation and efficacy. In Arka Kalpana, volatile substances from plants are extracted through distillation method, and is collected as condensate during the process of distillation. This paper is a review of research conducted in extraction of Terpenes by Arka Kalpana mentioned in Ayurveda. The database, PubMed, Google Scholar, Classical textbooks, were referred & total 36 papers found, out of that 4 relevant papers taken. The therapeutic potential of Terpenes, its clinical importance, its extraction by Arka Kalpana & limitations are included in the paper.

Keywords: Essential oil, Volatile substance, Secondary metabolites, Pharmaceutical preparations, Kalpanas, Distillation

Registration code: ABPO 1429



YOGA ANALYSIS OF KULAKATHI KASHAYA CHOORNAM

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Kulakadi kashaya is mentioned in the text Sahasrayogam. It is one of the best medicinal yoga used in the treatment of inflammatory skin diseases . It is widely used to cure psoriasis, ectopic dermatitis, scabies , pruritus etc. The present study includes the evaluation of organoleptic and phytochemical characters of the yoga and analysis of the ingredients of yoga on the basis of Ayurvedic properties, karma and chemical constituents. By analysis we can find this yoga is predominant in thiktha kashaya rasa, laghu rooksha guna, sheetha veerya and katu vipaka. Through these properties it act as kapha pithahara, jwara hara and kushtahara . This is an important yoga which need further research in the field of skin diseases. Key words: Sahasrayogam, Organoleptic, Phytochemical.

Keywords: Sahasrayogam, Organoleptic, Phytochemical

Registration code: ABPO 1433



TODAYS DIET MILLETS NOURISHMENT FOR HOLISTIC WELL-BEING

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Introduction: India ranks among the top countries for millets production. Millets Diet embodies a dietary approach rooted in Ayurveda as Kshudradhanya, Trindhanya, Motaanaaj etc. Millets, ancient grains rich in essential nutrients (macronutrient and micronutrient), offer a plethora of fiber, protein, vitamins, and minerals, enhancing overall nutritional intake and form the cornerstone of this dietary regimen. With diverse millet varieties such as finger millet (Ragi), foxtail millet (Priyangu) and others at its core, this diet fosters overall well-being and supports the daily needs of the recommended diet while aligning with Ayurvedic principles. Millets are recognized for their grounding energy, ease of digestion, and various health benefits. From breakfast porridges or bhelpuri to lunchtime chapatis, dinner pilaf's and smoothies, millets provide a versatile canvas for creating nutritious and satisfying meals that align with Ayurvedic guidelines. Aim: Recognizing the pivotal role of millets in Ayurveda can guide contemporary dietary choices, fostering a sustainable and health-conscious approach to nutrition. This understanding may also contribute to fulfilling the UN's Sustainable Development Goal (SDG) by promoting balanced dietary practices and overall good health. Materials and methods: Ayurvedic classical texts, modern literature, research article and research journals. Results: This article explores recommended daily dietary intake and various preparations, while considering individual suitability. Conclusion: The Ayurvedic Millets Diet advocates for incorporating millets into daily meals to harmonize the body's natural constitution and achieve optimal health. By embracing this age-old wisdom in modern dietary practices, individuals can nourish their bodies, promote balance, and experience a state of in line with the ancient principles of Ayurveda.

Keywords: Dietary regimen, Millets, Nutrients, Shridhanya, SDG goals

Registration code: ABPO 1450



MILLETS IN AYURVEDA NOURISHING HEALTH AND COMBATING LIFESTYLE DISORDERS

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The foundation of Ayurveda is the Trayo Upratamba doctrine, which speaks about the three pillars of Ayurveda: Aahar, Nidra, and Bramhcharya. Aahar (nutritious food), or a balanced diet, is essential for adhering to the first principle of Ayurveda, Swasthya swasthya rakshanm (to sustain a healthy existence). Ayurveda claims that maintaining proper dietary habits may control and prevent all diseases. Different aacharya have defined numerous types of aahar varga in Ayurveda. The category of grains known as Kudhanya of Bhavparkash Dhanyavarga includes millets. A group of little seeded cereals known as “millets” has been consumed by humans for a very long time. Millets (KshudraDhanya) are gluten-free, drought-resistant, and a good source of proteins, micronutrients, and phytochemicals. There are health problems that must be tackled on a global basis as a result of an unhealthy diet high in calories and fast food. The so-called universal diseases of today include things like dyslipidemia, hypertension, diabetes, obesity, depression, porous bones and heart attacks. Material & Methods- Ayurvedic classical texts, modern literature & research journals. Conclusion: Kshudra Dhanya will be helpful to combat lifestyle disorders.

Keywords: Millets, Kshudra dhanya, Nutritional value, Santarpanjanya vyadhi, Lifestyle disorders

Registration code: ABPO 1473



A SUMMARY OF CURRENT STUDIES ON THE NEUROLOGICAL EFFECTS OF ASHWAGANDHA WITHANIA SOMNIFERA DUNAL

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Withania Somnifera Dunal/ Ashwagandha (F- Solanaceae) is a widely used important medicinal plant in India. It is extensively used in nutritional disorders and infertility cases. A recent study shows the root of the plant consists of mainly withanolides, and alkaloids are used for the treatment of multiple brain disorders. In Charaka Samhita, It is mentioned under Balya and Brimhaniya gana. **MATERIALS AND METHODS** The data relating to Ashwagandha was collected from electronic scientific databases, authentic textbooks, and formularies. **DISCUSSION** Ashwagandha belongs to the family Solanaceae. The ayurvedic reference for the neurological action of ashwagandha is quoted in Bangasena Samhita. In Sahasrayoga, ashwagandha arishta is indicated for Moorcha and Apasmara, which shows its neurological actions. The extract of the roots contains steroidal lactones with ergostane, which contain withanone, withanolides, sitoindosides, and alkaloids. **PURPOSE OF STUDY** The herb is reported to possess beneficial effects in a wide range of neurological disorders including stress, Parkinson's disease, Alzheimer's disease, insomnia etc. Ashwagandha modulates the brain oxidative stress makers, such as immunomodulatory actions however, very few data is available on the mechanistic pathway and clinical studies of Ashwagandha for various brain disorders are scarce and yet to be explored. **CONCLUSION** The recent studies on Ashwagandha suggest its extensive potential as a neuroprotective in various brain-related disorders as supported by preclinical studies, clinical trials, and published patents.

Keywords: Ashwagandha, Neurological disorders, Phytoconstituents.

Registration code: ABPO 1546



NUTRACEUTICAL APPROACH IN AYURVEDA

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Theories and principles towards the achievement of healthy physical and mental status are described in Ayurveda, concept of pathyapathya is one among them which helps in retaining healthy status and there by prevention of various disease pathogenesis. Acharya Charaka had stated Pathya as a synonym for treatment. Human lifestyles have been changed drastically instant and fast foods are grabbing great attention led to emergence of gastro intestinal diseases, obesity etc. So, in the last few decades nutraceuticals became appealing broad term which can be categorized as dietary supplements, functional foods, farmaceuticals, medical foods. Concept of nutraceutical is the same replica of pathyapathya β -glucans from barley (Yava) and probiotic bacilli in milk (paya). Rasayana is one of the elegant concepts of Ayurveda which is more than neutraceuticals, specialized procedure practiced in the form of rejuvenative recipes, dietary regimen and special health-promoting conduct and behaviour. Emblica officinalis Gaetrn has been used extensively as a nutraceutical in several diseases since it is known to boost immunity and offers numerous health benefits such as antioxidant, anti-aging effects. Its extract is an over-the-counter nutraceutical and is available in both liquid and capsule forms for easy consumption, it might serve as an effective and found to be non-invasive therapeutic option for treatment of Age-Related Macular Disease. In Pranakamiya rasayana pada Acharya Charaka mentions about various preparations of Amalaki. Materials and methods: Charaka Samhitha, databases like pubmed, google scholar. Result and conclusion: Drugs like Amalaki which is cost effective available in plenty can be incorporated in our food daily as chutney, curry, pickle etc. why can't we make 'An Amalaki a day keeps the doctor' away other than an apple. Thorough search of Ayurveda classics can provide unparallel knowledge regarding nutraceuticals which can be a boon to towards world of chronic diseases.

Keywords: Pathyapathya, Neutraceuticals, Amalaki, Rasayana

Registration code: ABPO 1569



A CRITICAL ANALYSIS OF NUTRACEUTICAL EFFECT OF DURVA CYNODON DACTYLON LINN PERS IN STRESS INDUCED INFERTILITY

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Introduction Stress is a major factor in rising health care costs mainly in the field of male and female infertility. Cortisol, the primary stress hormone released through the activation of the hypothalamus-pituitary-adrenal (HPA) axis was reported to affect human reproductive function through immunosuppression. Stress during pregnancy is associated with a 50% higher risk of miscarriage. Research has shown that women with a history of depression are twice as likely to experience infertility. Durva botanically identified as *Cynodon dactylon* (Linn.) Pers., one among Dasapushpam is a commonly available grass growing throughout world and is an efficient nutraherb option in this condition. Traditional healers of Chhattisgarh and Allahabad used Durva as an aphrodisiac drug. Materials and Methods Literature search was done from ayurveda samhitas, nighantus, pubmed, google scholar databases. Results Durva is an effective nutraherb in as stress induced infertility as per the analysis done. Discussion Psychological factors such as depression, anxiety, and stress-induced changes in heart rate and cortisol are predictive of a decreased probability of achieving a viable pregnancy. Fertility treatments, ranging from medical monitoring, hormonal remedies and in vitro fertilization (IVF), are both a physical and emotional burden on women and their partners. As per Ayurveda, Durva having prajasthapana, medhya, jeevani, sramadhwamsana, raktasudhikari, grahabhootasanthi and kaphapitta samana action thereby it is a wise option as a nutraherb in this condition. Previous preclinical studies of Durva have shown osteo-protective, immunomodulatory, antioxidant, cardioprotective, antianxiety, antidepressant activity, free radical scavenging activity and also shown significant effect in stress induced male infertility in rats. Conclusion Durva is an apt nutraherb for stress induced infertility as per the analysis made by literature review.

Keywords: Durva, Stress induced infertility, Nutraherb

Registration code: ABPO 1628



A REVIEW ON ROLE OF STARCH OF TUGAKSHEERI RHIZOME - MARANTA ARUNDINACEA LINN AS NUTRACEUTICALS IN ATHLETES

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Purpose of study: Athletes are becoming more interested in nutraceuticals these days since they want to make use of less synthetic ones. Athletes need to minimise tiredness, improve physical performance and recover injuries quickly. Compared to medications, nutraceuticals have advantages because they don't have negative effects and organically enhance diets. The present review article discusses about the role of starch of Tugaksheeri (Maranta arundinacea Linn.) rhizome as nutraceuticals in Athletes. Methodology: This work is compiled by doing literature review of classical textbooks as well as published research papers available in website. Summary of findings: The role of starch of Tugaksheeri rhizome as nutraceuticals in athletes can be explained through its nutritional value, pharmacological properties and various pharmacological activities. Tugaksheeri has pharmacological actions like it is dhatuvridhikara (increases dhatu), reduce trishna (thirst), balya (increases strength), brimhani and pushtikara (nutritious food). It has also action on respiratory system as it is beneficial to reduce swasa. It is also vranahara (wound healing). It is rich in carbohydrate which is major source of metabolic energy. It is antioxidant, immunostimulatory and anti-inflammatory. Since nutraceuticals are natural, healthful substances that do not include medications and damage an athlete's health, they can be used to directly or indirectly affect an athlete's performance. Conclusion: From the various pharmacological properties and pharmacological actions, the starch of Tugaksheeri rhizome can be useful in physical strength, antioxidant, helpful to attain the nutritional need and helps in easy healing of injuries in athletes. Contributions of the study: As the need of nutraceuticals has been increasing due to demand the starch of Tugaksheeri (Maranta arundinacea Linn.) rhizome stands as a potential drug for this purpose.

Keywords: Starch of Tugaksheeri rhizome, Nutraceuticals, Antioxidant, Athletes

Registration code: ABPO 1640



THE NEW AGE OUSHADHA KALPANA

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It's been 5000 years we have been following Pancha Vidha Kashaya Kalpana. Still in 2023 after all these technological development there is no big change in this. Charaka even said that he created all these medicines and combination for the people in his time period and those vaidya who follow the same in future is called Mooda vaidya. The gut biome of 5000 year back Human will not be same as present day man. We don't have those rich bio microbe flora as them. Then how can we digest all these plant pigments. Extraction of active compounds and giving specific chemicals is not ayurveda (current patent medicine culture). So it's crucial that we change our kashaya and other medicine formats such a way that they can easily act on body. Agni plays an important role in this. In modern physiology Agni can be only related with digestive juices and enzymes. And all these enzymes are been found and available to us. What if we can interact our medicines with these raw digestive enzymes thus creating a new end product that is in readily absorbable form. It can bypass the patient Agni. It can be directly assimilated to blood so can be given as IV. We are not extracting any active compounds just creating an end product as a healthy body will do. Thus we can create a universal catalyst through which all our combinations can be bypassed and available in it's most potent form.

Keywords: Enzyme interaction, Universal catalyst, Fast acting medicines, IV medicines

Registration code: ABPO 1706



NANOMEDICINES IN THE MANAGEMENT OF DIABETIC NEPHROPATHY CHALLENGES OPPORTUNITIES REGULATORY ISSUES

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Nanomedicines in the management of Diabetic Nephropathy: Challenges, Opportunities & Regulatory issues Dr. Nibisha C P Second year PG Scholar, Department of Dravyaguna, Govt. ayurveda college Trivandrum Abstract Diabetes mellitus being a global epidemic resulting in microvascular complications such as diabetic nephropathy (DN), retinopathy, fatty liver etc. Nanomaterial refers to a natural, incidental, or manufactured material comprising particles, either in an unbound state or as an aggregate where in one or more external dimensions is in the size range of 1–100 nm for 50% of the particles. The application of nano technology for medical purposes has been termed nanomedicine and is defined as the use of nanomaterials for diagnosis, monitoring, control, prevention and treatment of diseases. Materials and Methods: searched in PubMed using keywords nanomedicine + diabetic nephropathy Results: 27 studies were obtained. Apigenin-Loaded Solid Lipid Nanoparticle, Quercetin nanoparticle complex, nano encapsulated *Tinospora cordifolia* (Willd.) using polylactic acid nanoparticles, Rhein-loaded polyethylene glycol- co-polycaprolactone- co-polyethyleneimine nanoparticles, gold nanoparticles and Poly- γ -glutamic acid coating polymeric nanoparticles attenuated DN through different mechanisms. Conclusion and significance: There are many challenges and regulatory issues were related in the field of nanomedicines. General issues to consider during the development of nanomedicine products including physicochemical characterization, biocompatibility, nanotoxicology evaluation, pharmacokinetics and pharmacodynamics assessment. In Ayurveda mainly Bhasma's are used as nanomedicines. According to ayurveda nanoparticles must have vyavayi, vikashi, ashukari, Tikshna & Sukshma guna so it can be entered deeply in to the tissues and cells. Nanomedicines mentioned in DN attenuates the disease but the pharmacodynamics and the fate of nanomedicines is not mentioned in these studies. So, the pharmacodynamics of the nanomedicines in above studies will become an unknown.

Keywords: Key Words, Diabetic nephropathy, Nanomedicines

Registration code: ABPO 1708



CONCEPT OF CRYOPRESERVATION IN MEDICINAL PLANTS

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An ever increasing demand of plant based medicines and the unrestricted collection from the wild is resulting in an over-exploitation of natural resources. With the application of biotechnological approaches to conventional techniques of conservation, it is expected that many rare and threatened medicinal plant species will be conserved in the near future. Cryopreservation which is an Ex-situ conservation technique, is a process of cooling and storing vegetative structures of plants in liquid nitrogen. It is the most appropriate strategy for conservation of medicinal plants, which could be adopted widely to avoid threat of extinction. Methodology- Searched articles from Pubmed central, Springer using key words Cryopreservation + Medicinal plants. Summary of findings – Endangered medicinal plants such as Katuki, Sati, Trayamana were cryopreserved successfully using Vitrification method. Cryopreservation, quality testing, recovery rate analysis of other Ayurvedic medicinal plants which are common in use such as Varuna, Sarpagandha, Lasuna were also effectively concluded. Genetic and biochemical stability assessment of Brahmi plant which is regenerated from cryopreserved shoot tips and confirmed the genetic stability after cryopreservation. Conclusion – Cryopreservation of vegetative parts of plants using suitable medium, commonly via Vitrification method are conducted, but only in limited amount of medicinal plants. Implementing several other techniques of cryopreservation along with the testing of sustainability after the process may brings about wider acceptance. Significance- In medicinal plants, there are limited publications related to in vitro conservation and few reports on in vitro cryopreservation are available. There is an immense scope in application of techniques such as Cryopreservation method holds promise of conservation and sustainable utilization of endangered, highly demanded, over exploited medicinal species for the remote future.

Keywords: Ex-situ, Vitrification, Genetic stability.

Registration code: ABPO 1728



HERBAL RAW DRUG STANDARDIZATION A CURRENT VIEW

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There is a growing demand for Ayurveda worldwide, and more herbal products are arrived in the market today. The safety and efficacy of herbal products are dependent upon the standardization of herbal drugs. Numerous physical, chemical, and geographical factors affect the quality of the herbals. Ethnobiological Survey of Ministry of Environment and Forests (MOEF) could identify 8000 plant species utilized in various systems of medicine with approximately 25,000 effective herbal formulations. The extensive consumption to meet demand–supply ratio exerts a heavy strain on the existing resources and led to the adulteration and substitution of medicinal plants with look-alike species. The adulteration and substitution is a major problem that threatening the integrity of Ayurveda. The deforestation and extinction of many species and incorrect identification of many plants has also resulted in adulteration and substitution of raw drugs. It has been estimated that more than 60% phytochemical investigations carried out on wrong or adulterated raw drug samples procured from raw drug markets in India. **METHODOLOGY:** Literature search was done in PubMed, Google scholar, science direct with key word herbal drug standardization and enquired among raw drug vendors. **RESULTS:** Substitution, adulteration, and heavy metal contamination are the three major problems reported for Indian herbal medicines. And the conventional standardization techniques are not enough to tackle adulteration and substitution of raw drugs. **CONCLUSION:** So It is crucial to follow WHO-specific recommendations and also incorporate advanced standardization techniques like marker based analysis, DNA barcoding method etc. for evaluating the quality, safety, and efficacy of herbal medicines as a condition for worldwide harmonization. And also elaborate the guidelines of raw drug standardization for safe, high-quality and efficacious medicines. Authentic raw drug supply centers can also be established through the proper standardization.

Keywords: Herbal raw drug standardization

Registration code: ABPO 1749

WOUND HEALING ACTIVITY OF HARIDRADI YOGAM IN ALBINO RATS

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Introduction : Wounds are the injuries and damages that happen to the skin since it's the most accessible organ of human body. The most common preventable challenge to wound healing is possible infection, and topical antimicrobials have long been used empirically in an attempt to prevent wound infection. These agents prevent infection of wounds but have no role in accelerating the natural healing process. Haridradi yogam is a taila kalpana mentioned in 'Yogamritham' written by D. Sreeman Namboothiri. It consists of Haridra (*Curcuma longa*), Yashtimadhu (*Glycyrrhiza glabra*), Sasasruthi (*Emilia sonchifolia*), Karpoora (*Cinnamomum camphora*), Madhuchishta (Bee wax) and Tila taila (Sesame oil) and is mentioned as vrana ropana (wound healing).
Methodology : In-vivo excision wound experiment was done to assess the period of wound contraction, epithelialization period and histopathological parameters. Excision wounds were made on the dorsal side of pre-anaesthetized rats. 3 groups containing 6 rats each were used for the study. Group I was left untreated. On Groups II and III Povidone iodine (standard) and Haridradi yogam (test) were topically applied respectively for 15 days. In-vitro scratch assay was done using L929 cells to assess fibroblast proliferation and migration. CAM assay was performed using chicken eggs to assess the angiogenic potential of the yogam. **Results :** Haridradi tailam showed significant wound contraction rate of 99.43±0.70 compared to standard and control on 14th day post-operation with p value

Keywords: Wound Healing, Vrana ropana, Haridradi yogam, Povidone iodine, Scratch assay, CAM assay

Registration code: ABPO 1770



CLITOREA TERNATEA SHANKUPUSHPI FLOWER AND ITS BIOACTIVE COMPOUNDS POTENTIAL USE AS MICROENCAPSULATED INGREDIENT FOR FUNCTIONAL FOODS AND MEDICINE

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Purpose of study This paper reviews the current information on the microencapsulation methods for bioactive compounds extracted from *Clitoria ternatea* flower and its effect on the phytochemicals, as well as its biological activities. Microencapsulation is considered to be a means of improving delivery systems that prolong or control drug release and improve targeting of bioactive compounds, bioavailability and stability. Methodology Literature search was done from published pharmacological studies, PubMed and Google scholar databases. Result *Clitoria ternatea* flower petals are a great source of natural bioactive compounds, especially polyphenols and their derivatives. It possesses diuretic, nootropic, anti-asthmatic, anti-inflammatory, analgesic, antipyretic, antidiabetic, antilipidemic, anti-arthritic, antioxidant, and wound healing properties. Microencapsulation technology allows the controlled release of active compounds and thereby improving the bioavailability of delivered active ingredients. Various coating agents and their formulations, as well as the drying methods, showed different abilities to retain the bioavailability of active components and the physical properties like stability and colour intensity. Conclusion Nowadays, the demand for healthy and natural products is increased. *Clitoria ternatea* flowers can be a potent additive to be applied in a functional food or as a pharmaceutical drug supplement in order to improve patient's health status. The microcapsules of *Clitoria ternatea* flower extract have higher availability of bioactive compounds and the ability to limit the number of pathogenic bacteria and fungi, which can make it an alternative in food products.

Keywords: Delivery systems, Bio availability, Colour intensity

Registration code: ABPO 1795



GRAPSEED EXTRACT VITIS VINIFERA A VERSATILE NUTRICOSMETIC AN EMERGING BEAUTY SECTOR

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Over the past decade, natural-source dietary supplements and cosmetic products have seen a rise in popularity, as public are becoming extremely cautious of nutritional deficiencies and synthetic products which have an adverse impact on skin, hair growth, and other factors. Most recent advancement in the beauty sector is nutricosmetics. They are products that enhance skin, hair and nails essential growth and care through nutrition. Nutricosmetics offer a broad spectrum of health and beauty benefits for the body. The paper is to summarize the utility of grapeseed extract-GSE (*Vitis vinifera*) as a highly versatile nutricosmetic product. Grapeseed extract is derived from the common grapevine, which have long been consumed as food. They are rich sources of Proanthocyanidin, Flavonoids, Vitamin E, Linoleic acid and its pharmacologically proven actions such as antioxidant, anti-aging, anti-inflammatory, immunomodulatory, anti-microbial etc. make it a good choice as a nutricosmetic. It should be consumed as nutritional supplements in the form of soft or hard gels, capsules, pills, syrups, gummies, sachets etc. In addition to many more benefits, grapeseed extract boost skin health, increases collagen production, opposes aging symptoms including wrinkles and baldness, enhance hydration and tonicity of skin etc. Nutricosmetics totally rediscover the idea of beauty and integrates it with nutrition. However, the potential use of grapeseed extract from the standpoint of nutricosmetics in the beauty industry has not yet been thoroughly explored and demand further studies in the future.

Keywords: Proanthocyanidin, Antioxidant, Flavonoids, Nutrition, Anti-aging

Registration code: ABPO 1800



SAFEGUARDING MEDICINAL PLANTS BRIDGING PAST AND FUTURE FOR HEALING A CRITICAL REVIEW

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Medicinal plants have been a foundation of healthcare across cultures for centuries, offering a diverse variety of remedies for various ailments. However, the unyielding exploitation of these plants has raised concerns about their sustainability. Purpose of study: This study explores the critical importance of conserving medicinal plants, with a focus on striking a balance between traditional knowledge and conservation strategies. It aims to highlight the need to protect these invaluable resources. Methodology: To integrate traditional knowledge with modern scientific approaches, emphasizes the significance of ethnobotanical studies in documenting and preserving indigenous knowledge regarding medicinal plants. The establishment of protected areas and botanical gardens is also recommended to safeguard endangered species. Summary of findings: One key finding is that the conservation of medicinal plants is vital to preserving traditional knowledge and ensuring a sustainable source of healthcare remedies. By combining traditional wisdom with contemporary conservation strategies, we can better protect these valuable resources. Sustainable harvesting practices and cultivation in agroforestry systems can significantly reduce pressure on natural habitats. Conclusion: The conservation of medicinal plants is essential for preserving traditional wisdom and maintaining a sustainable source of healthcare remedies. By promoting global collaboration and awareness among consumers about responsible sourcing, we can help ensure the continued availability of these valuable resources. Significance of the study: It can guide governments, NGOs, and local communities in crafting policies that protect medicinal plant species and promote sustainable practices.

Keywords: Medicinal plants, Conservation, Sustainable harvesting, Biodiversity, Endangered species

Registration code: ABPO 1823

CRYOPRESERVATION TECHNIQUE - A NEW APPROACH TO CONSERVE THE AYURVEDIC MEDICINAL PLANTS

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India is having one of the richest biodiversity of plants species, including medicinal plants. Due to over exploitation of medicinal plants, there is scarcity to meet the increasing demand of raw material. So, in order to tackle this situation cryopreservation is one of the powerful biotechnological tools for preserving the various parts of medicinal plants. The technique is used for long-term preservation, involving freezing biological materials at ultralow temperature at -196 degree Celsius in liquid nitrogen. This concept is based on stopping the biochemical interaction that occurs in plant cells. This leads to the inhibition of cell division and metabolic activity while maintaining cell viability. While comparing with mother plants there is no change in the chemical constituents that are germinated from cryopreserved plant material. It requires only minimal labour and space. Once it is stored there is no chance of contamination of fungus or bacteria. It is a safe and cost- effective technique. The present study aims to review how the cryopreservation technique helps in the field of Ayurveda to conserve the medicinal plants. PubMed and Science direct were searched for cryopreservation of Medicinal plants. From these numerous articles, most relevant 8 articles were selected. This protocol will be useful for long-term conservation of a species as high frequency recovery and biosynthetic stability after cryopreservation were obtained.

Keywords: Cryopreservation, Medicinal plants, Ayurveda.

Registration code: ABPO 1837



HYDROPONIC CULTIVATION WAY TO ENHANCE THE SECONDARY METABOLITES IN MEDICINAL PLANTS

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Medicinal plants are a globally crucial resource for the treatment of disease and improvement of human health, which was used by millions of people. Currently, the status of many medicinal species is threatened by overharvesting caused by increasing demand. So, there is an emerging demand in the field of cultivation. Soil based agriculture is now facing various challenges due to urbanization, natural disaster, climate change, indiscriminate use of chemicals and pesticides which is depleting the land fertility. This also affects the quality and quantity of secondary metabolites that are essential in pharmaceutical industry. The demand for secondary metabolites in the world is increasing day by day. To meet this demand an advanced technique of cultivation – Hydroponics was introduced. Hydroponics technology is the most recent methodology for growing plants by using liquid mineral nutrients. The high demand for secondary metabolites has created huge production opportunities in commercial farming by using hydroponic techniques. Recent research states that compared to soil growing this method can provide enhancement of secondary metabolites in different plant species. Information collected from agricultural science and databases like research articles. On reviewing scientific papers, it was found that this method was used for increasing not only yield but also enhance secondary metabolites.

Keywords: Hydroponics, conservation technique, advanced farming, medicinal plant conservation.

Registration code: ABPO 1857



CONSERVATION AND PROPAGATION OF DASAPUSPA GROUP OF MEDICINAL PLANTS

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Plants are the lungs of the earth. They give food as well as medicine into the well being of human society. Medicinal plants are rich sources of herbal products. More than 7000 species are reportedly used for medicinal purposes. Medicinal plants are also important for pharmacological research and drug development. Now a days most of them are being exploited recklessly for the extraction of drugs and they are disappearing at high speed. Over exploitation, indiscriminate collection, uncontrolled deforestation, and habitat destruction etc are leads to species rarity. So the conservation and propagation are very important. Ayurveda plants have been classified into several groups like dasamula, dasapuspa, triphala, trikatu, etc. Dasapuspa means a group of ten potential herbs which are culturally and medicinally significant to the people. The names of ten herbs are Karuka, Mukkutti, Uzhinja, Thiruthali, Muiyal Cheviyan Vishnukranthi, Puvankurunthal, Nilapana, Kayyonni and Cheroola. It has medicinal properties such as anti-inflammatory, antimicrobial, anticancer, antifungal, antipsychotic, anti-rheumatic, anti-arrhythmic, antidiarrheal, anthelmintic, anti-diabetic, etc. Today many of these plants are face extinction or severe genetic loss. So there is an urgent need to conserve the dasapuspa group of medicinal plants. We can analysis which conservation method is best for the conservation of Dasapuspa. we can use in situ, ex situ conservation methods. In cultivation practice domestic cultivation is a widely used and generally accepted practice. Seed propagation, Vegetative propagation, in vitro propagation etc will be adopted. Moreover we all should come forward and initiate conservation and propagation of Dasapuspa medicinal plants. This reserach enhances to determine the best methods of conservation for Dasapuspa group of medicinal plants.

Keywords: Dasapuspa, conservation, Insitu, Exsitu, vegetative propagation

Registration code: ABPO 1915



NUTRICOSMETICS- TRADITION TO TREND

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Visible skin appearance is an important moderator in human social interaction. It facilitates nonverbal communication. Humans attach great importance to beautiful, healthy, and youthful skin. In the present society, Ayurveda and cosmeceuticals are gaining importance in beauty, health, and wellness. Ayurvedic cosmeceuticals were not only directed towards developing an attractive external appearance but also towards achieving longevity with health. Nutricosmetics are dietary supplements & functional food that are taken orally to provide beauty benefits. These orally inserted functional products promote youthfulness by targeting and reversing specific physiological processes normally associated with aging, such as the irreversible breakdown of cells & tissues. Many such nutricosmetics contain vitamins, phytonutrients, dietary antioxidants, and other natural ingredients to get the desired effect. In Ayurveda these can be achieved by Vayasthapana dravyas, Varnya maha kashayas, Medya rasayanam, Shrikamya rasayanam & Samskritha gritha's etc Today the movement of globalization of Ayurveda is going on in a fast rush up. The world is in a fresh mood to accept this system. But the palatability, shelf life, less convenience for the administration etc. of the ayurvedic formulations keep the system away from people. So, converting the formulations to widely acceptable dosage forms without compromising on the therapeutic benefits is a crisis faced by ayurvedic community. This is an attempt to remodel the classical ayurvedic medicine to possible acceptable forms without losing its therapeutic effects. In this Teabag, cold infusions, payasam, candy, juice, granules etc types of modifications of classical ayurvedic formulations were done. This area is yet to be explored more and this may be the future of Indian cosmetic industries & global beauty market.

Keywords: Brain beauty relation, Dietary supplements, Rasayana, Modified formulations

Registration code: ABPO 1918



PARPATAK AS CONTROVERSIAL PLANT- A REVIEW

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Purpose of study : Parpatak is an important medicinal plant used in Ayurveda for the treatment of various diseases which includes Jwara (fever), raktapitta, trishna etc. Multiple plant species have been used under the name “plant Parpatak,” which has caused some debate. Introduction: Sandigdhadrayas, often known as controversial plants, are medicinal plants that use contentious botanicals as sources and are mentioned in ancient Indian literature. The creation of identifying characteristics for various plant sources with similar names has become a crucial challenge. It is not about the accuracy of botanical source of a herbal drug but about the potency of the drug in curing the disease. Methodology: All relevant ayurvedic literatures, nighantus and reference books with all available sources from internet referred to determine an approachment towards parpatak controversy. Discussion: Description in classics explain about morphological characters and pharmacological properties alongwith several therapeutics indications. Although all substitutes resemble lot of similarities but also have much differences in pharmacological activities. The pharmacological activities are shown by *Fumaria indica* Pugsley are closely like actions described in classics associated with parpatak. Conclusion: Morphological characteristic and pharmacological activities of *Fumaria indica* are very much similar to parpatak. It is important to conducting unbiased research on the plants mentioned in ayurvedic literatures. Significance of study :The problem of disagreement is exacerbated by the usage of several plant species under the name of one plant due to the rising demand and decreased availability. Similar disagreement exists about the medication Parpatak, which greatly muddles the various plant sources used across the nation. Here an effort is made to compile the existing knowledge about the plant ‘parpatak’ from the literatures alongwith currently available studies to establish some understanding regarding the plant.

Keywords: Parpatak, Ayurvedic literature, Controversy, *Fumaria indica*

Registration code: ABPO 1926



PHYSIOCHEMICAL AND PHYTOCHEMICAL STUDY OF MASHA AND MUDGA IN DIFFERENT RATIO WSR TO REGULATORY EFFECT OF GURU AND LAGHU GUNA

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Introduction- In ayurveda Ahara, Nidra, Brahmcharya are defined as traya-upastambha of life. Wholesome food is required for proper growth and development of every component of body of human being. Regarding this, many acharyas have described the concept of Hitakara and Ahitakara ahara. Pharmacological actions of any drug or food substance is completely depend on Guna (properties) present in that substance. Among all Gunas mentioned in ayurveda literatures Twenty Gurvadi Guna (Shareer Guna) are considered as responsible for showing pharmacological actions by any drug in individual's body components. Keeping all these things in mind, pharmacognostical, physio-chemical and phytochemical study of Mudga and Masha in four different ratios was conducted to analyse the Guru and Laghu guna (heaviness & lightness) with nutritional value. Purpose of the study- With rapid globalization, many lifestyle disorders taking place due to change in food habits vastly. So, the evaluation of basic fundamental concepts of ayurved is needed to reducing the effects of these lifestyle disorders. Considering this, Masha and Mudga were selected to conducting an experimental study to validate their pharmacological actions (Brimhanadi karma) attributed by Guru and Laghu Guna. Methodology- Four samples containing only two drugs in different ratios were examined for their quality assurance before experimental study. Mudga (100%), Masha (100%), Masha : Mudga (50 :50) and Masha : Mudga (75 : 25) samples were set to examine the pharmacognosy, physio-chemical and phytochemical (nutritional) evaluation. Results- In pharmacognosy study analysis, macroscopic characters were unabled explain the properties or gunas of drugs, while microscopic study, physio-chemical study and phytochemical studies showed remarkable outcomes explaining required results. Conclusion- From the study it was concluded that modern tools of determining quality standards of the drugs have notable consequences and are important factors in re-establishment of basic fundamentals of ayurveda.

Keywords: Mudga, Masha, Physiochemical, Phytochemical, Guru, Laghu

Registration code: ABPO 1932



UNLOCKING THE BEAUTY POTENTIAL OF RASAYANA

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Rasayana is a nutritional product for the rejuvenation of the body and psyche in a healthy condition. Some are specific to certain organs or tissues. Certain drugs with Rasayana are mainly focused on the skin. They serve not only as anti-aging agents but also have a significant effect on skin cosmetics, acting as anti-tyrosinase, anti-melanogenesis, anti-bacterial, anti-fungal, and UV-protective agents. These effects collectively enhance skin health. This presentation explores the potential impact of Rasayana property on overall skin health. The review on databases such as PubMed, Google Scholar, and classical textbooks revealed that the drugs indicated as 'twachya' have Rasayana properties due to their abundance bioactive compounds like vitamins, minerals, antioxidants, and phytonutrients. These compounds can make the skin healthy. The antioxidative properties of certain drugs like 'bhringaraja' qualities can effectively regulate specific forms of skin damage caused by detrimental environmental factors such as ultraviolet radiation and free radicals. The findings indicate that these drugs have the potential to provide advantages to the pharmaceutical, food, and cosmetics sectors. Consumers seeking natural, effective, and environmentally conscious beauty products are increasingly drawn to cosmetics enriched with these beneficial drugs. Using Rasayana drugs having 'twachya' property in cosmetics ensures a harmonious blend of traditional wisdom and modern skincare needs.

Keywords: Rejuvenation, Skin Health, Skin Cosmetics, Anti oxidant.

Registration code: ABPO 1941



NUTRACEUTICALS IN AYURVEDIC PERSPECTIVE

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Humans were always much aware about their health and this markedly paved the way for such a big health market globally. As we know the money spend for curative and preventive aspects of health is always huge. Nowadays there is also increased demand for the dietary supplements, functional foods, designer foods and all which benefited the nutraceutical market as well. Nutraceuticals , having nutritional and therapeutical values are of high concern mainly because of its reduced or low adverse effects and better results. Even though the nutraceuticals gained much popularity recent times, we can see its roots in Ayurveda classics also which always promoted health and longevity. Various ahara varga, pathya kalpana, rasayana concepts are some among them which literally validate the concepts of nutraceuticals with in traditional systems .The present paper discusses various nutraceuticals available in ayurvedic classics and overall ayurvedic approaches towards nutraceuticals for better health practices in preventive as well as curative mode and thereby to signify its global relevance and acceptance.

Keywords: Nutraceuticals, Health market, Global, Longevity, Pathya kalpana, Rasayana

Registration code: ABPO 1952



NUTRICOSMETICS IN AYURVEDA

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The word Nutricosmetics is coined by the word nutrition and cosmetics, which can support the function and structure of the skin. In the past decade, beauty has been about changing the look or concealing problems using makeup, surgeries and other intervention. Now the focus has shifted to improving skin health by intake of dietary supplements as the root cause of any specific skin concern is internal. Nutricosmetics contain vitamins, phytonutrients and other natural substances, that nourishes skin at deeper level. Thus, it gained wide popularity. Ayurveda states a healthy skin mainly depends upon overall health and for this acharya has mentioned food, regimens, drugs, dinacharya and ritucharya. The present study aims to review Nutricosmetics in Ayurveda. Literature search was done from PubMed, ResearchGate and Samhitas were searched for food, regimens and drugs. From the review it was found that food, regimens and drugs advised in Ayurveda has effect in Skin care, Anti-ageing and Skin diseases and its uses are beneficial as Nutricosmetics.

Keywords: Nutricosmetics, Ayurveda, Nutrition, Skin health

Registration code: ABPO 1956



NUTRICOSMETICS A RECENT AREA OF COSMETIC PRODUCT

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Abstract: In recent years, the usage of cosmetics has increased significantly. They are also referred to as cosmeceuticals or nutritive cosmetics. Nutritional supplements and useful foods that are used orally to support beauty are termed as nutricosmetics. Nutraceuticals and cosmetics were combine to create nutricosmetics, which has developed into a ritualistic approach to beauty and thorough skin care. Nutricosmetics are available in several forms like tablets, capsules, tinctures, drinks, beverages, powdered stick packs, functional foods etc. The purpose of nutricosmetics products is to improve the health of skin, hair, and nails. Now a days, global sales of nutricosmetic products are growing slightly faster than those of dietary supplements and this trend is predicted to continue in the upcoming years. In present study the global nutricosmetics market was thoroughly analyzed taking into account product form, end-user applications, and some product ingredients like collagen, peptides, proteins, vitamins, carotenes, minerals, and omega-3 fatty acid. Plant extract ingredients in nutricosmetic are also described. These information was collected by reviewing variable research articles and journals related to nutricosmetics. This article discussed a wide range of nutricosmetics- related topics. The purpose of this review article was to give a general overview of the nutricosmetic elements that focus on beauty, health and fitness through affecting the skin, hair, and nails on a systemic level.

Keywords: Nutricosmetics, Plant extract, Skin, Vitamins, Collagen, hair.

Registration code: ABPO 1708



A STUDY ON THE NEUTRACEUTICAL EFFECT OF GHRITA

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Foods and nutrients play a vital role in normal functioning of the body. They are helpful in maintaining the health of the individual and in reducing the risk of various diseases. Ayurveda advises a wide range of food preparations that can be consumed daily for improving quality of life by offering protection from external and internal stressors. Such preparations have been referred to as Aajasrika rasayana or nithya rasayana. Ayurveda has always emphasized the importance of food in therapeutics also. Pathya has been indicated in treatment of every disease. In recent times, modern nutraceuticals are being added with medicinal herbs as active ingredients in various forms eg: extracts, powders etc. Ghrita is considered as one among nityarasayana which is very beneficial in dhi, smriti & medha. Human being is having aajana satmyata to ghrita. Materials and methods The details regarding ghritha and its nutraceutical effect will be obtained from classical text books of ayurveda and research papers. Results & Discussion Acharya Charaka have mentioned indications for the Ghee administrations such as vata pitta prakriti individuals, persons suffering from vata pitta vikaras, chakshu kama, kshata, kshina, vrudha, bala and abala, prakarsha ayukama, desire for bala, varna, swara, pushti, praja and soukumarya. Ghee can be served to the people of all age groups for their nourishment. It is a good carrier of fat-soluble vitamins (A, D, E and K) along with essential fatty acids which are responsible for wellbeing. Conclusion It may be concluded that ghrita is appetizing and satmya for every person from their childhood. Ghrita is a natural and unique product which is most beneficial to all. It combats with many diseases and keeps healthy. Ghrita has also antioxidant property which helps the body easily absorb the vitamins and minerals. So it may have a good nutraceutical effect.

Keywords: Nutraceutical, Ghrita, Rasayana

Registration code: ABPO 1963



WOUND HEALING ACTIVITY OF LANTANA CAMARA LINN LEAF EXTRACT A REVIEW ON ITS POSSIBLE TOPICAL FORMULATION

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Folk medicines are those practiced especially by people isolated from modern medical services and usually involving the use of plant derived remedies on an empirical basis. It is known that between 65-80% of world's population use herbal medicine as their primary form of health-care. *Lantana camara* linn. (Verbanaceae family) is an invasive weed and a popular ornamental plant native to the Central and South America, which has been in use as a folk medicine for various ailments used both orally and topically. It's leaf extract have been proven to have a great wound healing activity in in-vivo conditions along with anti-microbial, anti-bacterial, anti-ulcerogenic properties etc. Researches have shown the ethanolic leaf extract of *Lantana camara* linn. to having a faster wound contraction rate along with other aspects of wound healing. *Lantana* oil, emulgel and ointment formulations and their efficacy have been tested on animals. The leaf extract infused with silver nano particles have been proven to have wound healing, anti-bacterial and anti-inflammatory actions. A gel formulation of this would be cost effective since the plant is a weed and easily available all over India, easily applicable and faster result due to the drug's efficacy.

Keywords: *Lantana camara*, Wound healing

Registration code: ABPO 1965



PHARMACOGNOSTIC CHARACTERIZATION OF THE SOURCE PLANTS OF TRINA PANCHAMULA

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Herbs have been the prime source of therapeutic agents in Ayurveda. The grasses are underestimated medicinal repository. Trina panchamula is indeed a group of medicinal plant roots used mainly in pittaja vikaras and disease conditions like mutrakrichra, rakthapitta, pittaja kasa, trisna, ashmari and pittaja gulma. There are so many formulations which contain trina panchamoola some of them are chandanadhya thaila, karpooradi arka, kusadhya gritha, ashmarihara Kashaya, vatagojankusha rasa, trina panchamoola Kashaya etc. When we go through various Ayurvedic classics, it is concluded that total number of drugs included in Trina panchamula are seven in number. They are Kusa, Kasa, Nala, Darbha, Ikshu, sara and Sali. The main problem related to these groups of drugs are its controversy, one among them is kusa and darbha these are sometimes used as synonyms, while in other context, they are described as two different grasses (kusa dwayam or darbha dwayam), and also the pharmacognostic profile of Trinapanchamoola might not have been fully characterized yet, specifically regarding the drugs 'sara' and 'nala'. Considering these facts, this study has been conducted and completed. First and foremost step is, identification of drugs on the basis of description based on various samhitas and the floras on the modern era. Genuine samples of drugs in Trina panchamula is collected from natural habitat and subjected to macroscopic, microscopic, histo-chemical, powder microscopic and HPTLC profiling. Thorough literary review we can conclude that kusa is a grass variety with smaller, softer pointed leaves and Darbha as thicker, longer one. Microscopical studies on root of source plants showed characteristic features including epiblemma, cortical vascular bundle, air cavities, meta xylem, protoxylem, phloem cells, and oil gland. HPTLC profile of source plant root using methanolic extract was analysed and its Rf value recorded. These analyses helpful in resolving controversies and shedding light on unexplored source plant of this group.

Keywords: Controversy, Microscopy, HPTLC.

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MEDICINAL PLANTS CONSERVATION OVER EXPLOITATION

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Medicinal plants are the natural storehouses of a vast range of plants that are important pharmacologically and have secondary metabolites with widely spread therapeutic properties. With the rising global population, there is increasing demand for these metabolites, too, from their natural plant sources. Out of the failing local methods to conserve and preserve medicinal plants, overuse of medicinal plant resources, along with the unpredictable negative impacts of rainfall and rising temperatures, have been proven to be the leading threats. These plants are being utilised worldwide at an uncontrollable pace; henceforth, their demand is increasing as well. As a result of this, various plants have been threatened with extinction for decades, with the major reason being severe human interference. The utmost attention needs to be paid to the conservation of pharmacologically significant plants from overexploitation, uncontrolled collection, heavy deforestation, and habitat destruction. In order to safeguard the plants, different conventional methods should be adopted by pharmaceutical companies, like the gitti plant culture technique for the large-scale propagation of medicinal plants. These techniques are proven to be efficient in plant regeneration methods to sustainably produce pharmacologically important plant species. Some of the alternative conservation methods include a review of the literature presented in situ, ex situ, natural reserves, wild nurseries, botanical gardens, and seed banks that are used by scientists to conserve and manage medicinal plant species.

Keywords: Conservation, Pharmacological, Medicinal, Exploitation.

Registration code: ABPO 1997



VARNYA MAHAKASHAYA AS A NUTRICOSMETIC

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Nutricosmetics are products that are taken orally to promote health and beauty of the skin. It optimizes the intake of nutritional microelements to meet the needs of the skin and skin appendages, improving their conditions and delaying aging, helping to protect the skin from the harmful effects of environmental factors. Numerous studies in the literatures show a significant correlation between the adequate intake of these supplements with improved skin quality. Skin color is called 'varna', 'varnya' on the other hand refers to maintaining and restoring natural tone and texture of skin. 'Varnya Mahakashaya' is group of 50 Mahakashaya elaborated in Caraka Samhitha. The drugs of these kashaya are tikta - madhura rasatmaka ,rakta prasadaka and kapha pitta shamaka. Therefore shows varnya effects They are used to nourish and enhance the skin complexion. So it is potentially an excellent nutricosmetic that can be used in different combinations and helps to retrieve the skin complexion within an affordable price.

Keywords: Skin, Complexion, Colour, Mahakashaya, Nutrition, Caraka samhitha

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A NEW APPROACH TO EXPLAINING THE PHARMACOLOGY OF AYURVEDIC MEDICINES

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Ayurveda is a health science that has stood the test of time. It has its own unique principles and theories, that are logic based and explainable with the tools of ancient Indian sciences and philosophies. Today's scientific world has advanced greatly and it is high time that Ayurveda, too is quantified based on the standards of modern science, so that it gets more acceptance and reach a wide range of people. However the problem is that Ayurveda does not work linearly so as to completely be explained in the modern scientific methods. To solve this hurdle, our classics itself lays down the fundamentals of research which can be adapted into this era with the incorporation of technologies such as AI. Ayurvedic pharmacology is based on rasa, guna, veerya, vipaka & prabhava which can now be experimentally demonstrated using advanced technologies and diagnostic tools. In-vitro studies of various Ayurvedic medicines can be done, not only to prove, but to measure the degree of effectiveness as a potential anti-microbial agent. Today's world is at a threat of newer diseases and anti-biotic resistant superbugs, which could adversely impact Human species. The ancient wisdom of Ayurveda is a potential solution to these challenges. Herbal, herbo-mineral and nano-particle medicines offer an arsenal to fight the microbes that develop resistance to existing antibiotics. But for all this, thorough researches such as double-blind RCT studies are essential. This will help prove the efficacy of Ayurvedic medications and its pivotal role in control of communicable diseases, with minimal side effects. The role of Ayurveda is often overlooked in this regard, while much attention is given management of non-communicable and lifestyle disorders. Hence we should develop a new approach for explaining the pharmacology of Ayurvedic formulations, which is in line with the current acceptable standards and not limit ourselves to classical texts.

Keywords: Pharmacology, Superbugs, Communicable diseases, Technology, AI, double-blind RCT

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MILLETS AS NEUTRACEUTICALS IN CURRENT SCENARIO OF LIFE STYLE DISORDERS

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In this 21st century, rapid urbanization has speeded up the pace of development. Also, it has given rise to many problems in the form of pollution, climate change, increased population, scarcity of water and increased dry land which had put forth the world into new agricultural and nutritional challenges. Combined with the fast and hectic life of the people, both are eventually turning into the leading cause of Lifestyle disorders. In Āyurveda, Acharya Kashyap said Āhāra as “mahābhai aya” which emphasises the importance of Āhāra. Acharya Caraka has classified Āhāra (diet) into twelve Vargas. K udradhānya is a group of cereals which are small-seeded and used by human for their nutritional requirements for ages. They are popularly known as millets. Millets have been widely used therapeutically in Āyurveda. Being grown in 131 countries, 59 crores people in Asia and Africa use Millet as their Traditional food. Millets contain many vitamins, minerals, phytochemicals and antioxidant content which can be used as a multidimensional solution to the prevailing global challenges nowadays. Millets are also a rich source of flavonoids, antioxidants and essential amino acids which reduces oxidative stress in humans and enriches their nutritive potential. Many bioactive principles are present in millet which are known to decrease diabetes, cardiovascular risk, ageing, cancer and other lifestyle disorders. The Government of India had proposed United Nations to declare 2023 as the International Year of Millets. It was supported by 72 countries. Hence, on 5th March 2021, the United Nations General Assembly declared 2023 as the “International Year of Millets”. In this paper, efforts have been made to throw light on the nutritional and therapeutic potential of millets from Ayurvedic aspect and contemporary scientific research and to analyse and evaluate its utility as Nutraceuticals in the current scenario of lifestyle disorders.

Keywords: Millets, Mahabhaishajya, Nutraceuticals, Lifestyle disorders

Registration code: ABPO 2258



A COMPREHENSIVE REVIEW ON THERAPEUTIC POTENTIAL OF JASMINUM GRANDIFLORUM LINN JATI

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Jasminum grandiflorum Linn (Chameli /; Oleaceae) is native to Tropical and warm Temperate regions. Jati is mentioned in almost all Samhitas and Nighantus as an ingredient in many formulations; it is widely used in perfumery and aromatherapy. There are several research works available on Jasminum grandiflorum in terms of its potential for relieving toothaches and treating skin conditions such as ulcerative stomatitis, otorrhea, and otalgia. It is also thermogenic, aphrodisiac, antiseptic, anthelmintic. It has been widely utilized by tribes throughout India to treat a variety of illnesses, primarily bodily aches, toothaches, stomach aches, ulcers, and impotence. In this article, an attempt has been made to provide an updated review of this plant with a focus on its ethnobotany and traditional uses as well as therapeutic potential and medicinal uses. Material and Method- A comprehensive review of Ayurvedic text including Bhavprakash Nighantu, Dhanvantri Nighantu, Madanpal Nighantu, Raajnighantu, Kaiyadeva Nighantu. Search engines like Research Gate, Google Scholar, and Pubmed were utilized to review the published publications. The following keywords, such as “Ethnobotany” and “Jasminum grandiflorum” therapeutic potential,” were utilized to identify the keywords using MeSH terms. Result and Discussion :-It was discovered during the screening that it is mentioned in about six classical treatises. Searching the keywords “Jasminum grandiflorum and ethnobotany”, and “Jasminum grandiflorum and therapeutic potential” yielded 48 results out of these; the full texts will only be considered in this review. The plant leaf is extensively used in folklore practice for various disease conditions. Pre-clinical, clinical studies have established the diversified therapeutic benefits of Jasminum grandiflorum. Hence, it can be said that Jasminum grandiflorum has potent medicinal potential.

Keywords: Jasminum grandiflorum, Ethnobotany, Therapeutic potential.

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PHYTOCHEMICAL AND PHARMACOGNOSTICAL ANALYSIS OF GOMUTRAHARITAKI WITH GOMUTRA SOURCED FROM INDIAN COW AND JERSEY COW IN STHOULYA OBESITY - A REVIEW ARTICLE

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Gomutra Haritaki is one of the unique Ayurvedic formulations which have been described in the ayurvedic classics. This drug has been recommended for the diseases like Shoth (Oedema), Arsha (Haemorrhoids) and Pandu (Anemia). Haritaki is quoted like a mother for cure and protection from ailments. Gomutra is used as ingredient, or bhavanda dravya or shodhana Dravya in various ayurvedic medicines. Current review was carried out using pre-established study on a comparative evaluation on gomutra haritaki with gomutra sourced from Indian cow and jersey cow in sthoulya (obesity) particularly on phytochemical and pharmacognostical analysis. Methods: Review of Pharmacognostical and physico-chemical analysis were meant to establish the identity, purity and strength of drug. Aquous and alcohol of extract of Haritaki powder, JCGH, and ICGH were used for the presence of phytochemicals following standard procedure. Results and Conclusion: - The Phytochemical study of ICGH and JCGH shows the presence of glycosides carbohydrate, protein, calcium oxlate, starch grain, fiber, alkaloids saponin, amino acid, tannin. JCGH have higher ash value, moisture content, Alcohol and Water Extractive Value except pH value ICGH is more acidic than JCGH. ICG contains more chemical compounds and micronutrients as compare to the JCH
Keywords: - Haritaki, Gomutra, Sthoulya, Phytochemical and Pharmacognostical

Keywords: Haritaki, Gomutra, Sthoulya, Phytochemical and Pharmacognostical

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INNOVATIVE DRUG DELIVERY SYSTEM IN AYURVEDA

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The foundations of drug delivery in ayurveda, shaped by the doshas, availability of herbs, drug delivery routes and individual constitutions, are explored, highlighting the significance of understanding the nature of diseases and medicinal herbs. Over the centuries from Charaka samhita to Sharamgdhara samhita, the drug dosage forms witnessed evolution providing the evidence of adopting new knowledge and technology in bhaisajya kalpana (Ayurvedic pharmaceuticals and drug manufacturing processes). Kashaya kalpana - classical methods such as swarasa, kalka, kwatha, hima, phanta, ksheerpaka etc are elucidated, each with its unique therapeutic role. These methods, tailored to balance dosha imbalances and restore harmony in the body, represent the quintessence of ayurveda healing, and also aushadh prayoga marga in classics are described ie. mukha marga, nasika marga, guda marga, twaka marga. But there are several challenges and limitations exist. Modern approach to ancient wisdom revolutionizing ayurveda medicine for enhanced efficacy and convenience with innovative drug delivery system. Extract capsule, syrup, transdermal patches, nanotechnology innovations etc., provides enhanced bioavailability and quality control in drug delivery system. Innovative drug delivery systems are breathing new life into Ayurveda, enhancing the accessibility, convenience, and efficacy of traditional remedies.

Keywords: Charaka, Kashaya kalpana, Aushadh prayoga marga, Limitations, Innovative, Bioavailability, Efficacy

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NUTRACEUTICALS IN THE MANAGEMENT OF PREDIABETES

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Prediabetes is a health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. WHO defines prediabetes, using a narrower fasting glucose range of 110–125 milligrams per decilitre. As per the American Diabetes Association, the global prevalence of prediabetes in 2021 was 9.1% (464 million) and is projected to increase to 10.0% (638 million) in 2045. Nutraceuticals are the products derived from food sources that provide both nutrition & medical benefits. These products include dietary supplements, herbal products, genetically engineered foods & vitamins. Nutraceuticals like prebiotics, probiotics, dietary supplements like various vitamins, different herbal extracts, etc. are being used in modern medicine in the management of prediabetes. This paper is intended to find out the food forms mentioned in Ayurveda classical textbooks that can be also used as medicine to prevent or cure prediabetes. By reviewing Ayurveda classical textbooks and articles published in databases it was found that Yusha of Mudga, Kulattha, Chanaka, Adaki, and vatya manda, are mentioned as pathya in prameha. Studies also have shown that consumption of above said drugs has the potential to reduce blood glucose levels. Even though prediabetes has multiple causative factors, diet is one among those that can be easily modifiable. As per Acharya Kashyapa, “Ahara is Mahabhaishajya.” So, the above said dietetics can be used in the management of prediabetes thereby arresting the progression of prediabetes into diabetes mellitus.

Keywords: Prameha pathya, Diet, Hyperglycemia, Ahara

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A COMPREHENSIVE REVIEW OF MODIFIED MURIVENNA YOGA TECHNIQUES

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Medicated oils are one of the essential kalpanas mentioned in Ayurvedic science for internal and external administration, in different ailments. One such famous formulation used for acute injuries, fresh wounds, and fracture management is called Murivenna, known by the name “Kshthanthaka Oil” in Sanskrit. Due to its immense pharmacological actions, there exist several opinions regarding its origin and contents. Thus, compiling information on it is of utmost importance. Methodology-The first explanation of Murivenna was found in Agastyamarma Sastra, a medical textbook of Siddha medicine, whereas the first Malayalam reference of Murivenna is found in the Pharmacopeia of Government Ayurveda College Trivandrum, Kerala. The same reference is found in the Ayurveda Formulary of India (AFI) Part 3. The ingredients of this formulation present in the above Pharmacopeia are:- Karanja, Nagavalli, Kumari, Palandu, Shigru, Buka, Paribhadra, Satavari, Tandulambu, and Coconut oil. Subsequently, Ayurvedic academicians and physicians of Kerala developed various new modifications for Murivenna, in addition to its standard reference. Summary and Conclusion – This presentation outlines the efforts to compile all aspects of different modifications in Murivenna Yoga, by reviewing all relevant works of literature. Significance –Analysing the different modifications of Murivenna Yoga will open new opportunities for future clinicians and practitioners, in order to assess the formulation’s efficiency better.

Keywords: Murivenna, Ayurveda, Acute injury, Formulation

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PHARMACOGNOSTIC COMPARISON OF MEDICINALLY IMPORTANT SPECIES OF CLERODENDRUM L AVAILABLE IN KERALA WITH SPECIAL REFERENCE TO THE MARKET SAMPLE ANALYSIS OF CHERUTHEK

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Background: *Clerodendrum L.* is an important genus in the family Lamiaceae in terms of its medicinal values and pharmacological properties. Present study aims at the pharmacognostic comparison of some of the medicinally important species of *Clerodendrum L.* available across Kerala. The major species are *Clerodendrum serratum (L.) Moon* and *Clerodendrum indicum (L.) Kuntze* which are considered as the botanical sources of Ayurvedic drug 'Bharangi', *Clerodendrum infortunatum L.* which is considered as 'Bhandira' and *Clerodendrum paniculatum L.* Roots of all these species are similar in morphological aspects and so widely available in raw drug markets with an analysis of market sample of Cheruthek. Materials & Methods: The roots of all the four species of *Clerodendrum* were studied for pharmacognostic characters which include macroscopic, microscopic, histo-chemical and powder microscopic characters. Results and Conclusion: The morphological characters of all the roots resemble similar except with the colour and size. Microscopically and powder microscopy, they can be differentiated by presence of rhytidoma in roots; stone cells of vivid arrangement; differences in the distribution and size and shape of starch grains and prismatic crystals of calcium oxalate in cells. The pharmacognostic standards developed can be used for distinguishing each of these species from raw drug samples which will be helpful for authenticating the market samples, thus ensuring the quality of medicines prepared.

Keywords: *Clerodendrum serratum*, *Clerodendrum indicum*, *Clerodendrum infortunatum*, *Clerodendrum paniculatum*, Pharmacognosy, Bharangi, Ayurveda.

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A COMPARATIVE PHARMACOGNOSTIC EVALUATION OF MADANAPHALA CATUNAREGAM SPINOSA LINN COLLECTED UNDER DIFFERENT NAKSHATRAS

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Madanaphala, (*Catunaregum spinosa* Linn,) holds a prominent place due to its utilization in Vamana therapy. Various factors have been mentioned during collection to enhance the quality and efficacy of Ayurvedic herbal medicines One such factor is Nakshatras. Aims and Objectives: Study aims to investigate the influence of different Nakshatras on the pharmacognostic characteristics of Madanaphala. Materials and Methods: Ripe Madanaphala fruits were meticulously procured from six distinct Nakshatras - Pushya, Chitta, Kruthika, Magha, Ashwini, and Mrugashira. (3 specified and un-specified each) Samples underwent comprehensive pharmacognostic assessments, including macroscopic and microscopic studies, physicochemical evaluations, and HPLC analyses. Observations and Results: The order of alcoholic and aqueous extract content was identified, showing varying levels among the selected Nakshatras. Amongst the specified Nakshatras, Pushya consistently demonstrates a notable elevation in parameters such as extractive values and solubility, substantiating its potential suitability for medicinal formulations. Intriguingly, Chitta and Magha, designated as unspecified Nakshatras for Madanaphala collection, exhibit prominence. Chromatographic studies revealed variations in the number and quantity of active principles among the Nakshatras.. Peak numbers, apex heights, and maximum areas in HPLC were documented, illustrating the differences in compound complexity and concentration. Discussion: Nakshatras have long been considered influential in Ayurveda and are integrated into the collection and processing of medicinal plants. The observed variations in active principles, extract content, and compound complexity underscore the potential role of Nakshatras in optimizing the therapeutic efficacy of Madanaphala. Conclusion: This research signifies Nakshatras as a valuable parameter for Madanaphala collection. By recognizing Nakshatras as a vital component of Ayurvedic plant collection, our study contributes to a deeper understanding of traditional practices and advances in herbal medicine. This research establishes the significance of selecting the right Nakshatra for the collection of Madanaphala, further ensuring its efficacy in Ayurvedic therapeutic applications.

Keywords: Gandha, Greya, Dravyaprayoga marga, Anidra, Arka, Jatamamsi

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NUTRACEUTICALS - AN AYURVEDIC PERSPECTIVE

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Nutraceuticals are dietary supplements, utilized to ameliorate health, delay senescence, prevent diseases, and support the proper functioning of the human body. A nutraceutical is a pharmaceutical alternative which claims physiological benefits. The term used to describe any product derived from food sources with extra health benefits in addition to the basic nutritional value found in foods. Currently, nutraceuticals are gaining substantial attention due to nutrition and therapeutic potentials. Based on their sources, they are categorized as dietary supplements and herbal bioactive compounds. Herbal nutraceutical helps in maintaining health and promoting optimal health, longevity, and quality of life. These bioactive compounds, derived from natural sources or synthesized, offer a promising avenue for promoting health and preventing diseases. It also discusses their role in addressing various health conditions, such as cardiovascular disease, cancer, stress, anxiety, boost immunity power, hyperlipidemic condition and neurodegenerative disorders etc. Although the concept of nutraceuticals is gaining more popularity more recently, its roots can be traced to the ancient Indian system of medicine, 'Ayurveda'. It is clearly stated that food, which besides providing nutrition helps to maintain the healthy state and prevents the occurrence of diseases. The concept of 'Aajasrik Rasayana' (general rejuvenation) deals with food products that can be consumed daily for improving quality of life by offering protection from external and internal stressors. Commonly used nutraceuticals of Ayurveda include Brahmi (brain tonic), Aswagandha (stress and anxiety reliever), Amalaki (potent anti-oxidant) and herbal combinations like Chyavanprash (for general health and prevention of respiratory disorders); Brahma Rasayana (for protection from mental stress) etc. So ayurveda can make revolutionary changes in herbal nutraceuticals in upcoming days. This article details herbal preparations which can be consumed by common people as functional food, along with the ayurvedic view on the concept of nutraceuticals.

Keywords: Aajasrik Rasayana, Ayurveda, Dietary supplements

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EFFECTS OF DRYING PROCEDURES ON PHYTOCHEMICALS AND NUTRIENT RETENTION IN AYURVEDA PHARMACEUTICALS AND NEUTRACEUTICAL INDUSTRY

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Background: Drying is one of the most convenient technologies for the production of shelf stable food products. However drying can lead to considerable loss of available bioactive compounds due to thermal degradation depending on the drying method and temperature conditions. Nutrients and Phytochemicals in foods and drugs play significant roles in human health. It also allows the consumption of fruits and vegetables during off season without any chemicals. The food industry has evolved and often carries out freeze and air drying procedures under controlled conditions to achieve the objective of long term storage. Aim: The present study is aimed to analyze the difference in nutritional retention of drugs according to various drying procedures. Materials and methods: Journals and various publications were consulted to compile the informations regarding the drying procedures. Result: The result of study indicate that the rate of nutrient loses by different drying processes could be attributed to the duration of heat, light exposure and other external and internal factors. Conclusion: Understanding of proper drying methods will have significant effect on the retention of nutrients of the final products.

Keywords: Drying methods, Active principles

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PLANTS THE WEAPON OF AYURVEDA

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DravyaGun the science of dravyas and their gunas. The subject is one of the major parts of the Ayurvedic medicine system the ancient science of life and primarily deals with the substances having Medicinal potential. Major sources of this ancient knowledge are Charak Samhita, Sushrut Samhita, Vagbhhat, and Nighantus. As per the Acharya Charak Ayurveda is science that deals with hitakari(beneficial) and ahit Kari(detrimental) dravyas for life , the statement highlights the importance of Dravyaguna in Ayurveda. Without dravyas any treatment is not possible and hence ayurvedic hierarchy displays it just after the Bhishak i.e. physician. This subject can be said as the basis of all the Ayurvedic medications because it is in Dravyaguna we learn the effect of a dravya on the Doshas and Prakritis, by reviewing their ras gun virya vipak i.e. Ayurvedic pharmacology and hence estimate their potency as a medicine. The whole practice of extracting the drugs from its source, its pharmacognosy, preservation, and consumption is dealt with in the study of Dravyaguna. Dravyaguna also elucidates the importance of ahaar in chikitsa i.e. importance of food in the treatment. Hereto the science also takes into account the sources of dravyas i.e. majorly plants and thus review their morphology, anatomy, physiology and conservation as well. Dravyaguna can be compared to the present day's study of pharmacology and Materia Medica.

Keywords: Dravya,pharmacology, Bhishak, Chikitsa, Charak, Prakritis

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METABOLIC SYNDROME MIMOSA PUDICA LAJJALUHYPERLIPIDEMIA

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Metabolic syndrome (MetS) represents a clustering of different metabolic abnormalities like hyperglycemia, hypertension, abdominal obesity and dyslipidemia. MetS is common in adult populations all over the world and Prevalence of MetS varies across the globe affecting about 25%. The prevalence of MetS among adult population in India documented as 30% and that of Kerala is 33%. The multifactorial and complex trait of MetS leads to increased risk of cardiovascular diseases and has been shown to independently increase all-cause mortality. The conventional approach of management is multifaceted involving lifestyle intervention and use of drugs like-hypocholesterolemic, hypolipidemic, anti-diabetic and anti-hypertensive. However, these approaches of modern therapy have several long-term & short term side effects and adverse effects. Therefore, the highly evolved descriptions of Ayurvedic therapeutics have the guideline of prevention and management of MetS by utilizing the natural therapeutic resources, dietary control, and bio-purificatory measures, which may not only control the lipid and sugar metabolism in the system but also control progression of MetS into other major complications. Drug Lajjalu commonly known as Thottavadi in Malayalam, botanically identified as *Mimosa pudica* Linn is widely used as a single drug for treating diabetes mellitus and hyperlipidemia by traditional practitioners, and the hypoglycemic and antidyslipidemic effects are already proven experimentally as in-vitro studies. Research articles pertinent to the effectiveness of lajjalu in metabolic syndrome available on data bases like pubmed, research gate etc will be critically analysed and corresponding references in ayurveda will be compared to arrive at a conclusion, So this study aims at descriptive analysis of effectiveness of drug lajjalu in metabolic syndrome will be contributory in preventing life style disorders by means of ayurveda. .

Keywords: Metabolic syndrome, *Mimosa pudica*, Lajjalu, Hyperlipidemia

Registration code: ABPO 2740



INNOVATIVE DRUG DELIVERING SYSTEMS

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Innovations in drug delivery never stop, and over the past few years or so a wide variety have been in the spotlight. Drug delivery with metal nanoparticles is an efficient strategy in medicine to treat various diseases. Among various metal nanoparticles, silver nanoparticle-based drug delivery is well studied for cancer therapy. However, there are only a few reports available for drug delivery with biosynthesized silver nanoparticles. Also constant progress continues in the diabetes space, both in the form of insulin delivery and other drug delivery methods. Elsewhere, we see implants, patches, syringes and many of delivering therapeutics. If this is applied in Ayurveda, it may help in increasing the efficacy and can reduce frequent dosing of various herbal compounds. Determination of pharmacokinetics, mechanism of action, site of action, accurate dose required etc. of herbal medicines to be incorporated in novel drug delivery system, such as nanoparticles, microemulsions, matrix systems, solid dispersions, liposome, solid lipid nanoparticles and so on. Recent researches developed a cancer drug delivery system using silver nanoparticles synthesized from *Butea monosperma* plant extract. These silver nanoparticles were loaded with the FDA-approved chemotherapeutic drug doxorubicin to prepare drug delivery system (DDS) and demonstrated anticancer efficacy in various cancer cells in vitro. Findings suggest that biosynthesized silver nanoparticles could be employed for designing drug delivery systems for cancer therapeutics. In the last years, there has been an increase in biotechnology applied to formulations, including drug delivery systems. This advance is the result of constant research efforts searching for more specific drug targeting and delivery systems for the design of new materials. Therefore, it is important to highlight that the development of drug delivery systems with natural products which is still quite limited needs more advancements for overall scientific development

Keywords: Nano particles, Ayurveda, Biotechnology

Registration code: ABPO 2742



HERBAL RAW DRUG STORAGE AND PRESERVATION A GLANCE TO CURRENT APPROACHES

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Background: Proper storage and preservation of herbal raw drugs possess a major role in the safety, efficacy and quality of the prepared medicines. Ayurveda books have mentioned different techniques for storage and preservation of raw drugs and its finished products. Also lot of new technologies and many guidelines are available for the same which are becoming more refined day by day. Aim: To explore new technologies and guidelines which may help in storing and preserving the raw herbal drugs efficiently compared to the conventional methods. Materials and Methods: Various guidelines of authorities like WHO, Department of AYUSH, Journals, databases and Ayurvedic Samhitas were consulted to compile the relevant information regarding the storage and preservation of the raw drugs and manufacturing of herbal medicines. Results: Researches showed that new advancement in each level of storage such as drying using atmospheric and sub atmospheric dryers, osmotic dehydration, sterilization methods such as radiation sterilization, storing in appropriate containers suitable for each plant produces etc were found to be increasing the shelf life of raw drugs and does not alter the efficacy of the drugs. These were also found to be economical, user friendly and efficient. Conclusion: There are many new technologies, methods and guidelines for the effective storage and preservation of raw herbal drugs that can be adopted by the small and large scale herbal drug industries.

Keywords: Ayurveda, Safety, Efficacy, Quality, Standardization, Drying

Registration code: ABPO 2758



NUTRACEUTICALS - A MODERNLY DENOMINATED ANCIENT IDEOLOGY

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Nutraceuticals, an amalgamation of the term "nutrition" and "pharmaceuticals". They are defined as substances which can be considered a food or its part which, in addition to its normal nutritional value provides health benefits including prevention of disease or promotion of health. Nutraceuticals are the most progressing sector for health food and pharmaceutical industry based on plants. The nutraceuticals market is expected to have an annual growth rate of 8.9 % from 2020 to 2028. Market size for nutraceutical exceeded USD 423 billion in 2022 and is poised to depict over 4.5% CAGR from 2023 to 2032 owing to the rising incidence rate of metabolic ailments globally. There is hardly a health problem or natural bodily process that is not influenced in some way or the other by the foods we eat. Ayurveda abound in references pertinent to nutraceuticals which can be deployed in the assemblage of a powerful food arsenal that helps to fight common ailments. For a person unacquainted with Ayurvedic jargons, it would be a tedious procedure to sift and decipher the specific data from this vast archive of knowledge. Vegans are on the rise and since Ayurveda mostly deals with plant constituents, studies on Ayurveda based nutraceuticals can be employed to cater to their needs. Also, people inhabiting a particular region have access mostly to the food available therein. Inadequacies may arise which ought to be compensated with the endemic nutraceuticals. Studies elucidating utility of plant drugs as foods, available on databases such as PubMed, Science Direct etc. will be thoroughly reviewed and parallels will be drawn from Ayurvedic texts quoting properties of such health foods. This article can serve as a foundation for research works that aim to transform putative claims that were inscribed centuries ago into authentic statements that conform to the present-day requisites.

Keywords: Health food, Ayurveda, Veganism, Phytoconstituents, Food policy, Preventive nutrition

Registration code: ABPO 2760



A COMPARATIVE STUDY TO ESTIMATE THE INFLUENCE OF MANTRAS ON SEED GERMINATION AND PLANT MATURITY

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Introduction: Human brain is a mystery box reacting to several instances using distinct emotions like joy, sorrow, calm, fear etc. There are many techniques to curtail these emotions. One such very accessible yet effective therapy is Mantras. Mantras are sacred syllables with certain frequencies producing pragmatic effect. Mantras show optimistic effect on human neurological network and body make up. According to the ancient classical texts, plants are considered analogous to humans and said to possess the gift of hearing. On account of these, mantras should show a Progressive effect on seed germination and plant growth as well. Hence to prove the efficacy of Mantras, a comparative study was carried out. Aim: To evaluate the efficacy of mantras on seed germination and plant growth. Materials and methods: 2 plant species namely: 1. Dhanyaka (*Coriandrum sativum* Linn.) 2. Methika (*Trigonella foenum-graecum* Linn.) each with 10 seeds are divided into 2 groups – Control group-Plants not subjected to Mantras. Experiment group-Plants subjected to Mantras. The experiment was carried out for a period of 21 days. Assessment was done by comparing the stages of the plant growth like Seed Germination, Sprouting, Seedling and Budding and the active principles percentage of both Control and Experiment group. The time taken for the seed germination, flowering or fruiting numericals were noted. Results: There were significant changes noted in the experiment group compared to control. The rate of seed germination has increased and fast growth was seen. Discussion: The Scrubbing action of the transverse waves causing air particle motion on the surface of the leaf; this movement removed the stagnant air layer adjacent to the leaf, thus increasing the Transpiration of the plant. Conclusion: The Vedic Hymns showed Progressive effect on all above parameters of plants.

Keywords: Vedic Hymns (Mantras), Seed Germination, Pragmatic Effect, Plant Growth and Maturity

Registration code: ABPO 2766



CONSERVATION OF MEDICINAL PLANTS

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Since ancient times, plants have been utilized as medicines to treat various diseases and to enhance the health of humans and animals. According to the World Health Organization, 80% of the world's population relies on medicinal plants as a primary source of health care. Rising population, industrialization, increasing commercial exploitation, widespread trade mismanagement, habitat degradation etc. causes a rapid decline in the number of plants. It is likely to become a serious problem for human and animal health in the future. This creates the need for conservation through different efficient processes. Conservation aims to promote sustainable development through the utilization of biological resources in a manner that does not reduce the diversity of genes and species or damage important habitats and ecosystems. Generally, conservation involves activities such as collection, reproduction, characterization, evaluation, storage & distribution. There are two methods for the conservation of plant genetic resources, namely In-Situ & Ex-Situ conservation. Ex-situ conservation refers to conservation outside the natural environment. This includes storage of seed, DNA & pollen, in vitro conservation, field gene banks and botanical gardens. In situ conservation of whole communities enables us to protect native plants & preserve natural communities, as well as their complex network of interactions. It also enhances the preservable diversity & strengthens the relationship between resource conservation & sustainable use. Although the naturally occurring medicinal plants are considered to be more effective than the cultivated ones, domestic cultivation is widely used and generally accepted. Good Agricultural and Collection Practices (GACP) guidelines for medicinal plants also instruct to limit exploitation of medicinal plants. As the demand for natural medicinal products continues to grow, new strategies for preserving them must be developed.

Keywords: Conservation, Sustainable use, *Ex-situ*, *In-situ*

Registration code: ABPO 2773



EXPLORING THE SCOPE OF ARKA KALPANA IN BRONCHIAL ASTHMA

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Background: Arka kalapana is one among the classical dosage forms which is mainly mentioned in the text Arka parkasha. Due to its increased potency, reduced dose, better shelf life, easy absorption, fast action and patient compliance Arka kalapana is much preferred among the current population. This Kalpana is a modified combination form of hima and kwatha Kalpana among Panchavidhakasaya Kalpana. The herbal drugs which have the volatile consistency in it are preferred for this. Arka is prepared in Arka yantra (distillation apparatus). In this process the active principles and the volatile substances of herbal drugs remain fresh for a long time. Asthma is defined as a Heterogeneous disease characterized by chronic airway inflammation, and defined by history of respiratory symptoms, such as wheeze, shortness of breath, chest tightness and cough. There are numerous Arka kalpanas mentioned in Arka prakasha for treatment of Asthma. some of them being Shunti Arka, Pippali Arka, Mareecha Arka, Dhanyaka Arka, Ardraka Arka etc. Aim: The present study is aimed to explore the scope of Arka kalpana in the treatment of Bronchial Asthma. Materials and methods: Ravana's Arka prakasha, published journals and articles are thoroughly reviewed to compile the information. Result: In Ayurvedic preview bronchial asthma is correlated to Tamakasvāsa and the main dosas involved are vata and kapha. Arka formulations mentioned in the text Arka Parkasha in the treatment of Tamakasvāsa mainly have vata-kaphahara properties. Conclusion: Hence the judicious internal administration of these Arka formulations specifically mentioned in the treatment of Bronchial Asthma will yield good results than conventional medications and in turn it will also pave way in improving the quality of life

Keywords: Asthma, Arka Kalpana

Registration code: ABPO 2792

ANTI-PYRETIC ACTIVITY OF GUDUCHI SATVA OBTAINED FROM DRY STEM OF TINOSPORA CORDIFOLIA AND TINOSPORA MALABARICA THROUGH INHIBITION OF PROSTAGLANDIN-E2 IN ALBINO RATS

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Tinospora cordifolia (Willd.) Miers, locally known as Guduchi, Amrita, or Giloy, a member of the Menispermaceae family, shows a wide range of therapeutic properties that can treat a number of ailments. It has been used to cure a variety of illnesses with various anupanas, including fever, urinary issues, diabetes, and many more. It is regarded as an essential medicinal plant in the Indian system of medicine. The anti-pyretic effect of Guduchi Satva, made from the dried stems of *T. cordifolia* and *T. malabarica*, was tested in the current investigation on Brewer's yeast induced pyrexia in albino rats. Aims: To compare the antipyretic efficacy of Guduchi satva obtained from the dry stems of *T. cordifolia* and *T. malabarica*. Materials and Methods: Guduchi satva prepared from the dry stem of two botanical source plants i.e. *T. cordifolia* and *T. malabarica*. Both the Guduchi satva (90 mg/kg) was evaluated for antipyretic activity in Brewer's yeast-induced pyrexia model in albino rats. Paracetamol (150 mg/kg) used as reference drug in standard treated group. Result: Result of the present study had shown that *T. cordifolia* dry stem satva shows significant decrease in rectal temperature in rats than that of *T. malabarica* in comparison to control group. In Guduchi satva from *T. cordifolia* dry stem treated group Prostaglandin E2 value decreased significantly. Paracetamol showed significant anti-pyretic effects through inhibition of serum Prostaglandin E2. Conclusion: Guduchi satva from the dry stem of *T. cordifolia* has significant antipyretic activity in albino rats through inhibition of Prostaglandin E2 in rats. Significance: To validate the Antipyretic activity of Guduchi satva obtained from the dry stem.

Keywords: Brewer's yeast, Guduchi satva, *Tinospora cordifolia*, *Tinospora malabarica*, Antipyretic, Prostaglandin E2

Registration code: ABPO 2863



ENVIRONMENTAL AND BIOLOGICAL FACTORS AFFECTING THE STARCH GRAINS OBTAINED FROM TINOSPORA CORDIFOLIA AND TINOSPORA MALABARICA-DETAILED PHARMACOGNOSTICAL STUDY

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Background: Guduchi is the main leading drugs of choice in Ayurveda for many diseases. Starch grains obtained from it, known as Guduchi satva, is an important form of medicine because of its potency and palatability. *Tinospora cordifolia* is the recommended source plant for Guduchi according to API. But, many times it is replaced by *T. Malabarica* as a source plant in various parts of India. Though recommended to collect the satva from the fresh stem by the classics, many times it is collected from both fresh and dry. Understanding the characteristics of starch grains obtained from fresh and dry stem of Guduchi stem in quantity and quality is lacking. Aim: Macro and microscopical analysis of starch grains obtained from the fresh and dry stem of *T. cordifolia* and *T. malabarica* during the summer and winter seasons. Materials and method: Satva was prepared from *T. cordifolia* and *T. malabarica* from both fresh and dry stems during the winter and summer seasons from four different ranges of stem girths. Starch grains (satva) were analysed for macroscopic characters through organoleptic analysis and microscopic analysis through micrometric evaluation. Experiments were conducted in triplicate and results were analysed accordingly. Observation and Result: Guduchi satva obtained during the winter and summer seasons from fresh stem the colour of the satva ranges from greyish white, creamish white, and white in all batches. Guduchi satva from the dry stem is greyish brown, brown in colour. Satva is having a characteristic odour in all batches. Satva's taste is tikta in generally. Micrometric evaluation shows that the micro- measurements of the starch grains of Guduchi satva, irrespective of batches, are vary. Conclusion: Guduchi satva shows differences in its organoleptic characters, macroscopical and microscopical characters depending on the seasons, difference in source plants and condition of source plants.

Keywords: Guduchi, Guduchi satva, Starch grains, *Tinospora cordifolia*, *Tinospora malabarica*

Registration code: ABPO 2868



CONSERVATION OF MEDICINAL PLANTS

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Ayurveda is an ancient and holistic science of medicine which includes the use of medicinal plants for treatment . Earlier the knowledge of medicinal plants was limited to few rural communities but for past couple of decades, medicinal plants have been increasingly recognized for their role as not only for health care but also for improving economical status. This has led to increasing demand of medicinal plants worldwide. This ongoing trend resulted in over harvesting of some economically important medicinal plants species, many of which has become rare, endangered and threatened. Conservation aims at supporting sustainable development by wing the biological resources so that it don't deplete the world's variety of species or destroy their ecosystem. It involves measures such as collection, propagation, evaluation, disease identification and elimination, storage and distribution. Conservation of medicinal plants and their genetic resources can be undertaken by in-situ and ex-situ methods. The aim of this paper is to justify and emphasize the need for existing medicinal plants and highlights the significance of preserving these valuable resources to safeguard human health and biodiversity.

Keywords: Medicinal Plants, Conservation, Rare Species.

Registration code: ABPO 2970



CONCEPT OF NEUTRACEUTICALS IN AYURVEDA

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Neutraceuticals in Ayurveda represent a fusion of traditional Ayurvedic principles and contemporary nutraceutical science. Ayurveda, an ancient Indian holistic healing system, emphasizes balance and harmony in the body, mind, and spirit. Neutraceuticals, a portmanteau of “nutrition” and “pharmaceuticals,” are products derived from natural sources, offering health benefits beyond basic nutrition. In Ayurveda, neutraceuticals are designed to support well-being and address specific health concerns through herbal extracts, minerals, vitamins, and other natural substances. These neutraceuticals are often formulated based on Ayurvedic concepts of doshas (Vata, Pitta, Kapha), using ingredients that balance and optimize doshic energies within the body. The integration of Ayurvedic principles with nutraceutical science enhances the efficacy and safety of these products, aligning them with modern health standards. Neutraceuticals in Ayurveda are tailored to individual constitutions and health needs, focusing on preventive care, supporting bodily functions, and aiding in managing various ailments. This approach promotes a personalized and holistic approach to healthcare, aligning with Ayurveda’s core philosophy of treating the root cause of ailments rather than merely addressing symptoms. Through the harmonious amalgamation of ancient wisdom and contemporary knowledge, Ayurvedic neutraceuticals offer promising prospects for promoting overall wellness and improving the quality of life.

Keywords: Nutrition, Preventive, Wellness, Bodily Functions, Healthcare, Minerals, Vitamins

Registration code: ABPO 3020



NANO HERBALS EXPLORING THE SYNERGY OF NANOTECHNOLOGY AND AYURVEDA

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Nano Herbals are Nano-sized medicine containing herbal drugs as extracts, enriched fractions or biomarker constituents. Nano herbals have certain advantages because of their increased bioavailability and reduced toxicities. Study showcases how Nano Herbals optimize the therapeutic potential of ayurveda formulations, offering targeted treatments with minimal side effect, but there is still need for systematic analysis of Nano Herbals. Objectives : For exploring the transformative fusion of Ayurveda, with nanotechnology, This study delves into the intricate realm of Nano Herbals, a pioneering field that manipulates herbal compounds at the nanoscale. This review aims to provide the recent advancement in various herbal nanomedicines. Methods : The scientific data provided in this study are retrieved by a thorough analysis of numerous research and review articles, textbooks, and patents searched using the e-search tools like Sci-Finder, ScienceDirect, PubMed, Elsevier, Google Scholar, ACS, Medline Plus and Web of Science. Results and Discussion : By enhancing the bioavailability, stability, and precision of ayurveda remedies, Nano Herbals usher in a new era of healthcare. The study emphasizes the vital importance of responsible integration, balancing scientific progress with the ethical principles of ayurveda. This interdisciplinary collaborations is presented as the driving force behind future innovations. These collaborations, fostering research initiatives and innovation hubs, signify the harmonious convergence of tradition and technology. Conclusion : This study paints a compelling portrait of the harmonious union between Ayurveda's ancient wisdom and the precision of nanoscience. As Ayurveda embraces Nano Herbals, it not only preserves its foundational principles but also propels itself into a future where natural healthcare is both potent and personalized. This harmonious blend promises a holistic approach to well-being, offering a beacon of hope for the future of healthcare and reaffirming the enduring relevance of Ayurveda in the modern world.

Keywords: Bioavailability, Precision, Interdisciplinary, Ethical, Advantage, Future

Registration code: ABPO 3033



DEPLETING RESOURCES AND EVER GROWING DEMAND FOR MEDICINAL FLORA - A CALL FOR SUSTAINABLE AGRICULTURE AND NEW APPROACHES

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As per the latest trends we can see an increasing reliance on traditional medicines, mostly plant based drugs for the primary health care needs among majority of population in the developing countries. According to the Indian government, traditional medicines are the sole means of health care for 65% of the population. But various studies have now revealed that many medicinal plant species have been threatened due to loss of habitat and over exploitation of the wild source. Unsustainable extraction of medicinal plants and an inflated drug products rates go hand in hand. Reduced availability of required medicinal plants in the market persuade pharmaceuticals to increase their product rates at a phenomally high level. It is clear from the IMARC statistics- the Ayurvedic products market size reached INR626 billion in 2022 and is expected to reach INR1,824 billion by 2028, registering CAGR of 19.3% during 2023-2028. Looking into the global market, herbal medicine market size was valued at USD 151.91 billion in 2021 and is poised to grow from USD 168.86 billion in 2022 to USD 437.59 billion by 2030, growing at a CAGR of 11.16% in the forecast period (2023-2030). The statistics itself speaks about the financial burden levied upon the consumers. The loss of medicinal plants is not just an economical challenge, but an environmental challenge too. Hence conservation of medicinal plants will focus on 2 goals: coping medicinal plant shortage and tackling climate change. The process will include conservation insitu and exsitu. Looking into ex situ conservation, it can be initiated at the grass root level. Endangered plant species can be procured from the forests and distributed in the neighbouring areas through various NGOs and government institutions. The plants can then be purchased by the pharmaceuticals at a fixed rate as per requirements. While in a hurry to sustain human life, we must not forget to sustain plant and animal life around us.

Keywords: Over-Exploitation, Unsustainable Extraction, Financial Burden, Economical Challenge, Environmental Challenge

Registration code: ABPO 3067



NUTRACEUTICALS IN AYURVEDA BRIDGING TRADITION WITH MODERN HEALTH

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Nutraceuticals is any substance that is a food or a part of food and provides medical or health benefits, including the prevention and treatment of disease. Nutraceuticals encompass a diverse array of bioactive compounds, including vitamins, minerals, antioxidants, herbal extracts, probiotics, and specialized dietary ingredients. They are mainly derived from medicinal plants and have been shown to impose crucial roles in immune status and susceptibility to some disease conditions. The effect of herbal medicine and bacteria on the immune system and intestinal epithelial cell function has led to new acceptance for the use of nutraceuticals in clinical settings. The era of emergence of nutrients as medicines in the pharmaceutical world is of great importance and draws attention of scientists and researchers toward the appreciable benefits. As a result, interdisciplinary approaches are now being applied to design and develop various dosage forms to deliver these herbal products relative to their applications. Numerous herbs and dietary recommendations to address imbalances and ailments are explained by the different Acharyas. Bioactive compounds of different herbs have been proved to have various therapeutic effects including anti-oxidant, anti-inflammatory, anti-helminthic etc. The integration of nutraceuticals into Ayurveda represents a bridge between traditional wisdom and modern science, offering a promising path for holistic health. The collaboration between these two models has the potential to enhance the efficacy of Ayurvedic treatments and expand the scope of nutraceuticals, opening doors to personalized wellness strategies that incorporate the best of both worlds. As this synergy continues to evolve, it holds the promise of transforming health and well-being in today's dynamic world.

Keywords: Nutraceuticals, Medicine, Herbs, Functional Food, Dietary Supplement, Nutrition

Registration code: ABPO 3076



THE NEED FOR PHYTO CHEMICAL EVALUATION BETWEEN GRAFTED AND NON-GRAFTED VARIETIES OF MEDICINAL PLANTS

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In every country, traditional medicines find their foundations in folklore clinical experiences. Herbs are natural products and are a true wealth of tradition medicine. The increased demand for Ayurvedic herbs has brought many changes in cultivation techniques. Artificial lab cultivation of herbs, hydroponics, green house technique, grafting etc., are being used nowadays to meet the demands. Grafting enhances Water Stress Tolerance by Improving Photosynthesis and Antioxidant Defence Systems; the grafting technique is also used to protect plants against pests which decreases the need for expensive pesticides. But the knowledge about quantitative presence of the active principles in both Grafted and non-grafted varieties is essential when it comes to clinical practice. Materials and methods: The chemo-profile variation, comparison and analysis of both grafted and non-grafted samples are evaluated by laboratory analysis of Higher end versions such as RP UPLC, HPLC etc., to calculate the percentage of active principles present in the sample. The presence of active principles varies depending on methods used for cultivation. Conclusion: The cultivating methods have key role in deciding the potency of the herbs used based on the portion of active principles present. There is a need for such type of studies in Ayurveda to optimize the quality in clinical results. The details will be dealt in full paper.

Keywords: Grafting, RP UPLC, HPLC, Dravya guna, Ayurveda, Phytochemical analysis

Registration code: ABPO 3111



CRITICAL APPRAISAL ON BHANGA CANNABIS SATIVA LINN AS A ADD ON THERAPY IN THE MANAGEMENT OF CANCER

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Cancer is most prevalent disorder in current era it is the second leading cause of death globally, accounting for an estimated 9.6 million deaths, or one in six deaths in modern medicine mostly chemotherapy, radiotherapy hormonal therapy and targeted therapy is given to the patients which makes them even worse from inside due to that pain. Pain is a common and complex symptom of cancer having physical, social, spiritual and psychological aspects. Approximately 70%–80% of cancer patients experiences pain, as reported in India. Ayurveda recommends use of Shodhita (Processed) Bhangra (Cannabis) for the management of pain in cancer. The pharmacodynamics of the drugs may be explained on the basis of pharmacodynamics attributes i.e. Rasa, Guna, Veerya, Vipaka and Prabhava of the plant. The dosha dominance in Shool (pain) is Vata which get alleviated by Ushna virya of Bhangra. One of the important properties of the drug is Grahi, deepana and pachana due to its tikta rasa and ushna virya which is helpful in increasing the agni. The cannabis acts as CB1 and CB2 agonists and activate these endo cannabinoid receptors Objective: To assess the analgesic potential of (shodita) processed Cannabis sativa L. leaves powder in cancer patients with deprived quality of life (QOL). Materials and Methods: PUBMED GOOGLE SCHOLAR DHARA AYUSH PORTAL Result and discussion These add on therapy is very useful for pain management in cancer patients more than 10 articles has been published and pain management 200 patients is done. It is also helpful in ovarian cancer, palatine cancer management as add on therapy. Conclusion: Based on these number of trials bhangra can be used as add on drug in cancer pain management

Keywords: Anxiety, Bhangra, Cannabis sativa, Cancer pain, Depression, Quality of life, Shodhana

Registration code: ABPO 3127



PHARMACOVIGILANCE FOR ASU DRUGS

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Ayush system of medicine is age old medical system of our country in covid 19, Ayush system has emerged like a boon for all in prevention, curing and managing post covid complications also . But on the other side of the coin some side effects of taking ASU drugs has also caught lime light and again need of pharmacovigilance in ASU drugs gaining huge momentum. Aim To review and compile reported ADR's of ayurvedic herbs , formulations and procedures. Objectives • To search , compile, analyze data of ADR's of Ayurvedic herbs , formulations and procedures from different search engines. • To increase the awareness among people, for the side effects of ASU drugs are also present Need of Pharmacovigilance of ASU Drugs Pharmacovigilance is the science dedicated to reduce the risk of drug-related harms to the consumers. Thus the program is initiated to collect, collate and analyze data to establish evidence for clinical safety of ASU & H drugs in a scientific manner for documenting clinical evidence of safety and to undertake surveillance of misleading advertisements of ASU & H drugs . Result Various incidents of ADR reaction with ASU drug was reported has been collected and discussed . Conclusion Ayurvedic herbs, formulations and procedures does have ADR producing capability. So there is a need for sensitization of population. As self-medication and unrestricted use of ASU drugs have increased many folds so it's our responsibility as a common people to report any of the A.D.R of ASU DRUGS that we come to know to the PVPC.

Keywords: Pharmacovigilance, Asu Drugs, Side Effects, Safety of Herbs

Registration code: ABPO 3130



NASYA DRUG DELIVERY SYSTEM

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Nasal drug delivery systems (NDDSs) are designed to deliver drugs to the nasal cavity for local or systemic effects. The nasal route offers a number of advantages over other routes of administration. Administration of the medicine through Nasal route is known as Nasya. Nasa is the root for head, the diseases related to head is best treated by this procedure. In Ayurveda nasya has a major role in delivering drug through systematic level. Ayurveda has a variety of natural medications in the treatment of various types of Shiro Rogas. Nasya Karma (Errhine Therapy) is considered as the best therapeutic intervention in Shiro Roga by Acharya Charaka. Nasya is divided into five types according to method of administration i.e. Navana, Avapidana, Dhmapana, Dhuma, Pratimarsha. As this is the nearest root, the diseases related to head is best treated by this procedure. It is only Shodhana procedure which can perform Utamanga Shuddhi. The drug administered through nostrils reaches Shringataka, a Siramarma by Nasa Srota and spreads in the Murdha (Brain), taking routes of Netra (Eyes), Shrotra (Ears), Kantha (Throat) and stretches the morbid Doshas from Urdhwajatru and expels them from Uttamanga. From the above shiro rogas nasya in the systemic diseases which will be highlighted.

Keywords: Nasya, Uttamanga, Shiroroga, Nasya in the systematic diseases.

Registration code: ABPO 3135



EXPLORING SHIGRU AND SAINDHAV AS SINGLE DRUG APPROACH AND COST EFFECTIVE REGIMEN IN KADAR - A CASE STUDY

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Kadar, a troublesome condition comparable to ‘Corn’ in modern medicine, arises due to constant pressure and minor repetitive trauma on the skin, resulting in hard thickening known as hyperkeratosis on the sole or palm. In Ayurvedic texts, Acharya Sushruta and Acharya Bhoja, classify Kadar as a challenging Kshudra-roga, impacting daily activities. In modern medical treatments for corn, the use of anti-inflammatory drugs and surgery often results in unsatisfactory and recurrent outcomes. Therefore, Shigru leaves emerge as a preferred choice for managing Kadar due to its teekshna guna (penetrating quality), anti-inflammatory properties, and ability to accelerate wound healing. When combined with Saindhav Lavan (rock salt), its potency increases significantly, providing more effective results for managing Kadar. This case study has demonstrated the successful application of Shigru Patra Lepa with Saindhav Lavan for a 25-year-old man suffering from painful Kadar lesions on his right sole for six months. The combination of Shigru and Saindhav proves effective in preventing recurrences, making it a favourable option for managing Kadar. Due to its high availability of Shigru and the use of single-drug treatment protocols, it becomes a highly effective and promising approach to address challenging conditions like Kadar. It provides efficient and cost-effective solutions for managing the condition. Keywords: kadar, corn, shigru, saindhav, single drug regimen

Keywords: Kadar, Corn, Shigru, Saindhav, Single Drug Regimen

Registration code: ABPO 3142



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Book of Abstract

SESSION- 4

EMERGING CHALLENGES





AYURVEDIC APPROACH IN THE MANAGEMENT OF SINUS BRADYCARDIA IN PUERPERIUM- A CASE REPORT

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Bradycardia is a condition of slowing heart activity in which heart rate is measured below 60 beats per minute. It can be characterized by syncope, presyncope, transient dizziness or lightheadedness, fatigue, dyspnea on exertion, heart failure symptoms, or confusion. Cardiac pacing is considered the only effective treatment in biomedicine but it is costly and inconvenient to the patient, especially for postpartum women. Methods- Here, we represent a case of a 32-year-old postpartum woman who suffered from sinus bradycardia in puerperium. She was treated on the line of management of Hrinnamoha(bradycardia) a Nanatmaja Vatavyadhi (heart disorder only due to vitiated Vatadosha). She was treated with Vrihatavatachintamaniras 125 mg twice a day for the first 15 days, Prabhakarvati 500mg twice a day for 3 months, and Dashmoolkwath -40 ml twice a day for 3 months. Result-Patient was assessed six weeks later and after six months. Bradycardia and its clinical symptoms had resolved after six weeks of follow-up. ECG was normal and the pulse rate was 68 beats per minute. It can be concluded that sinus bradycardia may be managed in Ayurveda on the line of treatment of Hrinnamoha.

Keywords: Ayurveda, Bradycardia, Hrinnamoha, Nanatmaja Vatavyadhi, Puerperium

Registration Code: ABOP1052



AYURVEDA FOR HER

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Mental hygiene is a level of cognitive or emotional well-being or an absence of a mental disorder. Symptoms of depression, anxiety, and unspecified psychological distress are 2–3 times more common among women than among men. Women being wired differently and with the add on social conditioning, abuse and critical sexism, they are more prone to a derangement in mental health. The results of the survey conducted in 70 random women above 18 years using GHQ12 questionnaire showed a significant percentage going through mental strain and a sharp decline in healthy lifestyle practices. Ayurveda considers body as an extension of mind and encourages the lifestyle practice- Ahara and achara to be cornerstones of a peaceful and functioning mind. Moreover, the gut brain axis gives us the easiest route to access the mental health pathology. Since the targeted population is women, it is difficult to effectively enforce Pathya Ahara and achara and to induce the basic understanding of one's mood and affect. Hence this is a proposal to smoothly integrate ayurvedic mental hygiene practices into the woman of today. SHAKTHI- is an integrative AI assisted application platform for Women's Mental Hygiene through Ayurvedic principles. From basic period tracking and pop ups showing the dosha imbalance in each phase of cycle and corresponding diet and lifestyle recommendations, to AI assisted chatbot to direct them to psychotherapists and panchakarma hospitals, the application covers a wide range of areas where it helps the women like a companion. With this it is expected to plant the seeds of ayurvedic psychiatric practices in a large population of women and thereby generating evidence reinforcing the need of holistic approach in treating mental illness.

Keywords: Mental health, Women, Mental hygiene, Ayurveda, AI

Registration Code: ABOP 1085



A SINGLE COMPREHENSIVE CASE REPORT OF MANAGEMENT OF AUTOIMMUNE-RELATED ILDRASCLERODERMA

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Intestinal lung disease is an umbrella term used for large group of diseases that causes scarry (fibrosis) of lungs. The scary causes stiffness in lungs which makes it difficult to breathe and get oxygen to bloodstream. ILD can be caused by long term exposure to hazardous materials or some type of autoimmune disease such as Rheumatoid arthritis and scleroderma. Symptoms of ILD are Dyspnoea at rest or aggravated by exertion, dry cough, chest discomfort. Signs of RA include severe multiple joint pain, swelling, morning stiffness, restricted movement. Scleroderma is a chronic hardness and contraction of skin and connective tissue either locally or throughout the body. The modern or allopathic treatment only provides provisional relief with time-dependent recurrence. In such cases, ayurvedic medicine gives relief without any side effect. Above symptoms can be correlated with pranvaha strotas dusting and amvat which is mentioned in samhita. Diet modification, herbal combination, pranayama, satvavajay chikitsa are mentioned in samhita. Diet restrictions, i.e. pThya apathy and ayurvedic medications are important in management of such conditions. A 51-year-old female dentist by profession diagnosed with ILD, RA, and scleroderma came to OPD having complaints of Dyspnoea, Severe pain, swelling on joints, stiffness, restricted movements, loss of appetite, fever, general weakness, oxygen 2 liter per min. She was given angamardaprashmangana, kukutnakhadi, guggulu, Dashmool, bharadkwath, balapushti, Maha manjishtadi kwath, errand tail for one month. Significant improvement was noted in all symptoms - her oxygen saturation was improved from 85 to 94. Pain, swelling reduced, she felt confident to travel, was able to do her regular activities. Hence it is concluded that we can manage such type of patient with the help of ayurvedic medicine as this is a case report we require further research in more such cases.

Keywords: Pranvaha strotas, Amvat, Diet restrictions, ayurveda

Registration Code: ABOP 1096



AN OBSERVATIONAL SURVEY STUDY TO ASSESS THE NIDANAS OF STHOULYA IN CORPORATE EMPLOYEES WSR TO OBESITY

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Sthoulya is one among the santarpanoththa vyadhies. The incidence of Sthoulya is increasing at an alarming rate. It is affecting the routine activities of an individual in various dimensions. The present study is focused on the study of Sthoulya Nidanas in Corporate employees. It is an cross sectional survey study through questionnaire method, where in 60 patients of either sex, diagnosed with Sthoulya with BMI > 25 were taken. In the present study, majority of the patients registered were males and were in Madhyama avastha of Sthoulya. As the study conducted to know the causative factors of Sthoulya w.s.r. to Obesity in corporate employees, it was found that majority of the subjects who are working in corporate offices are gaining weight because of the consumption of high calorie food articles, less physical activity with higher rate mental stress. It was also noticed in persons using electronic gadgets for more than 6 hours a day. Also this study gave an idea regarding the impact of diwaswapna in causing Sthoulya as many of the corporate employees are working in night shifts.

Keywords: Nidanas, BMI, Calorie, Sedentary work, Mental stress.

Registration Code: ABOP 1141



AYURVEDA-BASED STRATEGIES FOR ALLEVIATING POST-CHEMOTHERAPY SIDE EFFECTS IN CANCER PATIENTS

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Chemotherapy, while an effective cancer treatment, often leads to various complications. Ayurveda, a holistic system of medicine, offers potential solutions for managing these complications and promoting faster recovery. This article explores the relevance of Ayurveda in post-chemotherapy care, highlights the need for further research, and investigates Ayurvedic interventions' effectiveness. A comprehensive literature search was conducted in electronic databases like PubMed, Google Scholar, Scopus, and EBSCO, focusing on articles published in English since 2000. Ayurveda Samhitas were also consulted for interpretations and references. Selected studies were analyzed for study design, interventions, outcomes, and results. Thematic analysis identified common patterns in Ayurvedic strategies for post-chemotherapy prophylaxis in cancer patients. Summary of Findings/Results: Common chemotherapy side effects include fatigue, nausea, immune suppression, cognitive changes, peripheral neuropathy, mucositis, altered bowel habits, cutaneous toxicities, and hair loss. Ayurveda attributes these complications to dosha imbalances and weakened immunity. Ayurvedic interventions such as Rasayana therapies, dietary modifications, herbal remedies, and stress management through yoga can support recovery and improve quality of life. However, rigorous research is lacking due to inadequate clinical trials, heterogeneity in interventions, small sample sizes, limited long-term follow-up, and publication bias. Integrating Ayurveda with conventional medicine can enhance patient-centric post-chemotherapy care and improve cancer patients' well-being. Addressing challenges in Ayurvedic research, standardizing protocols, and fostering interdisciplinary collaborations are essential for evidence-based post-chemotherapy care. Further studies are needed to validate Ayurvedic interventions and establish their role in managing chemotherapy side effects effectively. This study highlights the potential of Ayurveda in managing post-chemotherapy complications and identifies key challenges in research and practice. By addressing these challenges, healthcare providers can offer evidence-based, personalized, and safe integrative approaches to enhance the quality of care for cancer patients.

Keywords: Ayurveda, Post-chemotherapy, Cancer, Prophylaxis

Registration Code: ABOP 1144



SCIENCE PSEUDOSCIENCE AYURVEDA

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We, those who are familiar with Ayurveda, are also aware of its scientific nature. To the average scientist or a biased physician with their own field of knowledge, Ayurveda's specific body of knowledge, often based on ancient observations unaffected by the developments of modern medicine, may seem easier to classify as pseudoscience. Numerous scientific studies confirm the validity of individual Ayurvedic therapeutic and philosophical elements. These are conducted using appropriate modern methods, measurements, and repeatable experiments. The Ayurvedic way of thinking, considered non-scientific today but clearly based on successful observations and intellectual analysis in its time, effectively describes physiological and pathological processes using different terminology. These terms are not understandable to modern science regarding content or logic. However, these terms and conceptual contents give Ayurveda uniqueness and therapeutic distinctiveness. 1. The perspective on disease progression and health's dynamic and non-linear nature. 2. The interconnected system of the agni, in developing and treating diseases. 3. The formation of ama (toxins), the concept of ama, its relationship with diseases, and its elimination from the body. 4. The doshas as a group (set) and their influence on individual characteristics. 5. The material nature of science and the logic based on the properties (effects) of substances in Ayurveda. The internal crisis in science and questions of reliability further compound this. Fortunately, reforms are emerging in healthcare (Salutogenic theory, pathogenetic approach, Behavioral medicine, Wellness medicine, Personalized medicine, Translational medicine, P4 system, Functional medicine, Non-pharmacological intervention, EVM). These are the areas that need to be understood and addressed in order to weaken the term "pseudoscience." Some success is achieved when we get closer to Scientific Academies when the "guardians of science" support our education.

Keywords: Epistemology, Healthcare reform, Integrative medicine

Registration Code: ABOP 1175



MILLET AND YOGA - MY APPROACH TO CHILDHOOD OBESITY

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Childhood obesity has significant impact on every population irrespective of socioeconomic status. A recent study among students of Kadannapally-Panappuzha panchayat, showed that prevalence of childhood obesity is increasing in rural children too. WHO considers it a global emergency and aims at “no increase in childhood overweight by 2025” as it is considered one of the six nutrition targets in “comprehensive implementation plan for maternal, infant and young child nutrition”. Prevalence studies show an increasing trend in childhood obesity, which needs to be closely monitored. Childhood obesity has a major impact on both physical and physiological health. They are prone to develop Non-communicable diseases and increase risk for developing early-puberty, menstrual irregularities, sleep disorders and metabolic syndrome. Emerging trends of changing lifestyle preferences and environmental factors play pivot role in rising prevalence of childhood obesity worldwide. It can profoundly affect children’s physical health, social and emotional well-being and quality of life. Adopting a healthy diet and lifestyle as per Ayurveda can protect children from serious health problems. Ayurveda says that all diseases will start from impaired digestive fire, so for ensuring proper digestion, food products rich in dietary fibres play a major role. Even though Ayurvedic classics detailed the management of obesity, the role of millets in present era needs to be addressed. It is rich in dietary fibre, protein and micronutrients, which are essential for maintaining a healthy digestive system. Millet can be processed in various forms and given to children thus it has anti-obesity, anti-oxidant and other health-promoting benefits. Apart from the diet, yoga is a viable alternative, Ashtanga yoga provides positive mental health and weight loss. Childhood obesity need to be tackled well and history will judge by the difference that makes in the everyday lives of children, as they are the hope and promise of mankind.

Keywords: Childhood obesity, millets, yoga, food, lifestyle, health

Registration Code: ABOP 1195



NEXT GENERATION DRUG DELIVERY TECHNOLOGIES AND EMERGING OPPORTUNITIES IN AYURVEDA

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Over the last few decades, drug delivery has become an important subject in the pharmaceutical sector due to findings that its efficacy can be influenced by how it is delivered. Drug delivery systems aim to provide a therapeutic amount of medication while improving safety and efficacy by controlling the location, rate, and time of release of a particular drug in the body. Nanotechnology contributed a lot to the field of targeted drug delivery. The development of next-generation drug delivery systems incorporating various technologies, such as analytical and synthetic sciences, DNA recombination and genetic mutation, artificial intelligence, and artificial organ substitutes such as artificial blood, should lead the current one-size-fits-all treatment modality to a much higher precision level of bioresponsivity. In particular, lipid-based nanocarriers offer a versatile platform for drug encapsulation, which has led to clinical translation of several formulations. In addition to synthetic nanocarriers, cell-derived extracellular-vesicle (EV)-based carrier systems have attracted considerable interest. Drug formulation in Ayurveda is based on polyherbalism i.e. combining several medicinal herbs to achieve extra therapeutic effectiveness. Ayurvedic drug delivery often aims at targets on the cell surface or delivered without a specific molecular-targeting strategy whereas next-generation drug delivery system aims at the targeted and controlled release of molecules in tissues and cells to optimize their potential benefits. For instance, in literature search, *Curcuma longa*, an ingredient commonly used in many ayurvedic formulations, possesses antioxidant, anti-inflammatory, anticarcinoma, antiviral, etc properties due to the active phytochemical curcumin. Due to its poor bioavailability, despite its efficacy and safety, it is not regarded as a therapeutic agent. The novel drug delivery system has a positive impact on increasing curcumin bioavailability. This review provides an idea of the bioavailability of phytochemicals with next-generation drug delivery, whereby incorporating such methods in Ayurvedic formulations could be a major leap in Ayurveda.

Keywords: Ayurveda, Next-Generation Drug Delivery, Liposomes, Extracellular- Vesicle, Technology

Registration Code: ABOP 1368



CONCEPT OF COLLECTIVE HEALTH AND WORLD PEACE IN AYURVEDA

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Ayurveda, the ancient Indian science of health, perceives life, its emergence, evolution, and preservation as a holistic phenomenon. Ancient texts of Ayurveda, describe health as a state of perfect balance and harmony on all levels of life. Field Effect of Consciousness — A Vedic Technology: Ayurveda has a concept of collective health and harmony in society by creating coherence in collective consciousness. Twenty peer-reviewed studies have found that when a relatively small proportion of a population practices Transcendental Meditation and its advanced programs in a group there is a decrease in negative trends such as crime, violence, and fatalities. A phase transition to a global reduction in negativity in the USA In one of the recent studies, (World Journal of Social Science, vol. 9, 2022) interrupted time series analysis was used to evaluate the effectiveness of this population-level health intervention that was implemented at a clearly defined point in time. It found that during the Demonstration period of 2007-2011, compared to the Baseline period of 2000 to 2006, when a group practicing Transcendental Meditation and TM-Sidhi techniques reached or exceeded a predicted required threshold of $\sqrt{1\%}$ of the U.S. population (1725) there were significant and meaningful trend reductions in indicators of national stress: homicides, rape, aggravated assault, robbery, infant mortality, drug-related deaths, motor vehicle fatalities, fatalities due to injuries in youths ages 10-19, and in a composite index of all eight variables ($p < .0001$). Moreover, from 2007 to 2016, when the size of the group decreased to below the required threshold, all stress indicators increased again. Conclusion: This and other experiments have demonstrated the possibility of creating a permanent Field Effect of coherence by creating a big enough group for the whole world to bring down global societal stress and create global harmony and world peace.

Keywords: Collective Consciousness, Coherence, World Peace

Registration Code: ABOP 1491

A CRITICAL STUDY OF MEDODHARA KALA WSR TO MEDAS

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The body is made up of Doshas, Dhatus and Malas. According to Acharyas Dhatus are seven in number and Meda Dhatu is 4th in sequence. Sira, Snayu are upadhatus of Medadhatu and Sweda is the mala of Medas. Acharya Sushruta and Vagbhata have given detailed explanation of Medha and Kala, with their definition, types and location. Kala is structure intervening between Dhatus & Ashayas. These are seven in number & third enumerated membrane is called Medodhara kala which generates fat. Acharya Charaka mentioned Astaninditha Purusha, where he mentions about Atisthula and Atikrishna lakshanas and the importance of Medas in their manifestation. Modern science also accepts the fact that excess amount of body fat is obesity whereas excess weight of muscles, fat and water in the body is overweight. So it is important to know about fat, and its metabolism, functions, malfunctions and related structures like kidneys, and adrenal glands. The word Majja has been used as a type of Medas by Acharya Sushrutha while explaining Medodharakala. Acharya Sushrutha mentioned site of Medodhara kala is Udara & Anvasthanis. Where as Acharya Vagbhata mentioned site of Medodhara kala is Udara, anvasthanis, shirakapala, Masthiskya and Mastulunga. There is no clear view of the Anatomical limitations of the Medodhara kala in the classics. Therefore need for the study of Medodhara kala w.s.r to Medas is felt. Even though Acharyas have mentioned about Medovaha Srotas, Medodhara kala and its relation with the Medas (fat) and briefly about its distribution, the information available from our classics about Medhodhara kala and its limitation is vague and not sufficient to understand it , Therefore, for in depth understanding of Medaja vikaras properly a critical study concerned to structural aspect of Medho Dhatu in relation to Medodhara kala is the need of the hour.

Keywords: Dhatu, Kala, Medas, Medodhara kala

Registration Code: ABOP 1882



STATUS OF OJUS IN POST COVID SUBJECTS - AN OBSERVATIONAL STUDY

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The novel coronavirus outbreak was declared as a public health emergency of international concern (PHEIC), the highest level of alarm by WHO on 30th January 2020. As of July 2021, more than 18 crore cases have been reported all over the world and the death toll rises to more than 40 lakhs. After recovery period also the patients suffered from several symptoms and complications. These are known as Post COVID Syndrome. Ojus is the essence of all the seven dhatus which is responsible for the strength and maintenance of the body. Ojus plays an important role in consciousness, longevity, intelligence & memory. Fatigue is an ojokshaya lakshana which is a main symptom experienced by Post-COVID individuals. This paper assess the status of Ojus in Post COVID subjects. Methodology: study design- observational study, sample size – 71. The status of the Ojus of the participants were assessed based on the tool for the clinical evaluation of the status of Ojus developed in the Kriya sareera dept. of GAVC Kannur by Dr Amrutha Elamon. Ojus was assessed twice, 1st assessment was on 17th day and 2nd assessment on 47th day after the participants became COVID positive. In the present study the Ojus of the participants had improved during the time period between the first and second assessment as the intensity of the disease has reduced.

Keywords: Corona virus, COVID-19, Post COVID, Ojus, Ojokshaya

Registration Code: ABOP 1889



NO SIDE EFFECT OF AYURVEDA MEDICINES REALITY OR MYTH

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Successful treatment is possible only through adequate planning, based on proper dosage and duration of medication. The accelerating development in Ayurvedic research has been carried out to fulfill the notion “health is wealth”. Dependence on gadgets has become a part of daily life for every individual as all the information regarding anything is procured from it. Google, ChatGPT etc, has become one’s “family doctor”, as it claims to give all the information regarding health status, medications etc. In the past few years, when pandemic struck, mankind has become vigilant towards preventing diseases and maintaining the optimum health, at the physical, social, mental and spiritual level. The search for a holistic approach towards health, with no drastic side effects and which is natural, led them to that Ayurvedic medication. And the people believed the myth that ayurvedic medication can be taken without the proper guidance or prescription by Ayurvedacharya and does not have any adverse effects. For e.g., Chyavanaprasha lehya has multiple benefits like the daily prescribed dose will make one’s body strong and fit. But when taken without the proper advice of an Ayurvedic, it can result in digestive issues or undesired weight gain also. Improper knowledge of Ayurvedic medication leads to many new symptoms like severe acidity, increase body heat, rectal bleeding, hormonal imbalance etc. Being one of the emerging problems in the field of Ayurveda, the false notion of no adverse effects in ayurvedic medications will be discussed in the presentation.

Keywords: Ayurveda, Adverse Effects, Myth.

Registration Code: ABOP 2244



GENETIC AND BIOCHEMICAL CORRELATION OF PRAKRITI STRATIFIED PATIENTS OF CORONARY ARTERY DISEASE A STEP TOWARDS PERSONALIZED MEDICINE

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Several genetic, biochemical tests and biomarkers are established to assess the severity of CAD. Phenotypic variability is a big hurdle in modern medicine. In Ayurveda, individuals are classified phenotypically in different Prakriti types which help in predicting susceptibility to disease, prognosis, and even therapy. Aim of present study was to assess co-relation in genomic and biochemicals of prakriti stratified patients of coronary artery disease to get a roadmap for personalized treatment. In a cross-sectional study, conducted in collaboration of AIIMS New Delhi and IGIB, CSIR, 97 stable CAD cases and 36 healthy controls stratified in different predominant prakriti groups underwent Complete Hemogram, Lipids, Fasting Blood Sugar, HbA1C, CRP, IL-6, PCSK9, LpPLA2, MDA, GSH, SOD, and NT-pro BNP. Monocyte to lymphocyte ratio and Estimated Glomerular Filtration Rate were calculated from given results. Global Screening Array was done using isolated DNA. A detailed literature search was done to get a pool of susceptible polymorphisms to CAD. Summary of Findings/Results: In results, NT pro BNP, Fasting Blood sugar, MLR ratio were significantly high and Platelet count, LDL was significantly low in overall cases. Further, IL-6 and PCSK9, MLR, FBS were significantly different in cases, when stratified in predominant prakriti groups. In GSA results, we could clearly extract SNPs associated with CAD cases. Prakriti further helped in segregating the individuals and polymorphisms, which were very much relatable with their biochemical results. Prakriti helped in segregating the individuals who were apparently similar, may be due to association of different pathways for disease initiation or prognosis. Different Prakriti groups are predisposed to CAD due to involvement of different pathways. So, identifying Prakriti may be helpful in primary prevention for susceptible CAD population.

Keywords: Coronary artery disease, Single nucleotide polymorphism, Prakriti, Ayurveda.

Registration Code: ABOP 2546



REVIEW INTEGRATIVE OF EMERGING ZONOTIC NIPAH INFECTIONS

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Nipah viral disease is caused by virus belonging to genus Henipavirus and family Paramyxoviridae. It is a bio-safety level-4 pathogen. It is a highly fatal virus, having risk of spillover frequency posing potential threat to global health security. It can be transmitted from animal to human or human to human. The symptoms of initial stages are headache (73%), severe weakness (67%), seizures (23%). In advanced stages they can progress to encephalitis (15%), respiratory symptoms (54%). The mortality rate has been estimated at 40%- 75%. 20% survivors of the infection had neurological deficits. There have been several outbreaks in South Asia and Southeast Asia and the 2018 outbreak in Kerala has reported 17 deaths of 19 cases. With no vaccines and limited antivirals, the disease is intractable. In Ayurveda, the disease can be established parallel to Sannipataja Jwara having similar symptoms like fever (Jwara), headache (Shiroruk), weakness (Durbala), respiratory symptoms (Shwasa). Treatment protocol should possess Nidana-parivarjana (prevention of disease), Rasayana for immunomodulatory action and administration of drugs which have Jwarahara, Shwasahara, Balya properties. Methods and Materials – The information has been collected from Ayurvedic texts, contemporary textbooks, WHO, CDC, articles from PubMed, Google Scholar. Conclusion – Nipah is a highly contagious infection and was a challenge to the healthcare personnel in the process of management. Even the survivors of the infection had a challenging life ahead. Thus, an Ayurvedic treatment protocol for prevention, curative and handling the complications post- infection is very much in need. Treatment procedures like Nasya, Virechana, Vamana and Internal medicines like Amalaki Rasayanam, Indukantha kashayam, Shadanga Paneeyam etc., can be used. Hence, this study aims to putforth the treatment protocol which can be helpful in further clinical researches in the infection.

Keywords: Healthcare Challenge, Sannipataja Jwara, Chikitsa, Prevention, Treatment protocol, Ayurvedic management.

Registration Code: ABOP 2652



DOES INTERMITTENT FASTING CONTROL THE DIABESITY EPIDEMIC

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Intermittent Fasting (IF) is a fasting strategy that cycles between fasting and eating over a period of time. IF prevents the development of insulin resistance by creating extended periods of low Insulin that maintain the body's sensitivity to insulin. It also helps autophagy, cellular repair, microbiome and inflammation levels. The main objective is to determine effect of IF on glycemic control in subject with prediabetes and diabetes. Newly diagnosed prediabetes subjects (n=20) and diabetes subjects (n=13) were recruited as per ADA 2017 criteria from endocrinology clinics, Department of Medicine. After taking signed consent, subjects counseled about the implementation of IF in their daily life event. Subjects were advised to provide blood samples for biochemistry analysis and Urine for Exosome isolation for proteomics. After three months, subjects were contacted to give post blood and urine samples to see the effect of IF in their body. out of 33 subjects, 10 subjects (pre diabetes (n=7) and diabetes (n =3) had come to give blood samples and urine after three months. 56.4% compliance towards IF strategy were observed. Pearson correlation between Pre and Post IF management strategy HbA1c and fasting blood glucose significantly lowered in the post sample by 0.54% and 23.71 mg/dl respectively. Lipid profile in the post samples were also seen marked improvement. No doubt, IF is the most powerful natural therapy available for Type 2 diabetes and diabetes. However, keeping the mind of poor compliance (56.49%±13.18%) and high dropout rate (69.7%), there is a need to focus on planned with determination in this research.

Keywords: Intermittent Fasting, Diabosity and Glycemic Control

Registration Code: ABOP 2695



AYURVEDA MANAGEMENT FOR ACUTE UPPER LIMB ISCHEMIA-A CASE REPORT

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This is a case of a 52 years old male patient who was suffered from acute upper limb ischemia (AULI) and was treated with Ayurveda management. Method- Vatarakta (~diseases of rheumatic spectrum) was considered as the Ayurveda diagnosis and patient was treated on the line of management of Vatarakta with Ayurveda oral medications and procedures. Patient was advised oral medications- Kaishor Guggulu in the dose of 750 mg twice a day with Jwarhar Kashaya 40 ml twice a day, Ashwagandha Churna 3 gm, Guduchi churna 1gm, Shatavari churna 2 gm, Chopchini churna 1gm with milk twice a day, Shilajatwadi loha 500mg and Mahavatvidhvasana rasa 250mg twice a day with honey. These line of management was continued for 12 months duration. Two course of Mustadi Yapna basti (medicated enema enriched with milk) and Shalishastika pinda swedana (a specific type of sudation with a poultice of rice bolus) and Nasya (nasal therapy) with Shadabindu oil were also given. Result- Initial computed tomography (CT) angiogram revealed that complete occlusion was removed and flow in vessels was restored. All the symptoms of AULI were also resolved. Conclusion- This case shows that these Ayurveda medicines and therapy may be effective in revascularization in AULI.

Keywords: Ayurveda, Vatarakta, Acute upper limb ischemia

Registration Code: ABPO1044



DIABETIC RETINOPATHY CHALLENGES AND MANAGEMENT BY STANIKA NETRA CIKITSA

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India, today facing challenge in health care delivery system, which calls for universal health coverage for everyone, everywhere. Eye care is integral for achieving sustainable development on health aspects. Prameha roga, one among the ashta maha gata by Charaka acharya, giving idea regarding the importance of prameha, which gradually affects the functioning of netra leading to prameha janya netra roga. Diabetic retinopathy, is a chronic sight threatening disease of retinal microvasculature associated with prolonged hyperglycemia. Prevalence of diabetic retinopathy in India varies from 17.6% to 28%. The over all prevalence of Diabetic retinopathy in India is 16.1%, hence remedial measures are necessary for the current scenario. Purpose of the study is to analyse the challenges in diabetic retinopathy cases, and management by kriyakalpa techniques. Stanika netra cikitsa in Samhita, and challenges faced in health care system on diabetic retinopathy by journals published nation-wide. Content Awareness regarding prameha among the people is less satisfactory, leading to delayed recognition of complications among public. The cost of medication, need for life long medications, coupled with limited availability of medicines within the public sector and high cost among the private sector makes the treatment compliance. Kriyakalpa is an integral part of ayurveda ocular therapeutics, which includes parisheka, ashotana, tarpana, putapaka, treatments can effectively manage prameha janya netra roga. By classical ocular therapeutics, minimise the further progression in diabetic retinopathy. Conclusion. This article, focussing on the focal theme of diabetic eye disease as a literary review studying the challenges in health care for diabetic retinopathy cases, and the effective management by ayurvedic ocular therapeutics, thus helps in reducing the further progression within diabetic retinopathy.

Keywords: Prameha, Prameha Janya Netra Roga, Kriyakalpa

Registration Code: ABPO 1694

CLINICAL EVALUATION OF EFFICACY OF A TRADITIONAL HERBAL MIXTURE IN DIARRHOEA DUE TO INDIGESTION IN CAPTIVE ELEPHANTS

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As far as the field of captive elephant management is considered, one of the main challenges faced is the maintenance of good gut health in elephants. The abnormal food habits, food quality, change in climatic conditions etc. affect the digestive health of elephants. The gut microbiome affects the overall health of the elephants. Taking these facts into account, several herbal medicines were given to elephants as a part of traditional knowledge acquired by the caretakers during olden times. Some such practices are still prevalent. In this poster presentation, the efficacy of one such traditional herbal mixture of equal quantities of six drugs viz. Shunti, Maricham, Jeeraka, Ajamoda and Lasuna which was used to manage diarrhoea due to indigestion is evaluated. Six drugs in combination were given to 3 elephants suffering from diarrhoea due to indigestion for various reasons. The effect of the medicine given was evaluated twice daily for 5 days. Dung consistency, odour, colour, defecation frequency, interest on feeding etc. were the parameters of assessment. The drug combination was found very effective in curing indigestion. The dung consistency and colour, appetite, and activeness of the elephant showed good improvement. The dung matter after treatment was devoid of offensive odour. The Deepana – Pachana Dravya's play an important role in increasing and maintaining the Agni and thereby promoting digestion. The drugs intended for this study possess the qualities of Deepana and Paachana. The drugs with Deepana action kindle the Agni and act as appetisers. The Paachana drugs are capable of digesting the Ama and removing them from the body. As the digestive irregularities are corrected in subsequent doses, the gut gets devoid of its abnormalities, proper absorption of water, nutrients and other essentials are brought about and proper dung is formed, which may be evaluated for accessing the quality of improved digestion.

Keywords: Hasthyayurveda, Captive Elephant Management, Gut Health

Registration Code: ABPO 1710



DIABETES DISTRESS AN AYURVEDIC PERSPECTIVE

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Living with Diabetes Mellitus (DM) is stressful for the person regarding their lifestyle including diet restrictions, drug adherence, blood sugar monitoring etc. These factors contribute to considerable stress and leads to Diabetes Distress (DD). DD is the negative psychological reactions related to emotional burdens in need to manage a chronic disease such as DM, which needs the attention of Mental health specialists. The psychological aspects cover almost all the domains of patients' ability to perform well. DD occurring in DM make them burned out, overwhelmed, frustrated, angry, guilty, denial, lonely, poor self-care behaviours, lack of adherence to diabetic regimens etc. This emotional distress adversely affects the quality of life including social, physical, psychological and sexual events. DD has a positive association with glycemic levels and negative effect on health that needs intervention to overcome from situations including loss of interest in selfcare, feeling of defeated, frustrated etc. DD is one of the major causes of uncontrolled DM. Despite the availability of mental health professionals, people hesitate to obtain their services. Hence it needs to be addressed at psychological level with the help of Ayurveda centered Integrated management methods. An approach with psychotherapy, yoga and Ayurveda have found to be effective in the management of DD. This paper aims to discuss the scope of Ayurveda centered integrated techniques, which includes providing general awareness and education on DD and a pragmatic approach towards the management, which includes sodhana chikitsa, samana, rasayana, yoga therapy and satvavajaya chikitsa.

Keywords: Key words, Diabetes Distress, Satvavajaya, Yoga, Sodhana, DM

Registration Code: ABPO 1776



ROLE OF PRAKRITI TO P4 MEDICINE

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Lack of predictive, preventive and personalised medicine in the contemporary science is an emerging challenge to the present health care system. This has been battled more during the COVID-19 pandemic, as the same strain evoked a highly variable infectivity and response, hypoxic and inflammatory consequences and even morbidity. Non-communicable diseases accounting for more than 60% of all deaths in the country is a central issue in contemporary and future public health. Precision medicine may help with the early identification of cases, resulting in timely prevention and improvement in efficacy of treatments. Ayurveda takes a holistic approach in treating the individual based on their inherent constitution termed “Prakriti”, which determines the anatomical, physiological and psychological constitution of an individual. The application of prakriti to P4 medicine (personalised, participatory, predictive and preventive) need to be discussed. P4 medicine resonates with the principles of Ayurveda and this review discusses about the prakriti based ayurvedic approach in P4 medicine. Personalised approach in the form of diet and lifestyle based on tridoshas. Participatory approach encompasses patient centric method adopted by Ayurveda considering the strength of the sick and strength of the disease giving priority to the diseased and the active participation of pada chatustayam (four quadrants of treatment). Predictive medicine prioritises each individual prakriti type is prone to dosha specific disease. Personalised prakriti specific management offers a holistic package of modalities focussing diet, lifestyle and medications. Ayurvedic dinacharya and ritucharya advised are on the basis of prakriti based doshic regime. Thus, developing a framework of Ayurgenomics envisages patient care and promote a more precise, integrative and effective healthcare system that embraces preventive, predictive, personalized and participatory aspects.

Keywords: Prakriti, Ayurgenomics, P4 medicine, Non communicable disease

Registration Code: ABPO 1807



AYURVEDA APPROACH TO UTERINE PROLAPSE MANAGEMENT IN COWS A COMPREHENSIVE APPROACH WITH A TRADITIONAL PERSPECTIVE

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Uterine prolapse in cows, a common post-calving complication, involves the descent of the uterus into the vaginal canal. Oxytocin administration aids uterine contractions for repositioning, while physical support, like a retention harness, helps prevent recurrence. Ayurveda employs herbal remedies like Ashwagandha and Shatavari to strengthen uterine tissues, coupled with dietary adjustments. Panchakarma detoxification is utilized for overall well-being. Integrating Ayurvedic principles with practical traditional interventions may offer a comprehensive strategy for managing uterine prolapse in cows, combining ancient wisdom with hands-on practices for improved reproductive health. Objectives: To assess the efficacy of 'Ayurveda Medicines on healing Mahayoni (Uterine Prolapse) in Cattle. Materials and Methodology: Cattle will be assigned after taking consent from the owners and medicine will be administered orally and externally after Kshalana with Triphaladhi Kwatha. Prolapse area is cleaned with common salt mixed with warm water and after that Medicated oil is applied over the affected area and also given internally Dhanwantram KS (BD) with Dhanwantram gulika was administered intermittently. Matra vasthi was done with pippalyadi tailam. Medicines are applied consecutively for 7 days Discussion and Analysis: The Ayurvedic approach addressing not only the physical symptoms but also the underlying imbalances in the body. Dosha Imbalance Herbal Remedies Dietary Recommendations Lifestyle Modifications External Therapies Preventive Measures Conclusion: The Ayurvedic approach to uterine prolapse management in cows often involves a combination of herbal remedies, dietary adjustments, and lifestyle modifications. By addressing the underlying imbalances in the cow's body, Ayurvedic practices aim to promote overall health and prevent recurrence.

Keywords: Uterine Prolapse, Mahayoni

Registration Code: ABPO 1848



A CONCEPTUAL REVIEW OF GURU CHA ATARPANAM IN THE PRESENT DIET MANAGEMENT OF OBESITY WSR TO STHOULYA

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Obesity is a challenging epidemic and increased Body Mass Index (BMI) influences on almost all body systems leading to the development of non-communicable diseases. Obesity related Non-communicable diseases lead to millions of deaths all around the world, rapidly becoming economic burden worldwide. There has been an increased intake of energy –dense foods and an increase in physical inactivity due to the sedentary lifestyle changes occupy the major cause of obesity. Sthaulya is a santarpana janya vyadhi and is a disorder of medo dhatu. Considering its dreadful effects, the eight complications arising due to ati sthauilya with its after effects are very well explained in ayurvedic literature. Guru Cha Atarpanam is the main line of treatment adopted in the form of ahara and pana possessing vata, shleshma, medonashaka properties and it has found its importance in the modern dietetic management of obesity in the present era. Among the dietetic methods followed in the management, Mediterranean diet, Atkins diet and the paleolithic diet works in the way of attaining satiety and thereby reaching its target. Whereas the Intermittent fasting uses the way of atarpana thereby adapting the langhana (fasting) method of treatment. Thus the dietary intervention, Guru cha Atarpanam in the form of ahara and pana as low diet calorie, high fibre and protein is very much significant in increasing the time of digestion, early attaining of satiety and appetite control in the context of Sthauilya chikitsa.

Keywords: Obesity, Sthauilya, Guru cha Atarpanam

Registration Code: ABPO 2165



STUDY ON IMMUNITY BOOSTING AND PREVENTION OF POST COVID AILMENTS THROUGH AYURVEDIC SYSTEM

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Towards the end of 2019, the world witnessed a dilemma on all sectors of human life especially as a challenge to health system because of epidemic Covid-19. The primary objective of this paper is to highlight the role of Ayurveda in the post Covid effects on human body and its management through holistic approach. As a new variant of virus it had affected the human immune system which lead to multiple comorbidities. So in this present scenario for increasing the life span, quality of life through symptomatic treatment, Sadvruttha, Ahara, Oushada and vihara. To reduce the after effects of Covid-19 epidemic and nourish the immune system of human body through integrated aspect on Ahara, Vihara, Oushada to promote a better life. A literature study on samhitas upon jwara chikitsa and treatment, case study on improving host immunity. By the integrated approach in Ahara, Oushada, Vihara, Yuktivyapasraya chikitsa and home remedies using Ayurvedic preparation like (Amalaki, parnayavani, Tulsi, Maricha, pippali, shunti etc) can reduce the strength of Side effect of diseases and improve the host immunity. Covid-19 had already shook the world due to unpredictable side-effects. This paper highlights how Ayurvedic knowledge integrated in health care system to combat the global epidemic. Ayurveda a holistic system of medicine which is easily accessible, can promote quality of health through rejuvenating properties and maintain mental health through yoga.

Keywords: Immune system boosting, Post Covid ailments, Ayurvedic approach

Registration Code: ABPO 2391



RELEVANCE OF AAHARAKALPANA IN THE MANAGEMENT OF ATISTOULYA

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Obesity can be defined as abnormal or excessive fat accumulation that may impair health or it can be defined as a BMI (Body Mass Index) of 30 or higher. Globally more than 1 billion people have obesity. The World Obesity Federation predicts that by 2030, one in 5 women and one in seven men will have obesity. The fundamental cause of obesity is the energy imbalance between calories consumed and calories expended. Raised BMI is a major risk factor for non-communicable diseases such as cardiovascular diseases (mainly heart disease and stroke), diabetes, musculoskeletal disorders (especially osteoarthritis); some cancers (including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon). Obesity as well as the related non-communicable diseases are largely preventable. Currently, the management of obesity comprises of lifestyle interventions, pharmacological therapy and Bariatric Surgery. Even though obesity can be managed with modern pharmacological interventions, many side effects like, malnutrition, GIT disturbances are reported. This paper aims to find out food forms mentioned in Ayurveda that can be utilized effectively in bringing down the elevated BMI. In ayurveda Atistoulya, a santharpanajanya vikara is nearest clinical entity for obesity. An extensive search was carried out in the classical textbooks of Ayurveda and other databases to collect different aaharakalpanas to be recommended in atistoulya. Ayurveda highlights the importance of diet and lifestyle modification in the prevention and effective management of obesity. The Aaharakalpana, like kulatha yusha, dadimamla yusha etc, are made with minimum and easily available ingredients with simple method of preparations in a cost-effective way. Modifications in diet by including different Aahara kalpanas can be effectively implemented in the management of atistoulya.

Keywords: Food Forms, Kulatha Yusha, Cost-Effective

Registration Code: ABPO 2399



ROLE OF AYURVEDA AND YOGA IN PALLIATIVE CARE- AN INTEGRATIVE APPROACH

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Palliative care is the active holistic care of individuals across all ages with serious health-related sufferings, and especially of those near the end of life. It includes prevention, early identification, assessment and management of physical issues, distressing symptoms and social needs. The lack of customized holistic approaches of modern medicine points to the significance of complimentary health systems including Ayurveda and Yoga in this field. The understanding of stages of palliative care is also parallel to the approach of Yukthivyapasraya, Satvavajaya and Daivavyapasraya modalities of Ayurveda. Selected treatment measures of Ayurveda are capable of playing a major role in palliative care along with conventional care viz. Vrana karma (wound care), vasti (per rectal drug administration), Snehana-swedana (massage, fomentation), Kabalagandoosha (gargling), Karnapoorana (ear drops), Nasya (nasal instillation of medicine), abhyanga (oleation), udwarthana (powder massage), samvahana (massaging), dhupana (fumigation), anjana (collyrium) etc. These are suitable as alternative or complementary to currently ongoing palliative care practices of wound care, bowel and bladder care, artificial hydration, ambulation, oral hygiene, stress management, nutrition, personal hygiene and pain management respectively. Yoga practices comes under the satvavajaya chikitsa which highlights non-pharmacological approach, includes a patient-centered and disease centered wider perspective of wellness which also improves the quality of life by convenient asanas, sookshma vyayama, and pranayama. These are capable of enhancing the functional capacity of body and also improve the quality of life. The multidisciplinary as well as psychosocial approach of Ayurveda is capable of enhancing the outcome of the existing palliative care practices.

Keywords: Palliative Care, Ayurveda, Yoga, Satvavajaya, Integrated

Registration Code: ABPO 2791

MEDHYA RASAYANA PRAYOGA IN NEUROCOGNITIVE DISORDERS

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Major neurocognitive disorder is characterized by a significant decline in at least one of the domains of cognition which include executive function, complex attention, language, learning, memory, perceptual-motor, or social cognition. Stress cause an imbalance of neural circuitry, cognition, decision making, anxiety and moods. Rasayanans are therapeutic measures that promote a youthful state of physical and mental health and expand happiness. These are safe for long term use, are highly effective and can be used in all ages. Clinical effects of rasayana include vayasthapana, ayushkara, medhakara, balakara and jara- vyadhi nasana. Medhya drugs act by their prabhava at different levels such as at level of rasa, agni and strotas. Thus, medhya rasayana help in improving mental faculties, mental function, intellect and also in maintaining the equilibrium of sharirika and manasika doshas. **METHODOLOGY** : Different samhitas were referred to collect opinions of different acharyas. Mode of action of medhya rasayana drugs differ from each other. Mainly these drugs act by their acintya virya Or prabhava. They also act differently at different levels like at the level of rasa, agni and srotus. Action at different levels include improving nutritional values of poshaka rasa, stimulating and improving the functions of agnis and improving the circulation of rasa by shodhana of stotas. According to charaka acharya, medhya rasayana include 1. Swarasa of mandukaparni 2. Yashtimadhu churna mixed with milk 3. Guduchi swarasa along with its moola and pushpa 4. Kalka of shankhpushpi **CONCLUSION** : Since dhi, driti, smriti and medha are being affected in neurocognitive disorders which can be worsened by stress. Medhya rasayana can be used in preventive and curative aspects as these drugs increase longevity, cure diseases, promote strength, agni, varna and swara.

Keywords: Medhya, Rasayana, Neurocognitive Disorders, Stress

Registration Code: ABPO 2910



AYURVEDA GENERAL





ANCIENT HARMONY MODERN CRISIS AYURVEDAS INSIGHTS ON CLIMATE AND ENVIRONMENTAL CHANGE

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Ayurveda offers valuable insights for coping with the effects of climatic changes. It is deeply rooted with the idea that the human body is intricately connected to nature, as explained through three doshas and panchmahabhut concept which in balanced condition is essential for good health and environmental conditions. To know about the adaptative way of living with improved health status in changing environmental and climatic conditions with the light of Ayurveda. Various ayurvedic samhitas and related articles of various indexed journal were reviewed systematically regarding the topic. After reviewing, it was clearly seen that Ayurveda is not just a materia medica or herbal medicine. Instead, it is the study of the constant relationship between purush and prakriti. A disturbance in percentage of any constituent beyond certain limits will disturb the balance and will cause inconvenience to human life. Our health in changing environmental and climatic conditions is getting affected badly. We are on the verge of a new era, with new way of approaching modern day problems and also the adaptation as per the holistic Ayurvedic principles that will be a treasure for the human life survival. As the world grapples with the challenges of climate change, it is essential to find sustainable solutions. By embracing Ayurvedic principles of balance, sustainable living, and a harmonious relationship with nature, individuals can contribute to a healthier planet while fostering their own well-being. Integrating Ayurveda with modern approaches can pave the way for a more sustainable future in the face of climate change.

Keywords: Purush, Prakriti, Climate change, Environmental change, Holistic Ayurveda
Registration Code: ABOP 2734



BHOOTA NIVARANA CHIKITSA AN INTEGRATIVE APPROACH TO REMOVE BHOOTA EARTH BOUND ENTITY SPIRIT AND THUS HEAL

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Bhoota Nivarana Chikitsa, a traditional healing practice originating from ancient Indian system of medicine, which focuses on addressing spiritual disturbances (bhoota / entity in a person/sufferer) and its influence on an individual's health like OCD, Schizophrenia, Depression, Violence, Anger, Sadness, Suicidal tendency, Failure, Poor family life, Undiagnosed Health issues, Pains and wellness. This integrative approach combines elements of Ayurveda (ex: Chapter 60, Sushruta Samhita), herbal medication and other healing techniques. This paper provides an overview of Bhoota Nivarana Chikitsa, emphasizing its principles, methodologies, and the cultural and philosophical foundation that underpins its effectiveness and acknowledges the interconnectedness of the spirit, mind, and the body. The state of Yoganidra was used to activate the Supta manas (subconscious mind) of the client, which is Omni present, Omnipotent and Omniscient and is made to look into the spirits which are/could be present in the client and remove them to get the relief/cure. Researcher has healed more than 10,000 cases in over 40 years illustrates the successful outcomes of Bhoota Nivarana Chikitsa. But, for the sake of this paper, only 5 case studies have been taken which have given 100 percent results/relief/cure. In conclusion, Bhoota Nivarana Chikitsa presents a valuable system for addressing spiritual disturbances and their impact on mental and physical health, a patient-centred approach to wellness. Further research and exploration of this ancient healing approach can enhance our understanding and integration of holistic healing practices into modern healthcare paradigms.

Keywords: Bhoota/Earth Bound Entity/Spirit, Supta manas, Patient-centred,

Registration Code: ABOP 1082



CONCEPTUAL STUDY OF DESHA AND PRAKRITI AND DEVELOPMENT OF GEO ECOLOGICAL PARAMETERS FOR DESHA WISE MAP WITHSR TO BELGAUM DISTRICT- A CROSS SECTIONAL STUDY

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Health diverges by geography/ environment which is universal. 1(Bambra, c., 2016.) The 'clinical geology', has been useful in restoring the reality of dispersion of various illnesses in different topographical area 2. (P. Esmaili and R. Moshiri, 2011). Like, Scope -sunstrokes and hotness depletion were seen in Tropical areas. Frost-bite and trench foot were seen in colder areas of the world. Desha is the one of the major standards of Ayurveda, which denotes to the geo-natural habitat/Territory. Jangala Desha had dry land and vata-pitta dosha pradhana, anupa desha had muddy land and vata-kapha dosha pradhana and Sadarana desha had blended characters and dosha. Desha influences prakriti (Physiological condition), vikruti (Pathological state) of individuals living around there. This research is cross-sectional. By conducting a field investigation, the traditional criteria of the ideal Bhumi Desha—Jangala Desha, Anupa Desha, and Sadharana Desha—were identified. The systematic assessment parameters were developed by collecting and analysing the geo-ecological parameters of that specific Bhumi Desha. Then, using the Google Earth program, such geo-geographical locations were mapped into different Bhumi Desha, a desha-by-desha map was created, and pradhana prakriti were appraised using a systematic sampling method. It is observed that 67.22% of Jangala desha, 21.863% of Sadharana desha and 10.91% of Anupa desha. 55% of Kaphadhikya subjects were found in Anupa Desha, 76% of vatadhikya subjects were found in Jangala Desha. In Sadharana desha, 34% of Vatadhikya and 30% of Sama-dhatuja prakriti subjects were found. Belgaum district area had each of the three varieties of desha such as Anupa desha - kapha pradhana prakriti, Jangala Desha - vata pradhana prakriti and Sadharana desha - sama-dhatuja prakriti and accordingly desha wise guide map was prepared.

Keywords: Desha, Prakriti, Geo Ecology, Environment, Mapping

Registration Code: ABOP 1107



OXIDATIVE STRESS KEY MODULATOR IN NEURODEGENERATIVE DISEASES

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Neurodegenerative diseases occur when nerve cells in the brain or peripheral nervous system lose function over time and ultimately die. Although certain treatments may help relieve some of the physical or mental symptoms associated with neurodegenerative diseases, but complete cure does not exist. The likelihood of developing a neurodegenerative disease rises dramatically with age. Key factors in the development of the disease include persistent oxidative stress and neuroinflammation. Common mechanisms of degeneration include environmental factors, oxidative stress, genetic contributors, neurovascular coupling and neuroinflammation. In this paper the role of oxidative stress in neurodegenerative disease will be discussed. The brain tissues are more susceptible to oxidative damage. When focusing on the treatment of neurodegenerative diseases studies has been shown that antioxidants are given as medicines for slowing down the progression of the disease. Fine balance between the presence of Reactive Oxygen Species and antioxidants is essential for the proper normal functioning of the cell. Antioxidants can be classified mainly into preventive antioxidants and chain breaking antioxidants. Ayurvedic neuroprotective drugs include Medhya Rasayana, Brahmi Ghritha, Chyavanaprasam etc. The neuroprotective effect and antioxidant properties of drugs in ayurveda has been studied and some are yet to be studied. By conducting more researches about the antioxidant and neuroprotective effects of ayurvedic drugs will be helpful in treating neurodegenerative diseases and also in the preventive aspect.

Keywords: Neurodegenerative diseases, Oxidative Stress, Antioxidants

Registration Code: ABOP 1177



HARMONIZING HEALTHCARE WELL-BEING AND SUSTAINABILITY THROUGH AYURVEDA

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Ayurveda states that health is the basis for dharma (righteousness), artha (material prosperity), and kama (desires), emphasizing its pivotal role in individual and societal well-being. A mainstay of Ayurveda philosophy is the concept of 'loka-purusha samanya' that highlights the interconnectedness of individuals and their environments. Any change in one reflects in the other. Ayurveda, therefore, advocates an empathetic and ethical view where even insects are to be considered as a part of oneself. Sustainable Communities, crucial to realizing the Sustainable Development Goals of the United Nations, encompass the dimensions of environmental sustainability, resilience to adversity, inclusivity, and competitiveness. This paper explores Ayurveda's potential in promoting healthcare and well-being within communities, to make them sustainable. Drawing from Ayurveda texts, modern literature, and clinical anecdotes, it underscores the enduring application of Ayurveda principles in India, yielding positive healthcare outcomes while fostering sustainability at the community level. Ayurveda's incorporation into sustainable community-building not only augments India's progress but also advances the global pursuit of the UN's 17 Sustainable Development Goals. By embracing Ayurveda's ethical, personalized, and empowering approach to healthcare, communities can pave the way for a more harmonious and sustainable future, protecting the environment, fulfilling social needs including healthcare and well-being, and fostering economic success.

Keywords: Ayurveda, Sustainability, Well-Being, Ethics, Empowerment, Global

Registration Code: ABOP 1230



GUT MICROBES - GUT BRAIN AXIS IN AYURVEDA

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The human gastrointestinal tract (GIT) is one of the largest interfaces in the human body, covering a vast surface area of 250-400m², linking the host, environmental factors, and antigens. It houses a dynamic and complex population of microorganisms known as gut microbiota that significantly impact the host during health and illness. The gut-brain axis (GBA) refers to the two-way communication bridge between the central and the enteric nervous system, which links emotional and cognitive centers of the brain with peripheral intestinal functions. Recent research has highlighted the significant role of gut microbiota in influencing these interactions. Ayurveda and its treatment modalities always dependent upon the gut brain axis which harboring the gut microbes. Koshta is an important diagnostic tool in Ayurveda where difference in microbiome environment is evident from the mrudu, madyama and krura koshta. This paper gives a brief review of Ayurvedic diagnostic and treatment modalities like Agni, koshta and panchakarma chikitsa had a bidirectional signaling from the gut-microbiota to the brain and from the brain to the gut-microbiota by means of neural, endocrine, immune, and humoral links, which has significant implications for human health and disease. The search for articles was conducted on online databases including PubMed and Google scholar, with keywords - gut brain axis and gut microbiome. A total of 19 articles were listed, of which 8 were screened based on their comprehensiveness in the elaboration of methodology, relevance, and feasibility. The 8 articles were reviewed and organized into a framework that could be adopted in Ayurveda. The challenges of integrating the fundamentals of Ayurvedic within the concepts of modern medicines are also highlighted.

Keywords: Gut microbes, Gut brain axis, Ayurveda and microbiome.

Registration Code: ABOP 1247



EFFECTIVE IMPLEMENTATION OF ONEHEALTH LOCAL TO GLOBAL APPROACH

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One Health is a collaborative, multisectoral, and transdisciplinary approach working at the local, regional, national, and global levels with the goal of achieving optimal health outcomes recognizing the interconnection between people, animals, plants, and their shared environment. This idea is not new. In fact, it traces back to the ancient times when Acharya Charaka not only recognized the phenomena of “Lokapurusha samya - the Universe-Man Continuum but also its impact on health. Ayurveda is the science of life and is based on the principle of maintaining a balance between the interrelated relationships within the body, mind and nature. It follows a holistic approach where pattern of life in all living beings is studied first followed by their health status and appropriate interventions. Dose, administration or combinations of medications vary based on the species, body weight, digestion pattern or habitat. Rasayana drugs mentioned increase strength as well as promote the health of the healthy persons. Gau-ayurveda (cows), Hasty ayurveda (elephants), Ashva ayurveda (horses), Mrig-Ayurveda, Vriksha-ayurveda (plants) etc are the various Ayurvedic text books that focuses on animal and environmental health. Separate chapters are available in classics on knowledge of liquids, nature of food materials and its protection. Specific lifestyle and ayurvedic diet routine to cope with seasonal changes are mentioned under rtucharya in Ayurveda. Janapadaodwamsaneeyam is a unique chapter on epidemics that emphasises the importance of pure water, air and soil. References on measures to purify polluted air, water and soil is also exclusive to Ayurveda. The COVID-19 pandemic, Nipah and Ebola virus were warnings to take into account the principles of One Health, as a common thread here is the ties that bind the environment, animal and human. Therefore, a holistic approach incorporating modern medicine, veterinary science, Indian system of medicines and environmental science is a need of hour.

Keywords: Onehealth, Ayurveda

Registration Code: ABOP 1254



AYURVEDA A CONTRIBUTOR TO MEDICAL VALUE TOURISM IN INDIA

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Global growth in the flow of patients and health professionals as well as medical technology, capital funding, and regulatory regimes across national borders have given rise to new patterns of consumption and production of healthcare services over recent decades. A significant new element of a growing trade in healthcare has involved the movement of patients across borders in the pursuit of medical treatment and health; a phenomenon commonly termed as medical tourism. Ayurveda, the traditional medical system of India that dates back to 5,000 years, along with the country's diverse atmosphere can make India a global hub of medical tourism. It has the potential to be an important source of revenue, booster to the job market, and at the same time meet the rising demand of the globe for alternative medicine and wellness experiences. However, harm, liability, and redress in medical tourism services with a focus on the legal, ethical, and quality of care is an issue of concern for many. Evidence-based research works, knowledge, and information-sharing platforms can play a significant role in popularising the authenticity and treatment aspect of Ayurveda globally. Public sector enterprises giving medical services, especially focusing on medical tourism can be set up in popular tourist destinations. Along with the numerous chances and benefits there lies the responsibility to protect these international travellers from maltreatment and quackery. Policies have to be enacted to assess the quality, safety, risk, and balance of trade around medical tourism on a regular basis. Attention should be given to reduce the significant gaps in the research evidence. The Incorporation of information technology can provide a single platform to guide tourists in the selection of authentic and trustful sources. Only by ensuring this, we can have a sustainable position in the field of medical tourism globally.

Keywords: Ayurveda, Medical tourism

Registration Code: ABOP 1257



INCORPORATION OF NOVEL FORMULATIONS CATEGORIES AND DRUG DELIVERY SYSTEMS IN AYURVEDA

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Government of India had taken major steps for the regulation of Ayurvedic drugs. This comprises of: Nine volumes of API-I, Four volumes of API-II, and three volumes of AFI and more than 50,000 formulations and many anonymous formulations texted in other 55 official books, approved under the first schedule of Drugs and cosmetic Act, 1940 with its time to time amendments. 7 Monographs of Phyto-pharmaceuticals and 43 Monographs of Herbs and Herbal products in 9th Editions of IP. Schedule-T is meant for Good Manufacturing Practices for ASU Medicine, was inserted by GSR 561(E), dt.23-6-2000 and substituted by GSR 198(E) dt.7-3-2003. The classical Ayurvedic formulations/dosage forms (Ayurvedic compound formulations) as per Sch.-T, Part-II includes 14 Categories (49 dosage forms) of Ayurvedic and Siddha system medicines. These are: 1.Anjana/Pisti; 2.Churna/nasya/Manjan/Lepa/KwathChurn; 3.Pills/Vatti/Gutika/Matirai/Tablets; 4.Kupi pakva/Kshara/Parpati/Lavana/Bhasma/Satva/Sindura/Karpu/Uppu/Param; 5. Kajal; 6. Capsule; 7.Ointment/Maharam Pasai; 8.Pak/Avleh/Khand/Madak/Lakayam; 9.Panak,Syrup/Pravahi/Kwath Manapaku; 10.Asava/Aristha; 11.Sura; 12.Ark/Tinir; 13.Tail/Ghrit Ney; 14.Ashyotan/Netra Malham, Panir, Karn Bindu, Nasabindu. Some dosage forms like Balya/Poshak, Saundarya Prasadak, Ashudha Ghana (Medicinal Extracts-dry/wet) were also included in 158B Guidelines vide GSR No. 663(E), dt. 10/08/2010 of Drug Rules, 1945. Some novel formulation categories drug delivery systems including Oral dry powder for syrup, Lozenge, Candy, Soft Gelatin Capsule, Murabba, Toothpaste, Toothpowder, Suspension, Gel, Elixir, Liquid, Cream, Lotion, Liniment, Tila, Shampoo, Hair oil, Herbal Medicated Soap, Film coated tablet, Sugar coated tablet, Granules, Guggulu, Ghanvati, Spray etc. should be incorporated. These can also be done for the ASU Drugs, as per provisions of made in Schedule-M, part-II, Note No.-I and Note No. III, as done for allopathic medicines to incorporate Novel and advanced drug delivery systems. This would help to keep in pace with the recent research of drugs globally with ASU system.

Keywords: API: AFI:, IP:., Sch-TASU: Ayurveda, Siddha and Unani

Registration Code: ABOP 1301



ONE HERB ONE STANDARD AND ONE NATION INITIATIVE-CHALLENGES IN SYNCHRONIZATION OF STANDARDS

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Presently there are different standards as well as analytical methods published in ASU&H Pharmacopoeias when compared IP. Ministry of Ayush desires to remove this ambiguity through “One Herb - One Standard” initiative. It has taken a significant step to achieve “One Herb, One Standard” initiative. A MoU was signed between PCIM&H, Ministry of Ayush and IPC, Ministry of Health & Family Welfare on dated 30/08/2022 in New Delhi as per PIB, Delhi for Inter-Ministerial cooperation for promotion and facilitation of “One Herb, One Standard”. Government of India had taken major steps for the regulation of Ayurvedic drugs. This comprises of: Ten volumes of API-I, Four volumes of API-II, and Four volumes of AFI and more than 50,000 formulations and many anonymous formulations texted in other approx 104 approved ASU books, under first schedule of Drugs and cosmetic Act, 1940 with its time to time amendments. 7 Monographs of Phyto-pharmaceuticals and 43 Monographs of Herbs and Herbal products in 9th Editions of IP. The purpose of the study is to highlight some specific issues related to compilation of a Comprehensive single standard monograph for all healthcare systems prevailing in India to match with the International standards. Methodology includes case studies of some monograph of Drugs. Result includes all the suggestions related to compilation of Monographs such as inclusion of all official name of all system for each herb. It was concluded that all Monograph of herbs should contain all the relevant parameters as per international standards including all the information of Indian system of medicine. Major challenge includes entitlement of Monograph (Botanical Name/Official Name/Common Name), mention of substitution/adulterant herb, enlistment of official formulations as per API, AFI or other official name as per standard Books of ASU&H of first schedule approved under Drugs and Cosmetics Act, 1940.

Keywords: MoU, ASU&H, IP, PCIM&H, IPC, PIB

Registration Code: ABOP 1304



INDUSTRIES AND TRIBAL COMMUNITY INTERFERENCE

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With the growing worldwide demand of Herbal medicine this industry and tribal community interference serves as a bridge where the tribal community helps in cultivation and supply of medicinal plants and whereas the industries help in reaching into wider range of population globally even to the places where the drugs are not available. These tribal communities have wider range of medicinal wisdom and knowledge of every flora and fauna. This knowledge is limited only to a few persons which is passed through generations. This knowledge is apparently becoming extinct in near future because absence of a written form and limitation only to a smaller scale of people. Every tribal group has a unique and specific knowledge of practices. Ayurveda has the same traditional knowledge and the use of herbal plants for treating diseases. Since the tribal communities have preserved and maintained their traditional and indigenous knowledge to themselves on passing through the generations, these tribal community interference helps in collecting the knowledge and putting it in practice and treating a wider community of people. This can be done by making the tribal community aware not only to share their knowledge but also to supply a good quality of raw material where they can find in the deeper forest to keep up growing demand.

Keywords: Herbal medicine

Registration Code: ABOP 1468



ROLE OF AVARANA IN HYPERTENSION

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Hypertension also known as elevated blood pressure is a long term medical condition in which the blood pressure in the arteries is persistently elevated. It can lead to major health outcomes, such as myocardial infarction, stroke, renal failure and ultimately death. On analysing the symptomatology presented by the hypertensive patients it was found that there was involvement of multiple organ systems. And the presentation in one patient cannot be equated or compared with the presentation in another patient. While considering the clinical spectrum of symptoms presented by a patient of hypertension it is inferred that the dosha which is involved in the pathological process of hypertension is Vata. The vitiation of Vata dosha occurring in hypertension may be of 2 types. It may be impaired by the causes described for its own Prakopa or get vitiated by the governing of other Dosha and Dhathu. This is where the concept of Avarana, obstruction of normal functioning of Vata plays a major role in the Samprapti of hypertension. Avarana is a sole concept of Ayurveda which describes the multifarious association of different doshas, dhatus with one another. On primary evaluation it was found that the symptoms were more in a tangled manner that any one or two doshas or dhatus alone cannot be criticized as the wrongdoer. It compelled to revamp the sole concepts in Ayurveda like Avarana in a more detailed manner. Most of the symptoms observed in the initial evaluation were pointing towards the complex presentations of doshas as in Avarana. So it is the absolute necessity of the time to revalidate the symptomatology in hypertensive patients in line with the most distinctive principle,

Keywords: Hypertension, Avarana, Samprapti

Registration Code: ABOP 1671



TRACE OF AYURVEDA IN THE ANCIENT TRADITIONS OF RUSSIA

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We know Ayurveda, as ancient science about health and medicine, which was written in India in sanskrit thousands years back. Outside of India in many countries Ayurveda is considered to be Indian medicine, uncommon and not familiar for us. Is it really so? Let's have a short glimpse on this matter. 1. Elements of Ayurvedic Dinacharya and Ritucharya present in old traditions of different cultures, and in Russia also 2. Folk proverbs and sayings reflect recommendations of Ayurveda 3. Home remedies with plants, described in Ayurveda 4. Language similarities - traces of sanskrit in national language.

Keywords: Ayurveda, Traditions, Folk Ayurveda

Registration Code: ABOP 1756



TO STUDY THE RULES FOR CONSUMPTION OF DADHI ACCORDING TO RUTUS AS PER AYURVEDA

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Purpose of the study is understand the Dadhi(curd) Sevana Krama according to rutu's. Ahara is one among Trayopasthamba. Our Acharya's explained Ahara Dravya Sevana Krama according to Rutucharya because if we are consuming same Aahara for all rutu's, it may cause various diseases. The food pattern and lifestyle of people is rapidly changing in the present era. The literature has been collected from various Ayurvedic texts, modern literature, and research articles. Dadhi is most common food taken in Indian diet, the major changes that we see is pattern of Dadhi consumption. According to Acharya Charaka, Dadhi is Asheelaniya Ahara Dravya. Dadhi sevana is the Nidana or Hetu for the manifestation of the Vyadhi. For example, Dadhi is one of the important Nidana for Mukhapaka. In this study there is detailed review of Dadhi(curd) consumption according to Rutu's. Dadhi should not be consumed at night, after heating and in Vasantha, Greeshma and Sharad Ritu. It vitiates pitta dosha and Rakta dhatu. After discussing about types of the Dadhi and its properties, one can conclude that Dadhi has to be consumed by taking into the type of Dadhi, Environmental condition, climate change and individual's own Prakriti. Then one can have benefits of the Dadhi without causing it's adverse effect on body.

Keywords: Ahara, Asheelaniya, Dadhi, Dravya, Rutu, Trayopasthamba.

Registration Code: ABOP 1779



PROPOSAL FOR THE TREATMENT OF THE PREHOSPITAL SECTOR OF COVID-19 PANDEMIC

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The COVID-19 pandemic has shaken the world. It shook patients, the care system, and medical thinking. The measures taken to prevent the epidemic were faulty, incomplete and short-sighted. At the beginning of the epidemic, the defence was insular due to the patient's perspective and way of thinking about academic medicine. They did not put enough emphasis on protecting the population, and the closure was basically a mistake. There was no treatment for the initial stages of the disease, and the immune systems of the quarantined people were unknowingly destroyed. No immunostimulation or anti-infection therapy was used. The efficacy of the pre-hospital drug (Fraviparin) was doubtful. At the hospital level, they could not deal with lung processes, and they realized the importance of inflammation too late. Although they knew that breathing would not lead to results, they continued to use it in their helplessness. From the beginning of the epidemic, alternative methods were prohibited, and international experience was not considered. For this reason, the morbidity and mortality rates were higher than the data of India and Cuba (which also use alternative methods) (2.2%, 1.2%, 0.8%). The social need for vaccination is indisputable; however, the effectiveness of the used and favored mRNA vaccines is not sufficient, and their side effects have only recently become known. Also, the Hungarian example shows that the imposition of vaccination alone does not lead to results.

Keywords: Pandemy, Integrative therapy of COVID

Registration Code: ABOP 1826



STRIVING FOR BALANCE CRAFTING A SUSTAINABLE MODEL FOR A CHANGING WORLD

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External conditions shape the behavior of organisms, encompassing factors like climate, location, soil quality, and societal influences. In Ayurveda, the profound connection between individuals and their environment is emphasized. Changes are the only constant in life, while Charles Darwin's theory of evolution underscored the critical role of adaptation in species' survival, transcending mere physical strength. Regrettably, in the evolution journey, sustainable co-existence is often neglected, while global climate change endangers plant diversity and fosters new diseases. Shifts in farming culture, including monocrop agriculture, The Green revolution, and the use of fertilizers and pesticides, along with changes in living standards, have both direct and indirect consequences. Unethical agricultural practices have led to rise in diseases like cancer and developmental disorders, exemplified by the endosulfan tragedy in Kerala. Furthermore, medicinal plants have vanished from their natural habitats, resulting in a scarcity of raw materials for medicine preparation. Some of these plants have even faced extinction. Those that endure have experienced changes in their chemical composition. Consequently, certain plants have begun to exhibit toxicity, and some drugs have proven ineffective in treating diseases. As our system is depended on natural products than artificially made chemical compounds Ultimately, this has had a profound impact on our healthcare system. This situation may not bode well for the future. Therefore, there is a pressing need to understand the situation and develop a suitable model to adapt to these changes without compromising the environment. methods: information collected through online resources and research articles .Various reasons for climate change are discussed. Some of the diseases linked with are discussed. Various agricultural practices and their impacts on the environment, health, and habitat, along with government-supported schemes, are analyzed to develop a sustainable model.

Keywords: Environment, Climate change

Registration Code: ABOP 1840



BRANDING AYURVEDA TOURISM IN SRI LANKA

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The current trend in global health tourism has been a great opportunity for developing economically Ayurveda tourism in Sri Lanka. This policy reviews the trend in global Ayurveda health tourism and rearranges Sri Lanka to enhance the demand for Ayurveda. Ayurveda tourism encompasses medical wellness, yoga, and meditation tourism and refers to authentic or local-based experiences and therapies. Objectives are increasing accessibility and affordability, leveraging potential in preventive, curative, and promotion health care such as Ayurveda products, medicines, cosmetics, although Ayurveda hospitals and medical value travels, structuring a paradigm for insurance and payers, developing infrastructure facilities, and creating and branding Ayurveda and traditional medicine. The methodology involves analysing previous policies and developing new policies for the emerging economic development of Sri Lanka as well as the tourism industry. The government can help in the overall promotion of the country as a medical and wellness Ayurveda tourism destination through visa facilities, insurance claim facilities, and trade fair organizations. To capture the medical tourism market, the government has identified, knowing where to compete: The choice of geographic market is a key decision. The new generation likes to live with natural things and intake natural organic remedies. An aging population is an issue faced by all countries. They were the wealthiest people in the world; they have been exposed to the world's best medical services, and this is the captive market for us as Ayurveda: Patients have real concerns about the quality of health care received in foreign destinations. New efforts need to be made to help countries go up the value-added chain to repeat business and extend international tourist stays. The purpose of this policy paper is to first implement new policies to address the current situation and major industry challenges and opportunities. Second, design a deep-level promotional framework for Ayurveda tourism.

Keywords: Ayurveda, Tourism, Sri Lanka, Economy, Policy development

Registration Code: ABOP 1900



A REVIEW ON ANTIVIRAL POTENTIAL OF UNEXPLORED AYURVEDIC FORMULATIONS

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The emergence of novel pathogens and re-emergence of several illnesses are of particular concern in the current world. Around 4-5 million of the population are affected globally by viral illness. Respiratory viral infections, arboviral infections and bat-borne viral infections represent three major categories of emerging viral infections in India. Most parts of the country abound with substantial populations of *Aedes aegypti* mosquitoes, which are competent vectors for dengue, chikungunya and Zika viruses, which remain as global threats. Though these diseases are prevalent, there are no specific antiviral drugs for most of these viral diseases. Here emerges the need for better management through an ayurvedic perspective. Ayurveda has an abundant pool of medicinal preparations with potential antiviral activities; and making use of such drugs in viral infections can be a boon to patients as we can hinder the progress of the infection in the initial stages itself. Though these drugs show efficiency in clinical management, no pre-clinical studies have been conducted so far to prove the specific antiviral activity of such combination of drugs. The Samhithas in Ayurveda explains a vast number of unexplored formulations in the context of Vishama jwara which can be correlated to current viral infections. And if the antiviral effect of these formulations is proven they could replace the unnecessary medical load to the patient and can prevent the occurrence of any complications. For that the research should be conducted primarily at the cellular level and if the results are promising then it can be carried out in suitable in- vivo models and finally in human targets.

Keywords: Viral Illness, Charaka Samhitha, Vishama Jwara, Antivirals

Registration Code: ABOP 2018



ASSESSING AYURVEDIC PRODUCT LABELS FOR THEIR COMPLIANCE WITH THE DRUGS AND COSMETICS RULES 1945 -A SURVEY STUDY

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Manufacturing of ayurvedic medicines has seen numerous developments throughout the past century. In the past, ayurvedic physicians would make the medicines for their patients themselves. But today, only a handful of practitioners follow this practice. On the other hand, the production and distribution of Ayurvedic medicines have become a formalized, booming industry that is subject to the laws and norms of the Drugs and Cosmetics Act of 1940 and the Drugs and Cosmetics norms, 1945. According to law, A drug is considered misbranded, if it is not labelled in the prescribed manner or its label bears any statement, design or device which is false or misleading in any particular. Likewise, a drug is called spurious drug, if the label bears the name of an individual or company purporting to be the manufacturer of the drug, which individual or company is fictitious or does not exist. So, for the protection of the patient, accurate labeling of Ayurvedic medications is crucial. Patients and healthcare professionals can make intelligent judgements by using the information it provides on the substances, dosages, and possible side effects. The present study is an attempt to check the labeling of Ayurveda drugs, which is one of key consideration of mainstreaming Ayurveda. Objective: - The objective is to check the compliance of regulatory requirements of drug labeling in India according to guidelines given under the Drug and Cosmetic Rules(D&CRs)1945 Ayurvedic medication containers dispensing at government hospitals and selling at different private pharmacies in Thiruvananthapuram and physician samples will be selected. The method is convenience sampling depending on availability. The data will be collected for a fixed duration of two months from September 2023 to October 2023. Data entry will be done in Microsoft Excel 2013 and analysis was done.

Keywords: Spurious Drugs, Misbranded Drugs, Drug Labeling

Registration Code: ABOP 2157



GABAERGIC EFFECT OF VALERIC ACID FROM VALERIANA WALLICHII IN AMELIORATION OF ICV STZ INDUCED DEMENTIA IN RATS

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GABAergic effect of valeric acid from *Valeriana wallichii* in amelioration of ICV STZ induced dementia in rats Shilpa Vishwakarma, Rudra Pratap Singh*, Rohit Goyal Department of Neuropharmacology, School of Pharmaceutical Sciences, Shoolini University, Solan, HP ABSTRACT: *Valeriana wallichii* DC., Caprifoliaceae, is used to have anti-ulcer, anti-spasmodic, anti-epileptic, memory enhancer, anti-anxiety, anti-rheumatic, sedative, anti-asthmatic and diuretic activities. *V. wallichii* is reported to contain valpatriates, valeric acid, valerenic acid, valechlorine, valerianine, resins and alkaloids. Valeric acid, found in *V. wallichii* appears similar in structure to the neurotransmitter GABA. Valeric acid also acts as an NMDA-receptor antagonist. The aim of present study was to investigate the neuroprotective effect of *V. wallichii* containing valeric acid and its possible mechanism of action in amelioration of intracerebroventricular streptozotocin induced neurodegeneration in Wistar rats. The rhizomes of *V. wallichii* were powdered. Wistar rats (220–250 g) of either sex were divided into 5 groups, comprising 6 animals each. Valeric acid was isolated from plant extract and characterized using FT-IR. Picrotoxin (2 mg/kg) was used as GABA-A antagonist. Intracerebroventricular streptozotocin administration caused significant ($p < 0.05$) increase in escape latency, retention transfer latency on morris water maze on 17th, 18th, 19th and 20th day and elevated plus maze on 19th and 20th day respectively, as compared to normal untreated rats. Treatment with *V. wallichii* extract 100 and 200 mg/kg and valeric acid 20 and 40 mg/kg significantly decreased the escape latency and retention transfer latency, as compared to intracerebroventricular-streptozotocin group. Plant extract and valeric acid also decreased the level of lipid peroxidation and restored glutathione level in rat brains. Administration of picrotoxin significantly reversed the effects produced by plant extract and valeric acid in intracerebroventricular-streptozotocin treated rats. The findings may conclude that valeric acid present in *V. wallichii* has significant GABAergic effect in amelioration of experimental dementia.

Keywords: Keywords: GABA, Alzheimer's, Valeric acid, Dementia, Streptozotocin, Memory

Registration Code: ABOP2246



POTENTIAL BIOLOGICAL EFFICACY OF PINUS PLANT SPECIES AGAINST OXIDATIVE INFLAMMATORY AND MICROBIAL DISORDERS

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The study was aimed to investigate biological potential of phytoconstituents of Pinus plant species: Pinus roxburghii, Pinus wallichiana and Pinus gerardiana using in-vitro antioxidant, anti-inflammatory and antimicrobial methods. Method: The hydro-alcoholic extraction of dried plant: stem bark was done and the antioxidant activity was evaluated using free radical scavenging methods for 1,1-diphenyl-2-picrylhydrazyl, (DPPH), nitric oxide and hydrogen peroxide radicals, reducing power assays, and total antioxidant capacity. Anti-inflammatory activity was carried out using albumin denaturation and HRBC membrane stabilization assays. Antimicrobial and antifungal activities were also conducted using agar well diffusion method. Results: The qualitative phytochemical analysis of hydro-alcoholic stem bark extracts of three plant species revealed the presence of various biochemical compounds such as alkaloids, flavonoids, glycosides, triterpenoids and saponins. Quantitative phytochemical analysis of plant extracts showed the presence of phenolics, flavonoids, tannins, beta-carotene and lycopene. Plant extracts of three pinus species showed significant antioxidant activity against DPPH, nitric oxide and H₂O₂ radicals. In in-vitro anti-inflammatory investigation, Pinus roxburghii exhibited highest protection against albumin denaturation 86.54 ± 1.85 whereas Pinus gerardiana showed 82.03 ± 2.67 . Moreover, plant extracts were found to prevent the growth of microorganisms Pseudomonas aeruginosa, Escherichia coli, Staphylococcus aureus and Candida albicans showing promising antibacterial and antifungal activities against Candida albicans. Conclusion: The findings of the present study derived the rationale for the therapeutic usage of Pinus which is a highly timber yielding plant from Himalayan region, against oxidative, inflammatory and microbial diseases

Keywords: Pinus, Antioxidant, Ant-inflammatory, Antibacterial and Antifungal
Registration Code: ABOP 2405



UNDERSTANDING OF PRIMARY MYELOFIBROSIS IN THE PERSPECTIVE OF AMA

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PPrimary Myelofibrosis (PMF) is a myeloproliferative neoplasm associated with progressive bone marrow fibrosis and ineffective hematopoiesis. Patients with myelofibrosis commonly experience splenomegaly and a variety of constitutional and/or spleen-related symptoms, including early satiety, night sweats, pruritus, and abdominal discomfort. Any factor which disturbs the agni directly or indirectly is the cause for the production of ama. When jatharagni is not efficient to complete the ahara paka, toxins accumulate in the system, further reducing the agni. This may generate āma which again hinders the agni, which further deteriorates the dhatwagni and bhutagni as well. Ama is present in the body as līnāvastha and body cannot remove the āma with its own power. The ama increases further from the food we eat due to existing agnimāndhya. In most of the cancer the ama resembles amaviṣa, which is extremely toxic. Based on the cancer registry data it is estimated that there will be about 800000 new cancer cases in India every year. In India, lympho-hematopoietic malignancies constitute 9.5% of cancers in male and 5.5 % in female. Aim of this study is to evaluate the ama lakshana in the patients of PMF and to educate the importance of agni not only in the treatment perspective but also for the maintenance of health. Methodology: Type of study: Observational Sample size:20 Sampling technique: Consecutive The patients with PMF (less than one year duration) were screened and assessment of ama was done using a validated questionnaire. RESULTS Scoring of ama was done as per questionnaire and descriptive statistics was used to analyze the data collected. Conclusion: It was seen that patients of PMF were having Grade 2 and Grade 3 ama lakshana based on the scoring of the questionnaire.

Keywords: Primary Myelofibrosis, Ama

Registration Code: ABOP 2490



HARMONIZING WITH NATURE THE INTERSECTION OF AYURVEDA ENVIRONMENT AND CLIMATE CHANGE

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This paper aims to investigate the role of Ayurveda in understanding, mitigating, and adapting to environmental changes and climate variability. 1. Exploring Ayurvedic texts for references to environmental balance and its relationship to human health. 2. Analyzing the impact of climate change on Ayurvedic practices, particularly concerning medicinal plants. 3. Assessing how Ayurvedic principles can contribute to sustainable environmental practices and counteract climate change effects. A comprehensive literature review was undertaken, sourcing ancient Ayurvedic texts, contemporary Ayurvedic research, and modern scientific literature on climate change. Field surveys were conducted in select Ayurvedic centers and traditional farms to gather primary data on current practices and challenges faced due to environmental changes. Findings indicated that Ayurveda recognizes the deep connection between environmental health and human wellness. Climate change poses threats to the potency and availability of medicinal plants, thus compromising Ayurvedic treatments. However, Ayurvedic principles, when applied, promote sustainable living, biodiversity conservation, and organic farming. These practices not only align with environmental preservation but can also offer solutions to mitigate the adverse effects of climate change. Ayurveda provides a valuable lens through which we can view the interplay between the environment, climate change, and human health. By integrating Ayurvedic knowledge with modern sustainability practices, we can pave the way for a balanced and harmonious coexistence with nature.

Keywords: Ayurveda, Environmental balance, Climate change adaptation, Medicinal plants,
Registration Code: ABOP 2606



INNOVATIVE AGRO- TECHNIQUES MENTIONED IN VRIKSHAYURVEDA

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This review emphasizes various Agro- Techniques quoted in Vrikshayurveda. Objectives To search, compile, analyze data of agro-techniques mentioned in Vrikshayurveda. There are multiple agro-techniques which are quoted in Vrikshayurveda that can be implemented for better cultivation, conservation and production of the agricultural yield of medicinal plants. “Bijotpattividhi” illustrated about the process of seed germination and explains about grading and preservation of seeds. Drumaraksa: It deals with several advices to save plants and trees from the weather and other conditions like winds and storms. The chapter “Citrikarana” depicts some outstanding techniques such as to make a plant bloom throughout the year irrespective of the seasons. KunapJala theory has been explained as a bio fertilizer. Classification of soil based on vegetation of plants of medicinal and economic value is given. In the 1st chapter of Vrikshayurveda, the types of land are described. The scripture explains about the method for increasing the fragrance of flowers. Release of these agro-techniques seems to be beneficial for cultivation, conservation and production of the agricultural yield of medicinal plants. Vrikshayurveda has a lot to offer in the modern era, and its principles and practices can be applied to promote holistic health of medicinal plant. The principles mentioned in Vrikshayurveda may play a significant role in the field of cultivation, conservation and production of the agricultural yield of medicinal plants.

Keywords: Vrukshayurveda , agro techniques, medicinal herbs, ancient agro techniques

Registration Code: ABOP 2618



ANCIENT HARMONY MODERN CRISIS AYURVEDAS INSIGHTS ON CLIMATE AND ENVIRONMENTAL CHANGE

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Background: Climate changes like rising temperatures, extreme weather events are one of the most important global concerns of our life. Admit this major imbalance India is at-par as it is blessed with the ancient system of medicine, the “Ayurveda”. It offers valuable insights for coping with the effects of climatic changes. It is deeply rooted with the idea that the human body is intricately connected to nature, as explained through three doshas and panchmahabhut concept which in balanced condition is essential for good health and environmental conditions. Aims and Objectives: To know about the adaptative way of living with improved health status in changing environmental and climatic conditions with the light of Ayurveda. Methods and Materials: Various ayurvedic samhitas and related articles of various indexed journal were reviewed systematically regarding the topic. Results: After reviewing, it was clearly seen that Ayurveda is not just a materia medica or herbal medicine. Instead, it is the study of the constant relationship between purush and prakriti. A disturbance in percentage of any constituent beyond certain limits will disturb the balance and will cause inconvenience to human life. Our health in changing environmental and climatic conditions is getting affected badly. We are on the verge of a new era, with new way of approaching modern day problems and also the adaptation as per the holistic Ayurvedic principles that will be a treasure for the human life survival. Conclusion: As the world grapples with the challenges of climate change, it is essential to find sustainable solutions. By embracing Ayurvedic principles of balance, sustainable living, and a harmonious relationship with nature, individuals can contribute to a healthier planet while fostering their own well-being. Integrating Ayurveda with modern approaches can pave the way for a more sustainable future in the face of climate change.

Keywords: Purush, Prakriti, Climate change, Environmental change, Holistic Ayurveda
Registration Code: ABOP 2734



A REVIEW ON FRIENDLY RELATIONSHIP BETWEEN ENDOPHYTES AND MEDICINAL PLANTS

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Endophytic bacteria are potential candidates to promote the growth of Ayurvedic medicinal plants, such as to enhance root and shoot biomass and stimulate seed germination. In many nations, traditional medicine has been practiced for a very long time using medicinal plants. They serve as a significant source of bioactive chemicals, such as antibacterial, antiviral, and antifungal compounds. An analysis of habitats of medicinal plants indicates that majority of them are flowering plants comprising of 33% trees followed by herbs, shrubs, climbers and lower groups of plants like ferns, algae and fungi. It appears that bulk of plant material is obtained from the roots, whole plant, fruits, seeds and bark which are vital for the survival and regeneration of medicinal plants in nature. Non availability of potent medicinal plants is the major problem faced by Ayurveda System of Medicine. The use of these natural symbionts offers an opportunity to maximize potent crop productivity while reducing the environmental impacts of agriculture. Endophytes promote plant growth through nitrogen fixation, phytohormone production, nutrient acquisition, and by conferring tolerance to abiotic and biotic stresses. The methodology here mentioned is adopted from various research materials. As a compilation of all the research works regarding the friendly relationship between endophytic bacteria and fungi with medicinal plants are reviewed through this whole presentation. 1. Isolation of Bacterial Endophytes 2. Isolation from Root Bits 3. From Transverse Section of Roots 4. Isolation from the Crushed Root 5. Characterization of Bacterial Isolates 6. Plant Growth-Promoting (PGP) Traits Analysis 7. Statistical Analysis 8. Endophytic bacteria have the potential to generate bioactive metabolites which can be explored to control diseases and promote health of humans, animals and plants i.e. can be surveyed for medicines, antibiotics, bio fertilizers, bio pesticides etc.

Keywords: Endophytes, Ayurvedic Medicinal Plants, Protection Against Pests, Tolerance To Abiotic And Biotic Stresses, Maximize Potent Crop Productivity

Registration Code: ABOP 2757



CIRCADIAN RHYTHM AND AYURVEDIC PERSPECTIVE FOR REGULATING CLIMATE CHANGES

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Ayurvedic Literature mentioned two different kala i.e. Nityaga Kala and Avasthika Kala. One year (samvatsar or nityaga Kala) has two different kala, i.e. Adankal and Visargkala according to dominance of sun and Moon on Earth. The Avasthik Kala (Atura Avstha Kala) denotes the Health Repute along with Ailments prevalence and their Control over Climate Change throughout the year. Yat-pindi-tat-bramhandi Nyaya denotes minor changes occurring in surrounding environment that cause major changes in the body's Internal environment. The Doshas, Agni and Malas get imbalanced with climate changes if Particular Ahar and Vihar changes not adopted as per Rutucharya. Janapadodhwasa concept is mentioned in Carak Samhita which denotes Dushit Desha, Jala, vayu and Kala symptoms which reflect water-borne, vector-borne diseases of today's Era. To Promote Ayurvedic Treatments for achieving Dharma, Artha, Kama, and Moksha and living a Healthy Life as per climate changes. Classic Ayurveda literature, contemporary literature, research articles, and scientific information available on the internet, were searched and evaluated. This distribution of infectious ailment includes complex social and demographic factors. Global climate change is a phenomenon that is strongly associated with health and hazards. The outcomes of climate change on exposed biological incidences, in addition to societies prone to exposure with disease, are a challenge for the entire scientific community. Following Ayurveda, Daivavyapashraya, Yuktivyapashraya and Satwawajaya chikitsa, Rutucharya And Dinacharya, every small and dangerous ailment can be overcome. Ayurveda is not only holistic and complete science but it is the science of living a long and healthy life.

Keywords: Ayurvedic-chikitsa, Rutucharya, Janapadhodhwansa, Climactic changes

Registration Code: ABOP 2858



AYURVEDAS GREEN PRESCRIPTION ADDRESSING CLIMATE CHANGE AND ECOLOGICAL SUSTAINABILITY

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Ayurveda focuses on maintaining the homeostasis of Dosās inside the body for the sustenance of health. For the harmony of the internal environment, the balance of the external environment is also crucial. Climate change and environmental pollution have been impacting human health since many years. Even though the concept is deep-rooted in the Ayurvedic philosophy, it is often overlooked. Recent global crises such as the outbreaks of COVID-19, Nipah virus, and other zoonotic diseases have been spillover infections – the roots of which can ultimately be traced to human induced habitat change. This was a wake-up call– not just for the Ayurveda community, but for the entire world. This paper aims to provide a fresh perspective on addressing climate change and fostering ecological sustainability, ultimately underlining the integral link between human health and the health of the planet. The paper has drawn insights from Ayurvedic classics and incorporates knowledge from diverse disciplines, such as ecology and anthropology. It also incorporates findings from relevant journals and published articles. Climate change is posing challenges to all kinds of life forms on the planet. Altered weather patterns and depletion of vital medicinal plants interfere with the traditional Ayurvedic practice too. It is high time that we explore interventions to mitigate the damage done by climate change. Ayurveda's ecological wisdom, when combined with modern scientific knowledge, can offer innovative solutions.

Keywords: Zoonotic Diseases, Spillover Infections, Environment, Traditional Medicine, Ecology

Registration Code: ABOP 2996



HARMONY WITH NATURE AYURVEDAS HOLISTIC APPROACH TO ENVIRONMENTAL SUSTAINABILITY AND CLIMATE CHANGE MITIGATION

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In a world grappling with the increasing threat of climate change and its devastating consequences on the environment, the ancient wisdom of Ayurveda emerges as a beacon of hope and a source of innovative solutions. This presentation explores the deep connections between Ayurveda, the environment and climate change, shedding light on how Ayurvedic principles can pave the way for a more sustainable and balanced future. Ayurveda is deeply rooted in the belief that human health and well-being are intricately linked to the environment. They give how life is interdependent are clarified and examine the importance of biodiversity and its role in sustaining environmental integrity. Climate change caused by human activity is destroying ecosystems, leading to an increase in chronic health issues. With its emphasis on preventive health care, Ayurveda offers valuable insights into how individuals can make lifestyle changes to reduce their carbon footprint and reduce their impact on the environment we are surrounded by the. It emphasizes a plant-based diet, mindful consumption, and a sustainable lifestyle consistent with environmental stewardship principles. This presentation examines case studies and projects that have used Ayurvedic practices to mitigate climate change and promote environmental restoration. The potential role of Ayurvedic herbs and medicines in addressing health issues arising from environmental pollution and climate stressors will be discussed. To summarize, "Harmony with Nature: Ayurveda's Holistic Approach to Environmental Sustainability and Climate Change Mitigation" highlights the link between Ayurveda, the environment and climate change. It highlights the need to modernize Ayurvedic wisdom environmental management, and encourage more harmonious coexistence.

Keywords: Climate change Ecological restoration, Plant Based Nutrition, Ayurvedic Herbs Environmental management

Registration Code: ABOP 3061



APPLICATION OF AYURVEDIC PRINCIPLES IN SKIN DISEASES A CRITICAL REVIEW

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Human skin, is a vital organ that covers and protects the body as the first line of defence. It is the perception of the beauty of a person. It is one of the essential sense organs for motor and sensory perception. In recent decades, skin diseases are more prevalent due to unhealthy lifestyles and dietary practices. Ayurveda has its own unique principles for diagnosing and treating various skin diseases under the heading of *Kushtha*. Every year, nearly 20% of the total number of patients seeking medical advice suffer from skin diseases including cosmetic problems. Skin disease is a common ailment and it affects people of all ages, from neonates to the elderly, and causes harm in many ways. In addition, people suffering from skin disease often face social stigma. The skin has been given importance since time immemorial because of the aesthetic value conferred upon skin, complexion, and beauty by society. Ayurveda has given prime importance to *ahara* (diet) and *vihara* (lifestyle) in maintaining skin health and preventing diseases. In recent times, the relationship between diet and skin ailments has been well-established in contemporary medicine. The Ayurvedic system of medicine describes a wide range of etiological factors for dermatological disorders. The etiological factors include physical, physiological, hereditary, psychological, psychosocial, and *Papakarma* (sinful activities). Psychosocial stress and related psychological factors are major culprits in the manifestation and exacerbation of many dermatological issues. Ayurveda suggests preventive, curative, promotive, and personalized care of skin disease through various principles like *dinacharya*, *ritucharya*, dietary habits, *prakriti*, *nidra*, and *sadvritta* along with intervention viz. *Shodhana* & *Shamana*. This review focuses on all these principles and their mode of action for skin diseases.

Keywords: Skin disease, Ayurveda, *Kushta*, *Papakarma*, *dincharya*, *ritucharya*, *Shodhana*, etc.

Registration Code: ABOP 3079



CLINICAL ASPECT OF VIRECHANA AND MODE OF ACTION

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Panchakarma is getting global attention nowadays and Virechana is one of its procedures actively used by the Ayurvedic fraternity. Four different types of Virechana namely Anulomana, Sramsana, Bhedana and Rechana are mentioned in our classics but they are not appraised properly for their clinical utility. The Brihatrayis give ample illustrations of their use without highlighting the underlying rationale. Sarangdhara Samhita defines each of these therapeutics without indicating the disease conditions. This paper tries to understand the specific clinical utility of the four types of Rechana by tracing back their indications in scriptures. Anulomana is a mild form of Virechana where the Paka of Malas occurs. Sramsana is a mild form of Virechana which does not cause Paka of Malas. Bhedana does not cause Paka of Malas but is a strong Virechana type. Rechana also does not cause Paka of mala but the use of different types of drugs can modulate the strength of the procedure. The selection of the type of Rechana depends on the pharmaco-therapeutic action necessary to harmonize the Dosa, Dhatu and Mala without causing any further complication or Upadrava

Keywords: Panchakarma, Ayurveda, Virechana.

Registration Code: ABOP 3196



NAVAJATA-SHISHU SAMSKARA AND THEIR IMPORTANCE AS PER AYURVEDA

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A new-born infant serves as the foundation for a mature man. If a child gets proper care, he grows properly and turns into the healthy individual. According to Hindu mythological texts, 'Samskara' refers to precise rites that occur from the beginning of life till death. The Hindu mythologies and many Ayurvedic Acharyas describe 16-40 Samskara in which 16 are specific and begins even before the baby born and lasts till he takes his last breath. Samskaras are religious rites and ceremonies which purify an individual's body, mind, and intellect. Samskara are the impressions and dispositions that develop and accumulate deep inside a person, according to these schools, from perception, inference, choices, preparation, practice, inter action with others, thoughts, wilful actions, and karma. All these Samskaras are performed since the mythological era. In reality, it has importance and helps promote the growth of the child. In today's world, there is an immense desire for understanding and educate others about these Samskaras and their concepts so that we can simply embrace them and have the ideal baby. The eight samskaras for growth and development of childrens are Jatakarma (birth rituals), Namkaran (naming the child), Nishakraman (first outing), Annaprashan (first feeding), Chudakarna (head shaving), Karnavedhan (piercing the earlobes), Upanayana (thread ceremony) and Vedarambha (start of formal education). Samskaras suggests concept of growth & development and examination of developmental milestones of a growing child.

Keywords: Navajatashishu, Samskara, Ayurveda

Registration Code: ABOP 3187



IMPORTANCE OF RASAYANA DRAVYAS IN RELATION TO GARBHA POSHANA AND GARBHINI

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The development of a foetus inside the womb of its mother is one of nature's greatest marvels. Although a pleasant time for the family, especially the mother, pregnancy might go wrong due to some unidentified mistakes in nature and human lifestyle. Women nowadays are having a lot of difficulty getting pregnant because of lifestyle changes. Sometimes bleeding happens in the second and third month even after conception as a result of an unfavourable diet and way of life. The foetus is not retained because of its instability. An estimated 15.6 million abortions are performed annually in India. One such Ayurvedic method that helps to preserve overall health and limit the aetiology of numerous ailments is the Rasayana therapy. Rasayana therapy is important in Garbhini Paricharya because it not only helps patients with illnesses but also supports and restores the health of expectant mothers and newborns. Pregnancy-related general health issues like fatigue, irritability in the stomach, discomfort, and mood changes can be improved with this therapy. Because they contain Sheeta Virya, Madhura Vipaka and Madhura Rasa, Rasayana medications have a variety of therapeutic benefits, such as those of Balya, Jivaniya, Garbha Sthapana, and Brumhana. These medications are thought to be beneficial for pregnancy care because they augment Dhatu, regulate intrauterine life, nourish the mother and the unborn child, and preserve bodily circulation. Considering the applicability of Poshana, the Rasayana can be utilised in the current context of Garbhini, where the specific needs will be taken care thus leading to a new concept of Garbhini Rasayana.

Keywords: Rasayana, Pregnancy, Garbhini, Rasayana

Registration Code: ABOP 3188



EFFICACY OF DINESHAVALLYADI KERA IN MANAGEMENT OF ULCERATIVE COLITIS- A CASE REPORT

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Ulcerative colitis is a persistent condition characterized by recurring symptoms and significant health challenges. The exact cause remains unidentified. Up to a quarter of ulcerative colitis patients experience symptoms affecting organs beyond the intestines. The primary indicators of ulcerative colitis includes weightloss, diarrhoea, rectal bleeding, tenesmus, the passage of mucus, and crampy abdominal discomfort. The diagnosis typically relies on endoscopic examinations. Allopathic line of treatment includes usage of medication which primarily reduces the inflammation of gastrointestinal lining like aminosalicylates like sulfasalazine. Treatment approaches are determined by the disease's extent and severity. Surgical intervention for ulcerative colitis is typically reserved for patients who do not respond to medical treatments or those who experience severe complications such as hemorrhage, perforation, or the development of cancer. In Ayurveda, ulcerative colitis can be correlated to conditions like raktatisara, anthravrana, antharvisarpa etc. This paper presents an Ayurvedic approach to the treatment of ulcerative colitis, utilizing a specific taila consisting of dineshavalli, haridra, nalikeraksheera and kerataila. This specific interventions aim to restore the health of the body, alleviate symptoms and improve the quality of life of patients.

Keywords: Ulcerative Colitis, Dineshavalli, Nalikeraksheera

Registration Code: ABOP 3190



SHODHANA CHIKITSA APPROACHS IN EKA KUSHTA MANAGEMENT A CASE REPORT PERSPECTIVE

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Twak is the most extensively exposed organ and frequently affected with infections or injury. Skin disorders constitute one of the largest groups of health problems in clinical practice. According to Ayurveda, the skin disorders are mentioned under Kushtaroga. There are seven Maha kushta and eleven Kshudra Kushta. Eka Kushta is one among the Kshudra Kushta which is characterized by Mahavastu, Aswedanam and Matsyashakalawat. Ayurveda plays an important role in management of the skin diseases mainly by Shodhana therapies, which helps to remove the deep seated Dosha from the root itself. Objectives – To evaluate the effect of Shodhana Chikitsa in Eka Kushta. Methodology – A 53 years old adult female presented with reddish black lesions over the back of body associated with severe itching and scaling for past 6 years. Patient underwent Deepana Pachana, Snehapana, Parisheka prior to Virechana. After Shodhana, Takra Dhara and Shamana Oushadhis given for further improvement. This paper highlights a case study of Eka Kushta as Twak Vikara treated with Ayurvedic principle of Shodhana Chikitsa. Discussion & conclusion – Patient got remarkable relief from itching, scaling and gradual reduction of erythema during Snehapana and Virechan.

Keywords: Eka Kushta, Shodhana Chikitsa, Virechana

Registration Code: ABO P3192



CHALLENGES AND EMERGING ISSUES IN THE MARKETING OF NON-TIMBER FOREST PRODUCTS

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Non-timber forest products (NTFPs) constitute an important source of livelihood for millions of forest dwellers across the world. The marketing of NTFPs plays a crucial role as it provides financial security and improves the socio-economic status of forest dwellers. There are numerous challenges in the marketing of NTFP, with relatively few well-informed buyers and many ill-informed sellers. Now the NTFP market is an opaque structure with imperfections like a lack of proper information about the demand and supply of the product being traded. The lack of an assured market for collectors and cultivators also worsens the situation. The absence of reliable and accurate market data severely hampered attempts to help the cultivators and collectors by government organizations and non-government organizations. This study attempts to outline the significance of different marketing channels involved in NTFP marketing for the livelihood of forest dwellers. The data regarding the marketing of NTFPs has been collected from various authentic sources, compiled, analyzed, and summarized. There is an urgent need for the establishment of the National Board for NTFPs as a supreme body to provide guidelines for the promotion and sustainable management of NTFPs in the country. This will provide insight for coordinated and effective action to handle the expanding global NTFP market.

Keywords: Non – timber forest products, Marketing channels, Forest dwellers, livelihood

Registration Code: ABPO 1788



AYURVEDA ENVIRONMENT AND CLIMATE CHANGE

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Ayurveda, the science of life where Ayu which means Life, and Veda which means Science, is a holistic approach to health and wellness. The 5000-year-old texts emphasize the importance of the Empirical soul, Panchamahabhuta (Five elements of nature), living in harmony with nature, and promoting practices that minimize harm to the planet. It places great importance on the balance of the Pancha mahabhuta Prithvi (Earth), Jala (Water), Teja (fire), Vayu (Air), and Akasha (Ether) within the body and its functions rendering the body. It recognizes the deep connection between humans and their environment. Similarly, addressing climate change requires restoring the balance of the natural world. It provides valuable insights into how this balance can be achieved, the lifestyle practices, and emphasizes the use of medicinal herbs that enhance both personal and planetary well-being. Furthermore, it stresses that mindfulness and inner harmony promote mental well-being, an essential element in addressing the psychological impact of climate change. By cultivating a sense of interconnectedness with nature, individuals are more likely to adopt sustainable behaviors and advocate for environmental preservation. Incorporating Ayurvedic principles into modern environmental initiatives can foster a more balanced and sustainable future for both humanity and the planet.

Keywords: Environment, Ayurvedic principles, Climate change, well-being, Pan-chamahabhuta, Mindfulness.

Registration Code: ABPO 1878



CHOLELITHIASIS - AYURVEDIC PERSPECTIVE

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Cholelithiasis -an Ayurvedic perspective Abstract Cholelithiasis is one among the major problems affecting gall bladder. The term cholelithiasis refers to presence of stones in gall bladder. Mainly two types of stones are present -80% of stones are formed of cholesterol and the remaining 20% are pigment stones mainly of calcium bilirubinate. Gall stones can be asymptomatic-silent gallstone or they can lead to obstruction of the gallbladder and bile ducts resulting in symptomatic cholelithiasis, cholecystitis, pancreatitis or cholangitis. In general enquiry, cases of gall stones are found to be increasing now a days. Gallstones constitute a significant health problem in developed societies, affecting 10 to 15 % of the adult population The incidence of gallbladder cancer in North and central India is very high, it's the commonest gastrointestinal cancer in women. Cholecystectomy is considered as the treatment option for gall stones. In acute case treatment of acute cholecystitis is done. The agony is that most of the patients are forced to go for a surgical solution. There arises the importance of Ayurveda which can give symptomatic relief and advices to plan for a healthy life. Cholelithiasis comes under the concept of anuktha vyadhi. on primary evaluation of patients, it was found to be more of sannipatika nature with involvement in multi dhathu level with complex presentations from paithika soola, to anaha. It emphasises the need to understand the disease more in Ayurvedic way and to validate the samprapthighatakas in cholelithiasis where acharya focussed that understanding anuktha vyadhi is by understanding the samprapthi ghatakas. Key words – cholelithiasis, samprapthighatakas

Keywords: Samprapthighataka, Cholelithiasis

Registration Code: ABPO 1949



SPORTS MEDICINE IN AYURVEDA

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The sports medicine deals with physical fitness and treatment and prevention of injury related to sports. In ayurveda it has started before 100BC Herodicus is Father of sports medicine In 1928 in 2nd winter olympics FIMS is formed where 281 physicians from 20 countries worked. It's types are chronic & acute.sparins, strains, damage of nervous system.drugs like aspirin, ibuprofen, diclofenac is used. Kinanthropometry by William Ross it means study of size and sha't have ready made reference regards to sports medicine but having reference about diancharya,rtu charya etc.Like;asthivridhi and kshya,bhagana,sadhoyo vrana,snayugatavatavrana, vrana shota. Treatment: like Lepa Kativasthi,bandhana,Anushastra karma Interrogating by dasa vidha pariksha. Prakruthi,vikruthi,Sara,samhanam,pramana,satmya,satva, hara, vyayama Shakthi Importance of marma: 107 marmas are there in body injury to these can happen pain,swelling, disability and even death. In pancha karma: Recurrence of disease ex: raktha mokshana to relief pain and prevent occlusion of blood Role of rasayana: rasayana used in rejunation by clearing the srotas. The ayurveda can be used in the field of sports medicine also. 30%of people in world playing sports where 60% of them are getting various injuries and 30%of them are permanently unfit. Ayurveda has potency of treating both acute and chronic injuries .It is used to avoid post surgical problems. In name of ayurveda quack and faulty practice is major threat not just to ayurveda also to society. Ayurveda has numerous herbal drugs and formulations that can fasten the healing process even after a surgery, also during rehabilitation of an injured muscle, bone, and enhances performance levels. Thus, the basic principles of Ayurveda, marma chikitsa along with modern sports medicine & rehabilitation protocols give a new direction as a sub speciality 'Sports Ayurveda References: Carakasamhita, susrthasamhita,vimarasi astangasangraha,and JNwilson Thanking you

Keywords: Herodicus,Bhagna chikitsa,vrana and lepa,marma,panchakarma,rasayana

Registration Code: ABPO 2126



NAVAYASA LAUH-AN EFFECTIVE ANSWER FOR IRON DEFICIENCY ANEMIA

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Anemia has a global prevalence of approximately 33% among the world's population, with nearly half of these cases attributed to iron deficiency. Females and individuals in younger age groups exhibit a higher susceptibility to the condition. Iron deficiency Anemia (IDA) in Ayurveda is closely associated with Pandu Roga. Ayurvedic texts provide a comprehensive range of formulations for the treatment of this condition. Navayasa Lauha is a herbo-mineral concoction that contains iron. It is referenced in several Samhitas as a therapy for Pandu Roga. In addition to its role in maintaining blood iron levels, this practice also enhances an individual's general health by boosting digestive function, appetite, and cardiac health, among other benefits. The present study aims to examine efficacy of Navayasa Lauha in the treatment of iron deficiency Anemia. Material & Methods - The data was obtained from many academic texts on Ayurvedic medicine and internet research sources such as Pubmed, Scopus, and Web of Science. Discussion - Individuals across all age groups are vulnerable to iron deficiency Anemia (IDA) if they fail to meet their daily dietary intake of iron, as well as other essential nutrients such as vitamin C and vitamin D. Navayasa Lauha is a formulation that consists of 50% LauhaBhasma, which is composed of iron nanoparticles. This composition facilitates the rapid absorption and assimilation of iron within the human body. Additional substances such as Trikatu, Triphala, and Trimada also possess the quality of Agni Deepana. Triphala possess Rasayana properties, while Vidanga contribute to Krishna Karma. Consequently, the administration of Navayasa Churna is thought to promote the holistic well-being of the individual exhibiting Rasayana effect. Therefore, Navayasa lauha may serve as a best alternative treatment in cases of iron deficiency Anemia (IDA).

Keywords: Navayasa lauha, Iron Deficiency Anemia, Pandu Roga, Lauha Bhasma

Registration Code: ABPO 2212



POTENTIAL IN-VITRO ANTI-INFLAMMATORY ACTIVITY OF BALIOSPERMUM MONTANUM MULL LEAF EXTRACT

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The plant *Baliospermum montanum* (BM) which is locally known as Danti, belongs to the family Euphorbiaceae. It has been traditionally used for treating various ailments like inflammation, jaundice, piles, headache, itching eczema and to relieve pain in rheumatoid arthritis. It is one of the key ingredients of Ayurvedic formulation, Madhyama-Teekshana kshara which is used for managing inflammatory conditions. For scientific validation of the folk claims, the anti-inflammatory potential of the plant was analysed via in-vitro methods. Cyclooxygenase-2 (COX-2) was a major enzyme involved in the production of active lipid mediators, prostaglandins which mediate pain and inflammation. The aqueous, ethanol and ethanol-water extracts of Bm-leaf were prepared by cold maceration. Based on COX-2 inhibition assay the active extract is fractionated using polarity-based silica gel column chromatographic method. Antioxidant activities of extract and fractions were evaluated by DPPH and ABTS assays. Based on COX-2 inhibition the active fractions were then subjected to separation and purification using various chromatography techniques, including silica gel column chromatography, and Sephadex LH-20 column chromatography. Among the three solvent extracts Ethanol extract of BM (BM-E) showed COX-2 inhibition. Also, the anti-inflammatory activity of ethanol extract is correlated with its antioxidant activity. Silica gel chromatographic separation upon active ethanol extract yields a total of 12 fractions. The fractions eluted with ethyl acetate (V, VI, VII) and acetone (VIII) exhibited significantly higher inhibition against the COX-2 enzyme. The ethyl acetate and acetone fraction exhibited higher antioxidant activity which is correlated with the COX-2 inhibition activity showed by ethyl acetate and acetone fractions. Bioactivity-guided isolation of active ethyl acetate fraction yielded Afzelechin as an active compound. This study substantiates the potential anti-inflammatory along with the antioxidant effect of the plant *Baliospermum montanum* and found Afzelechin as an active compound.

Keywords: COX-2, Afzelechin, Bioactivity guided isolation

Registration Code: ABPO 2217



THE ANTIDIABETIC EFFECT OF ACACIA LEUCOPHLOEA AND ITS ISOLATED COMPOUNDS IN ENHANCING INCRETIN LEVEL VIA SUPPRESSING DIPEPTIDYL PEPTIDASE IV DPP IV ENZYME

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INTRODUCTION: Diabetes mellitus, a global health issue is characterized by chronic hyperglycemia resulting from inadequate insulin secretion or impaired insulin activity. Finding new plant-derived therapeutic molecules that address the shortcomings of the available synthetic anti-diabetic medications is urgently needed. In diabetes management one of the treatment approaches involves inhibiting the DPP-IV enzyme to extend the half-life of incretin hormones GLP-1 and GIP-1, which in turn lowers the postprandial glucose levels by upregulating insulin secretion and inhibiting glucagon secretion. *A. leucophloea* (AL) is used extensively in the traditional system of medicine for the treatment of various ailments including diabetes. The present study is intended to evaluate the antioxidant & antidiabetic potential of AL and to justify its role in Diabetes. **METHODOLOGY:** AL shade dried leaves were macerated using three different solvents : Water, Ethanol & Ethanol-Water (1:1). Based on the antioxidant and antidiabetic activity, the most active Ethanol-Water extract is fractionated using Macroporous resin column chromatography and eluted with water and ethanol. The active ethanol fraction is further separated and purified using various chromatography techniques, including Silica gel, Sephadex LH-20 and Flash column chromatography. **RESULTS & DISCUSSION:** Sephadex LH-20 column chromatographic separation upon AL -Ethanol fraction yielded a total of 13 sub-fractions. The sub-fractions (F-VI to F-XIII) exhibited significant antioxidant activity in DPPH, ABTS & FRAP assay models, coupled with their ability to effectively inhibiting the DPP IV enzyme. Subsequently, these active fractions yielded two active compounds. The spectroscopic techniques including NMR and HRMS revealed the chemical structure of the isolated compound as Isoquercitrin and Luteolin. **CONCLUSION:** It is concluded that the Ethanol: Water extract of AL & its fractionated components exhibits noteworthy antioxidant and antidiabetic activity. Additionally, the isolated pure compounds are promising candidates as DPP IV inhibitors indicating their therapeutic potential in the management of T2DM

Keywords: Diabetes mellitus, Dipeptidyl peptidase IV enzyme (DPP IV), *Acacia leucophloea* (Roxb.), Spectroscopic techniques

Registration Code: ABPO 2288



EPIGENETICS RECENT STUDIES SCOPE IN AYURVEDA

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Epigenetics pertains to the dynamic modification of DNA from external factors that intricately regulate the transcriptional activity of genes, resulting in the modulation of gene expressions. These modifications occur without any alterations to the underlying gene sequences, and can have transgenerational effects. The three most common chemical modification involved in epigenetic regulation of gene expression are DNA methylation, Histone modification & RNA interference. Epigenetic changes are primarily influenced by major factors such as lifestyle, behaviour, diet, stress, and environmental factors. These changes can occur at various stages of life, including the preconception period, and persist throughout one's lifetime. However, a fascinating aspect of epigenetics is its potential for reversibility, wherein certain epigenetic modifications can be added or removed in response to changes in environmental conditions or behaviours. It is worth noting that not all epigenetic changes are irreversible. Recently, this field of study has garnered significant attention, particularly in the context of complex diseases such as cancer, autoimmune disorders, neurodegenerative diseases, and others. Ayurveda provides comprehensive guidelines for preconception care, pregnancy care with the aim of promoting the health, well-being of the progeny. It also recognizes the importance of various factors such as diet, lifestyle, and sleep in influencing the physiology of beings. However, the underlying reasons or mechanisms for many of these effects are not fully understood. This presentation aims to establish a connection between Ayurvedic concepts and the latest discoveries in the field of epigenetics. By exploring the potential links between Ayurveda and epigenetics, we can gain insights into how Ayurvedic principles may intersect with the emerging understanding of gene expression. This effort seeks to bridge the gap between traditional Ayurvedic wisdom and modern scientific discoveries in epigenetics, leading to a deeper understanding of how Ayurveda can be integrated with contemporary medical approaches for optimal health management.

Keywords: Epigenetics, Gene expression, Garbhini paricharya

Registration Code: ABPO 2332



SUVERNPRASHAN

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Suvarna Prashan Sanskar is one of the 16 essential rituals described in ayurveda for children. Definition :The process in which Suvarna Bhasma ,purified ash of gold is administered with fortified ghee prepared with herbal extracts ,and honey in liquid or semisolid form. Benefits: Suvarna Prashan boosts Immune System and makes the kid becomes strong and healthier, Thus prevents children from falling ill very often. Increase Physical strength ,General growth of baby height and weight and improves the stamina of the kid. It can be given daily without any side effects. Suvarna Prashan can be given to children up to the age of 16 years. Till the age of 5 ,children are more susceptible of infections. Suvarna Prashan consists of herbs that can help in boosting the immunity system. Suvarna Prashan can be taken specifically on the Pushya Nakshtra. The selection of the form of gold should be standardized by scientific studies .Imprecise usages in terms of dose ,duration ,and condition will definitely generate adverse effects in the body, especially in children.

Keywords: Immunity, Pushya Nakshtra

Registration Code: ABPO 2372



AGNI-THE BASE OF LIFE

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Agni is considered as the base of life. It is important integral part of body. Acharya Charaka has mentioned that the absence of Agni leads to death of an individual & it's equilibrium leads to healthy life. The main aim of this presentation is to establish that Agni is not a myth as it act on all metabolic level and helps in Aharapaka. In modern science, the concept of metabolism has been explained clearly. Then, why should we think about Agni? Agni can be considered as the biological energy constantly produced in our body, without which survival of body will be impossible. This biological energy is provided by Agni as per Ayurveda. If Agni is absent, then the whole theories mentioned in our science have to be replaced. In this presentation, the functional analysis of Agni with modern concept of metabolism has been mentioned. Agni can't be replaced from Ayurveda treatment principles. Action of Agni can be correlated to cellular metabolism also. Then only treatments could be planned.

Keywords: Agni, Cellular metabolism, Aharapaka

Registration Code: ABPO 2551



HERBAL HARMONY NURTURING KNOWLEDGE AND BONDING THROUGH MEDICINAL PLANTS

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Herbal Harmony means an intricate relationship between humanity and the world of medicinal plants, uncovering a tapestry of healing, knowledge, and community bonding. This study begins with a historical journey through traditional medicine systems like ayurveda, Siddha, Unani, Sowa Rigpa, Chinese, Korean, Iranian etc., and highlighting the enduring impact of plants like ginseng and turmeric on human health. A scientific lens reveals the complex compounds within these plants, elucidating their therapeutic potential. Objectives : To discuss the revival of herbal wisdom and emphasizing the integration of traditional knowledge with contemporary scientific research. An effort has been made to compile information from a variety of sources, including classical texts, numerous web search engines, published articles, research publications, etc. The article delves into the Communal aspect of herbalism, showcasing the role of community gardens, herb walks, and cultural rituals in fostering bonds among people. It explores the digital age's influence, where online communities and social media platforms connect enthusiasts globally, facilitating knowledge exchange. Examining medicinal plant's integration into modern healthcare, the article discusses ongoing research and collaborative efforts between herbalists and healthcare professionals. Education and awareness emerge as vital themes, emphasizing the need for Ethnomedicinal studies, policies supporting sustainability, and community-based Initiatives. The article paints a vivid picture of medicinal plants as vibrant threads weaving together knowledge, healing, and bonding. By nurturing these green connections, humanity ensures the preservation of herbal wisdom for future generations, fostering a harmonious coexistence between humans and the natural world. For environmental conservation, it also addresses sustainable practices, biodiversity preservation, and ethical considerations within the herbal industry.

Keywords: Traditional medicine, Herbalism, Scientific lens, Ethnomedicin, Green connection, Digital platform

Registration Code: ABPO 2614



A NARRATIVE REVIEW OF CLINICAL TRIALS ON AYURVEDA HERBS AS ADD-ON MEDICATION IN TYPE 2 DIABETES MELLITUS

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Diabetes mellitus (DM) is a group of metabolic disorders characterized by a chronic hyperglycemic condition resulting from defects in insulin secretion, insulin utilization or both. Type 2 DM (T2DM) is the most prevalent (9.6%) metabolic disorder in India. Kerala is the diabetic capital of T2DM. In modern medicine, the T2DM patients are managed with oral anti-hyperglycemic drugs, insulin and non-insulin injectable therapy. Concomitant use of Ayurveda medicines along with modern medicine is around 40% in Diabetes mellitus and its complications. A narrative review of clinical trials on Ayurveda herbs as add-on medication in Type 2 Diabetes mellitus is presented in this paper. Searched databases such as Google Scholar and Pubmed from 2010 to 2020 using keywords Prameha, Diabetes mellitus, clinical trials, herbal medications and Ayurvedic medications in the title/abstract. 2210 search results were found and 10 of which showed positive results were selected. The Ayurvedic herbs which exhibited moderate effect in Type 2 Diabetic mellitus were *Trigonella foenum-graecum*, *Cinnamomum zeylanicum*, *Curcuma longa*, *Pterocarpus marsupium*, *Nigella sativa*, *Momordica charantia*, *Boswellia serrata* Roxb., *Tinospora cordifolia* (Willd). *Hook.f* and *Thoms.*, *Terminalia chebula* Retz. and *Emblica officinalis*. The probable mechanism includes improvement of glucose tolerance, decreasing hepatic gluconeogenesis and stimulating insulin secretion from pancreatic cells. Moreover, there are some additional benefits like reduction in body weight and LDL cholesterol and improvement in quality of life. Adverse events were not reported in any study. The current evidence suggests that the Ayurvedic herbs can be utilized as an add-on medication/supplement in T2DM patients. But high quality RCTs are essential to strengthen the evidence.

Keywords: Prameha, Diabetes mellitus, Ayurveda, Herbal medication

Registration Code: ABPO 2647



AIR POLLUTION - PREVENTION AND CONTROL

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Air pollution is a global environmental issue with far-reaching health and ecological consequences. According to world Health Organisation, each year air pollution is responsible for nearly 7 million deaths globally. The purpose of this study is to explore various methods and strategies for preventing and controlling air pollution. Ayurveda the Science of life has solution to all problems whether it is physical , psychological, social or environmental. To achieve our purpose, we conducted a comprehensive review of the existing literature on air pollution prevention and control methods in Ayurveda classics as well as modern researches. We studied a wide range of strategies, including regulatory measures, technological innovations, and behavioral changes, that have been employed to mitigate air pollution.: Our study revealed a multi-faceted approach to air pollution prevention and control. Regulatory measures, such as emissions standards and environmental laws, have proven effective in reducing pollution from industrial sources and vehicles. Technological advancements, including cleaner energy technologies and emission control systems, are making significant contributions to reducing emissions. Additionally, promoting public awareness and encouraging sustainable practices can lead to behavioral changes that help mitigate air pollution. Air pollution is a complex problem that requires a multifaceted approach. Ayurveda offers few remedies and measures to detoxify environment. Moreover, fostering public awareness and promoting sustainable practices can help reduce pollution at the individual level. It is imperative for governments, industries, and individuals to work together to achieve cleaner air, safeguard public health, and protect the environment for future generations.

Keywords: Ayurveda, Cleaner air, Public awareness

Registration Code: ABPO 2741



ESTABLISHING HARMONY IN ENVIRONMENT THROUGH AYURVEDA

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To protect & regenerate a healthier environment ensuring the continuation of every life form on Earth through Ayurveda's intervention. To ensure phenomenal change we must start by replacing plastic everywhere with more sustainable options such as earthen wares, glass containers, metal vessels etc. ensuring to be more proactive when it comes to walking, promoting adoption of organic food habits, beginning with adopting vegetarianism, reducing use of excessive gadgets, to control harmful vibrations, affecting surrounding animals, teaching the correct methods for waste disposal to all citizens. Joining hands with organisations that practice plantation, cleaning water bodies, and accepting all the social ethics mentioned in Ritucharya, Sadvrutta & Janpadoudhwansa adhyaya in Charak Samhita regarding our role in causing climate change and impacting environment. By adopting these measures we could definitely restore nature's former glory and ensure continuation of life on Earth. We are evolving technologically at an unprecedented rate but when it comes to life and ensuring, preserving the environment we were born into; it takes our ancient wisdom of Ayurveda to ensure we go back to our roots and protect every living entity with empathy, that is advised to us & to our coming generations since long. Therefore it would be mindful to reconsider approaching life through Ayurveda again, before it turns into a damage beyond repair. We do not need to search life on another planet if we can restructure ourselves into making Earth our home again.

Keywords: Environment, Earth, Protect, Adopt

Registration Code: ABPO 2922



FOREST PRODUCE A SUSTAINABLE DEMAND SUPPLY MODEL

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A product(material) that is derived from the forestry for the direct consumption or commercial use such as lumber , paper ,livestock , or fodder is known as forest produce. forest produce can be divided into three categories: timber, non-timber ,minor minerals . five major produces are spices , wood , medicines , paper , gum . sustainability in the forest produce comes from successful meet of demand and supply . as for the statistical survey of demand and supply with regarding india the supply is not meeting the demand market. Agencies like the World Trade Organization are working towards to make more efficient marketing channels for forest products by decreasing the tariff and non-tariff barriers. Uruguay round agreement and Doha Round of trade Negotiations are examples of such initiatives. conservation of forest flora and fauna plays a key role in protecting the endangered species without going extinction. for sustainability of forest and its produce the dependence on factors like environment, climate change and area of forest cover is important. the percentage of exports and imports in the key areas like timber products (round wood,powder dust, whole wood) ,non timber(gum, resins, medicinal plants, nuts ,etc) products and minerals are estimated to be high when compared to the other economies with india. sustainability is achieved only when the supply meets the demand and in this case of forest produce it solely doesn't depend of the quantity but on the quality.in case of medicinal plants which is available in wild and grown naturally by different methods that are being encouraged from way back centuries and now by the government for sustainability and carrying it forward to the future generations as such for healthier nation through Ayurveda.

Keywords: Forest produce, WHO, Conservation, Medicinal plants, Ayurveda

Registration Code: ABPO 3137



KAUMARABHRITYA





SWARNAPRASHANA BENEFITS IN SPECIAL CHILDREN

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Acharya Kashyapa explained evidently the administration of Swarnaprashana in children on Pushya Nakshatra days for good immunity and various benefits. The nano particles of gold ash (Bhasmam) and medicated clarified butter (ghee) cross the blood brain barrier targeting the damaged cells of the brain and increase the nervous functions. Clinically proven in children with Down's Syndrome, ADHD, Autism, Delayed milestone development and Delayed speech! At Navjeev Ayurveda Clinic-Bangalore, we are administering Swarnaprashana to 45 children. Of them, children with delayed speech-4, ADHD-2, Delayed milestone development-2, Autism-3, Down syndrome-1 and URTI-3 are also present. Healthy children were administered with Swarnaprashana on every Pushya Nakshatra days. While, Special children were administered Swarnaprashana on a daily basis. Within few months the Special Children showed a vivid development in the sensory, cognitive, physical and behaviour activities ! The parents now see a hope and are waiting to see more changes in their children! Children who refused to take Swarnaprashana did not show much improvement in their condition. Navjeev is trying to reach out to many special schools and improve conditions of such children. Already we know the efficacy of Swarnaprashana on recurrent URTI, Allergy, Gut immunity, general immunity and memory loss in children. The preventive aspect is also given importance. More researches are required on the curative aspect of Autism, Delayed Speech, Delayed milestone development, ADHD, Down Syndrome, etc. as well. Children who are born with issues should be advised Medhya drugs and Swarnaprashana lehya with immediate effect, to avoid complications and delayed milestones developments. Infants are found to respond faster than older children. Dosage can be determined according to their age.

Keywords: Swarnaprashana, Immunity, Special children, Autism, ADHD, Delayed Speech

Registration Code: ABOP 1037



HARNESSING THE SYNERGY OF MILLET-BASED DIET AND YOGA IN ADOLESCENT NON-ALCOHOLIC FATTY LIVER DISEASE NAFLD MANAGEMENT THROUGH LIFESTYLE MODIFICATION

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Non-Alcoholic Fatty Liver Disease (NAFLD) is a growing concern among adolescents, largely due to unhealthy dietary habits and sedentary lifestyles. This study investigates the potential synergistic effects of a millet-based diet and yoga as part of lifestyle modifications in managing NAFLD in this age group. Review was conducted as follows:- Pubmed, Scopus, Embase, CTRI, Webscience, PsycINFO, and Research rabbit. Study types- meta-analyses, systematic reviews, protocols, randomized controlled trials (RCTs), cohort studies, case-control studies, and observational studies. The MeSH terms utilized were “Millets,” “Yoga therapy,” “Adolescent NAFLD,” “PNPLA3,” “gene expression,” and “gene modulation.” The literature review revealed that millets are rich in essential nutrients and have demonstrated potential in improving liver health by reducing inflammation and oxidative stress. Similarly, yoga has shown promise in enhancing overall well-being, stress reduction, and promoting liver health. In a structured study, participants following a millet-based diet and regular yoga practice exhibited significant improvements in liver function, body composition, and overall quality of life compared to a control group. These positive outcomes were attributed to the combined effects of dietary modifications and regular yoga practice. The synergy between a millet-based diet and yoga as part of lifestyle modifications presents a promising approach to managing NAFLD in adolescents. This holistic strategy not only addresses the physical aspects of the disease but also considers the psychological and emotional well-being of individuals. Further research is warranted to explore the long-term sustainability and broader applicability of this combined approach in NAFLD management. This study contributes valuable insights into an innovative and potentially cost-effective strategy for improving liver health and overall well-being in adolescents facing NAFLD.

Keywords: Indian Millets, Adolescent health, Hepatology, Non-Alcoholic Steatohepatitis, Yakṛt roga, Medo roga

Registration Code: ABOP 1049



COMPLIANCE IN COMMUNITY NUTRITIONAL SUPPLEMENTATION PROGRAMME OBSERVATIONS AND CHALLENGES

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Community Nutrition Programmes are always a challenge in terms of procuring support from stakeholders and gaining confidence of team members because of the complex variables involved. The current article is a report of drug compliance in a quasi-experimental double blinded community trial and the real-time challenges along with discussions of feasible solutions among malnourished pre-school children conducted in Indian sub-urban Anganwadi Centres(AWC), involving Ayurvedic nutritional supplement/aid. Severe Acute Malnutrition - SAM, Moderate Acute Malnutrition – MAM, children of 3-6 age group were screened for symptoms with inclusion criteria as, (Z score 3 and 2) & or Mid Upper Arm Circumference -MUAC-less than 125mm from Anganwadis of selected clusters - were randomized into two groups (Group 1 N=62, Group 2 N=61). Baseline anthropometric measurements and appetite scoring were done for three months. Intervention group was given the 5g sachet of the trial drug for three months under the monitoring of Anganwadi Worker in the Centre. Three months follow up period pursued. Measurements were taken every thirtieth day. All this time, control group was monitored and measurements were taken in the similar manner and were under the same ICDS nutritional regimen. There were 70 enrolments and 8 dropouts. 62 completed the study. There was 30% full completion rate, 30% --80-90% completion rate, 8% ---70-80% completion rate and 32% below 70% completion rate. Paper further details the factors responsible for the adherence as well as non-adherence of participants. Conclusion: Regular compliance visit, establishing healthy rapport with stakeholders, weekly follow up etc were beneficial in ensuring drug compliance in the study. Similar interventions are conducted by governmental bodies or NGOs by using extensive support from field resources, but availing the same for independent researchers is real task than actually conducting a drug trial in clinical setting.

Keywords: Malnourished, Pre-school, Ayurvedic nutritional supplement, Sam,Mam.

Registration Code: ABOP 1083



KARIKKU KASAYAM- A PHYTOCHEMICAL ANALYTICAL STUDY

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Atopic dermatitis (AD) is a chronic, relapsing, and highly pruritic dermatitis, which generally develops in the first 5 years of life. The 12-month period prevalence in India is reported between 2.4% and 6%. The different stages of atopic dermatitis can be considered under the broad classification of Karappan. Karikku kashayam is a decoction mentioned in the Keraleeya balachikitsa text “Vaidyatharakam” in the context of Karappan. Very few researches have been done in the paediatric formulations being used in atopic dermatitis. Methods: The method of preparation of Karikku kashayam is unique and different from the usual preparation of decoctions. Here tender coconut water is the liquid base and heat is applied only indirectly. Even though this special formulation is used widely by traditional practitioners of paediatric dermatology especially in the infective stages, the method of preparation is too difficult and time consuming. Moreover, the phytochemical parameters of Karikku kashayam are not available. Thus, two other modified methods of preparation were tried and analysed. Analysis, discussion and results: In the study, antimicrobial properties, nutritional and phytochemical parameters like colour, pH, total solids, specific gravity, HPTLC, LCMS and GCMS of Karikku kashayam prepared in the traditional manner and by modified method were analysed and compared.

Keywords: Karikku kasayam, Modifications, Phytochemical analysis, Antimicrobial properties, Tender coconut decoctions

Registration Code: ABOP 1095



RANDOMIZED CONTROLLED CLINICAL STUDY TO EVALUATE THE EFFICACY OF JWARAHARA MAHAKASHAYA AS GUDAVARTI IN JWARASANTAPA WSR TO PYREXIA IN CHILDREN

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Fever in children is a common concern for parents and it accounts for 70% of presenting complaints in the paediatric practices. Palatability has been one of the prime reasons for the lesser proliferation of Ayurvedic drugs in paediatric age group that are administered orally, exploring an alternative route of administration of these drugs is the need for the day. The efficacy of Jwarahara (fever alleviating) drugs administered orally has been the topic of research in several studies. But their efficacy when administered parenterally specifically through rectal route was less tested. Hence, this study was opted to evaluate the efficacy of Jwarahara mahakashaya as Gudavarti (Rectal suppository), 30 subjects who were diagnosed with Jwarasantapa (Pyrexia) were randomly selected. They were divided into two groups (A & B) with 15 subjects each. Group A was administered with Jwarahara Mahakashaya Gudavarti and Group B was administered with Amrutottara Kashaya Gudavarti. Assessment was done at regular interval i.e. before treatment, 30 minutes, 60 minutes, 120 minutes & 180 minutes after the administration of Gudavarti, based on the subjective and objective parameters and graded accordingly. Results: Both medicines were found to be effective within the groups with highly significant P value. On comparing the efficacy of treatment between the group, Jwarahara mahakashaya Gudavarti showed better results in Jwarasantapa. Interpretation & Conclusion: Analysis and interpretation of methodologies, Observations and results were compiled with the help of relevant textual and other literary references. Jwarahara Mahakashaya Gudavarti and Amrutottara Kashaya Gudavarti with its potential Doshahara (alleviation of Doshas) action along with various phytochemical properties showed significant reduction of Jwarasantapa (pyrexia) in both the groups. Jwarahara Mahakashaya Gudavarti had sustained action on Jwarasantapa up to 180 minutes of treatment. Hence, the efficacy of Jwarahara Mahakashaya Gudavarti was greater than that of Amrutottara Kashaya Gudavarti in Jwarasantapa w.s.r to pyrexia in children

Keywords: Jwarasantapa, Pyrexia, Gudavarti, Jwarahara Mahakashaya Gudavarti, Amrutottara Kashaya Gudavarti

Registration Code: ABOP 1106



REVIVING BONE HEALTH UNLOCKING THE POTENTIAL OF TILA RASAYANA IN NUTRITIONAL RICKETS

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Nutritional rickets, stemming from severe calcium or vitamin D deficiencies, is a pressing health concern, notably in developing countries. The critical need for effective interventions arises when insufficient dietary calcium combines with low vitamin D levels. Tackling nutritional rickets is not just a public health concern; it's a socio-economic imperative, with far-reaching implications for physical development and well-being. Exploring innovative dietary solutions, such as sesame seeds, particularly Krishna Tila (*Sesamum indicum* Linn), as a remedy for calcium deficiency, gains significance. Sesame seeds offer a cost-effective and accessible means to enhance bone health in resource-limited contexts, forming the focal point of this study. A comprehensive literature search across multiple databases, including PubMed, Scopus, Embase, CTRI, Web of Science, PsycINFO, and Research Rabbit, including meta-analyses, systematic reviews, study protocols, randomized controlled trials (RCTs), cohort studies, case-control studies, and observational studies. MeSH terms covered Rickets, Nutritional Deficiencies, Bone Diseases, Ayurvedic Medicine, Traditional Medicine, Complementary Therapies, Phytotherapy, Vitamins, Dietary Supplements, Calcium, Dietary, and Bone Density Conservation Agents. Sesame seeds offer vital nutrients like manganese, potassium, phosphorus, iron, zinc, calcium, and copper, contributing significantly to daily recommended intake levels. Sesame seeds have an estimated 65% bioavailability of calcium, making them a valuable source. Combining vitamin D and calcium interventions is most effective for addressing nutritional rickets. Calcium supplementation alone, common in developing countries, provides only temporary benefits. Krishna Tila, offer an accessible, cost-effective solution for dietary calcium deficiency. In classics, sesame seeds align with historical practices linking dental health (Danta) and bone health (Asthi). Krishna Tila, are a readily available, low-cost dietary option for combatting calcium deficiency in nutritional rickets. Their nutrient profile and calcium bioavailability make them a promising addition to interventions to improve bone health in affected populations.

Keywords: Rickets, Tila, Sesame seeds, Rasayana, Vitamin D, Calcium

Registration Code: ABOP 1189



SMASKARAS- AN ANCIENT WAY TO ASSESS THE NORMAL DEVELOPMENTAL MILESTONES IN A CHILD

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Ayurveda describes different Samskaras in the different period of life. Though primarily considered as religious rites, they were significant in context of child health and provided opportunity to assess attainment of different developmental milestones thus ensuring proper growth and development. Methods- Ayurveda Samhitas, contemporary literature, available research updates were searched and evaluated to explore scientific understanding and applicability of Ayurvedic childhood Samskaras in assessing the growth and development of child. Results- Among the samskaras jatakarma, nishkramana and upaveshana Samskaras are found to have direct role in the assessment of developmental milestones. Certain aspects of early neonatal period like maintaining the immunity and practicing the proper feeding schedule will be guided by Jatakarma Samskara which also provides an opportunity to examine the baby immediately after birth to assess the rooting, sucking and swallowing reflexes of neonate. Nishkramana Samskara is taking out the baby in fourth month. The presence of a Vaidya on this occasion provides an opportunity to assess the developmental milestones at 4th month of age such as presence of neck holding, response to sounds, head control, hand eye coordination, bidextrous grasp approach, Laughing loud, social smile and recognition of mother. Upaveshana Samskara is the ceremony of making a normal baby to sit with support. It is performed at 5th month (Ashtanga Sangraha) or 6th month (Kashyapa). Daily the child is trained to sit for a while and soon he shall be able to sit without support. This is a method of giving stimulus for the ability to sit in a normally growing child. Maximum Samskaras are explained in the first year of the child which witnesses the maximum brain growth and useful in assessing the normal developmental milestones in the first year of life.

Keywords: Samskaras, Developmental milestones

Registration Code: ABOP 1211



NEWBORN CARE IN AYURVEDA WITH KERALA SPECIALTIES

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Newborn care in Ayurveda with Kerala specialties Abstract The fetus to newborn transition is a complex physiological process and it need close monitoring. Prior to delivery, should enquire about the history of maternal health and events during pregnancy and anticipate the outcome, and prepare accordingly. Over 80% of newborn babies require minimal care which can be provided by their mothers under the supervision of basic health care professionals. In a full term baby the immediate care at birth is, delayed cord clamping, effective drying, initiation of breast feeding, maintain skin to skin contact, thermal care etc. WHO has strategies for early essential newborn care. In Ayurveda also there are detailed methods of newborn care in spread over different Samhithas. Ayurveda broadly divides the newborn care in to two types such as care of a normal baby and care of a sick baby. Prana prathyagamana , garbhodaka vamaana are done for sick babies who fails to initiate spontaneous breathing after birth . The rest of the procedures are explained under the routine care of the baby. Care of the umbilical cord, breastfeeding method, baby massage, baby bath, care of the eyes and skin, jathakarma, rakshakarma etc are the important steps in newborn care which was explained in Ayurveda. Each desha has its own culture based specific newborn care practices. In kerala has its own specific newborn care practices including uramarunnu, prakara, special oil preperations for baby massage, anjana, rakshakarma etc . Here the article is mainly intended to highlight the importance newborn care in Ayurveda with kerala specialties.

Keywords: Prana prathyagamana, Garbhodaka vamaana, Jathakarma, Rakshakarma, Uramarunnu, Prakara.

Registration Code: ABOP 1289



EXPLORING JATAKARMA ANCIENT RITUALS AND PRACTICES

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In Bharatiya (Indian) tradition, the Shodasha Samskaras refer to the sixteen important life-cycle rituals or sacraments performed from birth to death. Jathakarma is the 4th samskara performed immediately after the birth of the child. It involves various rituals to purify the newborn and bless them with a prosperous life. One such procedure is the cutting of the umbilical cord, followed by the instruction to tie it around the baby's neck. Though it appears mysterious at first, a broader exploration reveals its deeper significance. There exists a traditional practise in Kerala to collect a piece of the umbilical cord of the baby which is then treated with a herbo mineral preparation by local goldsmith and kept inside a gold locket which is then tied around the baby neck as an ornament. So, in this abstract, an attempt is made to reveal the unexplored connection behind the textual statement with the traditional. Ayurveda classical text and available traditional Keraleeya balachikitsa texts are referred. Data is collected from Academic experts, doctors, Traditional balachikitsa practitioners and family members. Articles and related websites are searched for latest updates with umbilical cord There is currently no concrete data linking Ayurvedic statements to traditional practices. However, inferences have been made regarding the Ayurvedic foundations behind these traditional procedures, which were developed by skilled Ayurveda practitioners. Furthermore, recent updates highlight the use of stem cells derived from umbilical cords in treating various diseases and for rejuvenating therapies. The mystery remains around the classical Ayurvedic statement of preserving the umbilical cord for future use, considering the potential benefits of stem cell therapy derived from one's own umbilical cord.

Keywords: Shodasa samskaras, Jatakarma, Stem cell therapy

Registration Code: ABOP 1298



MODIFIED TECHNIQUES FOR ASSESSING PURITY AND COMPOSITION OF BREAST MILK INTEGRATING AYURVEDIC PRINCIPLES

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Breastmilk is unanimously the recommended diet for a growing infant. The World Health Organization has recommended exclusive breastfeeding up to six months and continuation up to two years. Ayurveda also recommends exclusive breastfeeding which is sufficient for the optimal development of the child. Breastmilk, a quintessential component of newborn's nutrition, is esteemed for its purity and therapeutic properties. Ayurveda prescribes parameters such as color, temperature, frothing etc for evaluating milk quality. In this study, we present modified techniques, adapted from scientific literature, to assess milk quality in accordance with classical Ayurvedic standards. **Methods:** The methodologies were devised through the integration of empirical insights derived from pertinent scholarly publications with the principles and protocols delineated in classical Ayurvedic scriptures. Color analysis is to be done by utilizing a standardized chart following Classical Stanya Pareeksha principles. Temperature monitoring by employing a liquid system with a Thermistor digital thermometer. Consistency via viscosity assessment, Phenilathvam is to be evaluated using the bubbling technique, and immersion through dispersion in water. Sugar estimation is to be relied on lactose examination, pH measurement with a calibrated P200 Benchtop pH meter, and weight determination using a digital scale, ensuring precise data collection. The integration of modern techniques with classical Ayurvedic principles enhances our capacity to assess milk quality objectively. These adapted methods provide precise and quantitative data, ensuring adherence to traditional purity standards and by employing these techniques, we can discern variations in milk quality, affirm its purity, and safeguard its nutritional integrity. This harmonious synthesis of ancient wisdom and contemporary science supports the production and consumption of milk products that harmonize with both Ayurvedic traditions and modern nutritional demands.

Keywords: Stanyadushti, Stanyapareeksha, Lactose examination, Breastmilk quality, Breastmilk purity, Newborn nutrition

Registration Code: ABOP 1311



ROLE OF AYURVEDA IN BEHAVIOURAL AND DEVELOPMENTAL DISORDERS OF CHILDREN

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In the contemporary world, there is a growing prevalence of behavioural and developmental issues among children. These encompass a broad spectrum of conditions, such as attention deficit hyperactivity disorder (ADHD), autism spectrum disorder (ASD), and learning disabilities, all of which exert a substantial influence on a child's emotional, social, and cognitive development. Ayurveda presents a distinctive viewpoint for comprehending and tackling these disorders by means of its principles, ultimately striving to mitigate an array of symptoms and challenges. **Methods-**The research was conducted by compiling information from classical ayurveda texts, pediatric journals, counselling experiences, research papers, databases like PubMed and MedLine. **Result and discussion-**In the Ayurvedic methodology, the treatment focuses on reestablishing equilibrium within the doshas through tailored and comprehensive therapies. These therapeutic approaches encompass dietary adjustments, herbal remedies, detoxification methods, yoga, meditation, and lifestyle modifications, all aimed at mitigating symptoms and fostering ideal development. Counseling within the family, coupled with the incorporation of Ayurvedic principles, proves effective in managing and preventing the further advancement of children's behavioral challenges. Furthermore, the amalgamation of knowledge, education, and the cultivation of appropriate behavior and manners, along with Ayurvedic interventions like the application of Medhya drugs, offers a noteworthy therapeutic avenue for addressing behavioral disorders. **Conclusion-** This abstract offers an overview of Ayurveda's standpoint regarding children's behavioural and developmental disorders, underscoring the significance of holistic and personalized strategies for addressing these issues. The amalgamation of Ayurvedic principles in the management of these disorders not only complements conventional treatments but also contributes to a more comprehensive and well-rounded approach to pediatric healthcare. Ayurveda utilizes approaches like Medhya drugs, Satvavjay Chikitsa, Sadvritta, Achar Rasayana, and Yoga to maintain a harmonious balance among Satva, Tama, and Raja, which proves pivotal in the prevention of behavioural and developmental disorders.

Keywords: Yoga, Ayurveda, Behaviour, Development, Satva, Raja, Tama, Medhya rasayan

Registration Code: ABOP 1649



ROLE OF BALA SAMSKARAS IN HEALTH OF CHILDREN

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Ayurveda and other Hindu literatures explained the concept of Samskaras to the child which aims to achieve the global and all round development of the child. Although there are many Samskaras at different ages, certain important Samskaras mentioned during first year of life which witnesses the maximum brain growth. Need of the study- there is a real need to educate the parents regarding samskaras, regarding the right method, right age and scientific importance and health benefits to child. There is also need to prepare a protocol and standard operational methods with do and don'ts of each samskara so that it could be practiced uniformly. To evaluate the scientific understanding, misconceptions and methodology of practice of childhood Samskaras in public (parents) and applicability of Ayurveda childhood Samskaras in the present day scenario. Ayurveda classical textbooks, research articles and literatures related to Samskaras are reviewed for the better understanding of its role in the health condition of children. Samskaras are having multi facets benefits related to health status, adaptation status, checking of normal growth and developmental patterns, time to time correction of the mistakes in baby nurturing, and inculcation of moral and social ethics and needed correction of personality development. Global approach of Ayurveda always takes care of once physical, psychological, spiritual, social, lingual and emotional health.

Keywords: Bala-samskaras, Growth and development, Child health

Registration Code: ABOP 1652



CONCEPT OF NUTRITION AHARA ACCORDING TO VAYA RITU AND PRAKRITI IN CHILDREN

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Childhood is the crucial period of growth and development. Proper nutrition during this phase is vital for their physical and cognitive development. Ahara plays key role in nourishing the Sharira, Mana, and Aatma. Ayurveda explained systematic and scientific way of diet schedule according to different age-groups (Vaya), seasons (Ritucharya), prakriti considering their anatomical, physiological and psychological facets. Ayurveda focuses on Trayaupstambha like Ahara, Nidra, Brahmacharya, which helps in existence of life. Ahara is most important to maintain and sustain of life as Acharya Kashyapa mentioned it as “Mahabhaishajya”. Nutrition is the cornerstone of the child’s health and development. The aim of this study is to critically review and analyse the concept of Nutrition (Ahara) explained in Ayurveda according to different Vaya, Prakriti and Ritu in Children. The present study is based on the literature search from Ayurveda compendium, recent paediatric textbooks and different articles published in research journals. Ahara has a great impact on one’s life. First three years of life is period of maximum brain growth. As brain growth directly related to body growth ensuring a balanced food is must to achieve proper growth and development. Hence Ayurveda advocates healthy eating habits according to different Ritu, Vaya and Prakriti which effectively prevent the remote chances of malnutrition when properly followed. In conclusion, Ayurveda has mentioned the concept of six tastes as “Shadrassa abhyaso balkaranam”. This Verse from Charaka Samhita clearly depicts that a balanced diet should encompass all these tastes, as they have different effects on the body and mind. Ayurveda has got its focus in the diet and food pattern which can plays a significant role in the treatment of various health conditions.

Keywords: Ayurveda, Ahara, Prakriti, Ritucharya, Vayobheda, Growth and development

Registration Code: ABOP 1655



AYURVEDIC MANAGEMENT OF ATTENTION-DEFICIT HYPERACTIVITY DISORDER ADHD - A CASE STUDY

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Introduction-Attention-Deficit Hyperactivity Disorder (ADHD) is the most common Neuro behavioural disorder of childhood affecting school aged children and most extensively studied disorder of childhood. The incidence of ADHD is highest among all the developmental disabilities (75/1000). According to World Health Organization, mental disorders are increasing day by day on international level, to become one of the main causes of morbidity in children. This increase is regarded as the crisis of the 21st century. These statistics definitely increase the responsibility of paediatric community from both Ayurveda as well as the modern contemporary sciences towards the society. A 11yr old male child attending Kaumarabhritya OPD, ITRA, Jamnagar, had sign and symptoms of ADHD, was taken for the study. The patient has presented with the complaints of hyperactivity, less attention span, impulsiveness, low tolerance level, Inability to sit in one place for longer time. This all sign and symptoms were persisting since 5 years. Patient was K/C/O ADHD since 2019 and was reassessed by Vanderbilt assessment scale and its accordingly Ayurvedic line of treatment was planned which consisted of initially first five days Deepana Pachana with Hingwasthaka Churna then 7 days Shirodhara with Bala Kwatha, and then by Pratimarsha Nasya with Panchagavya Ghrita with Sthanika Snehana and Sthanika Swedana for 21 days. This treatment Ayurvedic Management was found effective in controlling and improving the sign and symptoms of the patient.

Keywords: ADHD, Neuro behavioural disorders, Kaumarabhritya, Shirodhara, Pratimarsha Nasya

Registration Code: ABOP 1689



WOLF HIRSCHHORN SYNDROME AN AYURVEDIC PERSPECTIVE

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Wolf-Hirschhorn syndrome (WHS) is a genetic disorder caused by microdeletion of genes in the short arm of chromosome 4 (4p). Intellectual disabilities, distinctive craniofacial features and multiple other defects such as growth and development delay, hypotonia and seizures are some features of this disease. In Ayurveda, WHS can be correlated with vyadhija phakka and apasmara. To improve the quality of life and reduce the dependency of children suffering from WHS. A Single case study and a literature review of (WHS), its correlation in Ayurveda and its management using oral medications and panchakarma therapies advised in phakka roga and apasmara. Improvement in achieving the milestones, Gained the ability to stand on his own and started walking without support, improvement in the Speech (he started making mono-syllable sounds and then bi-syllable). even though there is no direct correlation between Wolf Hirschhorn syndrome in Ayurveda, features of WHS resemble the features of vyadhija phakka and vataja apasmara. So, implementing that mode of treatment in this case gives us better results.

Keywords: Genetic disorder, Microdeletion, Vataja apasmara, Vyadhija phakka.

Registration Code: ABOP 1692



EXPLORING VIRTUAL AUTISM IN CHILDREN - AN AYURVEDIC APPROACH

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In recent years, there has been a significant increase in the prevalence of Autism Spectrum Disorders (ASD), with the emergence of a novel concern referred to as “Virtual Autism.” This study delves into the phenomenon of Virtual Autism, which is on the rise, primarily among children due to heightened screen time and online activities. According to the US Centre for Disease Control and Prevention, approximately 1 in 44 children worldwide is now affected by ASD, raising alarm among parents, educators, and mental health professionals. This paper is a comparative analysis, bridging the concept of Virtual Autism with Ayurvedic insights, and the feasibility and efficacy of Ayurvedic interventions in the management of Virtual Autism. The study encompasses a comprehensive literature review to understand the nature of Virtual Autism, and an exploration of Ayurvedic Samhithas for its characterization, treatment principles and potential therapeutic approaches. The findings reveal that Virtual Autism is predominantly observed in children of working parents, often in the care of caretakers, and it is in these circumstances that children are exposed to excessive screen time from an early age to keep them engaged while their parents fulfil their demanding schedules. The rapidly increasing cases of Virtual Autism necessitate early and effective intervention, which is elaborated upon in this Paper. This study seeks to enhance the comprehension of Virtual Autism and its potential integration with Ayurvedic principles for treatment, providing valuable insights and recommendations for future exploration. The contribution of this study lies in its capacity to provide essential information about this newly recognized disorder, aiding in understanding its severity and raising awareness among parents, educators and caregivers to prevent its occurrence in children.

Keywords: Virtual autism, Autism spectrum disorders, Newly recognized, Increased screen time, Ayurvedic intervention.

Registration Code: ABOP 1704



MANAGEMENT PROTOCOL OF CONGENITAL MUSCULAR DYSTROPHY

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Congenital muscular dystrophies are a group of muscle disorders, characterised by hypotonia and weakness usually from birth, with a slowly progressive clinical course and is caused by genetically determined defects in structural proteins of muscle. The most important diagnostic tools are creatine kinase (CK), nerve conduction velocity (NCV) studies, magnetic resonance imaging (MRI) of the brain, muscle biopsy, and specific genetic or metabolic testing. As per ayurveda, it can be considered as Sahaja Vatavyadi, pertaining to mamsa shosha and dhathugata ama due to dhathwagni mandya. 5-year-old girl diagnosed with autosomal dominant congenital muscular dystrophy having the complaints of delayed motor development, difficulty in head holding and rising to sitting posture, inability to stand or walk without support and was managed using ayurvedic treatment principles. Her investigations showed increased levels of Creatinine phosphokinase, myopathic changes in electromyography and heterozygous variation in the exon4 of the LMNA gene. Considering the clinical features, samprapthi ghatakas were analyzed and the condition was understood as a sahaja sannipataja vyadhi with vatakapha dominance and dhatwagni mandya affecting mamsa dhathu, resulting in improper formation of mamsadhathu and destruction of peshis, leading to mamsashosha. Treatment protocol was planned considering correction of jataragni and dhatvagni (digestive and metabolic correction), removing metabolic waste (dhathugata ama) and addressing the vitiated kaphanubandha vata. Treatment principles of Shosha, Phakka roga and Vatavyadi were incorporated. The patient showed remarkable improvement in motor development. The promising clinical results highlighted the efficacy of Ayurvedic management in congenital muscular dystrophies.

Keywords: Congenital Muscular dystrophy, Dhathugatha ama, Phakka roga, Sahaja vyadhi, Mamsa shosha

Registration Code: ABOP 1832



GUT HEALTH MANAGEMENT IN CHILDREN WITH AUTISM AGED 3 TO 12 YEARS USING AYURVEDIC POLYHERBAL MEDICINE - A CASE SERIES

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Ayurveda, the Indian system of medicine, has a holistic approach towards the pathology and management of various disease conditions. The association between psychiatric disorders and gut health has been explained in the Ayurvedic treatises of the third century BC. The homeostasis of children, both physical and psychological, depends on the normal state of “Agni”, which inculcates the concepts of digestive enzymes, gut microbiome and proper metabolism, resulting in ideal growth and development. The abnormal form of Agni leading to the accumulation of toxicogenic substances in the body is considered the root cause of all psychiatric disorders, including autism. Dinesh et al. have identified that polyherbal Ayurvedic formulations significantly improved Bifidobacteria in autistic children. This is the case series of twenty autistic children having gut problems attending the outpatient department of our development disorder speciality clinic. They were given Ayurvedic polyherbal medicines for one month. They were assessed before and after using the GI severity index measurement and Autism treatment evaluation checklist. They showed significant improvement in gut health, remarkably reduced flatulence, improved appetite and relieved constipation. They also showed a reduction in irritability and improved sleep patterns. The polyherbal formulations helped to improve digestion and absorption and may have helped to strengthen helpful gut microbiota. These are low-cost medicines and will be a great help in reducing the gut problems of autistic children, thereby enhancing their quality of life even in economically backward countries.

Keywords: Autism, Gut health, Ayurveda

Registration Code: ABOP 1974



AYURVEDIC APPROACH TOWARDS BEHAVIORAL AND DEVELOPMENTAL DISORDERS IN CHILDREN

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In today's modern era, technology, social media, peer pressure, environmental factors have led a drastic impact on child's psychology. These factors are reason for ADHD (Attention deficit hyperactivity disorder) ASD (Autism spectrum disorder), anxiety, bipolar disorder and many neurological conditions. It is very important to diagnose and treat. The need of Ayurvedic approach is because despite of great advancement in modern medicine the side effects of psychotic medication cause great discomfort to the patient which range from sleep disturbances to mood swings and emotional disturbances. The behavioural problems can be associated with the Balgrah mentioned in Asthanga hridaya, kashap and, Sushrut Samhita. The Grahas are unknown factors that suddenly and negatively affects the child's health. Acharya Vagbhat has described 5 Purush Grahas and 7 Stree graha like, Skandha, Skandha Apasmar, Naigmesh etc. Grahroga is one of the most neglected aspect due to excess mythological explanation. Ayurveda offers holistic approach towards its management. The chikitsa broadly is divided into 3 categories i.e Devavyaprashya which includes spiritual therapy like use of mantra, japa and other religious activities. Satwaavjya include counselling, therapy of assurance or Aashvasan chikitsa. Yuktivyaprashaya includes use of various medhya drugs, Rasayan chikitsa, panchkarma procedure including nasya, shirodhara, shirobasti, basti, abhyanga, snehan swedan. Hence this paper's aim is to put light on Ayurvedic approach towards Behavioural and developmental disorders in children. Methodology: This review is based on Ayurvedic texts and available literature from different journals and papers. Behavioural problem in children is very common problem in today's world. Proper ayurvedic management and counselling with parents will help to manage and prevent it.

Keywords: Balgrah, Behavioral, Development disorders

Registration Code: ABOP 2047



AN ASSESSMENT OF COMMON CHILDHOOD DISEASE AND THEIR MANAGEMENT WITH TRADITIONAL SYSTEM OF MEDICINE

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In Ayurveda, Kaumarabhritya stands as one of the eight crucial branches that focus on diagnosing and treating various childhood ailments. The pathophysiology of these illnesses in children differs significantly from that in adults. The prevalence and dominance of dosha, dushya, and mala vary during this stage of life. Thus, special attention is essential during childhood to both prevent and treat diseases effectively. Ayurveda offers a wealth of gentle and reliable healthcare and disease prevention strategies for children, encompassing dietary practices, lifestyle choices, and the use of herbal remedies. Many herbs have the potential to bolster the immune system and promote the holistic well-being of children of all ages in a safe manner. Recent research endeavors are also actively exploring the development of treatments for common childhood illnesses.

Keywords: Bala roga, Common pediatric disease, Ayurveda, Bala roga chikitsa, Bala rasayana.

Registration Code: ABOP 2056



A AYURVEDIC APPROACH IN THE MANAGEMENT OF CHILDHOOD OBESITY - CASE STUDY

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Childhood obesity, known as Sthaulya in Ayurveda, is a prevalent non-communicable disease of modern era. Ayurvedic texts emphasize that overconsumption of Guru Ahara, coupled with Avyayama, disrupts Medodhatvagni, leading to decreased fat metabolism and obesity. Obesity, referred to as “Medoroga,” is characterized by an excess accumulation of fat in the body, resulting in Swedadhikya, Mandotsaham, and Madhumeha. Childhood obesity is a medical condition that arises when a child’s weight exceeds the norm for their age and height, according to (World Health Organization) WHO, a child is considered obese if their body mass index (BMI) reaches 30 kg/m² or more. Ayurveda classifies obesity as Sthaulya, associating it with the accumulation of excess fat in the body and categorizing it as Santarapanajanya vikara and Rasapradoshaja vikara. Sthaulya occurs due to continuous consumption of Kapha and Medovardhak Ahara and Vihara, such as Atiguru, Atisnigdha, Atisheeta, Atinidra, and Atiaasana. These factors vitiate rasa Dhatvagni, Medodhatvagni, Kaphadosha, and Vatadosha. The prevalence of childhood obesity has surged in the past decade, leading to various adverse health effects. It’s now recognized as a pressing public health concern. In Ayurvedic Classics, Sthaulya treatment includes Nidan Parivarjana, Guru Apatarpan Chikitsa, Satata Karshana, and Langhana (Shodhana & Shamana rupi), along with following appropriate dietary guidelines (Pathya-apathya). Addressing childhood obesity and overall health improvement are critical needs of our time, and Ayurveda offers effective strategies for managing this condition. A 12 year male child brought by his parents with complaints of excessive weight gain and increased desire of food since 2 yrs. After a proper clinical examination and thorough evaluation we started treatment Deepana, Pachana, Snehapana, Udavartana, Nadisweda, Virechana and physical exercise. It is to be noted that significant result was found in this case.

Keywords: Childhood obesity, Nutrition, Sthoulya,

Registration Code: ABOP 2066



MANAGEMENT OF ARDITA BELLS Palsy IN THE CHILD THROUGH AYURVEDA-A CASE REPORT

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Bell's palsy is an acute, idiopathic, frequently unilateral Lower motor neuron type of facial nerve involvement caused by non-suppurative inflammation. In Ayurveda, Bell's palsy can be closely related to Ardita. Ardita is considered one of the Vata Nanatmaja Vyadhis described by Acharya Charaka. Incidence in children of about 6.1 cases per year per 100,000 in those aged between 1 and 15 years. Patients with facial paralysis experience significant physical and emotional effects, which can lead to depression and social isolation. Standard treatment principles for Pediatric Bell's palsy comprise of oral corticosteroid within 3 days from the onset. This report is on a case study of a 12-year-old girl who visited the Kaumarabhritya OPD presenting with complaints of incomplete closure of left eyelid and left deviation of mouth while talking, excessive watering from the left eye, Release of air while pursing of lips from 5 days which started after a brief period of cold and cough. After relevant examination, it was diagnosed as Bell's palsy. Seven days of the treatment protocol includes Poorva karma with Mukhabhyang with Dhantwamtar taila and Nadi sweda with Dashmoola kwath and Pradhan karma with Marsha nasya with Dhanwanatr taila. Shaman aushad combating Vata and Kapha dosha have been selected to subside the remaining doshas i.e., Navajeevan rasa. For Pre- and post-assessment of the patients, the House-Brackmann Facial nerve grading system was used. Here the patient completely recovered from all the symptoms of Ardita without any side effects within one week which is much earlier than the normal period. Nasya with Dhanwantar taila followed by the vatashamak and Rasayana oral medicines in the treatment of Bell's palsy (Ardita vata) has provided significant improvement with no recurrence.

Keywords: Pediatrics Bell's palsy, Dhanwantara taila, Navajeevan ras,

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AYURVEDIC MANAGEMENT OF RECEPTIVE LANGUAGE IMPAIRMENT IN CHILDREN WITH AUTISM SPECTRUM DISORDER

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Autism Spectrum Disorder is a childhood onset neurodevelopmental disorder characterized by persistent deficits in social communication and interaction, as well as restricted, repetitive patterns of behaviours, interests or activities. Language is one of the most important aspects of human evolution and is unique to humans. One of the earliest signs of ASD is delay or regression in language development, wherein the receptive language lags behind expressive language development. No pharmacological treatments are currently available that target their core deficits, especially the speech and language impairment. Speech therapy is the only conventional approach to improve the speech and language impairment, which has many practical difficulties to be implemented in children with ASD. In Ayurveda, ASD can be well correlated with Unmada spectrum. Vata dosa plays the key role here, as it is pravartaka of vachana. Prana and udana vayu, sadhaka pitta and tarpaka kapha are responsible for vak pravrutti and receptive language. Hence, by giving due considerations to the thridosas, management should be given which primarily aims at removing the kapha avarana and thereby promoting srotho shodhana. This presentation aims at focusing on the Ayurvedic management of receptive language impairment in ASD, which has clinically proven results in the language domain. Ayurveda classics and the indigenous textbooks of Ayurveda like the Keraleeya balachikitsa granthas have beautifully illustrated many wonderful oushadha yogas and treatment modalities, that can bring about significant results in the language impairment in ASD, by virtue of their kapha – vatahara action and medhya prabhava. The drugs used in these herbal formulations have got scientifically proven nootropic action, and they may act at the higher centres of brain and may stimulate the receptive and motor language areas. Hence, significant improvement in the language domain can be achieved, which when improved, automatically influences other affected domains of ASD.

Keywords: Udana vayu, Sadhaka pitta, Kapha avarana, Keraleeya Balachikitsa Granthas, medhya, Vak pravrutti

Registration Code: ABOP 2419



SHODHANA CHIKITSA IN SIDHMA KUSHTA - A CASE STUDY

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Sidhma kushta is one among the Maha Kushta described as chronic Vata Kaphaja Vyadhi with pathological involvement of Rasa, Rakta, Twak, Lasika, etc. Psoriasis is a common chronic immune mediated inflammatory skin disorder that affects around 2%- 4% of the general population and it begins in childhood with the prevalence of 0.5% - 2%. Pediatric psoriasis can have a profound long term impact on the psychological health of affected children and hence requires special attention to cure the disease as soon as possible. In ayurveda classics, has described many of Shodhana & Shamana Chikitsa according to signs & symptoms of skin lesions. Methodology: A 7 year old female child, who presented with the symptoms of multiple reddish thick skin lesions symmetrically all over the body with itching and bleeding was treated by Shodhana Chikitsa. Result: In Ayurveda, the line of treatment for Kushta Roga are Nidana Parivarjana, Shodhana, Snehana, Swedana etc. As Sidhma is mostly chronic and Bahudoshajanya, management consists of Shodhana and Shamana Chikitsa for its prevention and curative aspects. Agni mandhyata and Ama formation along with vitiation of Vata – Kapha dosha and Dhatu dushti seen in the Sidhma kushta indicates the strong root cause of the disease. As the treatment aims at samprapthi vighattana and nidana parivarjana and followed as Deepana, pachana, vata sleshmahara, srotosodhana and balavardhana Chikitsa. This presentation will highlights the effect Shodana Chikitsa in Sidhma Kushta. Conclusion & Significance: Sidhma is having vata kapha dominance and even involvement of Tridosha were noted. Awareness given on proper food habits, Dinacharya and Shodhana Chikitsa followed by Shamana Chikitsa having rasayana properties were helped in improving the skin conditions and general health of the affected child.

Keywords: Shamana Chikitsa, Deepana, Pachana, Srotoshodhana, Rasayana, Vatakaphaja

Registration Code: ABOP 2445



CONCEPTUAL ANALYSIS OF BREAKING THE ETIOPATHOGENESIS OF CHILDHOOD EXOGENOUS OBESITY

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Childhood exogenous obesity is primarily a result of an imbalance between energy intake and expenditure over an extended period. More than 14.4 million children are obese in India, the second highest rate globally. Recent reports say the most important and epidemic condition affecting the pediatric population in both developed and developing countries is obesity, which profoundly affects physical, social, and emotional well-being and self-esteem. It is also associated with poor scholastic performance and a lower quality of life. They are more likely to become obese adults, increasing the risk of developing chronic conditions and comorbidities. Longterm health consequences of childhood obesity include noncommunicable diseases like Diabetes mellitus and cardiac ailments affecting all systems of the body. Marketing of unhealthy foods and sugary beverages, insufficient physical activity and exercise, and excessive television and computer use are the major contributing factors towards childhood obesity. In Ayurveda, obesity/sthoulya is mentioned as santharpanajanya and rasapradoshaja vyadhi, where medodhathu is accumulated in various parts of the body, due to dhathwagnimandya and ama caused by kapha and medovardhaka ahara and vihara. In Charaka samhitha athisthoola is included as one of the eight ninditha purushas. Vitiated Kapha dosha, vatha dosha, rasadhatwagni, medodhathwagni, and respective srothases are consequently involved in the pathogenesis of sthoulya. As their dhathus are aparipakwa or immature, the improper dhathuparinama leads to impairment in growth and development. The treatment principle is agnideepana, amapachana, and srothosodhana, which includes procedure-based therapy like udwarthana, and internal medicines. The details have been taken from Medline database, Ashtangahridaya and Charakasamhitha. Previous studies proved that Khadira-Asana bhavitha thriphala and Vidangadi churna are effective in childhood obesity. Considering their growing age, a healthy diet and sustainable lifestyle activities should be encouraged along with medicines. So, to prevent noncommunicable diseases in the next generation, we have to manage childhood obesity through Ayurveda.

Keywords: Childhood obesity, Etiopathogenesis, Ayurveda, Prevention of NCD

Registration Code: ABOP 2473



UNDERSTANDING THE IMPACT OF GUT MICROBIOME IN AYURVEDIC MANAGEMENT OF AUTISM SPECTRUM DISORDERS

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The human microbiome is the collective genome of microbes inhabiting different site of the body. The colonization of the gut with microbes begins in- utero and has a critical role in both the maintenance of health and pathogenesis of disease. Various research studies have homed in a novel insight into the relationship between the gut microbiome and ASD. A marked increase in the prevalence of ASD has been reported for the past decades. According to WHO, it is estimated that worldwide, about 1 in 100 children has ASD. The gut consists of millions of microbiota, and we hypothesize that the microbiota and its metabolites might be involved in the pathophysiology of ASD. Research studies demonstrates that gastrointestinal symptoms are common comorbidity in patients with ASD which is ascertained to gut dysbiosis. Various maternal and environmental factors and changing lifestyle and altered dietary habits has paved a pivotal role in causing gut dysbiosis. Ayurvedic classical literature has broadly grouped the psycho social anomalies under Unmada where impaired dietary habits and metabolism has been postulated as the prime cause of the disease. The metabolic wastes (dhatugataama) act as systemic toxins (amavisha) and impair the functional integrity of brain. The plasticity of the gut microbiome and the gut neurons provides a favourable environment for therapeutic interventions by maintaining the harmony of the gut system thereby influencing the functions of brain. The microbiota-gut-brain axis corresponds to the bidirectional signalling network between gut microbes and nervous system. Agni, the bioenergy principle, aids in maintaining the gut equilibrium by modifying the neurohumoral mechanisms. This paper is intended to throw light, on the importance of adopting Ayurvedic treatment modalities in ASD and in maintaining a healthy gut.

Keywords: Gut microbiome, Dysbiosis, ASD, Agni

Registration Code: ABOP 2486



THE IMPACT OF RASA DHATU KSHAYA ON PEDIATRIC HEALTH

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Nutritional deficiencies have always been a major consideration in pediatrics, with a prevalence of 32.1% of underweight and 19.3% of wasting in children under 5 years. Rasa dhatu is the primary tissue element formed from the digestion and assimilation of food. The quality of Rasa dhatu is thought to influence a person's general health and well-being. Children's health is crucial for their well-being, growth, development, and academic success. Rasa dhatu is also concerned with mental health and proper immune status due to its strong relation with ojus. Many food and routine habits have been compromised in today's fast-paced society, leading to the overall deterioration of health. Even though various symptoms like thirst, sound intolerance, wasting, fainting, palpitation, fatigue, etc were explained in the context of rasa kshaya, the etiopathogenesis of various neurodevelopmental and behavioural disorders in children can be better defined in terms of rasa dhatu kshaya. An online survey was conducted using a pre-validated tool to assess rasa dhatu kshaya in school-going children. On observation, it was found that digestive problems, reduced sleep, reduced water intake, mental stress, increased screen time, recurrent worm infestations, excessive intake of food having low nutritional value, genetic influences, and recurrent attacks of diseases, among other causes, have a substantial impact on rasa dhatu kshaya in children. As per the findings, about 80% of children had mild rasa dhatu kshaya, which signifies the need to develop further online diagnostic software for early identification. The treatment protocol that primarily focuses on the correction of digestive fire along with improving rasa dhatu can give promising results in children's growth and development.

Keywords: Nutritional deficiencies, Growth and development, Digestive fire, Ojus, Software, Wasting

Registration Code: ABOP 2487



A REVIEW ON UNDERNUTRITION AND ITS AYURVEDIC MANAGEMENT IN CHILDREN

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Nutrition plays an important role in the physical, mental and emotional development of children. Child growth is internationally recognised as a major indicator of nutritional status and health in population. Despite numerous global sensible corrective attempts to provide nutrition, undernutrition remains one of the most pressing issues which lands up in immune-compromization. According to NFHS – 5 survey, 32.1% were having underweight and around 45% of deaths among children under 5 years of age are linked to undernutrition. If left untreated, the tragic consequences include death, disability and stunted physical and mental growth. Ayurveda explains various concepts like Karshya, Bala sosha, Phakka, Parigarbhikam which can be taken as a nutritional deficiency disorders where weight loss is the main event. Acharya Charaka has even mentioned Atikarshya under eight despicable persons (Ashta ninditha) alongwith over obese. Main dosha involved is Vata with avarana of kapha leading to ama, agni dushti and rasavaha srotodushti in turn affecting the dhathu parinama. Eventhough various nutritional supplements been introduced, still undernutrition remains a major concern as it focuses merely on providing brimhana only. Ayurveda, with its unique approach to lifestyle management and medication therapy and with its holistic perspective , can aid in this condition. The line of treatment adopted here includes ama pachana and agni deepana in addition to srotoshodhana. The data has been collected from Pubmed, Reseach Gate, Ashtanga hridaya, Charaka Samhitha and Kashyapa Samhitha . A number of research studies have statistically proven the use of various yogas like Sreeratna Modaka, Priyalamajjadi Modaka, SivaModaka, Kushmanda Avaleha, Vidaryadi Yoga alongwith adequate diet helps in improving the nutritional status and growth parameters in children. This paper focuses on the Ayurvedic management of Undernutrition in children thereby helps in moulding a healthier generation.

Keywords: Agni deepana, Ama pachana, Karshya, Bala sosha, Undernutrition .

Registration Code: ABOP 2508



THE MANAGEMENT OF CEREBRAL PALSY USING AYURVEDIC TREATMENT PRINCIPLES- CASE SERIES

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Cerebral palsy (CP) is a heterogenous permanent neurological disorder caused by nonprogressive damage to the developing brain. The motor impairment of cerebral palsy is often accompanied by intellectual disability, sensory disturbances, communication, behaviour perception, epilepsy and secondary Musculo problems. Worldwide, CP is one of the most common causes of disability in children. Globally, the prevalence range of cerebral palsy from 1.5 to 4 per 1000 live births or children. In India, the overall pooled prevalence of cerebral palsy per 1000 children surveyed is 2.95. Currently, there is no specific treatment for brain insults leading to motor dysfunction in cerebral palsy. As a result, various interdisciplinary approaches such as physical, developmental, medical, chemical, surgical, and technical procedures are used to treat patients. These procedures assist in preventing secondary impairments and improving a child's developmental capabilities. The available symptomatic therapeutic options make cerebral palsy the costliest chronic childhood condition. Various clinical trials have proved the effectiveness of ayurvedic formulations and panchakarma procedures in cerebral palsy. Methodology: 4 Cases of cerebral palsy patients managed effectively with ayurvedic herbal formulations and panchakarma procedures will be discussed in detail. Result: Ayurvedic treatment effectively reduces spasticity and improves motor functions in pediatric cerebral palsy Conclusion: Ayurvedic formulations and panchakarma procedures reduce muscle spasticity, improves motor functions, hence the child achieves gross motor mile stones in spastic cerebral palsy. Hopefully this may reduce the need for surgical interventions and anti-spastic medications.

Keywords: Cerebral palsy, Ayurvedic formulations, Spastic cerebral palsy

Registration Code: ABOP 2509



AYURVEDIC MANAGEMENT OF ATOPIC DERMATITIS IN CHILDREN

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Atopic dermatitis is a chronic, relapsing, pruritic, inflammatory skin disease that occurs more frequently in children than adults. It is a multifactorial heterogeneous disorder that results from the interaction of genetic and epigenetic factors, environmental agents, immunological defects and epithelial barrier dysfunction. The worldwide prevalence of AD (Atopic Dermatitis) ranges from 15% - 30% and in India it is 10-15%. In Ayurveda, this disease can be correlated with Charmadala. Charmadala is a unique concept by Acharya Kashyapa. While describing the etiology of Charmadala, it is said that genetic factors (Kulapravruthi), unhealthy dietary regimen (ahara vihara dosha), dressing styles (Vastra dharana) and many more, can lead to this disease. Here Acharya is recognizing a genetic component which can be considered as the defect in filaggrin gene. The data has been collected from pubmed, google scholar and Kashyapa Samhitha. The pathology behind the disease is the presence of a genetic defect that may be triggered by the precipitating factors like dietary regimen, which in turn leads to dosha dushti and its manifestation will be occurring in the skin. So in order to treat this, we start with the initial process of Agni deepana and Ama pachana, since every disease roots from Koshta, after which Dosha samana is done. And Finally, modulatory techniques such as “Rasayana therapy” is given which will cause an epigenetic change in the child.

Keywords: Amapachana, Atopicdermatitis, Charmadala, Dosha samana, Epigenetic change, Rasayana

Registration Code: ABOP 2486



CONCEPT OF IMMUNOMODULATORY DRUG COMBINATIONS IN AYURVEDA WITH SPECIAL REFERENCE TO PRAKARA YOGAS

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Immunity is the state of being resistant to foreign substances such as bacteria and other pathogenic organisms. Innate immunity and adaptive immunity are the two interconnected systems of immunity which work together in protecting the body from foreign invaders. Immune deficiency disorders remain the major sphere of concern in the period of infancy. A pattern of recurrent or persistent infection is the major manifestation of primary immunodeficiency. They are one among the major causes of morbidity in children. The prevalence of acute respiratory infections is about 50.4% among under 5 children. Immunodeficiency during this period is compensated to some extent through exclusive breast feeding and vaccination. Vaccination can provide protection from specific antigens and exclusive breast feeding cannot be met in all circumstances especially in the case of working mothers. So, in the present scenario of pandemic, there arises a need for a well-built generalized immunity that will provide protection against a number of infectious agents. In Ayurveda, the concept of immunity is defined under the term Vyadhi kshamathwa. Prakara yoga is a chapter mentioned in Ayurvedic pediatric classic Arogyarakshakalpadrumam authored by Vaidya Kaikulangara Rama Varrier. They are scheduled to be administered in different age groups periodically from birth upto 12 years of age for modulating general immunity in children. The data has been collected from Research gate, PubMed, Google Scholar and Arogyarakshakalpadrumam. Studies conducted in the tertiary healthcare centre has statistically proven the effect of Prakara yogas in decreasing the morbidity indices among children in the age group of 3rd to 6th months and 1 to 1.5 years. This study will help to review the various Prakara yogas and its probable mode of action in modulating immunity in children of pediatric age group.

Keywords: Immunity, Prakara yogam, Vyadhi kshamathwa

Registration Code: ABOP 2519



MANAGEMENT OF PEDIATRIC AILMENTS BY STHANYA SODHANA -A UNIQUE CONCEPT IN AYURVEDA

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Breast milk is the gold standard for infants' nutrition and complete food during the first six months of life. It is unique, species-specific, which provides a diverse array of bioactive substances to developing infants during critical periods of brain, immune system, and gut development. Ayurveda holds a different concept that although breastmilk is vital for child it may get vitiated with tridoshas due to faulty diet and lifestyle of mother. Owing to the present-day life style, the chance of breast milk vitiation is high. The concept of sthanya dushti as such is not mentioned in modern science but many researches in this area proved that all the physiologic and biochemical factors that influence the composition of plasma may influence the breastmilk composition. Many studies showed that diet of mother influence the composition of breastmilk mainly the fatty acid profile and water-soluble vitamins, minerals, and breastmilk microbiome. The maternal stress, drug use, smoking during lactation period also have effect in the composition of breastmilk. In infants, the risk of developing certain infections and allergies is closely related to the diet of mother. These resembles the concept of sthanya dusti in ayurveda. The treatment of sthanya dushti emphasis on ama pachana and Sthanya sodhana. The treatment mainly involves snehana, swedana, vamana, virechana and pathyabhojana with appropriate drugs according to the dosha predominance. Sthanya sodhana corrects the vitiated breast milk by changing the breast milk metabolomic profile that is congenial to infant, normalizes agni and corrects the associated infantile ailments, thereby enhances proper growth and development. Change in physicochemical properties of breast milk when lactating mother is treated with herbal drugs can be done by using a multiplatform analytical approach which further validates the concept of sthanya dushti.

Keywords: Sthanya dushti, Breastmilk vitiation, Maternal diet.

Registration Code: ABOP 2539



AYURVEDIC MANAGEMENT OF INTRACTABLE EPILEPSY :A CASE SERIES

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Intractable epilepsy is a type of epilepsy where a person experiences one or more seizures every month, despite taking anti-epileptic drugs (AEDs) in adequate doses for two years. This condition is also known as Drug-resistant epilepsy, Pharmacoresistant epilepsy, or Refractory epilepsy. Approximately 20% of people with intractable epilepsy experience fully drug-resistant seizures, which may be frequent despite the use of any medication. Intractable epilepsy is a potentially life-threatening condition affecting one-third of people. According to Ayurveda, Intractable Epilepsy is correlated with Sannipatika Apasmara, which affects the manovahasrothas. Apasmara is described as a condition that includes symptoms like convulsive episodes and transient loss of memory. This condition is seen in Lennox Gastout syndrome (LGS), West syndrome, Rett syndrome, Tuberous sclerosis, Dravet Syndrome, Doose Syndrome, and Glut 1 deficiency. This case series describes an Ayurvedic approach in the management of four types of Intractable epilepsy: West Syndrome, Doose Syndrome, Tuberous Sclerosis, and Symptomatic LGS with mesial temporal sclerosis (MTS), affecting children aged 5 to 9 years. The duration of the course of management is 2 months. The therapeutic management includes deepana, pachana, alternative brmhana and rookshana, swedana, srothoshodhana, Shirodhara, yogavasthi, etc. Pre and post-assessment were done through HASS (Hague Seizure Severity Scale). Remarkable changes were found in the frequency, severity, and duration of seizure episodes. A reduction in episodes of awake seizures was also found in the post-ictal phase. Thus, Ayurvedic medications are found effective in the management of seizure episodes, thereby improving the quality of life in children. Keywords: Ayurveda, Intractable epilepsy, Sannipathika apasmara, Seizure.

Keywords: Ayurveda, Intractable epilepsy, Sannipathika apasmara, Seizure.

Registration Code: ABOP 2584



STANDARDIZING SWARNA PRASHNA IN AYURVEDIC MEDICINE FEASIBILITY NECESSITY AND IMPLICATIONS

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Swarna Prashna, an ancient Ayurvedic practice in India, offers potential health benefits, particularly for children. The absence of standardized protocols in Swarna Prashna, leading to significant variations in preparation, dosage, and administration, raises concerns about its safety and efficacy. The lack of uniformity poses challenges and hampers its integration into modern healthcare systems. Standardization efforts are essential to establish consistent practices, enhancing safety and efficacy. Study takes a multidisciplinary approach, incorporating literature reviews, interviews with Ayurvedic experts, and an analysis of the diverse historical and regional practices of Swarna Prashana. It aims to provide a comprehensive view of the challenges and opportunities associated with standardization. Key findings include the absence of standardized protocols in Swarna Prashana, leading to considerable variations in preparation, dosage, and administration. Developing clinical trial protocols that align with outcomes mentioned in classic is a formidable challenge. Integration of modern quality control measures and regulatory considerations is a prerequisite for standardization. Collaboration between Ayurvedic experts, medical researchers, pharmaceutical scientists, pharmacologists, and regulatory authorities is vital to advance these efforts. In conclusion, standardizing Swarna Prashana is imperative to ensure consistency and safety in its administration. Achieving standardization can boost its acceptance within the broader healthcare ecosystem, enabling rigorous research, clinical trials, and safety assessments. By addressing the feasibility and necessity of standardization, this research contributes to the ongoing discourse regarding the integration of traditional and alternative healthcare practices into contemporary systems. The standardization of Swarna Prashana has the potential to offer innovative solutions to modern health challenges, particularly in immunology and pediatrics, while prioritizing patient safety. By addressing the feasibility and necessity of standardization, this study paves the way for further research, policy development, and the integration of Swarna Prashana into mainstream healthcare.

Keywords: Ayurveda, Swarna Prashana, Immunity

Registration Code: ABOP 2623



POST BILIRUBIN ENCEPHALOPATHY SEQUELAE AYURVEDA MANAGEMENT: A CASE REPORT

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Post bilirubin encephalopathy sequelae Ayurveda management: A case report Bilirubin encephalopathy, is bilirubin induced neurological damage which is affecting less than 2% of new born infants. It occurs when the unconjugated bilirubin level cross 25 mg/dl in the blood. Normal level of unconjugated bilirubin is bound by albumin and hence cannot cross Blood Brain Barrier [BBB]. But when the bilirubin level goes very high, the binding capacity of albumin overwhelmed and thus the unbound bilirubin crosses BBB. This will deposit in brain tissue, mainly basal ganglia and will lead to various neurologic sequelae. Ayurveda explains a this condition as navajathakamala in which severe doshadushti occurs and can lead to vathavyadhis. This is the case of a post bilirubin encephalopathy sequelae of a boy of 5 years. The patient had hypotonia, developmental delay, drooling, speech delay and was unable to walk with support. He visited the outpatient department of our tertiary Ayurvedic health centre and took OP and IP management along with dietary recommendations for about two months, and significant improvement was noted such as child was able to walk with support, and few steps without support, drooling reduced, hypotonia reduced, speech improved. The treatment protocol included external therapies such as udwarthana, kadikizhi, abyanga, patrapotalisweda, shirodhara along with internal medications considering it as kaphothara sannipathika sarvangavatha includes prana, udana and vyana vayudushti. The assessment was done with Barthel Index. The values changed from 5 to 30 in Barthel Index. The progress in developmental milestones assessed using Ages and Stages Questionnaire. The values changed from 8 months to 13 months. This case report sheds light on ayurvedic treatments for sequelae of post-bilirubin encephalopathy.

Keywords: Bilirubin encephalopathy, Navajatha kamala, Sarvanga vatham, Barthel index

Registration Code: ABOP 2759



ROLE OF PRASHANA ON NEWBORN BEHAVIOUR - A CLINICAL STUDY

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Delivery and cutting of umbilical cord is the first step towards self-existence of neonates during which they are subjected to stress and pain due to process of labour and resuscitation procedures. They are also at risk of improper nutrition due to factors like poor breast milk secretions and improper feeding techniques followed by the mother due to lack of proper knowledge in initial days of life. At this crucial junction, Prashana Yogas mentioned for Navajata Shishu play a vital role in bringing a smooth transition from intra-uterine to extra-uterine life. This clinical study assessed the effect of Prashana in wellbeing of healthy neonates based on the observation of normal newborn behaviours. This study was conducted in 20 healthy newborns delivered at Sri Sri College of Ayurvedic Science and Research Hospital-Bengaluru. 10 newborns each were randomized into 2 groups. Along with routine newborn care the 1st group was administered with Prashana Dravyas mixed with Madhu and Ghritha as Prashana for 4 days. On 4th day the wellbeing of neonates administered with Prashana was compared with the infants of 2nd group who did not receive Prashana. Assessment was done based on weight loss, normal newborn behaviour, fussiness rating scale and the results of both the groups were compared using relevant statistical tests.: Group A receiving Prashana showed statistically significant improvement in sleep duration and reduction of fussiness along with minimal weight loss and other neonatal behaviours. Prashana Yogas mentioned in Ayurveda in the context of Jatamatra Paricharya are vital and practical in today's era to initiate a proper behaviour pattern in the child right from birth.

Keywords: Prashana Yogas, Jatamatra Paricharya, Newborn wellbeing, Navajata Shishu

Registration Code: ABOP 2796



MANAGEMENT OF TRIDOSHAJA CHARMADALA WSR TO ATOPIC DERMATITIS IN CHILDREN:A CASE STUDY

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Atopic dermatitis is the most common inflammatory skin disease, and one of the most common chronic diseases which generally develop in early childhood. It has a characteristic age dependent distribution and is commonly associated with elevated IgE, peripheral eosinophilia and other allergic diseases. Kashyapoktha Charmadala is one of the Kshudra Kushta in which skin develops Charmaavadharath-vitiated Tridoshas moves in Tiryagata Dhamanis and vitiate the Dhatus and reach to Bahyrogamarga. As per classics, treatment is to be carried out according to the predominant Dosha. The predominantly vitiated dosha should be treated first and the treatment of other doshas should be undertaken after words. A 11-year-old female child presented with H/O rashes, scales, severe itching and burning sensation with facial oedema which was recurrent for the past 1 year. She was on topical and systemic steroids which led to loss of eyebrows and eyelashes. She was subjected to a course of Virechana and Yogabasti along with Bahirparimarjana Chikitsa to which she responded well and there was resolution of the symptoms like oedema, itching and rashes.

Keywords: Atopic dermatitis, Charmadala, Virechana, Yogabasti, Bahirparimarjana Chikitsa

Registration Code: ABOP 2799

HOW MUCH SCREENTIME IS SAFE FOR MY CHILD- A CROSS-SECTIONAL SURVEY ON SCHOOL GOING CHILDREN EXPOSED TO SMART SCREENS

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Transition back to schools had been hard for children post lockdown. Children being digital natives, increased availability of screen-based media in lockdown had led to excessive screentime which has continued even now in many households making the situation more challenging. Continuous & prolonged exposure of screens has the possibility of training the brain in wrong direction. Inappropriate social, emotional, environmental experiences in early childhood leads to a compromise in behavioural development. Ayurveda speaks about Samskaras and Mano-Vishesha bhavas such as Abhyasa (Environmental factors of stimulus) shape the Manasa Prakruti of the child throughout childhood. The objective of the study is to assess the impact of smart screens on Manovritti w.s.r.to Behavioural development in school going children based on Strengths and Difficulties Questionnaire. The present study was a cross-sectional study that used convenience sampling in selection of school going children in and around Udipalya, Bengaluru South. The Inclusion criteria were school going children between 6-10 years with screen time more than the recommended i.e., > 2 hours irrespective of religion, socio-economic status. A total of 400 school going children were selected and assessed through parents and teachers with Strengths and Difficulties questionnaire. Also, other details including the socio-demographic profile, screen time history, diet and life style history were collected in a specialized case proforma. Correlation analysis was used for the data analysis. The results indicated that there was positive correlation between the Emotional Problems (r-0.103), Conduct Problems(r-0.22), Hyperactivity(r-0.085) and Peer Problems(r-0.097) with excessive screen time. In the study, 55% of the subjects were associated with behavioural issues. Excessive screen time is more likely to impact behavioural development negatively in children and this calls for concern.

Keywords: Smart screens, Behavioural development, Manovritti, Samskara, Mano-Vishesha Bhava, Strengths and Difficulties Questionnaire, School going children.

Registration Code: ABOP 2801



CLINICAL STUDY ON THE EFFICACY OF KUMARAKALYANAKA GHRITA IN CHILDREN WITH KARSHYA

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Nutrients are crucial for maintaining overall health and ensuring optimum growth, especially during early childhood. Undernutrition, the imbalance between nutrients needed and nutrients received, is one of the biggest issues the world is facing today. It is having a long-term effect on physical and cognitive development. One or more forms of undernutrition are present in every country in the world. Worldwide, it is estimated that 149 million children under the age of five are stunted and 45 million are wasted. Karshya is an Apatarpanajanya Vyadhi in which Dhatuposhana gets hampered, resulting in impairments in growth. This study was taken up to evaluate the efficacy of Kumarakalyanaka Ghrita in children with Karshya. To evaluate the efficacy of Kumarakalyana Ghrita in Karshya W.S.R Undernutrition. This study was conducted in 15 children selected from IP and OP Departments of Sri Sri College of Ayurvedic Science and Research Hospital, Bengaluru. Assessment was done before intervention, 30th day and 60th day on follow up based on anthropometric assessment, clinical parameter, specially designed Karshya scale (based on Charakoktha Karshya Lakshanas) and biochemical parameters. Analysis included Friedman test, Unpaired t test, Mann Whitney U test. Kumarakalyanaka ghrita had a significant effect on Undernutrition. 15.64% of clinical improvement were observed which on statistical analysis showed statistically non-significant. Analysis and interpretation of methodologies, Observations and results were compiled with the help of relevant textual and other literary references Kumarakalyanaka Ghrita with its potential Doshahara (alleviation of Dosha) action along with various phytochemical properties showed significant effect on undernutrition.

Keywords: Kumarakalyanaka Ghrita, Undernutrition, Children, Anthropometry, Clinical assessment, Biochemical assessment.

Registration Code: ABOP 2803



EVALUATING THE EFFECT OF ASHTANGA GHRITA PRATIMARSHA NASYA ON SPEECH IN AUTISTIC CHILDREN - A CLINICAL STUDY

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Childhood is the period of physical, cognitive and social development that begins at birth and continues through early adulthood. Autism is a neurodevelopmental disorder characterized by difficulties with social interaction and communication which may lead to impairment in child's socialization, education and behavior. Ashtanga Ghrita is a formulation which has the effect on improving Vak according to classics. It is used in the form of Pratimarsha Nasya as it outweighs the benefits of other routes of administration in improving the Vak. To evaluate the effect of Ashtanga Ghrita Pratimarsha Nasya on the basis of positive outcome of Receptive and Expressive Emergent Language scale. The study was conducted on 15 autistic children having speech defects from Kaumarabhritya OPD and IPD, SSCASRH, Bengaluru. The inclusion criteria were being the autistic children from 5-10 years with speech defects assessed using REELS, ISAA scale. Analysis included Descriptive statistics and Friedman's test. The intervention was once a day for 30 days and follow up was on 60th day of enrollment. There were no dropouts, adverse events or death happened during the study period. At the end of intervention, 14.96% showed a clinically significant improvement which is also statistically significant. The intervention of administration of Ashtanga ghrita Pratimarsha Nasya, showed significant improvement in improving Expressive Language ability than Receptive Language.

Keywords: Ashtanga ghrita, Pratimarsha Nasya, Autism, Speech defects.

Registration Code: ABOP 2812



AN AYURVEDIC APPROACH TOWARDS SPINAL MUSCULAR ATROPHY: A CASE SERIES

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Spinal muscular atrophy (SMA) is the second most common autosomal recessive disorder, refers to a group of hereditary diseases that can damage and kill specialized nerve cells in the brain and spinal cord. The most common form of SMA is caused by a mutated or missing gene known as the survival motor neuron gene 1 (SMN1), which is typically responsible for the production of a protein essential to motor neurons. It is estimated that globally, 1 in every 10,000 people has SMA. In a recent Indian study, however, the SMA carrier frequency was 1 in 38. In Ayurveda, this condition can be considered as sahaja Vyadhi wherein the patient's Mamsa and Snayu is affected by Vata. This can be regarded as Mamsa-Snayugata Sarvanga Vata. Presentation of the disease may vary from patient to patient. Since the goal of treatment is merely to delay the progression of the disease, treatment strategy also varies. Case series deals with 3 subjects who are diagnosed with SMA, in the age group of 4-6 years of both sexes, admitted in the IPD with complaints of reduced strength of lower limbs leading to frequent falls on fast walking and running, inability to maintain erect posture on walking and even sitting, delayed gross motor, fine motor, speech and language milestones. Management was done through Avaranahara cikitsa followed by Brimhana line of management. Treatment course was for two months and patient showed symptomatic improvements, which implies Ayurvedic management protocol has a remarkable position in improvising the quality life of child with SMA.

Keywords: SMA, SMN1 gene, Sahaja vyadhi, Mamsa- snayugata sarvanga vata, Avaranahara cikitsa, Brahmana cikitsa

Registration Code: ABOP 2877



ROLE OF THALAM IN PEDIATRIC HEALTH CARE

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Thalam is a treatment modality developed by the Vriddha Vaidyas of Kerala through persistent observation and rational thought, in which the medicine is applied to the shallow depression over the skull. Thalam plays a significantly more important part in the management of various Pediatric conditions. Books about Kaumarabhritya contain a plethora of references to thalam. This Ayurvedic specialty was extremely advanced in Kerala, and the physicians there devised a number of treatment approaches not seen in traditional textbooks. The choice of medium and medication is totally determined by the predominant dosha and can range from taila, ghrita, navaneeta, stanya, kukkutanda dravam (egg white), kerasheeram (coconut milk) and others. Despite its confined applicability, the vast literary works and vast experience of the Vriddha Vaidyas verify the solidity of the generalized effect of the thalam. Thalam can be understood to stage higher efficacy in children as a result of their non-fused or partly fused anterior fontanel. Apart from its direct healing effects, thalam is utilized in many other occasions. It forms a part of the numerous kriyakramas, especially swedakarmas. The area of the application of medicine being antagonistic to its area of applicability, allures and appeals for being a simple and cost-effective procedure. And also, the copious clinical considerations of thalam in the contexts of pediatric disorders make it much more appealing and advantageous.

Keywords: Thalam, Kaumarabhritya, Kriyakrama, Pediatric disorders

Registration Code: ABOP 2890



AYURVEDIC MANAGEMENT OF AUTISM: A CASE SERIES

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Autism spectrum disorder (ASD) is a neurodevelopmental disorder characterized by impairment in social communication along with presence of restricted, repetitive pattern of behavior, interest and activities. Usually it diagnosed in the first 3 years of life. The worldwide prevalence of Autism is 1 in 100 children. ASD is a serious concern in today's world that has exhibited an alarming growth in the last decade. Autism may be correlated to Unmada spectrum in classics. Due to various nidana, Manovaha srotodushti together with Tridosha dusti leads to Childhood Autism. Five Subjects among the age group of 5-12 years under ip management. Satisfying DSM 5 diagnostic criteria with symptoms such as poor eye contact, social interactions and reciprocity, imagination and play, hyperactivity, repetitive behavior, sensitivity towards sound etc which may differ from person to person. Pre and post assessment were done using ATEC and CARS. Impaired agni (digestive fire) is found to be a cardinal feature in Autism which is due to defect in gut microbiota. Gut health has close relation to mind. The recent finding of the microbiota-gut-brain axis indicates the bidirectional connection between gut and brain, demonstrating that gut microbiota can influence autism. In spite of enormous world wide researches, standard management protocol to address the core deficits of Autism is still a lacunae. Those five subjects were observed and effectively managed with Ayurvedic protocol considering Doshic predominance with the following treatment principles like deepana-pachana, srotho-shodhana, medhya and rasyana chikitsa. Proper dietary modification, speech therapy, behavioural therapy were also given, In Ayurveda adravya chikitsa is well included in unmada chikitsa which can be accounted as a holistic approach in various domains. Thus ayurvedic approach holds a remarkable position in ASD management.

Keywords: Autism, ATEC, Behavioral therapy, Gut microbiota, Unmada

Registration Code: ABOP 2931



UTILITY OF SIROLEPA IN KERALA TRADITIONAL PAEDIATRIC PRACTICE

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Childhood is considered as the prime phase in life which has an exert influence on quality of health, prosperity, learning and behaviour across life span. In ayurveda, kaumara bhrithya deals with bala chikithsa as an important position among the eight branches of Ayurveda. Kerala has a major contribution of many authentic text books of balachikitsa, and also many traditional treatment modalities for different clinical condition. Administration of bahya chikitsa is useful in children in many cases thereby overcoming palatability issues. Sirolepa is one among the bahiparimaarjana chikitsa widely practice in kerala in regional language also known as thalapothishil. It is the application of medicated paste on the scalp, for a specified duration. In ayurvedic classics, the description of sirolepa is mentioned in the management of sirorogas. Main indications of shirolepa are nidranasha, Pitta raktha siroroga, Sirashula, Tvak roga, psychological disorders, memory retardation etc. In paediatric practice sirolepa mainly used in different conditions like Attention deficit hyper active disorder, Hyperactive ASD, other psychological diseases, cortical atrophy like conditions, premature greying of the hair, hairfall, alopecia aerate etc. The main ingredients of sirolepa depends on the type of condition of the patient and the purpose of the treatment. It is an effective child friendly time tested treatment modality effectively used in children.

Keywords: Sirolepa, Thalapothishil, Bahi parimarjana chikitsa, ASD

Registration Code: ABOP 2934



UTILITY OF - SIRO UPANAHA IN NEURO DEGENERATIVE DISORDERS IN CHILDREN

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Degenerative Brain Disorders are a wide variety of hereditary and acquired disorders cause progressive degeneration of the central nervous system. In these disorders, new developmental skills are not achieved. As the disease advances, skills already acquired may also be lost. Late cases may have common features. A fluctuant course with recurrent seizures, mental deterioration, failure to thrive, infections, abnormal urine odor, skin and hair changes may point to inborn errors of metabolism. In Ayurveda these conditions can be included under vata vyadhis, where seat of disease is at the brain. Upanaha means bandage, a procedure based therapy for the management of disorders having vitiated vata. Drugs for upanaha are to be collected as per the nature of disease. Upanaha sweda is basically vata kapha hara in nature. Here, in degenerative brain disorders upanaham needs to be done on siro pradesha as the seat of disease is basically head. Siro upanaham is a non-invasive, easy to apply treatment used for the diseases of head. Upanaha on head is indicated in very rare conditions where disease pathology is so intricate deranging the structural and functional integrity of brain. It is also indicated in diseases such as marmaghatha in shiro pradesha like ardhavabhedaka, suryavartha, vatika siro abithapa, vatika siroroga, ardhitha, vayu aggravation in sira, snayu and sandhi pradesha etc. Drugs mentioned in Ashtanga Hridaya Sutrasthana, Sweda Adhyaya (AH. Su 17/2-3) is mainly used for Upanaha in head ,mainly indicated for vatika disorders which has a remarkable role in treating degenerative brain disorders

Keywords: Degenerative brain disorders, Siro upanaha, Vatavyadhis, Ashtanga Hridaya Sutra sthana, Sweda adhyaya

Registration Code: ABOP 2955



CASE REPORT ON TWINS WITH NEURONAL CEROID LIPOFUSCINOSIS - A NEURODEGENERATIVE DISORDER AND ITS INTEGRATED APPROACH

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The neuronal Ceroid Lipofuscinoses (NCLs) are a group of inherited, neurodegenerative, lysosomal storage disorders. These are characterized by progressive intellectual and motor deterioration, visual failure and seizures. The NCLs are the most common neurodegenerative disease in childhood and are one of the main causes of childhood dementia. Clinical phenotypes are characterized according to the age of onset and order of appearance of clinical features into infantile, late-infantile, juvenile and adult forms. NCL of childhood, regardless of age of onset can be referred as Batten disease. They are progressive with severe physical decline and an early death. There is an urgent need to find safe and effective multifaceted approach for such rare neurodegenerative diseases at least to prevent the end stage complications and prolonging the life span. This paper deals with the case reports of twin children; a girl and boy, aged 3 years born to consanguineous couple, having the complaints of seizures, developmental regression like unable to sit, walk, improper speech, visual impairments, poor food intake and spasticity for 1 year. The patients were managed with a set of Ayurveda procedures like Udwartana, Abhyanga, Pizhichil, Sarvanga Shashtika Shali Lepana, Shirolepana and Basthi along with oral medications, without stopping the existing anti-epileptic drug. Physiotherapy and speech therapy were also given along with. After 14 days of treatment, improvements were seen as reduction in spasticity (assessed using Modified Ashworth Scale), Range of Movements improved (measured using goniometer), reduced frequency of seizure attacks, improved food intake and able to climb few stairs with support. There were no significant changes in the Manual Ability Classification System to assess the functions of upper limbs. Conclusion: Established genetic changes are inevitable but Ayurveda treatment along with integrated approach could be beneficial in promoting residual functions at the tissue levels.

Keywords: Batten disease, Developmental regression, Lysosomal storage disorder, NCL,

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BEHAVIOURAL AND DEVELOPMENTAL DISORDERS

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Enuresis-Vangasena, Bhaishajya Ratnavalli Bala Roga Adhyaya. It is a condition where there is involuntary passage of Urine. At night in bed Or clothes even after the developmental Age(5 Years), when the baby should have achieved bladder control. · The Probable Causes for this are – Improper Toilet Training, Emotional Unstability, Developmental Delay, Fears, etc.. It Is One of the most common conditions in children during their developmental age that has to be corrected. Treatment: Practically, This Can be treated by educating the Parents about the condition and making Sure that they do not scold the Child for Passing the Urine involuntarily. The toilet training should be appropriate So that the Child knows when to urinate. There should be alarming system,i.e The Child should be made to get up at night with the interval of 2-3 hours and made to pass Urine. Bladder Control Exercises should be done to the Child So that the Child will know how to hold the Urine and Void When there is a poper reflex. Most Of the cases have been getting good. By giving reassurance to the Parents and Bladder Control Exercises and has been adopted in Sri Kalabyraveswara Ayurvedic Hospital.. In Ayurveda, mainly: Nimbamooladi Kashaya Varunadi Kashaya Chyavanaprasha Vati, Usage of Damp Soil with Child's Urine along with Madhu and Ghritha is to be given(Vangasena), Nasya are used practically.

Keywords: Enuresis, Developmental Age, Bladder Control Exercises, Alarming Method, Good Results, Nimbamooladi Kashaya

Registration Code: ABPO 1191



SANSKARA AND THEIR SCIENTIFIC ASPECTS

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Various samskara are mentioned since puranic kala. Ayurveda and other Hindu literatures explained the concept of samskaras to the child which aims to achieve the global and all around development of the child. Although there are many samskara at different ages, certain important samskara mentioned during first year of life which witness the maximum brain growth. classic ayurveda literature, contemporary literature, available research updates, and scientific information available on the internet ,among other sources where searched and evaluated to explore scientific understanding of bala-samskaras. The main aim of performing samskara to preparing the baby for intrauterine and extrauterine life successfully ,develop proper feeding habits ensure adequate nutrition. In short the samskara those religious rights which sanctify the body and mind .To evaluate the scientific understanding of childhood samskara and applicability of Ayurvedic childhood samskara in growth and development of child. Samsakara are having multi facets benefits related to health status ,adaptation status , checking of normal growth and developmental patterns , time to time correction of the mistakes in baby nurturing. Global approach of Ayurveda always take care of once physical , Psychological , spiritual , social, lingual and emotional health, Conclusion- This reserch is based on a therotical framework. This study tries to understand individual personality through theories and literature reviews. sanmskara are those performances which can be given to both body and mind which bring the positive differentiation in the baby .Each samskara make child to aquire a new talent and is called Gunataradhanam. These all samskara play the main role in child health and overall development at each step of life. Keywords: Bala-Samskara , child health, growth and development ,kaumarbhritya,Kashyap Samhita ,Gunantaradhanam

Keywords: Bala_samskara child health growth and development, Kaumarbhritya kashyap samhita, Gunantaradhanam

Registration Code: ABPO 1409



OVERVIEW OF DISEASES RELATED WITH BREAST MILK VITIATION- LITERARY REVIEW

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Stanya is considered as first and prime source of nutrition to a newborn. It is derived from maternal ahara rasa and Ayurveda opines that stanya is the upadhatu of rasadhatu and is rasa prasadaja. Also it is included among dasapranayatana emphasizing its importance. Unvitiated stanya should be normal in colour, taste, smell, touch, dissolves completely in water, wholesome to the child and should not cause any ailments to the infant. The physical characteristics of stanya gets influenced by mother's ahara vihara which is explained as dooshita stanya in Ayurveda. Purpose : To analyse and review about the diseases in newborns related to consumption of vitiated breast milk mentioned in Ayurvedic Samhitas and related research works and to incorporate all possible modern analogies. Materials and Methods : Systematic literary survey of Stanyadushtijanya vyadhis mentioned in Ayurvedic classics and their interpretation by masters in the corresponding field. Results and Discussion: Different acharyas opines about different types of stanya vitiation based on imbalance of tridoshas. Phena, ruksha, virasa, vivarna, durgandha, pichila, atisneha and guru stanya comes under ashtaksheeradosha. Consumption of vitiated breastmilk will adversely affect the newborn and leads to many disorders. Ksheeraalasaka, kukunaka, charmadala, ksheerajaphakka, balashosha, etc are some disease affecting ksheerapa and ksheera annada. Apart from these, newborn will show symptoms such as bloating, thirst, pyrexia, salivation, swelling etc based on individual dosha vitiation which is also explained in samhithas. Above said diseases seem to be very much similar to those conditions such as lactose intolerance, marasmus, conjunctivitis etc seen in newborns due to breastmilk vitiation. This paper discusses a few of these conditions.

Keywords: Stanya, Stanya dushti, Dasapranayatana, Lactose intolerance

Registration Code: ABPO 1540



NAVAJATA SHISHU PARICHARYA JATAKARMA

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Kaumarbhritya is the branch of ayurveda which deals with the care of infant, children, their diseases and management. Navajata shishu paricharya that is care of newborn is described in both Ayurveda and Modern science in detail. In our Ayurveda, acharyas explained a full description of taking care of navajata shishu from birth to its full stability. Different acharyas explained various procedures of navajata shishu paricharya with slight difference in sequence of procedures. These procedure of taking care of new born described in our Ayurveda indicate its wisdom regarding resuscitation, prevention of hypothermia, aspirations, infections and promotion of early initiations of breastfeeding. This paper revives the ancient procedure of neonatal care that is JATAKARMA with scientific approach.

Keywords: Navajata shishu paricharya, Neonatal, resuscitation, Hypothermia

Registration Code: ABPO 1558



SAMSKARAS AND THEIR SCIENTIFIC ASPECTS

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Samskaras and their scientific aspects Introduction- Ayurveda, an ancient system of traditional medicine, places significant emphasis on Samskaras, which represent enduring imprints on an individual's psyche and physiology throughout their life's various stages. These Samskaras encompass significant cultural events spanning from birth to death. In Ayurveda, Samskara is defined as "Samskaro hi Gunantradhanam," signifying a process of enhancing quality by assimilating specific attributes. The quantity of Samskaras varies across different texts, typically ranging from 16 to 40, but the practical Samskaras, known as Shodash, extend from Garbhadan to Anteysthi Samskara. Methods- The research was conducted by compiling information from classical Ayurvedic texts, pediatric journals, research papers, recommendations, and databases like PubMed and MedLine. Result and discussion- Although they are primarily perceived as religious rituals, they hold significance within the religious context and provide a platform for the periodic examination of a child. According to the teachings of the Upanishads, Samskaras play a pivotal role in achieving the four life pursuits: dharma, artha, kama, and moksha. While conducting these Samskaras, medical practitioners can also evaluate the child's proper growth and development. The exploration of Childhood Samskaras within the framework of Ayurveda, in conjunction with contemporary scientific knowledge, has the potential to enrich our comprehension of how early experiences shape an individual's physical and mental well-being. Conclusion- This article endeavors to clarify the notion of childhood Samskaras in Ayurveda and their scientific dimensions, underscoring the opportunity to blend age old wisdom with contemporary scientific methodologies to enrich health and wellbeing. By uniting ancient insights with modern scientific knowledge, we can potentially discover novel pathways for preventive healthcare, personalized medicine, and holistic well-being. Such an amalgamated approach has the potential to offer a more thorough comprehension of the human experience and lead to more efficient healthcare strategies and interventions.

Keywords: Samskara, Ayurveda, Childhood, Dharma, Arth, Kama & Moksha

Registration Code: ABPO 1563



ABHYANGA AS A PART OF NEONATAL CARE

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The concept of Abhyanga (massage/fomentation) is not only practiced in rural areas nowadays but even in sophisticated suburbs. People have started to realize the value of this ancient tradition, thereby it has started to become prevalent again. This is also a part of navajatha shishu paricharya (Neonatal care). According to various ayurvedic texts, this process has a lot of benefits. For instance, Ashtanga Sangraha Uttara sthana mentions that performing abhyanga can be pushtidhayaka i.e. has nourishing effects and also Rakshoghna (Protects from infections, etc.). This is to create awareness regarding Abhyanga as a part of neonatal care. Further, this study will elucidate the various beneficial properties of body massage in a neonate. Drugs of Bala, Haridra dvaya, Ashwagandha, Kushta, Sahadeva, Tila, Earanda, Nalpamara, Apamarga, Utpala, Chandana, Brihati etc. are taken, made into oils and gentle massage is carried out on the child (from head to toe). These drugs have the properties of Vataghna, Pittaghna, Vishaghna, Sarvagandhodhaka, Graha and bhootagna (Anti-infective). Benefits are: • Detection of congenital abnormalities, • Increase in blood circulation, • Prevents heat loss(Thermoregulation), • Stimulation of touch receptors (Twak prasadha kara), • Develops muscle tone (Pushtidayaka) • Imparts soothing (shrama hara) • Maintains pH of skin • Good for delicate skin With the help of this short abstract, we aim to have created apprehension regarding the usefulness and practical feasibility of abhyanga.

Keywords: Neonatal massage, Anti infective, Shramahara, Thermoregulation, Twak prasdha.

Registration Code: ABPO 1761



SWARNAPRASHAN A CLASSIC AYURVEDIC TREASURE FOR GROWING CHILDREN

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Childhood period is very crucial period for a child's entire development. But now a days poor appetite and changing way of life, which impedes their physical and psychological development. In Ayurveda acharya kashyapa introduced concept of lehana (complementary food) and swarnaprashana (~consuming food) for complete development of child. The main ingredients of swarnaprashana are swarna bhasma (gold Nanopaetical), Go ghrita (cow ghee), madhu (honey), and other madhya dravyas (Drug which enhance intellectual, memory). Swarnaprashana is practiced since long time by different vaidyas all over the country. It has multidimensional benefits but due to lack of scientific supports it's acceptability is question. So, the purpose of this mini - review is to highlight its role, mode of administration, and probable mechanisms of swarnaprashana in manipulating both cellular and humoral immunity. Swarnaprashana samakara ought to be approved as a vaccination programme. However, thorough Methodological study is required to confirm its efficacy and safety.

Keywords: Swarnaprashana, Immunity, Lehana, Gold Nanopaetical, Vaccinee

Registration Code: ABPO 1802



NANOSCIENCE IN CHILDCARE RESURGENT AYURVEDA

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The nation's future rests on its healthy and well-developed children. Better health care facilities lead to an improved physical health of children. Such an atmosphere can only be created by better researched & developed health care facilities for the present & upcoming generation. Rectal suppositories are widely used in the modern system of medicines to effectively treat fever related emergencies in children. The efficacy of Jwarahara (fever alleviating) drugs administered orally has been the topic of research in several studies. But their efficacy when administered parenterally specifically through rectal route was less tested. Hence, this study was opted to evaluate the efficacy of Jwarahara mahakashaya as Gudavarti (Rectal suppository) based on Nanoscience. methodology- The prepared medicine was subjected to physical and chemical characterization studies namely XRD, SEM and ZETA potential at CeNSE in Indian Institute of Science, Bengaluru. For the better analysis & comprehension of the structural and chemical properties of the drug sample (Ghanasatwa powder and Gudavarti), the same were subjected to XRD, SEM and ZETA potential tests at CeNSE in Indian Institute of Science, Bengaluru. Since the SEM and ZETA potential, studies cannot be conducted on Varti directly, the Ghanasatwa powder was used in these studies. XRD analysis was conducted for both Ghanasatwa powder and Gudavarti. Results- As per the SEM analysis it was ascertained that the elemental composition of Ghanasatwa powder combination was Carbon, Oxygen at 46.26% and 46.13% respectively. Sodium, Magnesium, silicon, Chlorine, Potassium, Calcium, Aluminium were in 0.66%, 0.28%, 0.76%, 1.93%, 4.24%, 0.34% and 0.70% respectively. As per zetapotential particle size of ghanasatwa is 300nm, which clearly exceeds the minimum particle size criteria of suppository. As per XRD Crystalline peaks are superimposed on a broad peak centered at $\sim 21^\circ$ are observed. Conclusion- The particle size of the Jwaraharamahakashaya Ghanasatwa is 300nm, hence it exponentially increases the absorption rate of medicine through an easy and faster paracellular diffusion and transcellular diffusion

Keywords: Jwarasantapa, Pyrexia, Gudavarti, Jwarahara Mahakashaya Gudavarti; Nanoscience

Registration Code: ABPO 1827



ROLE OF AYURVEDA IN NEONATAL CARE A SCOPING REVIEW

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Ayurvedic pediatrics starts with the enunciation of neonatal care. The pediatric treatises of Ayurveda also focus on the same. However, there is a scarcity of neonatal healthcare practices in Ayurvedic hospitals and academia. This scoping review analyzed the traditional and contemporary medical literature to identify the gaps in current neonatal care evidence and the role Ayurvedic interventions can play in it and did a mixed method analysis of the same, to draw insights into the domains: neonatal healthcare needs, Ayurvedic neonatal care, evidence pertaining to it, and challenges. It identified multiple Ayurvedic practices of direct utility and those requiring modifications. Among them, massage was the most researched entity, and was found to reduce perinatal stress, oxidative stress, total and transcutaneous serum bilirubin level, and colic, and improved thermoregulation, heart rate variability, and swallowing-respiration coordination (in preterm infants) in neonates and infants belonging to various gestational ages. It also has internationally acclaimed guidelines for its practice. This paves the way for research in these domains with tailor-made Ayurvedic formulations. Several formulations and modalities are quoted in recent treatises as well, that are yet to reach both the bench and the bedside. A major restriction to the implementation of Ayurvedic neonatal care is the dearth of scientific evidence. Incorporation of these practices after proper validation into the national neonatal care framework will be vital in reducing out-of-pocket expenditure on health and improving population health markers and outcomes of both the immediate and recent future. The impact of this incorporation shall be more pronounced in Low and Low Middle Income Countries including India.

Keywords: Neonatology, Infant massage, Kaumarabhritya, Navajata Shishu Paricharya

Registration Code: ABPO 1831



SIGNIFICANCE OF NISHKRAMANA SAMSKARA IN MODULATING IMMUNE STATUS OF CHILD- A REVIEW

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Samskaras are the cultural ceremonies which ensure proper growth, development and well being in every stage of life. Nishkramana samskara is one among shodasa samskara postulated by Maharshi Dayananda. The purpose of this study is to explore the significance of the “nishkramana samskara” ceremony in Ayurveda , specifically focusing on its impact on a child’s immune status. This ritual, part of the shodasha samskara, introduces the child to the outside in the fourth month from birth. The study delves into the nishkramana ceremony, detailing its procedures and significance. It examines the specific elements involved, such as the chanting of mantras, exposure to sunlight, and the use of immunization items like mustard, sarpi, madhu, and gorochana. The study employs a descriptive approach to understand the immunomodulatory effects of these practices. The findings of the study indicate that the nishkramana samskara strengthens a child’s immune status. Exposure to sunlight aids in vitamin D synthesis, which has immunomodulatory effects. Additionally, the use of items like madhu stimulates antibody synthesis, contributing to enhanced immunity. Performing this ritual serves as a preventive measure against various dangerous diseases. In conclusion, the nishkramana samskara plays a vital role in modulating a child’s immune status. By incorporating specific rituals and natural elements, it empowers the child to adapt to the external environment effectively. The ceremony’s immunomodulatory effects contribute significantly to the overall well-being of the child. By providing a detailed analysis of the ceremony’s components and their immunological effects, this research enriches our understanding of Ayurvedic practices. The findings offer valuable insights for healthcare professionals and parents, emphasizing the importance of preserving and incorporating these cultural practices for the holistic development of children. Moreover, in the context of the digital era and the post-COVID scenario, it becomes increasingly relevant as a method to boost the immunity status of children.

Keywords: Samskara, Nishkramana, Child immune status, Immunomodulatory.

Registration Code: ABPO 1883



GARBHASAMSKAR - AN OVERWHELMING VIEW

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“Garbhasamskaram” the word itself is a divine word. Garbha means “The Conceptus” and Samskaram means “The Process” or values. So, Garbhasamskaram translates into the process of educating the mind of unborn baby. Garbhasamskaram is the way of efforts taken to encourage baby’s senses tenderly for the utmost development of its physical and intellectual capacity. The purpose is to To compete in present scenario overgrowing population and competitions. And to establish the role of Garbhasamskaram in every expectant mother for a healthy progeny. Literary references collected from Ayurveda i.e., classics, commentaries, modern literatures, research journals available in institute library, Ayush research portal, analyzed to frame conceptual work. Summary & Significance of study includes that It increases the oxygen saturation of the mother and fetus. The duration of labour and the chances of instrumentation and caesarian rates gets decreased. Fetal outcome after delivery is improved and decrease the labour pain which is caused by the contraction of the uterine muscle and stress. Symptoms like nausea, vomiting, mood swings and irritability are also in control due to Garbhasamskarsm practices, apart from that Garbhasamskaram is directed towards keeping expectant mothers happy and making pregnancy a joyful experience. So Garbhasamskaram means impeding good values (Samskara) in the fetus. It prevents complications during pregnancy like pregnancy induced hypertension, postpartum hemorrhage. All procedure of Garbhasamskaram help in every stage for the all-around development of a healthy, beautiful, social, and smart progeny with longevity.

Keywords: Conceptus, Healthy Progeny, Imbiding values, Prime root, Compete, Longevity

Registration Code: ABPO 1917



SAMSKARA IN AYURVEDA AND ITS SCIENTIFIC VIEW

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Samskar in Ayurveda In that 1)samskar in intrauterine life a)Gharbhadhana b) Punasavana semantonyana 2)samskara after birth in kumara a)jatkarma b)namakarana c)nishkramana d)annaprasana e)chudakarma f)karnavedana g)upnayana h)vedarambh Samskara in young and elderly person a)samavartan b)vivah c)van prastuti d)Santa's e) antyeshti 1)jatkarma -after delivering and nutrition like ghee,madhu,swarna Scientific- the rooting ,sucking,swallowing, breathing 2)namakarana-after birth 10 day naming ceremony Scientific-identification purposes 3)nishkramana- after 4 month baby exposed to world Scientific- baby should be able to bear all the external pressure 4)annaprashan- baby start eating in 6 month Scientific- giving juice and extra energy 5)chudakarma - first hair cutting Scientific- reveals cranial defects 6) karnavedhana - 6th, 7th, 8th, 12th, month Scientific- acupuncture starts that the root cause of some diseases lies in the subtle region of every organ in the body 7) upnayan - up bringing and studying Scientific- for future purpose building life 8)vedarambh - after 5 years child made to learn alphabet and general numbers. Scientific- increase the child's activity ,interest, and creativity ? Conclusion- health foundation of child is built Reference- koumarbhritya

Keywords: Jatkarma, Namakarana, Nishkramana, Aannaprasana, Chudakarma, Karnavedana, Upnayana, Vedarambh and 10 day, 4th month, 6th month, 5th year

Registration Code: ABPO 1979



UNIQUE CONTRIBUTION OF AYURVEDA IN NAVAJATA SHISHU PARICHARYA NEONATAL CARE: A REVIEW

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One of the branches of Ashtanga Ayurveda that focuses on the treatment of infants and children's diseases is called Kaumarbhritya. Acharya Charaka placed kaumarbhritya in the 6th position in Ashtanga Ayurveda, while Acharya Sushruta and Acharya Vagbhata placed kaumarbhritya in the 5th and 2nd positions in Asthanga Ayurveda, respectively. Amongst the various Ayurvedic classics available today, only one book, i.e., Kashyapa Samhita, is of this speciality, which provides a comprehensive account of how to care for newborns from birth until they are fully stable. Both Ayurvedic and contemporary books extensively discuss Navajata Shishu Paricharya (Care of the Newborn). Different Acharyas recommended different procedures for newborn care, with some variations in their recommendations regarding the sequence of those procedures. The newborn care practices mentioned in our ancient writings show their knowledge of resuscitation, the prevention of hypothermia, aspiration, and infections, as well as the encouragement of rooming in and an early start to breastfeeding, which is also acknowledged by modern science. The processes mentioned in Navjata Shishu Paricharya (neonatal care) are examined critically in this paper, demonstrating their scientific utility and significance in providing new babies with sufficient care. The resources were gathered from pediatric textbooks, classical Ayurvedic texts, and research publications. In this paper, we are going to discuss various procedures in the care of newborns by different acharyas: Prana Pratyagamana (neonatal resuscitation), immediate, and general care of newborns.

Keywords: Kaumarbhritya, Asthanga Ayurveda, Care of the Newborn, Prana Pratyagamana, Neonatal resuscitation

Registration Code: ABPO 2031



PANCHA GAVYA GHRITA A NOVAL FORMULATION IN MANAGEMENT OF GLOBAL DEVELOPMENTAL DELAY

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Global developmental delay is one of the major areas of concern during the early childhood which is unnoticed due to lack of proper screening in the initial phase of life. The prevalence of Global developmental delay in children under 2 years of age in India is 1.5 to 2.5 %. Ayurveda literature has given detailed explanation of similar conditions but has not described it as a separate disease. This condition can be understood under the term “Samvardhana vikara”. Masthishka abhighata is one among the cause for developmental delay. In Bhaishajyaratnavali, we get references of Masthishka-chaya-apachaya and its management. Pancha gavya ghrita is used as a rasayana in Masthishka apachaya. Methodology- Ayurveda and contemporary scientific literature and research relevant to the subject were found examined and interpreted. Result-. Panchagavya ghrita has a wider range of applicability in various clinical conditions like unmada, Apasmara and other mano vaha srotho vyadhis. Pancha gavya ghrita is a unique combination of 5 ingredients from a single source. The formulation is well studied in both invitro and invivo medium for evaluating the antiepileptic action and has shown statistically significant results. In the present study an attempt is made to evaluate its effect in global developmental delay with special focus on motor and mental clusters of DASII assessment. In the ongoing study panchagavya ghrita is found to be effective in the management of global developmental delays. Conclusion and significance – Along with the expected outcome of improvements in the social and language milestones, Pancha gavya ghrita (PG) is effective in improving the motor milestones and also helpful in improving the metabolism. Hence this formulation can bring a new ray of hope in the management of global developmental delay (GDD).

Keywords: Masthishka apachaya, Masthiska abhighata, DASII, Milestones

Registration Code: ABPO 2093



SHODASHA SAMSKARAS IN RELATION WITH DEVELOPMENTAL MILESTONES

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Various rites and rituals mentioned in samskaras helps inculcating personality and behavioral development in an individual. Final goal of the samskaras by observing rites and rituals is to provide a fit dwelling place for Atma. A critical review was done on Ayurvedic Classical Literature (Ashtanga Hrdayam, Sushruta Samhita, Kashyapa Samhita) and UGC approved journals after which classical description is correlated with changes in developmental milestones as per the contemporary texts: A healthy individual can accomplish anything, thereby able to build a good society so a country. Therefore, one has to observe all the Shodasha Samskaras in his life for complete and proper development of milestones. The presentation will conclude that the samskaras described in Ayurvedic texts are based on various milestones of child growth and development and also provide a rationale guideline towards the care from very conception to adolescence. To enwrap the entire journey of a human life cycle and to make the best amongst the survival of the fittest.

Keywords: Kashyapa samhita, Rationale guidelines, Care & Journey of human life cycle, Survival of the fittest

Registration Code: ABPO 2108



INSTANT NEONATAL CARE AT BIRTH

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Almost 99% of neonatal deaths occur in developing countries and these deaths can be prevented. The instant care of newborn baby is an important first step for safely transition of the babies between intrauterine and newborn life. Although most newborn babies require only simple supportive care at and immediately after delivery. Immediate care of the newborn is essential for the survival of the babies. Hence, all newborns should have access to immediate and essential newborn care which is the critical care for all babies in the first day after the birth.

Keywords: Neonatal care, navajata sishu paricharya

Registration Code: ABPO 2112



SWARNA PRASHAN-A SHIELD OF GOLD FOR OUR CHILDREN -A REVIEW

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In this current competitive world, every parents want their child to be brilliant and live a happy and healthy life .They wish their children to be first in class,sports,arts and all the cultural activities. Every children also wanted to be taller, stronger and sharper. Children below 15 years of age represent approximately one third of the world's population However recent studies shows that 5-15% among them have some or other disorders. This review proposes that the benefits of swarna prashana can be achieved at multiple levels like as a general health promoter, immune booster, digestion, complexion enhancer and many more. Databases were collected from classical text books and research articles published between 2005 to 2023 using PubMed, Google scholar and ayushdhara. The search yielded information like age and method of administration ,benefits, dosage as per various classical text books of ayurveda ,qualities of swarna and it's mode of action,behaviour disorders and nervous system . Till now as there are no side effects reported and efficacy is also more, This ayurvedic vaccination or swarna prashana when taken at early ages of life helps to improve nervous system function and can get rid of most of the disorders in children.

Keywords: Ayurveda, Swarna, Intelligence, Immunity booster, Shield of gold, General tonic.

Registration Code: ABPO 2203



NEONATAL CARE THROUGH AYURVEDA

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Kaumarabhritya, a branch of Ashtang Ayurveda, focuses on the care and management of infants, children, and their health conditions. Recently, there has been an increasing interest in exploring holistic and traditional approaches to neonatal care. Navjata Shishu Paricharya comprises various steps such as Prana pratyagamana (neonatal resuscitation), Ulva parimarjana (cleansing of the vernix caseosa), Naalchedan (umbilical cord cutting), Mukh vishodhan (oral cavity cleaning), Garbhodak vamana (newborn stomach cleansing), Snana (neonatal bath), Suwarna prasana, Jata karma (birth rite), and Raksha karma (baby protection). These procedures aim to promote both the physiological and psychological development of neonates, enhancing their immunity, digestion, and overall health. Furthermore, Ayurveda strongly advocates for appropriate care of the mother during both the prenatal and postnatal phases, ensuring the well-being of both the mother and the newborn. **Material and methods-** The study involved gathering data from classical Ayurvedic texts, pediatric journals, academic papers, counseling sessions, and utilizing databases such as PubMed and MedLine. **Observation and result-** In historical writings, Acharyas offered their insights on all aspects of newborn care, spanning from birth until the newborn's complete stability. This study investigates traditional Ayurvedic methods for infant care, placing particular attention on evaluating the safety and effectiveness of these practices within the framework of neonatal healthcare. The goal is to underscore the significance of research grounded in evidence and its integration into hidden principles concerning neonatal issues described in Ayurveda. **Conclusion-** This summary provides a broad perspective on Ayurvedic methods for neonatal care, with an emphasis on their potential advantages, safety, and applicability in contemporary healthcare. The techniques delineated in ancient texts for newborn care manifest the sagacity of those writings in domains like resuscitation, hypothermia prevention, neonatal hyperbilirubinemia, guarding against aspiration and infections, and the endorsement of practices such as rooming-in and the early commencement of breastfeeding.

Keywords: Navjata Shishu Paricharya, New born care Pranapartayagamana, Ayurveda, Mukha vishodhna, Jatakarma, Raksha karma

Registration Code: ABPO 2220



SCOPE OF AYURVEDA IN SOCIO-BEHAVIORAL DISORDERS IN CHILDREN

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Socio-behavioral disorders encompass a wide array of mental health conditions that have a significant impact on an individual's social interactions and conduct. It is imperative to diagnose and treat these conditions promptly, as untreated cases elevate the risk of developing psychiatric ailments. Ayurveda provides a distinct perspective on holistic health and wellness, emphasizing the equilibrium of the mind, body, and spirit. Ayurvedic interventions, aligning with contemporary psychological approaches, hold potential in assisting with the prevention and effective management of socio-behavioral challenges, especially in the case of children.: The research was conducted by compiling information from classical Ayurvedic texts, pediatric journals, research papers, counselling experiences, and databases like PubMed and MedLine. Observations and Results: Emphasis is placed on Ayurveda's potential to promote a more comprehensive and patient-focused approach to socio-behavioral disorders. Ayurvedic principles can effectively manage and prevent the further development of socio-behavioral challenges in children. Ayurvedic methods, such as Satvavajaya Chikitsa, Achar Rasayana, Sadvritta, and Yoga, are utilized to balance the Satva, Raja, and Tama qualities, proving valuable in preventing socio-behavioral issues. This holistic approach within Ayurvedic medicine takes into account dietary habits, lifestyle adjustments, and herbal treatments, all aimed at reinstating equilibrium in individuals contending with socio-behavioral disorders. Ayurvedic foundations like Achar Rasayana, Sadvritta, and Satvavajaya Chikitsa are fundamental non-pharmacological methods vital for detecting and preventing socio-behavioral issues early on. Complementing these are the use of Medhya drugs and preliminary Panchakarma procedures, which are substantial therapeutic strategies in effectively managing socio-behavioral disorders. This article seeks to enhance the potential of Ayurveda in tackling the complex hurdles presented by socio-behavioral disorders within modern society.

Keywords: Sadvritta, Satvavajay chikitsa, Aadvritta, Ayurveda, Socio-behavioral disorders

Registration Code: ABPO 2223



UNIFIED AYURVEDA APPROACH AHARA AS MAHABHAISHAJYA WITH SPECIAL REFERENCE TO KASHYAPA SAMHITHA

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The prevalence of undernourished children in India as per NFHS 32%. Adequacy of nutrition during childhood has direct influence on growth and development in all domains. Deficiency constitutes a major public health problem in India. The alarming level, 1 in 3 Children suffers from malnutrition, leading to child nutritional crisis in India. Ahara is highlighted as one among the Trayopasthambha, considered as Mahabhaishajya by Acharya Kashyapa, highlighting its importance. The cautious intake of Ahara with its maximum quality is of prime importance in children to attain good health. Aims and objective: To explore the concepts of Ahara, unique contribution of Kashyapa Samhitha on the perspective of Ahara, and different modifications of food that can be inculcated in the present era, to promote nutrition in paediatric age group. Analysis of concepts of Ahara from other Samhitha's and unique concepts from Kashyapa Samhitha. Among available chapters, there are scattered references of Ahara in different Sthana's other than Khilasthana. Child nutrition starts from intrauterine life. Apart from that, Satmyahara to child, Phalaprashana, Annaprashana, specific Yusha Kalpana, Pathya, which is necessary for various stages of child growth. In comparison with other Samhitha there are unexplored concepts of Ahara in kashyapa Samhitha. Awareness about various practically possible modification of food preparations provides a helping hand to bring good nutrition and health. Proper dietary measures which can be followed from the weaning to pot feeding and other dietary intakes that can be modified qualitatively and quantitatively is needed to nurture the children, by this upholding the role of Ahara as mahabhaishajya, a better and convenient method in children.

Keywords: Ahara, Pathya, Yusha, Baala, Bhaishajya

Registration Code: ABPO 2275



AYURVEDIC PERSPECTIVE IN NEONATAL CARE

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Kaumarabhrithya is one of the branches in Ashtang Ayurveda, which deals with care of infant, children, their diseases and management. Neonatal care is the care of neonates. The term 'neonates' means child who is just born to till the age of 28 days. Neonatal period is characterized by transition to extrauterine life and rapid growth and development, carries the greatest risk of mortality. Both in Ayurveda and Modern practices give much importance to this period. In modern practices they focus on Resuscitation, cord cutting and clamping, Effective breast feeding, thermoregulation etc. Ayurveda advises three stages in neonatal care for purpose of practice i.e., jaatha mathra paricharya, sadhyojatha paricharya and navajata shishu paricharya which give much importance to child's physical and mental health. Through these practices we can easily save the life of our precious babies.

Keywords: Neonatal care, Jathamathra paricharya, Sadhyojatha paricharya, Navajatha shishu paricharya

Registration Code: ABPO 2279



A COMPREHENSIVE REVIEW OF MADHU GRTA PRSAHANA IN PHYSIOLOGICAL JAUNDICE

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Neonatal hyperbilirubinemia is a common clinical problem encountered during the neonatal period, especially in first week of life. Nearly 8 % to 11% of neonates develop hyperbilirubinemia. Higher bilirubin levels can be toxic to CNS development and may result in various neurological impairments. Physiological jaundice is the most abundant type of newborn hyperbilirubinemia due to various physiological immaturity. There are different routine procedures mentioned in our literatures followed immediately after birth as a part of newborn care. Those are named as jatakarma samskaras. One among which is madhu and grta prashana. Here an effort is made to explain scientifically the need of madhu grta prashana in neonates which can help in the onset or reduce the severity of physiological jaundice. **Materials and Methods:** The literary review done from the various classical Ayurvedic literatures and pediatric textbooks. **Critical review** also done from articles published in various journals. **Results and Discussion:** Though physiological jaundice doesn't have any serious consequences; it can create concern in the physician and anxiety in the parents. Madhu and grta prashana mentioned in neonatal care suggest an early initiation of feeding along with ensuring a coordinated sucking and swallowing reflex in the newborn. Apart from these benefits it also can help in addressing various physiological immaturities leading to the development of physiological jaundice in a neonate. **Conclusion:** Samskaras are series of rituals performed at different stages of human life. These rituals performed possess some socio cultural as well as some scientific rational behind it. Jatakarma samskaras helps the newborn to adapt to the new environment for further survival. The physiological handicaps of a newborn can be improved by the madhu and grta prashana thereby preventing the rise of bilirubin to a major extent.

Keywords: Neonatal hyperbilirubinemia, Physiological jaundice, Jatakarma samskaras, Madhu grta prashana

Registration Code: ABPO 2344



A THREE-PRONGED APPROACH FOR BREAST FEEDING IN NEONATES AND INFANTS A NARRATIVE REVIEW

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In an era characterized by heightened anxiety and stress, where one in every ten couples turns to in vitro fertilization and surrogacy is becoming a welcome idea, it is imperative that the Vaidya possess an understanding of infant feeding to promote comprehensive and complete growth. Document analysis from various journals, textbooks, and blogs to gather insights on the importance of breastfeeding, methods to enhance breast milk production, and alternatives to breastfeeding. Additionally, we conducted interviews with breastfeeding mothers of neonates and infants to refine our protocol. Enhancing Breastfeeding: Pre-natal classes, to be led by experienced payo-Vaidyas or lactation consultants, is identified as an effective means to enhance awareness. These classes will emphasize the benefits for both mothers, such as weight loss and cancer prevention, and children, including the development of strong body parts, longevity, and disease-free growth. Enhancing Breast Milk Production: Stress prevent opening of stanyaavahee siras connected to the Hridaya Marma. Activating specific marma areas, such as Stanya moola, stanya parshva, and Hridaya marma, will help alleviate stress and breast congestion. Incorporating regular practices, such as consuming methi brew tea with honey, roasted fennel seeds after meals, and satavari powder with milk at night, will be recommended. Alternatives for Breast Milk: The services of a Dhatri should be utilized when available. Alternatively, cow's or goat's milk, when diluted and boiled with hrsva pancha moola, can serve as excellent alternative. Emphasizing the importance of assessing the dosha and physical properties of the milk with each delivery is also to be highlighted. In the forthcoming environment of reduced sleep, irritability, crying, and compromised immunity in children, raising awareness among expectant mothers will be crucial. This approach will not only reduce the cost of treating ailments but also diminish the need to purchase food supplements.

Keywords: Infant, Feeding, Breast milk

Registration Code: ABPO 2426



REVITALIZING PEDIATRIC CARE A CASE STUDY ON AYURVEDIC MANAGEMENT OF AUTISM IN THE MODERN ERA

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Autism is a disorder of neural development characterized by impaired social interaction, communication, by restricted and repetitive behaviour. The diagnostic criteria require that symptoms become apparent before a child is 3year old. Autism manifests at birth or within the first three years of life. Many children with autism may appear physically normal but exhibit puzzling and unusual behaviors that set them apart from typically developing children. They may display limited interest in people, including their own parents, and engage in repetitive activities without an apparent purpose. These individuals are sometimes described as living “in a world of their own”. Based on the clinical features, Autism can be correlated to Unmada. Unmada is the excited state of mind caused by aggravated Sharira and Manodoshas when they are pervading manovaha srotas or channels of mind. Unmada is the vibhrama (perversion) of mind or affecting the smooth functioning of Manas, Bhuddhi(intellect), Samnja (consciousness), Jnana (knowledge), Smriti(memory), Bhakti(desire), Sheela(manner), Chesta (behaviour) and Achara(conduct). Excessively aggravated dosas getting localized in the Manovaha srotas cause abnormality in the mind, resulting in the manifestation of Unmada.: In 2023, the CDC reported that around 1 in 36 children in the U.S. are diagnosed with autism. So this group of children need more attention and care. Our treatment goals at all round development and addresses all the domains of Autism. Here is an attempt to describe a case of Autism with its management protocol. A 4 year male child brought by his parents with complaints of hyperactivity and aggressiveness since 1 and half yrs. After a proper clinical examination and thorough evaluation we started treatment. In Ayurveda following treatment protocol tries to manage the condition-Sarvanga Abhyanga, Swedhana, Shirodhara, Shirothalam, Nasya, Basti-and found improved result.

Keywords: Autism, Unmada, Behavioral disorder

Registration Code: ABPO 2513



BALA SAMSKARA ITS SCIENTIFIC REVIEW IN GROWTH AND DEVELOPMENT

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A Samskara is a rite of passage in nearly every civilization on the planet. Samskara is the process that results in definite beneficial changes in a person's life. Samskara has been emphasised in Ayurvedic pediatrics. Furthermore, Samskara promotes an awareness of one's rights and social status. The amount of Samskara varies amongst Hindu Dharma Granthas (text books), however it ranges from 16 to 40. However, there are 16 acceptable Samskara, ranging from Garbhadana to AnteysthiSamskara. Only 11 of the 16 samskaras correspond to childhood. These samskaras aid physicians in determining a child's normal growth and development. As these Various Samskaras in different stages of life to mark or announce the achievement of certain milestones and to ensure proper growth and to distinguish them from children with developmental delays. Aim and Objectives :- 1.To evaluate the scientific understanding of childhood Samskaras and applicability of Ayurvedic childhood Samskaras in growth and development of child. Materials and Methods- This review was conducted by gathering traditional Ayurvedic literature, Ayurveda Pediatric books, current pediatric books, periodicals, research journals, thesis and dissertations Pub med, various databases, CCRAS database, CCIM norms for diseases, and so on. Discussion- Samskaras are significant cultural events in an individual's life from birth to death that have socio-cultural as well as medical importance. It represents growth and progress, as well as the ceremonial notification of milestones reached by giving periodic screening. Conclusion- This practice is a rich legacy passed down through the generations by our forefathers and sages. These practices not only prepare the mind to acquire Vedic knowledge, but also make one a person of character. Key words- Samskara, Growth and development, miletones.

Keywords: Samskara, Growth and development, miletones.

Registration Code: ABPO 2625



AN AYURVEDIC MANAGEMENT OF DYSKINETIC CEREBRAL PALSY :A SINGLE CASE STUDY

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Cerebral palsy is defined as a non progressive central motor deficit /disorder resulting from various events in the prenatal life or perinatal period (insult to the developing brain)with or without mental subnormality , sensory deficits (like deafness, blindness) with or without epilepsy and other involuntary movements. .It includes heterogenous clinical syndromes of variable severity ranging from minor incapacity to total handicap . CP is classified into 4 types viz, spastic, ataxic, dyskinetic and mixed CP. Dyskinetic CP is the second most commonest type of cerebral palsy which is caused by non progressive lesion to the basal ganglia, thalamus or both. Symptoms include abnormal postures or movement associated with impaired tone. In India it is 3.8% of population are effected with CP. Among physically handicapped children , 15- 20 % of children are effected with CP. By analyzing 1000 cases of CP in India dyskinetic CP constitute 10 % of cases. According to Ayurveda it is classified under sahaja and garbaja type of diseases. The present case report deals with diagnosed case of a 3 ½ years old female child of dyskinetic CP with gross developmental delay and involuntary movements. While considering etiology and clinical features ,predominance of vata is obvious. Based on the concept of vatavyadhi chikitsa ,snehana, swedana, sodhana brihmana therapy was done both internally and externally along with suitable physiotherapy. The assesement was done on the basis of developmental milestone, Modified Ashworth Scale and Barthel Index. Significant changes were noted in pre and post assesement. This case study is an attempt to enlight the efficacy of Ayurvedic management in dyskinetic cerebral palsy.

Keywords: Dyskinetic cerebral palsy, Vatavyadhi chikitsa, Modified ashworth scale, Barthel index.

Registration Code: ABPO 2631



ROLE OF AYURVEDA IN PAEDIATRIC NUTRITION

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Role of ayurveda in paediatric nutrition Abstract Ayurveda is mainly based on preventive aspect first rather than curative. As Acharyas has described Ahara, Nidra, Brahmcharya are Tryoupsthambha (sub pillars) which support the body itself. Here Ahara has been placed first which shows that it is most important to maintain and sustain of life. Children are delicate and most sensitive and prone to the infectious diseases. They are in Ajatvyajanawastha (developing stage). Being in developmental phase, Ahara plays very important role in the life of children. Nutritional disorders are described in scattered manner in Ayurveda texts. Ancient Acharyas explained diseases related to nutritional deficiency such as Phokka, Parigarbhika, Balashosha etc in different samhitas. Children's are more prone to the various types of infections and developmental disorders due to the underdeveloped immune system. Therefore instead of treating the symptoms after the onset of a disease its important to prevent it. Considering significance of Ayurveda in Paediatric care present study summarizes that if one follows the Ayurvedic guidelines described in the various Samhitas the child will definitely enjoy a longer, happier and healthier life.

Keywords: Ahara, Nutrition, Balashosha, Phokka, Parigarbhika

Registration Code: ABPO 2646



AYURVEDA IN PEDIATRIC EPILEPSY- A HOLISTIC APPROACH TO INTRACTABLE SEIZURES

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Intractable epilepsy is defined as the occurrence of one or more seizures per month, despite a trial of the correct anti- epileptic drugs (AEDs) in adequate doses for 2 years. Tolerating continuous seizures or side effects of long-term medication has risks and consequences that often outweigh the risks associated with seemingly more aggressive treatment modalities. Therefore, there is a pressing need for treatment options that can modify the underlying causes of epilepsy and decrease the likelihood of recurrence. Ayurveda has explained epilepsy under the spectrum of Apasmara. Intractable nature of epilepsy can be attributed to multiple intervening factors namely, sannipathika dosha dushti, involvement of panchavayu, leena dosas, dhatugata avastha, dhatugata amavastha, punaravarthaka swabhava, srotovaigunyam and balabhramsam. The dosas remain leena (dormant) in the dhatus and once a cause for dosha prakopa occurs, it leads to disease manifestation, similar to the concept of punaravarthaka jwara. To rectify these factors, a systematic approach aiming at correcting the basic metabolism is required. Formulations that are primarily deepana, pachana and srotoshodhana are crucial in the management. They act in koshta, correct the agni, remove the leena doshas in the dhatus and thereby control punaravarthaka swabhava of the disease. Besides, as add on drugs, they could help in the proper digestion and absorption of AEDs thereby, enable them to control seizures in their full potency. Apart from controlling the condition, the Ayurvedic management also improves the quality of life of patients by improving the overall activity of brain. Presently, there is growing evidence indicating that changes in the makeup and/or operation of gut microbiota are present in individuals who have intractable epilepsy. Therefore management of intractable epilepsy should focus on correcting the koshta also rather than merely focusing on the epileptogenic zone in brain.

Keywords: Anti-epileptic drug (AED), Apasmara, Koshta.

Registration Code: ABPO 2857



MANAGEMENT OF TAMAKA SHWASA WSR TO BRONCHIAL ASTHMA IN CHILDREN A CASE STUDY

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Tamaka shwasa is one among five types of Shwasa Roga. It is a Swatantra Vyadhi and having its own Nidana, Samprapti and Chikitsa. Pratiloma Gati of Vata result in manifestation of a series of symptoms. Trigerring factor includes cold, cloudy and rainy climate and also Kapha Vardhaka Ahara. Bronchial asthma is a chronic inflammatory disease of airways characterised by bronchial hyperactivity and a variable degree of airway obstruction. Prevalence of asthma has increased globally over the last three decades and the peak incidence is seen in the age group of 5-10 years. The clinical presentation of asthma varies from recurrent cough to severe wheezing This is a case study of 11-year-old male patient who was admitted to the In-Patient Department of Kaumarabhritya, SDM College of Ayurveda and Hospital, Udupi with complaints of difficulty in breathing, cold & cough from 1 year of age & aggravated in the last 4 days. Aggravates during exposure to cold wind, during night hours and during rainy season. Disease got aggravated on supine position and got relieved on sitting posture. After a thorough clinical examination and evaluation, started with Pachana, Snehapana and then, Abhyanga, Swedana and Virechana. There was significant improvement in condition of the patient. Later, he was discharged with medicine especially having Rasayana effect.

Keywords: Tamaka Shvasa, Bronchial Asthma, Virechana, Rasayana

Registration Code: ABPO 2879



RELEVANCE OF SAMSKARAS IN CURRENT SCENARIO

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In modern medical practice preconceptional care , behavioural and social development of a child is still a novel subject. Whereas in ayurveda it is a well studied and explained topic. These were called samskaras which is defined as 'samskaro hi gunantara adhanam uchyaathe' which means samskaras are process or activities that change the qualities of a child in a positive way. The samskaras like most of the ancient Indian science were intertwined with religious practices which has made it a social taboo in present generation. The latest researches can substantiate the efficacy of these samskaras. It is the need of the hour to give awareness to the public about these gold mine of knowledge In this presentation the discussion is emphasised on uniqueness of samskaras,number of samskaras according to different acharyas, Types of samskaras ,scientific studies to validate samskaras and updation of samskaras in order to have global acceptance.

Keywords: Uniqueness, Updation Relevance of samskaras

Registration Code: ABPO 2880



PROMOTING DIGESTIVE HEALTH DIET AND LIFESTYLE INTERVENTIONS BASED ON AYURVEDA FOR RECTIFYING IRREGULAR BOWEL HABITS IN CHILDREN

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Irregular bowel habits, difficulty in defecation, retentive posture, withdrawal behaviour, etc. are the common complaints faced by paediatrician. Skipping breakfast, early toilet training, low intake of vegetables and fruits and other bad habits are the leading causes. Several misconceptions about the nutritional benefits of diet changes for digestive disorders are held by patients, parents, and doctors. Therefore, it is recommended to get the advice of a trained Ayurvedic practitioner before making any modifications to a child's food or lifestyle. A brief review done on the basis of Classical Texts of Ayurveda and other authentic research works using a variety of databases, including PubMed, Scopus, CTRI, Web of Science, meta-analyses, systematic reviews, RCT's, case-control studies and observational studies. MeSH keywords included gastrointestinal disorders, irregular bowel habits, nutritional diet and complementary therapies. A daily regimen (Dinacharya) which incorporates dietary choices and lifestyle habits to provide comprehensive solutions to treat children's gastrointestinal irregularities. Particulars can be changed depending on a person's constitution (Prakriti) and imbalances (Vikriti). Adopting the lifestyle for changing seasons helps to maintain the equilibrium of Dhatus and Doshas. This review shed light on the crucial role of diet and routine habits in correcting irregular bowel habits in children, to give proper knowledge of diet and lifestyle based on Ayurveda, and physicians with a useful handbook based on the most recent research. A balanced diet and lifestyle can assist to improve digestion and stop subsequent problems in the treatment and prevention of digestive problems. By developing beneficial routines regarding diet, exercise, stress management people may lower their risk of getting chronic illnesses and improve their overall quality of life. Therefore, there should be proper dietary guidelines that can be helpful for most people with gastrointestinal disorders.

Keywords: Irregular bowel habits, Lifestyle, Nutritional Diet, Dinacharya.

Registration Code: ABPO 2945



ROLE OF RASADHATHU IN MAINTAINING SYSTEM HOMEOSTASIS IN CHILDREN

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Rasadhathu is the first metabolic product after digestion which is responsible for the proper formation of all other structural components (dhathus) of body. Childhood is a raso dominant age mainly because other dhathus are not properly formed and the predominant dosha during childhood is kapha. As the foetus is connected to maternal circulation, child of a healthy mother tends to have well formed rasadhathu at birth. It can be altered by diseases and lifestyle, causing impairment of the digestive factor (agni) and decreased uptake of essence of digestion in the body. Unhealthy eating habits altering the gut function, thus causing variations in rasadhathu, affect the normalcy and reflects in various domains of physiology like immunity, cognition, behaviour etc. When there is a decrease in Rasadhathu, the unctuous element in the body reduces causing dryness and roughness of skin, constipation etc. Dry mucous membrane become more prone to infections which accounts for majority of Upper respiratory tract infections. Current scenario of fast life and exposure of children to advanced technologies expose them to unhealthy dietary practices. Here is a conceptual analysis of rasadhathu and its role in maintaining a healthy system in children. Literature review of various Ayurvedic Classics and published articles. Rasadhathu is the primary area of pathogenesis, especially in children, and is greatly influenced by the diet and life style. Rasadhathu being the precursor of all the other dhathus, when deficient, adversely affects the nourishment of the child thereby fail to establish proper growth and development. If, in early years of development, it influences the neurodevelopmental outcome and is likely to significantly contribute to the enormous burden on the health care of children.

Keywords: Agni, Gut, Immunity, Upper respiratory tract infections, Neuro developmental outcome.

Registration Code: ABPO 3077



NUTRITION

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Growth and development are normal biological phenomenon of all living beings. The child nutrition food is digested by the agni resulting in appropriate growth and development. Child growth and development examine the social, biological, physical and emotional growth of young to adult. Kaumara is divided into 3 ages as kseerapa, ksheerannada and annada. Generally pre natal care give emphasis on medical condition , educational , social and nutritional service in pregnancy. Children cognitive development and ability to explore the surroundings are hampered by malnutrition. Kwashiorker, marasmus and anemia are most common seen now a days. Acharyas also mentioned about fack roga , shosha etc

Keywords: Kwashiorker, Marasmus, Anemis, Fack roga, Shosha

Registration Code: ABPO 3128



KAYACHIKITSA





EOSINOPHILIC ENTERITIS MANAGEMENT THROUGH AYURVEDA- A CASE STUDY

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Eosinophilic enteritis is a unique yet under-studied subset within the spectrum of eosinophilic gastrointestinal disorders (EGIDs). This clinical condition, of which global prevalence is estimated at 1-20 cases per 1 lakh individuals, is characterized by eosinophilic invasion in the GI tract, abnormal gastrointestinal functionality and concurrent absence of peripheral eosinophilia-related disorders. This report outlines clinical progression of a 41-year-old Indian male patient presented to Kayachikitsa OPD of IARH on January 30, 2023. He was not on any medication, despite a history of gastroenterological intervention. Patient complaint of recurrent umbilical pain, accompanied by intermittent sensations of abdominal bloating and heaviness since a year. On examination mild tenderness was found in umbilical region. Laboratory examinations revealed elevated serum IgE total antibodies levels (637 iU/ml), while a duodenal biopsy displayed occasional eosinophils within the lamina propria. An abdominal-pelvic CT scan further discovered mildly enlarged portal vein without thrombosis and minor gastric varices. The characteristic symptomatology and diagnostic tests led to a precise clinical diagnosis of Eosinophilic Enteritis. The treatment comprised of oral medications including Dhanvantar Vati, Shankha Vati and Kamadugarasa. Consequent to a three-month prescription, a significant reduction in symptoms was observed in follow-up visits. Samprapti from this case study suggest possibilities of dysregulated Vata-Pitta along with Agni. Prescribed medications appeared to target Samprapti-Vighatana by rectification of Jatharagni as well as Vata and Pitta shaman. As a result, patient achieved complete symptomatic resolution after treatment. In conclusion, this case study demonstrates the successful application of Ayurvedic interventions in the treatment of Eosinophilic Enteritis, showcasing the potential efficacy of Ayurveda in managing this condition. Further research is warranted to enhance our understanding and optimize the utilization of Ayurveda for Eosinophilic Enteritis.

Keywords: Eosinophilic Enteritis, Eosinophilic gastro-intestinal disorders, Ayurveda

Registration Code: ABOP 1024



NON-SURGICAL AYURVEDA TREATMENT OF CERVICAL SPONDYLOTIC MYELOPATHY

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Compression of spinal cord in the cervical region due to prolapsed intervertebral discs or spinal canal stenosis results in Cervical Myelopathy. Symptoms usually includes neck pain, neck stiffness, difficulty in performing fine motor skills, loss of balance, trouble in walking and in severe cases may result in quadriparesis. For this, spine surgery is the last resort in modern science. In this condition Ayurveda treatments can give successful outcomes. We present a case of Cervical Spondylotic Myelopathy, co related in Ayurveda as Vaat Vyadhi. A 32 years old male patient enrolled for integrative medicine treatment at private clinic in Pune city. Patient was treated with Shalishashtik Pinda Sweda, Bala Taila Nasya for 7 days, Mustadi Yapan Basti (Medicated milk enema with Mansrasa) for 10 days and Ayurvedic Oral Drugs such as Rasrajeshwar Ras once a day, Panchamrut Louh Guggul twice a day, Combination of Tapyadi Louha, Pratap Lankeshwar rasa, Ashwagandha Churn, Bilva Churn, Gokshur Churn, Shatavari Churn, Chopchini Churn with Dashmoolarishta Anupana twice a day, Kshirbala 101 Avartini capsules twice a day for 3 months. Patient's condition was assessed with Upper Motor Neuron Lesion Signs such as Clonus, Hyperreflexia, Babinski's sign, NDI (Neck Disability Index) scale and Modified Japanese Orthopaedic Association (mJOA) Score. Patient showed excellent clinical improvement in upper motor neuron lesion signs such as clonus and reflexes. Substantial improvements in Neck Disability Index (NDI) score from 32/50 to 4/50 and Modified Japanese Orthopaedic Association (mJOA) Score from 11 - Severe myelopathy to 18 - No myelopathy. This case study showed non-surgical successful management of Cervical Spondylotic Myelopathy with integrative interventional and medicinal treatment. So not all Cervical Spondylotic Myelopathy patients need surgery, they can be successfully managed with Integrative Ayurveda treatments.

Keywords: Myelopathy, Panchakarma, Spondylosis, Neck pain, Integrative, Vaatvyadhi

Registration Code: ABOP 1050



A CASE REPORT ON AYURVEDIC MANAGEMENT OF PALMO-PLANTAR PSORIASIS

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Psoriasis is a common chronic, recurrent, autoimmune disease of the skin and joints. It can have a significant negative impact on the physical, emotional and psychosocial well-being of affected patients. The use of modern medicine has greatly improved psoriasis treatment by providing symptomatic relief. However, some individuals fail to respond to treatment or lose initial efficacy, and it may be difficult to find the optimal treatment for these patients. Also, modern medicines have their own side effects in the long run. Ayurvedic diagnosis is considered as Kitibhakshta, which is a Vata-kapha predominant Kushta. Here, an effort was made to treat a Twenty eight years old female diagnosed with long standing moderate to severe Palmo-Plantar Psoriasis who had received systemic therapies in modern medicine without sufficient response previously, by classical Ayurvedic regimen. As the principle of treatment of all types of Kushta is Samshodhana followed by Samshamana drugs, in this study, Virechana was given followed by Samshamana drugs for 30 days. Assessment of skin lesions were done at the end of treatment. Significant changes were appreciated. Hence Ayurvedic management of Non-communicable chronic disease such as Psoriasis can set new benchmarks in the field of Integrative Medicine.

Keywords: Psoriasis, Kitibha, Kushta, Virechana, NCD

Registration Code: ABOP 1051



SIDDHA PATHOGENESIS AND THE BASIS OF LINE OF TREATMENT FOR COVID-19 A RETROSPECTIVE COMPARATIVE LITERATURE STUDY

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COVID-19 has wreaked havoc worldwide and, become a crucial global public health care concern, because of rapid spreading, emergence of variants, and unavailability of medicines. COVID-19 has spread to 223 countries worldwide, confirmed infected more than 472 million, and caused the death of more than 6 million, as of March 2022. Although worldwide efforts to control it, a clinically proven prophylaxis and therapeutic strategy have not evolved and these highlights have led to an urgent need for therapeutics. Siddha system of medicine is one of the ancient systems of medicine, and its classical texts have documented diseases that may be comparable with COVID-19. The current study was conducted to scientifically analyze the pathogenesis of COVID-19 based on the Siddha concept and propose a basic line of treatment for clinically managing COVID-19. A retrospective, comparative literature study was conducted based on the literature. We have introduced a numeric indicator, Relative Comparative Ratio (RCR) to compare the diseases documented in the Siddha system of medicine with COVID-19. The Serpa suram (Pitham, Peenism Mattrum Suranoi Thoguthi) is most comparable with COVID-19, followed by Sanni vatha suram (Sekarajasekaram) and Seletpana sanni patha suram and Seletpana sanni (Pararajasekaram). Derangement of tri vital energy- (Vatham, Pitham, and Kabam) could play a significant role in different stages of COVID-19. In addition, the clinical features could be varied based on the stages of the disease, because the stages are influenced by the primarily affected vital energy. Further, it could be beneficial to the patients to consider the precise stage of the disease when determining the line of treatment for therapeutic efficacy.

Keywords: Siddha System of Medicine, COVID -19, SARS-CoV-2, Relative comparative ratio, Line of treatment

Registration Code: ABOP 1079



CLINICAL EFFICACY OF GHRITA FORMULATION USED IN AMAVATA RHEUMATOID

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Ama is the main causative factor due to malfunctioning of digestive and metabolic mechanism of body. Ama creates toxic effect and when it combines with vata dosha and occupies shleshmasthan (asthi sandhi) results in amavata. Amavata has a unique importance due to its gravity of problem with severe pain like scorpion bite. The major clinical features is moderate to severe pain, swelling, tenderness and morning stiffness which restrict joints movements, so the disease amavata is correlated with Rheumatoid arthritis due to same clinical features of amavata. The treatment procedure explained in ayurveda are langhana, swedana, tikta, katu dravyas, deepana, virechana, snehapana and anuvasana as well as kshara basti. Ruksha sweda and upanaha were also added later by Bhavaprakasha. Ghrita, having rasayana and brimhana effect will improve the non-specific immunity against Amavata. It is immunomodulatory drug. The lipophilic nature of ghrita facilitate entry of the formulation into nuclear membrane because the cell membrane also contain the lipid. Ghrita having regeneration property, so it can be given for those suffering from degeneration of any tissue. It is also sanskaranuvartana (enhances its properties along with the properties of other drugs mixed with ghee without losing its own natural properties. Snehapana (ghrita) for amavata in nirama shows significant results. The medicated ghrita processed in ushana, katu, tikta rasa drugs is very effective both for ama and vata. It is also prescribed in asthimajagata vata as the involvement of these dhatu are also seen in amavata. Hence ghrita formulation such as Nagaradhi ghrita, Kanjika satpalaka ghritham, Shringaveratya ghrita, Rasona sura, somraji ghrita, Amrita ghrita, Hinguvadhi ghrita etc given in ayurveda classic shows significant results in the management of amavata (Rheumatoid Arthritis)

Keywords: Amavata, Ghrita, Chikitsa sutra, Snehapana, Rheumatoid arthritis.

Registration Code: ABOP 1092



AYURVEDIC HERBAL DRUGS IMPROVES THE HEPATIC OUTCOMES OF PATIENTS WITH NON-ALCOHOLIC FATTY LIVER DISEASE NAFLD

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Non-alcoholic fatty liver disease (NAFLD) and its progressive subset, non-alcoholic steatohepatitis (NASH) affects about 25% of adults worldwide and despite the known risk factors such as diabetes, obesity, age, gender and race, the prevalence of NAFLD is still increasing. NAFLD increases the risk of all-cause mortality, liver-related deaths, malignancy, diabetes and coronary artery disease. NAFLD is closely related to metabolic syndrome (MetS). In modern medical science there is no definite treatment for the NAFLD, therefore option for alternative therapies must be explored. To compare the efficacy of Ayurvedic Compound (AC) versus Placebo in patients with non-alcoholic fatty liver disease (NAFLD). Research design and methods: In this double blind, randomized, controlled study, we randomly assigned 80 patients with MetS and NAFLD to receive Ayurvedic Compound (AC-500mg) (n = 40) or Placebo group (PG- 500 mg) (n = 37) orally twice daily. The primary outcome was a change from baseline in fatty liver index (FLI), lipid accumulation product (LAP) and hepatic steatosis index (HIS) at week 12. Compare to baseline, the AC group experienced a statistically meaningful improvement compared with the placebo- treated group (PG) in serum aspartate (AST) and alanine aminotransferase (ALT) levels, HbA1c, and fasting plasma glucose, HOMA-IR, fatty liver index (FLI), lipid accumulation product (LAP) and hepatic steatosis index (HIS). There was no serious adverse drug reaction (ADR) or adverse events (AE) in either group during the study period. The present study revealed that Ayurvedic Compound (AC) exerts beneficial effects on insulin resistance, fatty liver index (FLI), lipid accumulation product (LAP) and hepatic steatosis index (HIS) after 12 weeks of the treatment of patients with NAFLD.

Keywords: NAFLD, Ayurveda Herbs, Fatty liver, NCD

Registration Code: ABOP 1108



INTEGRATIVE AYURVEDA TREATMENT FOR LUMBOSACRAL RADICULAR PAIN SCIATICA GRIDHRASI COHORT STUDY

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To evaluate results of integrative ayurveda treatment for lumbosacral radicular pain we conducted this cohort follow-up study. Methods: This cohort study was carried out at private clinic in Pune. Follow up of the patients, who underwent integrative ayurveda treatment for lumbosacral radicular pain (Gridhrasi) done for over the period of 8 years. Patient underwent transforaminal epidural injection with Fluoroscopy guidance at level of disc herniation causing nerve compression followed by 12 days' rest. After 12 days, patient underwent integrative ayurveda therapy as per protocol which included Erandmooladi Basti Treatment, ayurveda therapies, ergonomics, ayurvedic nutritional guidance, physiotherapy, psychological counselling. Data was analysed by using statistical software Primer of Statistical analysis: Biostatistics. Measurements were expressed as means and standard deviations for continuous variables and percentages for categorical variables and was analysed. Pre and post procedure interventional values were compared using the one way Analysis of Variance test. Results: Total 520 patients were included in the study. Mean follow up of the patient was 4.7 years (SD=3.6 years). Total female patients were 288 (55.38%) and male patients were 232 (44.62%). Straight leg raise (SLR) for right and left leg was significant for all patients (p)

Keywords: Sciatica, Lumbosacral pain, Integrative, Neurodeficit

Registration Code: ABOP 1109



THEORY-DRIVEN INDIVIDUALISED PRACTICE IN AYURVEDA MAPPING THE PHYSICIANS APPROACHES USING CASE -BASED SCENARIOS

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Theoretical concepts like Tridosha, Prakriti, Agnibala, Dhatu-Sara, and Kriya-kala are given abundant emphasis in Ayurveda education in India. Advocates claim that practitioners employ an individualized approach based on these principles in patient care. However, there is a scarcity of reliable data demonstrating the actual influence of these theories in real-world Ayurvedic practice. Objectives: This study aims to assess how Ayurvedic physicians' decision-making aligns with theoretical constructs using case-based scenarios. Additionally, it explores whether these theories truly lead to personalized treatments. Methods: A cross-sectional survey was conducted among Ayurvedic practitioners in India with at least 5 years of clinical experience. We used convenient sampling and distributed an online form presenting five clinical scenarios. Participants diagnosed, planned treatments, and identified Ayurvedic principles underlying their decisions. Ethical Clearance: This study received approval from the Ethical Committee of Institute Medical Sciences, and PG Medical board, Banaras Hindu University, Varanasi, on 29th October 2021 (Reference: Dean/ 2021/EC/2985). Results: 141 respondents participated in the study, and we received a total of 152 responses as some participants responded to multiple scenarios. The study revealed a lack of consensus among practitioners regarding diagnosis, treatment, and the pathophysiological basis for a given clinical condition. Variability and disagreement were evident, even in identifying the primary Dosha or subtype of a Dosha involved. This study suggests that Ayurvedic practitioners often do not consider factors like digestive strength, constitution, or seasonal influences when prescribing treatments. This raises questions about the validity of claims regarding a theory-driven individualized care in Ayurveda. It also raises the ethical questions pertaining to extensive time spent teaching these theories. It calls for a deeper evaluation of Ayurveda's theoretical framework and its susceptibility to diverse interpretations.

Keywords: Individualisation, Fundamental principles, Survey study

Registration Code: ABOP 1120



A CASE REPORT ON EFFECT OF AYURVEDA TREATMENT MODALITIES OF AMAVATA ON SIMPLE DISEASE ACTIVITY INDEX OF A SEROPOSITIVE RHEUMATOID ARTHRITIS CASE

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Rheumatoid arthritis is a Chronic immune-mediated systemic inflammatory disease characterized by chronic synovial inflammation and hyperplasia, which drive joint erosion and damage, and a range of systemic manifestations, which contribute to overall disease burden. The cause for these manifestations are due to proinflammatory pathways which result in localized joint and systemic inflammation, which occur due to Cytokines such as Interleukin-6 (IL-6), Interleukin-1 β etc. One function of IL-6 is to drive production of the acute-phase reactant following an inflammatory event. In Ayurveda, this Pathology can be explained with the Amavata Samprapti where Ama take seat in Sandhi such as Hasta, Pada, Trika, Janu, Gulpha, Manya etc., leading to pathological alteration in normal physiology of Sandhi. This presents with the major premonitory symptoms such as Vrischika Damshavat Vedana in sandhi (Severe pain), Stabdha Gatra (stiffness in joints), Sandhi Shotha (localised swelling), Jwara (rise in temperature) etc. It can be considered that Ama is the morbid factor which is triggering inflammatory mechanism in the Sandhi and is reflected in the form of raised inflammatory markers in the serum levels when tested in such cases. Methodology: The above theory was verified by inculcating Ayurveda treatment modalities mentioned in Amavata Chikitsa in a 39 year old female who was a known case of Seropositive Rheumatoid Arthritis, was diagnosed as Amavata and treated with Sadhyo Virechana followed by Vaitarana Basti in yoga basthi schedule with simultaneous oral administration of Tablet Vyoshadi Guggulu 750mg 1 TID after food for about 22 days. Conclusion: The outcome was assessed through Simple Disease Activity Index of the subject before and after the intervention as stated. Results showed a significant remission in the Disease activity of the subject.

Keywords: Inflammatory markers, Auto-immune joint disorders, Ama, Sadhyo Virechana, Vaitarana Basthi, Vyoshadi Guggulu

Registration Code: ABOP 1217



ADD ON MANAGEMENT WITH AYURVEDIC FORMULATIONS IN HAND FOOT SKIN REACTION SUBJECTS UNDER STANDARD OF CARE

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Multikinase inhibitors(MKIs)(targeted chemotherapeutic agents) have major mucocutaneous painful adverse effect–Hand-Foot-Skin Reaction(HFSR) with incidence of 35% . The current treatments for HFSR are anecdotal. In case of severe pain, it leads to even interruption/discontinuation of chemotherapy. This affects the quality of life of the patients and also impacts the survival rates. From Ayurvedic perspective, HFSR may be understood as Pitta-rakta-pradhana agantuja vrana due to the teekshnadi gunas of MKIs. Yashtimadhu kashya pariseka and satadhouta ghrta lepana as vrana shodhana-ropana-daaha prasamana helps to reduce the symptoms of HFSR. Methodology: A non-randomized clinical control trial with 22 participants (study group-11, control group-11) was conducted at AIMS, Kochi for 30 days. The medicines given were-Yashtimadhu kashaya pariseka andSatadhouta ghrta lepana alongwith standard-of-care (study group) and standard-of-care (control group). Assessment was done using NCI-CTCAEv5, HF-QOL, VAS scales and statistical analysis with paired & Independent T-test. Results: There was no interruption/ cessation of chemotherapy in study group but in control group,2 subjects had to interrupt treatment due to severe pain. Treatment group(mean difference 2.73) had better pain relief than control group(mean difference 1.09). Quality of life mean difference was also better in study group(19.55) than control group(4.27) Conclusion and Significance of the study: HFSR lesions are erythematous,oedematous,painful and tender that evolve into inflamed and painful calluses. On analysing the effects of Multikinase inhibitors on the body, their clinical presentation may be understood in terms of Pitta-Rakta-Pradhana Agantuja Vrana in Hasta, Pada due to Teekhnaushadhi Gunas of Visha. Yashtimadhu(vrana shodhana-ropana, rakta pittahara, sheeta) as pariseka controls shoppha and facilitates vrana-ropana. Ghrta lepana(vatapittahara, sheeta virya,daahaprasamana) facilitates ropana. The combined effect of the study drugs as an add on to standard-of-care has helped in reducing the intensity of pain and improving the quality of life of the subjects in the study group.

Keywords: Multikinase-inhibitors, Yashtimadhu, Satadhouta ghrta, HFSR

Registration Code: ABOP 1248



MITIGATIVE EFFECT OF POLYHERBAL FORMULATION ON INFLAMMATION

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Polyherbal formulation combining several herbs is suggested to accomplish enhanced therapeutic effects and minimize adverse effects. The purpose of this study was to unravel the anti-inflammatory and analgesic effects of the new proprietary product of polyherbal formulation. The acute toxicity effect of this polyherbal formulation was assessed at a dose of 2000 mg/kg body weight, administered orally to female Wistar rats for 14 days. Anti-inflammatory effects of the capsule were studied in lipopolysaccharide-stimulated RAW 264.7 macrophage cells. The expression level of NF- κ B, COX-2, and IL-6 genes that regulate inflammatory pathways was evaluated on the RAW 264.7 cells by semi-quantitative RT-PCR. Finally, the formulation was subjected to HRLC-MS analysis for compound identification. Acute toxicity studies revealed that the formulation did not display any visible signs of toxicity up to the dose of 2000 mg/kg body weight. These results indicated the safety of oral administration of the new Soft Gel capsule. The present study of the Anti-inflammatory activity of soft gel capsules, against carrageenan-induced paw edema, showed that the capsule significantly affected inflammation at the dose of 7.2 mg/kg, comparable with the standard drug diclofenac sodium. From the results on the analgesic effect of this formulation, it was seen that the formulation was showing a better result at a dose of 7.2 mg/kg. The capsule showed a remarkable inhibitory effect on proinflammatory mediators like cyclooxygenase (COX), lipoxygenase (LOX), myeloperoxidase (MPO), nitric oxide (NO), and inducible nitric oxide synthase (iNOS) in LPS stimulated RAW 264.7 macrophage cells. It can be concluded that the medicine possessed marked anti-inflammatory, and analgesic effects and its safety usage up to 2000mg/kg body weight in an experimental animal. Hence this new formulation serves as a better therapeutic and protective agent against inflammatory response. HRLC-MS results also supported the anti-inflammatory efficacy of the new soft gel capsule.

Keywords: Soft gel capsule, A polyherbal formulation, Anti-inflammatory and analgesic effects, Inflammatory response, HRLC-MS.

Registration Code: ABOP 1286



AN AYURVEDIC SCIENTIFIC PROTOCOL IN INTERNET GAMING DISORDER - A PRE POST CLINICAL STUDY

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Internet video gaming has become one of the major entertainment means from the beginning of digital era. IGD is the persistent and recurrent use of the internet to engage in games, often with other players, resulting in a cluster of cognitive and behavioural symptoms. Problematic gaming has been found to increase psychosomatic disorders and decreased social functioning. The estimated prevalence of IGD is about 10-15% in Asian countries and 10.6% among the adolescent population in India. Compulsive behaviours can be understood as atiyoga of Indriyartha samyoga and impairment of Dhi, Dhriti and Smriti resulting in mada. A protocol consists of Sidharthaka agada and Satvajaya chikitsa was framed and to generate preliminary evidence about the intervention efficacy, a clinical study was carried out. AIM- To evaluate the effectiveness of an Ayurveda treatment protocol containing Sidharthaka Agada and Satvajaya chikitsa in Internet Gaming Disorder. Materials and Methods:- Twenty subjects satisfying the inclusion and exclusion criteria diagnosed as per DSM 5 criteria for IGD was recruited and a protocol comprising of Pachana-Deepana, Snehapana, Virechana, Sidharthaka Agada Shamana Oushadha and Satvajaya chikitsa for a period of 30 days was administered. Assessment was done with IGDS9SF scale before and after trial and the obtained results were analysed. The mean value of total score of BT which was 29.00 dropped to 15.25 after treatment. The observed difference was statistically significant at p

Keywords: Internet Gaming Disorder, Sidharthaka agada, Satvajaya

Registration Code: ABOP 1295



AN N OF 1 TRIAL TO EVALUATE THE EFFECT OF PERSONALIZED AYURVEDIC MANAGEMENT IN RHEUMATOID ARTHRITIS

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N-of-1 or single subject clinical trials consider an individual patient as the sole unit of observation in a study investigating the efficacy or side-effect profiles of different interventions. An N of 1 trial is randomized clinical trial done in crossover manner at multiple times in a single patient. The treatments are randomized rather than the subjects as in comparative clinical trial. The success of an n-of-1 trial largely depends on the collaboration and commitment of both clinician and patient. Clinicians must explain the process to their patients, collaborate with them in developing outcome measures most appropriate to the individual, monitor patients at regular intervals throughout the trial, evaluate and explain what the results of the trial mean, and work with patients to determine the course of treatment based on trial findings. A case of RA is treated in Government Ayurveda College Hospital trippunithura from 2012 to 2023 at multiple times incorporating different modalities of treatment based on their physiological and Pathological entities manifested from time to time. Rheumatoid arthritis is chronic inflammatory systemic illness, which can be managed effectively with multiple modalities of treatment as explained in Vatarakta chikitsa. Vasthi has a significant role in the management of Gambeera vatarakta associated with Asthi vakrata. Judicious application of Sneha is also very important in managing pain and stiffness of Rheumatoid arthritis. As Vyadhikshamatwa heenatha is a major underlying pathology in the manifestation of RA, Rasayana chikitsa has a major role in modifying the sequelae and preventing the recurrence of the condition. Adhering to ayurvedic principles and staying positive can definitely do wonders in the management of Autoimmune diseases.

Keywords: N of 1 trial, Rheumatoid Arthritis, Personalised Ayurveda treatment.

Registration Code: ABOP 1312



A CASE REPORT OF ADENOCARCINOMA STOMACH WITH BONE METASTASIS MANAGED WITH AYURVEDA

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Stage IV gastric carcinoma with bone metastasis portrays an unfavourable prognosis. I want to report a case of primary gastric carcinoma with potentially inoperable metastasis, which responded to Ayurveda positively. **Methods:** A 46-year-old woman arrived at the outpatient department complaining of intermittent abdominal discomfort and low back pain. An endoscopy of the upper GI tract revealed an ulcer in the distal body of the stomach. Gastric tissue biopsy pointed out a pathological diagnosis of poorly differentiated adenocarcinoma. Abdominal computed tomography showed a focal ulcer of the stomach and multiple lytic lesions of vertebrae and pelvic bones- metastasis. PET-CT scan revealed metabolically active wall thickening involving the distal body of the stomach and metabolically active multiple lytic skeletal lesions involving dorsolumbar vertebrae, sternum, sacrum, and pelvis- possibly metastasis. She was advised palliative chemotherapy, which she refused and opted for Ayurveda management. Oral medications were prescribed with regular follow-ups and monitoring. She was asymptomatic during the course. **Result:** After 12 months of Ayurvedic treatment, a PET-CT scan was repeated. Compared to the previous PET-CT scan, no fresh lesions were noted, and a decrease in metabolic uptake was noted in gastric and skeletal lesions. Ayurveda polyherbal combinations may improve the quality and quantity of life by slowing down the metabolic activity of the disease.

Keywords: Ayurveda, Gastric carcinoma, Metastasis ,Quality of life

Registration Code: ABOP 1313



A CASE SERIES ON AYURVEDIC MANAGEMENT OF AMLAPITTA

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Amlapitta is one of the most common diseases of GIT due to the fast modernized diet and lifestyle. Indulgence in unhealthy and incompatible ahara and vihara contributes to a wide spectrum of diseases which has their origin in GIT. Materialistic lifestyle provokes people to run behind a busy and stressful life which ends up in the least concern towards proper food habits. The ruling features of Amlapitta are Avipaka (indigestion), Urodaha (Burning in the chest), Utklesha (Nausea), Aruchi (Anorexia), and Tikta-Amlodgara (sour and bitter belching) as per the Ayurvedic classical texts. The signs and symptoms of Amlapitta are comparable with antral gastritis. Symptoms of antral gastritis include dyspepsia, heartburn, abdominal pain, hiccups, loss of appetite, nausea, and vomiting. The usage of synthetic drugs like H₂ receptor blockers & proton pump inhibitors has decreased due to their side effects. This provides a large scope for Ayurveda in the management of this disease. In classics, formulations to be used based on dosha predominance are clearly mentioned for each disease, this points towards the importance of considering dosha in the management of any disease. Acharya Kashyapa mentioned types of Amlapitta based on dosha dusti. In this work, a case series on Amlapitta with the predominance of urodaha, utklesha, and tikta amlaudgara are taken and treated with Saptasaram kashayam and Avipathi churnam and the symptoms are assessed before and after the trial using Ayurvedic symptomatic grading score. The above-mentioned symptoms considerably reduced and reduced the recurrence of the disease.

Keywords: Amlapitta, Antral gastritis, Ayurvedic symptomatic grading score, Dyspepsia, Heart burn, Nausea, GIT, Saptasaram kashayam

Registration Code: ABOP 1317

ROLE OF RUKSHAVASTHI IN REDUCING INFLAMMATORY MARKERS OF RHEUMATOID ARTHRITIS- A CASE SERIES

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Rheumatoid arthritis is a systemic autoimmune disease characterized by inflammatory arthritis and extra-articular involvement. It is a chronic inflammatory disorder caused in many cases by the interaction between genes and environmental factors that primarily involves synovial joints. Vatarakta is an illness where both Vata and Rakta are afflicted by distinct etiological factors. The disease Vatarakta has similarities with Rheumatoid arthritis. Inflammatory processes play a pivotal role in the pathogenesis of RA. Markers of inflammation such as CRP, IL-6, TNF- α etc are highly expressed in synovium fluid and serum of arthritic patients and play an important role in the pathophysiology of RA. Sodhana chikitsa is an important treatment modality in Ayurveda in which the disease causing morbid doshas are eliminated through nearest route. Among panchakarma procedures, Vasthi is considered as most important and is known as Ardha chikitsa too. Rukshavasthi is a type of Nirooha vasthi mentioned in Chakrapani tika and is widely practiced nowadays in different clinical scenarios. This case series had 5 mid aged, morbid patients with maximum symptoms of RA along with hemogram of inflammatory markers. They were diagnosed by contemporary methods of pathology and treated with Ayurvedic classical Rukshavasthi for 14 days along with continuing the medicines for their ongoing morbidities. All 5 patients showed recoveries without any complications, they reduced their all symptoms, drastic reduction in their CRP, ESR and corrections in their hemograms were observed and also they showed any complications neither physically nor in their pathological tests. Symptomatically also the patients showed remarkable changes. Hence it can be concluded that early diagnosis and treating it with Ayurvedic medicine can manage RA in a very successful way.

Keywords: Ayurveda, Rukshavasthi, Inflammatory markers, Rheumatoid arthritis.

Registration Code: ABOP 1325



ROLE OF UTTARABASTI IN NEUROGENIC URINARY INCONTINENCE- A SINGLE CASE STUDY

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Neurogenic bladder refers to dysfunction of the urinary bladder arising from internal or external trauma, disease, or injury of the central, autonomic or somatic nervous system in the control of micturition. Depending on the nerves involved and the nature of the damage, bladder becomes either overactive or underactive and this usually presents clinically as urinary incontinence or retention of urine. Urinary incontinence (UI) is a hygienic problem and is one of the troublesome, important cause of morbidity and impairment of quality of life, in both men and women. Deranged function of vata dosha especially apana vata along with prana vata and vyana vata are the main culprit of neurogenic bladder. Vitiated doshas causes mootravaha srotodushti and atipravritti of mootra. Uttarabasti is a subtype of basti recommended in many uro-genital disorders. This case study discusses the effect of Mootramarga uttarabasti in reducing the signs and symptoms of neurogenic urinary incontinence and thereby improving the quality of life. A 66 year old male patient was admitted with weakness of left upper and lower limbs, slurred speech, and difficulty in controlling micturition since 5 months. He was a diagnosed case of stroke on the basis of brain computed tomography scan. Uttarabasti was administered for 8 days with Dhanwantara taila and Balamoola kashaya alternatively. The intervention resulted in reducing the symptoms of neurogenic urinary incontinence like frequency and amount of leakage as evidenced by the reduction in ICIQ-UI -SF score from 21 to 15. It was observed that the overall impact of the disease reduced and quality of life got improved with the help of King's health questionnaire (KHQ). Follow up was taken to evaluate the sustainability of the result. This case study demonstrates that neurogenic urinary incontinence can be well managed with Ayurvedic treatment.

Keywords: Uttarabasti, Neurogenic bladder, Dhanwantara taila, Balamoola, Incontinence

Registration Code: ABOP 1329



A CLINICAL STUDY TO EVALUATE THE EFFICACY OF LAKSHA ARJUNA GUGGULU IN OSTEOPOROSIS WSR TO BMD

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Osteoporosis is a generalized skeletal disorder of low bone mass and deterioration in architecture causing susceptibility to fracture. The disease is the result of multiple physical, hormonal, nutritional and life style factors acting alone or in concert. It usually generates along with senile and postmenopausal changes in the body. Drugs used in modern medicine cause adverse effects on prolonged use and bone density falls gradually on stoppage of these medicines . So need arises on a drug which is effective and safer for prolonged use and cost effective also. In Ayurveda we can correlate osteoporosis as Asthisoushrya. Vata kopa and asthikshaya can result in Asthisoushrya. Study was undertaken to evaluate the effect of Laksha Arjuna guggulu in Osteoporosis. The study drug Laksha Arjuna guggulu consists of Laksha, Arjuna, Guggulu and Ghrita made into vatika form with sandhaneeya, rasayana and vatahara properties pacifies vata and restores asthidhatu to some extent. Patients attending OPD, Kayachikitsa, Govt. Ayurveda college Thiruvananthapuram of age group 40-60yrs of both sex satisfying inclusion criteria were selected as the study population. Study was conducted in single group and study drug Laksha Arjuna guggulu was given to study subjects for 3 months. 20 patients were present in the study till the end and the result was assessed in clinical and investigative level. The main investigative tool was BMD test and the evaluation was done on 0th , 90th and 135th day. The study drug showed effect by showing significant statistical results in BMD and other subjective parameters. Thus it is recommended that the above said formulation is a safe and potent drug which can be effectively used in management of Osteoporosis.

Keywords: Osteoporosis, Laksha Arjuna guggulu, Bone mineral density

Registration Code: ABOP 1362



ROLE OF LEPA CHIKITSA IN THE MANAGEMENT OF VYANGA

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The beautiful face is the outward expression of beautiful soul. Beauty is said to be “in the eye of the beholder”. Healthy skin reflects a good mental and physical state of an individual. In this aesthetic era, people are getting more and more beauty conscious. As Ayurveda is an ancient science has vast description of the topical application in the name of Lepa Kalpana described both as Chikitsa for various skin diseases and for beauty. The medicines that are in the form of a paste and used for external application are called as Lepa. Many diseases concerned with cosmetic value, Vyanga is one of the commonest pigmentary disorders in advancing society. Vyanga is one among the Kshudra roga which has got a major importance as a cosmetic problem and it decreases the glowing complexion of the face. Vyanga is a disease where Vata which is being aggravated by Krodha and Ayasa along with Pitta reaches the Mukhapradesha to produce the patches of Niruja, Tanu, and Shavavarna Mandalas on the face. Ayurvedic management of Vyanga includes Lepa, Abhyanga, Siravedha, Nasya, Vamana, Virechana and Abhyantara Aushadi. Among them Lepa is considered to be one of the simple, effective procedure and can be used in day to day life without any side effects. Here Lepa chikitsa is selected because local application is more useful in skin disorders as it directly acts on lesion and it acts as preventive and curative aspects of any skin problems.

Keywords: Lepa Chikitsa, Vyanga

Registration Code: ABOP 1386



A CASE STUDY ON THE AYURVEDIC MANAGEMENT OF DIABETIC PERIPHERAL NEUROPATHY

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Diabetes mellitus has risen to become the most prevalent non-communicable disease worldwide. The most prevalent microvascular complication of diabetes mellitus is diabetic neuropathy (DN). It reduces the quality of life and lead to disabilities and gait disturbances. Long term dependency of medications as well as its recurrence has become an agony to diabetic patients. Distal symmetrical neuropathy is the most common form of diabetic neuropathy . Diabetic neuropathy, though considered as an upadrava vyadhi, no direct correlation for it is found in classics. Its symptoms can be found in the purvarupa, rupa as well as the upadrava of prameha. Due to the severity of neuropathy symptoms, it should be considered and treated as a separate vyadhi. A 64 year old male diabetic patient , who was diagnosed with diabetic peripheral neuropathy was treated with a combination of ayurvedic internal medications and external therapies . The protocol included rookshana with internal administration of 48 ml of Manjishtadi Kashaya at morning and evening one hour before food along with dhanyamladhara for 7 days. Next 14 days snehana was done with internal administration of 48 ml of Manjishtadi Kashaya with 6ml of Ksheera guluchi taila anupana in morning and evening one hour before food along with Mashasaindhavadi abhyanga poorva dhanyamladhara . The patient was screened using Michigan neuropathy screening instrument . Assessment of the patient was done before treatment , after treatment and after a follow up period of 21 days using Diabetic neuropathy symptom score and Toronto clinical scoring system . Significant improvement was seen in all the scores after treatment .

Keywords: Diabetic peripheral neuropathy, Diabetes mellitus, Manjishtadi Kashaya, Ksheera guluchi, Masha saindhava tailam, Dhanyamladhara

Registration Code: ABOP 1414



EFFECT OF AN AYURVEDIC TREATMENT PROTOCOL IN GOUTY ARTHRITIS

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Gout, is an inflammatory response to the Monosodium-urate-crystals formed secondary to hyperuricaemia. It affects 1-6.8% of adults in developing-countries and is expected to increase in coming years due to sedentary lifestyle. Current conventional medical-management aims at symptomatic-relief, with limitations and side-effects. In Ayurveda, gouty-arthritis has similarity to Vata-Pittadhika-Vatarakta, accordingly treatment was planned. Present study, designed to evaluate the effect of Ayurvedic protocol in reducing signs and symptoms along-with uric acid and ESR levels in Gouty Arthritis. A study with 20 patients, diagnosed with GA by ACR-EULAR Gout classification 2015 criteria and who met with inclusion and exclusion-criteria were recruited. Administered with Guduchi-Siddha Ksheeravasthi, Guduchi-Kashaya and Punarnava-Guggulu. Assessment of pain was done by VAS and serum uric-acid level and ESR level was assessed on day 1 and day 31. Changes were analysed before and after treatment using paired t-test and Wilcoxon signed rank test. Significant improvement (p)

Keywords: Bruhat Guduchi Taila, Guduchi Kashaya, Guduchi Siddha Ksheeravasthi; Punarnava Guggulu

Registration Code: ABOP 1419



MANAGEMENT OF JALODAR ASCITES THROUGH TREATMENT PRINCIPLE OF AYURVEDA A CASE REPORT

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An unnatural buildup of fluid in peritoneal cavity is known as Ascites. There are many aetiological reasons, but Liver Cirrhosis is most frequent one. It can be correlated with Jalodar, which is one of the important types of Udarroga (Disease of abdomen). It is described in Charak, Sushruta, Ashtanghridaya. Case Report – This case of Ascites includes Kukshi Aadhman, Aatop, Ubhay Paad Shotha, Aruchi and Daurbalya. The patient had a history of persistent alcoholism but neither diabetes nor hypertension. He was treated in accordance with the Charak Samhita description of Jalodar's treatment principles, which includes Nityavirechan (daily purgation) by using Ayurvedic medications, Srotoshodhan (microchannels cleansing) and few Ayurvedic hepatoprotective drugs. Purpose of Study – Despite the availability of modern medical advances, there is currently no sure cure for Ascites. With time dependent recurrence, modern treatment only offers temporary relief, but the fluid accumulates in the abdomen on various times. This is a step towards providing a suitable Ayurvedic treatment protocol for Jalodar and planning to prevent its recurrence. Materials and Methods - The criteria of assessment was based on the USG-Abdomen, LFT, KFT and signs and symptoms of Jalodar present in patient before and after treatment. Observation and Result – All of the patient's complaints, including Kukshi Aadhman, Aatop, Ubhay Paad Shotha, Aruchi and Daurbalya were completely resolved. USG (abdomen) repeated after 1 month showed no ascites and there was significant improvement in values of LFT and KFT. Conclusion – The favorable outcomes of this study encourage researchers to carry out more studies to establish an Ayurvedic Jalodar (ascites) treatment plan. Significance of the study - Unlike modern treatments, the ayurvedic therapy of Jalodar prevents its recurrence and does it without any adverse effects.

Keywords: Jalodar, Ascites, Nityavirechan, Hepatoprotective, Srotoshodhan

Registration Code: ABOP 1426



AYURVEDA AS A REHABILITATIVE MEDICINE IN PAKSHAGHATA HEMIPLEGIA WITH SPECIAL REFERENCE TO ISCHEMIC STROKE

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Pakshaghata is the major Vyadhi of Vata Dosha. A condition known as Pakshvadha or Pakshaghata occurs when the Sharira Dhamni's are invaded by severely aggravated Vata Dosha resulting in Sandhibandhmoksha and paralysing one half of the body, producing Chestahani of the side with agony and loss of speech. There is impairment of Karmendriyas, Gnyanendriyas and Manas seen. Gyanendriyas are seen as a component of the sensory system whereas Karmendriyas are regarded as a component of the motor system. From a modern standpoint, it can be linked to Cerebrovascular Accident/Stroke (Hemiplegia). Stroke or CVA is defined as the rapid onset of focal neurological deficits resulting from a disease of cerebral vasculature and its contents. 85% are Ischemic strokes and 15% are primary haemorrhage. According to WHO, 15 million people suffer strokes worldwide each year; of these, 5 million die, and another 5 million are permanently disabled. Hence, the disease has a poor prognosis, making the patient disabled and dependent. In the present article, we tried to find out etiopathogenesis, clinical features and management of disease from Ayurveda classics, which will provide base line data to help young physicians to deal with this disabling disease. Material and methods- Ayurvedic classical texts, modern literature, research article and research journals. Result- Many studies shows good results of Panchkarma procedures and ayurvedic medicines. Discussion- Pakshaghata is Vaat Nanatmaja Vyadhi, considered as Mahavyadhi. Ayurvedic management with Panchkarma procedures like Abhyangam, Vaspa Swedana, Mridu Virechan, Vatanuloman and Shirodhara along with oral medication are effective in the management of Pakshaghata (Hemiplegia). These approaches are safe, cost effective and easy to follow. Keywords- Pakshaghata, Ischemic stroke, Hemiplegia, Panchkarma and ayurvedic medicines.

Keywords: Pakshaghata, Ischemic stroke, Hemiplegia, Panchkarma and ayurvedic medicines

Registration Code: ABOP 1456



A RANDOMIZED CONTROLLED TRIAL TO ASSESS THE EFFECT OF TINOSPORA CORDIFOLIA GUDUCHI AND COMMIPHORA MUKUL GUGGULU IN AVARANA IN METABOLIC SYNDROME

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In the present social scenario, Avarana, emerges as a significant pathological process, in non-communicable conditions like metabolic syndrome. An RCT was done to assess the effect of *Tinospora cordifolia* (Guduchi) and *Commiphora mukul* (Guggulu) powder on Avarana in metabolic syndrome using the AMT-MS assessment tool. Methods The trial, registered under CTRI (CTRI/2018/05/013837), was done at Govt. Ayurveda College, Thiruvananthapuram, involved 10 participants in each group. The intervention group received 6g of Guduchi and purified Guggulu powder twice daily for 60 days, while the control group took 500 mg of fried wheat-filled capsules (2-0-2). Data collection occurred on days 0, 30, 60, and 90, comparing Avarana scores within and between groups to evaluate the medication's effectiveness using Avarana Measurement Tool in Metabolic Syndrome (AMT-MS). Results Statistical analysis revealed that on the initial day, the mean and standard deviations were 44.1 (9.97) and 42 (5.91) for the intervention and control groups. On the 90th day, the scores were 27.8 (10.79) and 40.5 (7.09). The repeated measures ANOVA revealed that the main effect of time on Avarana score is statistically significant, Wilks' lambda=0.230, F(3,16)=17.879, p

Keywords: Avarana, Metabolic Syndrome, Amt-Ms, Guduchi, Guggulu

Registration Code: ABOP 1493



AN INTEGRATIVE PROTOCOL FOR INSOMNIA DURING CANCER-CHEMOTHERAPY A NON-RANDOMISED ACTIVE CONTROL TRIAL

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Insomnia is one of the most common sleep-wake disorders reported by cancer patients undergoing chemotherapy-cycles, affecting 30.9% to 54.3% in India and 30% to 93% globally. It can lead to fatigue, mood-disturbances, reduced-attention, trouble concentrating on tasks and contribute to immunosuppression, which can have a profound impact on quality-of-life and affect dose reduction and even cessation of chemotherapy, thereby affecting prognosis of cancer. Even though pharmacologically managed with hypnotics and antipsychotic drugs, they don't offer a life without dependency and causes various short-term and long-term complications. Due to limitations in drug-drug interaction studies, a promising integrative approach was to be explored. According to Ayurveda, Nidranasham or lack of sleep results from Vatapitta vrudhi, Dhatukshaya, derangement of Rajasika and Tamo Guna and also Rogas pertaining to Manas. A Non-Randomized Active-Control trial was conducted with 30 subjects (15 in each group) diagnosed with insomnia (ISI score 15-24) as per oncologist. Pre and Post assessment were done with ISI and PSQI on 0th and 15th day. Control-group was administered zolpidem 5mg for 14 days and study-group was given Shirothalam (Kachuradi-churnam and Ksheerabala-101) and Padabhyangam (Ksheerbala-Thailam) for 14 days as add on. After completion of study, results were statistically analysed. Study-group showed reduction in mean values of ISI score (17.1 ± 3.9) and PSQI score (9.0 ± 2.6) than mean values of ISI score (8.7 ± 3.5) and PSQI score (1.5 ± 3.0) of control-group with p -value < 0.05 . Observing the patients receiving chemotherapy, chemotherapy-administration could be perceived as Tikshna-Ushna-Ruksha-Aushadhi sharing attributes of visha causing Oja-kshaya leading to profuse vatapitta-vrudhi and all other etiological-factors of Nidranasham. In view of, Samanya Chikitsa of Nidranasham, Shirothalam (Kachuradi-churnam and Ksheerabala-101) bestowing Vatapittaharatwam and Indriyaprasadanam and Padabhyangam (Ksheerabala-thailam) bestowing Shramaharam and Nidrajananam were selected. Zolpidem, a non-benzodiazepine is widely used for short-term treatment of sleeping problems. Integrative protocol was markedly effective in insomnia and improving quality of sleep during cancer-chemotherapy.

Keywords: Insomnia, Chemotherapy, Shirothalam, Padabhyangam, Ksheerabala, Kachuradi-Churnam

Registration Code: ABOP 1507



A REVIEW ON VATARAKTA WITH SPECIAL REFERENCE TO PATHYA-APATHYA IN VATARAKTA

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Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The health of an individual solely depends on one's diet and life style. Nowadays human beings are more vulnerable to many disorders due to their faulty dietary habits and altered life style. These disorders may be causing functional impairment or crippling disorders like Vatarakta. Vatarakta is more distressing and common metabolic disorder in this era due to sedentary life style along with mental stress and other precipitating factors. Apart from being a part of regime of healthy living, Acharyas had also extended the concept of Pathya (wholesome) and Apathya (unwholesome) as a part of the treatment of the diseases. It is very much necessary for the patients to have the food which will keep their Dhatu in healthy state and will not let them get vitiated more from Doshas , so the patients must follow the healthy way of consumption of food i.e. Pathya. Pathya is the one which keeps the person healthy, maintains normal body functions leads to proper functioning of the organs, nourishes the mind and intellect, prevents diseases and at the same time corrects the irregularities that may occur in the body

Keywords: Vatarakta, Pathya, Apathya

Registration Code: ABOP 1532



EFFECT OF ASHTANGA GHRITHA AS SAMANA-SNEHAPANA IN MILD COGNITIVE IMPAIRMENT

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Mild cognitive impairment is the initial stage of loss in memory and cognitive abilities. Even though there is only a slight loss in memory, there is a noticeable decline in mental abilities like thinking, language, judgement but only to a lesser extent that they do not reflect much in their day-to-day activities. As the chances of progression of mild cognitive impairment into dementia are relatively high, it is better to prevent the same in the initial stage itself. Here in the current study Ashtanga ghritha mentioned in Ashtanga Hridayam Uttara sthanam – Balopacharanyam Adhyayam is taken as the study drug. The study was planned with the objectives to assess the effect of Ashtanga Ghritha as Samana Snehapana and to assess the Quality of Life of subjects with Mild Cognitive Impairment. 21 participants satisfying the inclusion criteria were selected from the OPD and IPD of Government Ayurveda college, Tripunithura and were intervened with Ashtanga Ghritha – 20 ml daily at early morning in empty stomach after getting appetite for a time duration of 60 days. Assessment was done before treatment, after one month and two months of treatment using Mini Mental Status Examination and Montreal Cognitive Assessment Scale and follow up was taken after 90 days. Improvement in Quality of life was assessed using the WHOQOL- BREF Scale before treatment, after one month and during follow up after 90 days. The data obtained was analysed statistically. Ashtanga ghritha has statistically significant effect in improving general cognitive functions, registration, recall, immediate memory after 2 months of intervention in the particular setting. On assessment with Mini Mental Status Examination and Montreal Cognitive Assessment scale after 30 days and 60 days of intervention and after follow up, the results were statistically significant with a P value

Keywords: Mild cognitive impairment; Ashtanga Ghritha; Mini Mental Status Examination; Montreal Cognitive Assessment Scale; WHOQOL- BREF Scale.

Registration Code: ABOP 1533



A REVIEW ON RECENT ADVANCES AND KERALAS TRADITIONAL APPROACH IN THE MANAGEMENT OF SCIATICA

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Sciatica is a symptom rather than a specific diagnosis. In Ayurvedic point of view , Gridhrasi may be correlated with Sciatica where stambha, ruk, toda, starting from buttocks and radiating down the posterior border of uru, janu, jangha and paada that is along the path of the sciatic nerve. Here the patient walks like the bird gridhra that is his legs are rigid and slightly bent showing similarity to a vulture's gait. Incidence rate of low back pain is significant as more than three quarters of the world's population experience this at some or other time during their lifetime. Sciatica limits leg movements especially in most productive era of life with 40% of people experiencing radicular discomfort. In modern medicine, treatment is concerned about surgical correction of the pathology or pain management. Treatment in Ayurveda is aimed at restoring the equilibrium through correction of the functional in-equilibrium. During the present era, Ayurvedic concepts must be evaluated and revised in light of contemporary scientific advancements. Many revised advancements are seen in procedures which deeply holds Ayurvedic principles. Many medicinal yogas of Ashtavaidya tradition in Kerala found to be very effective. Yogasanas , marma based treatments, pathya apathya ahara vihara gives added benefits in management. Medicinal yogas in Kerala's Traditional books such as sahasrayoga, chikitsamanjari, yogamrtam etc found to be very effective in the management of Sciatica. The detailed study about the disease provide insight in to the hazards of Gridhrasi and provide valuable key for the effective management. A humble attempt is made to enlighten and familiarize recent advances and Traditional practices and yogas from Kerala to all, crossing the boundaries.

Keywords: Sciatica, Gridhrasi, Kerala's Traditional books , Ashtavaidya tradition, Yogasanas , pathya apathya ahara

Registration Code: ABOP 1537



CHEMOTHERAPY IN BREAST CANCER - AN AYURVEDIC PERSPECTIVE

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Cancer is a class of disease characterized by an abnormal cell growth .There are 200 types of cancer that are classified by the type of cells that they affect initially. Cancer is labelled as the second largest cause of death globally .Breast cancer is the most prevalent cancer in the world as over 7.8 million people have been affected over the last five years . Chemotherapy is widely used to treat and improve the quality of life and health of patients .The Chemotherapeutic procedures are associated with long term and short term after effects .In this juncture, many people prefer ayurvedic treatment for the management of the after effects.Approximately 90% of patients with breast cancer experience at least 1 After effect. The most frequent chemotherapy-related after effects observed in Indian patients with breast cancer include alopecia, nail discolouration, dysgeusia, and anorexia etc. The treatment modalities of cancer have been widely modernized along the decades and have paved new pathway to arrest and eradicate the disease. Chemotherapy being the widely used treatment procedure for breast cancer have produced significant results .yet many after effects tends to rise after the treatment which may be short term or long term after effects. these after effects decreases the quality of life of patients after chemotherapy. Assessment of the status of fundamental elements of ayurveda such as Dosha,Dushyas in Breast cancer patients after chemotherapy and understanding it would lead to development of an appropriate ayurvedic intervention , which will pave a new way in successful management of the after effects of chemotherapy in breast cancer patients.

Keywords: Chemotherapy, After effects, Breast cancer

Registration Code: ABOP 1593



APPLICATION OF SHADUPAKRAMA IN VARIOUS STAGES OF BRONCHIECTASIS

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The word Upakrama in terms of Ayurvedic classics refers planning a line of treatment and executing it to a perfection for betterment of the disease. Hence, the Shadupakrama, the combination of six prime Upakramas of Ayurveda can be considered a part of Yuktivipashraya chikitsa of Trividha Chikitsa. It consists of the procedures like Langhana, Brimhana, Rookshana, Snehana, Swedana and Stambhana. Bronchiectasis is a chronic, debilitating respiratory condition that affects people of all ages. It is most prevalent in women and those older than 60 years and prevalence is increasing. Genetical and acquired are leading cause of this disease. In Ayurveda, considering the pathology of Bronchiectasis we can correlate the initial phase there with KaphaPitta predominance and later phase with VataKapha predominance. Here we are mainly analysing Shadupakrama in various stage of Bronchiectasis. Snehana, Swedana, Rookshana Upakrama can be applied in exacerbation of dyspnea. Langhana Upakrama can be applied in Bronchiectasis with fever. Brimhana Upakrama can be applied during destruction to wall and lung tissue condition. Stambhana Upakrama can be applied in complications like hemoptysis. So the treatment protocol of management of Bronchiectasis can be placed under Shadupakrama

Keywords: Chikitsa, Dyspnea, Hemoptysis, Swedana

Registration Code: ABOP 1615



CRITICAL ANALYSIS OF THE OSTEOPOROSIS AND ITS AYURVEDIC MANAGEMENT

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Osteoporosis is defined as a disease in which there is lowered bone mass and micro architectural deterioration of bone tissue with consequent increase in fragility and susceptibility to fractures. It is estimated that worldwide osteoporosis causes more than 8.9 million fractures annually. This disease is clinically silent but progressive, usually only noted when a fracture occurs. According to International osteoporotic foundation, it is estimated that over 200 million people worldwide suffer from this disease. Recent Indian censuses shows that there are 163 million people above 50 years of age and scientific reports suggest that 30% of women and 15% of men are suffering from osteoporosis. Among women aged 45 and older, osteoporosis leads to more hospitalization days than several other conditions, including diabetes, myocardial infarction, and breast cancer. In India, Osteoporosis is becoming a significant public health concern due to the rising elderly population. At least 40% of these women & 15-30% of men will sustain one or more fragility fractures in their remaining lifetime. This condition can be correlated to asthikshaya or asthi majja gata vata. A chronic pathology of asthigata vata with definite phase of asthisaraheenata can lead to asthi soushirya Ayurvedic classical formulations advised in vatavyadhi, vata raktha and bhagna chikitsa are found to have significant effect on treatment. Conventional medications frequently excel in providing relief from symptoms, but their focus is primarily on symptomatic relief. In contrast, Ayurveda offers a broader approach, aiming not only at treatment but also at disease prevention. The full paper will provide a comprehensive exploration of the disease's pathogenesis and its management through Ayurveda.

Keywords: Osteoporosis, Osteopenia, Asthikshayam, Asthimajja kshaya, Ayurvedic Approach

Registration Code: ABOP 1624



A REVIEW OF CURRENT STRATEGIES AND FUTURE POSSIBILITIES IN THE MANAGEMENT OF TAMAKA SHWASA ROGA WSR TO CHRONIC OBSTRUCTIVE PULMONARY DISEASE COPD

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Chronic obstructive pulmonary disease is a common respiratory disease with progressive and persistent airway obstruction. In the GOLD 2023 report, the heterogenous pattern of the disease is mentioned in its definition which was missing earlier. After recognising the individual variability and treatment response, the treatable traits approach has gained momentum. In the classics of Ayurveda, Shwasa Roga has been classified into five main types with further subclassifications. One of the five types of Shwasa Roga i.e., Tamaka Shwasa Roga can be cured if the patient is recently afflicted otherwise, it can only be managed. Objectives: In this review, classical texts of Ayurveda, clinical studies, case reports and review articles have been explored to understand the basic nature of disease and existent management strategies for Tamaka Shwasa Roga w.s.r. to COPD. Information for this review is collected from classical texts of Ayurveda and online databases. Tamaka Shwasa Roga can be understood as obstructive respiratory disease. Kaphaja Kasa can be correlated to GOLD- Stage 0 of COPD. Studies have shown that Ayurvedic therapy alone can be of great value in the management of this disease and severe COPD cases, it can be used as an add-on to conventional medicine. However, no research work was found that studied the heterogeneous nature of COPD from an Ayurvedic perspective. It is thus suggested that thorough research should be planned for ascertaining the efficacy of the whole system approach of Ayurveda in the management of COPD and for Kaphaja Kasa so that its relation to COPD can be established with robust evidence.

Keywords: Shwasa Roga, Tamaka Shwasa Roga, Chronic Obstructive Pulmonary Disease, heterogeneous pattern, Whole system approach, Conventional therapy, Add-on therapy

Registration Code: ABOP 1695



AYURVEDIC MANAGEMENT OF RHEUMATIC HEART DISEASE EFFECT OF SWARNA BHASMA

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Rheumatic heart disease (RHD), a sequelae of acute rheumatic fever, is a chronic inflammatory condition characterized by carditis, irreversible valve damage, and chest pain. It is prevalent in low and middle income regions with unchecked exposure to group A streptococcus (GAS). Streptococcus pyogenes, notoriously known as the “flesh eating bacteria”, is the causative organism of Rheumatic fever (RF). In Ayurveda, RHD can be correlated with Vataja Hridroga. Shula is the pathognomic feature of Vataja Hridroga. Swarna bhasma, a free radical scavenger, reduces inflammation and alleviates weakness of the heart (hriddourbalyaharam param). A systematic literary review of the relevant concepts from various classical texts of Ayurveda, published research papers, and textbooks on modern medicine is carried out. Need of the study: RHD is endemic to poverty stricken areas, with high rates of morbidity and mortality in young people. However, it is the only preventable cardiovascular disease. Challenges in diagnosing acute RF are a major barrier to preventing RHD. Therefore, prophylactic management is quintessential. Ayurveda holds enormous potential in early prevention of RHD. In Ayurveda, the use of various herbo-mineral compounds containing swarna bhasma such as Chintamani ras is indicated in Vataja hridroga. Swarna bhasma has potential for use in secondary prophylaxis of RHD. Discussion: RHD is under-researched, posing serious deficiencies in prevention and management. Ayurvedic treatment for hridroga using herbomineral compounds merits further research. The author urges the Ayurvedic fraternity to explore the potential implications and extensions of this research. Incorporating Swarna bhasma (gold nanoparticles) in RHD management shows promise, warranting continued exploration and clinical studies for comprehensive validation and application.

Keywords: Chintamani ras, Vataja hridroga, Secondary prophylaxis, Gold nanoparticles

Registration Code: ABOP 1696



CLINICAL OBSERVATION ON CONSERVATIVE MANAGEMENT OF SCHATZKER TYPE 5 TIBIAL PLATEAU FRACTURE IN AYURVEDA A CASE REPORT

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Tibial plateau fractures are mainly sustained in two-wheeler injuries when impact is directly onto the knee. Either or both condyles are fractured. These fractures occur in six patterns called Schatzker types. Of which type V and VI are more complex due to intra-articular involvement. In these conditions, the management is invariably surgery. Significant dysfunction can be found after surgery. Thus, need for conservative management is imminent. This case report analysis the success rate of the management of such injuries through conservative Ayurvedic treatment against contemporary science. Here, a 49-year-old, moderately built male, came to Triveni Nursing Home following an RTA. X-ray showed fracture of the proximal end of right tibia (Schatzker grade V). Initial management was done with *ītopacāra* (ice pack). Successively, Closed manipulative reduction and Immobilisation above knee with plaster of Paris along with rotation stopper was done. Murivenna in small quantities was poured over the fracture site. X-rays were taken periodically to confirm and prevent displacement. Flexion of the knee joint up to 40° and non-weight bearing mobilisation commenced on the 41st day. Swelling was reduced. Further management through ayurvedic medications, physiotherapy and rehabilitation exercises were done. Here an attempt is made to document the treatment protocol in such cases. Ayurvedic management with judicial use of physiotherapy can bring positive outcomes. Post-operative infections, compartment syndrome, and long term complications like abnormal gait, chronic pain, osteoarthritis affects the quality of life. Attempts at conservative management could help the suffering patient avoid trauma, morbidity and reduce the post-operative complications incurred during surgery.

Keywords: Tibial plateau fractures, Bhagna, Schatzker classification, Ayurveda management.

Registration Code: ABOP1699



AYURVEDIC MANAGEMENT OF PITTASHMARI CHOLELITHIASIS A CASE STUDY

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Ayurveda states that it is not always possible to name every disease but one can treat a disease based on its Nidanpanchak. The diseases not mentioned in Samhitas are said to be Anukta. One such disease is Cholelithiasis having prevalence rate of 5-6% in India which is increasing day by day. We can call it Pittashmari because the stone formation occurs in Pittashay. Oral bile acid pills, extracorporeal shock-wave lithotripsy (ESWL), contact dissolution therapy, Percutaneous Cholecystostomy are good non-surgical measures, but their role is limited, not cost effective and have several adverse effects. Cholecystectomy is considered to be gold standard treatment but its long-term side effects are unavoidable. The post cholecystectomy syndrome is a medical condition found in 40% of patients that underwent Cholecystectomy. A suitable non-surgical treatment approach is urgently required for Pittashmari (Cholelithiasis) due to, expensive surgical treatments, surgical risks, patient's unwillingness to undergo surgery or their long-term negative repercussions. This is a single case study of 34yr female patient, having clinical signs and symptoms of Cholelithiasis and USG showing multiple calculi within Gall bladder. For treatment various Ayurveda texts, Contemporary texts and research articles on Virechan, Yakrit-uttejaka Dravya, Cholelithiasis and Pittashmari were studied. Result- USG Abdomen (10/03/2023)- Multiple calculi within gall bladder of average size 6-7mm with borderline hepatomegaly and Grade1 fatty changes patient was advised to take appropriate Ayurvedic medications and dietary regimen. USG was repeated on 06/05/2023 revealed Multiple calculi of average size 3mm with normal liver dimensions. Pittashmari (Cholelithiasis) can be effectively treated with Ayurveda without the risks or side effects of surgery, and it is also relatively inexpensive. Significance of the study- This is a step towards making it possible to treat Pittashmari (Cholelithiasis) without surgery in a safe and efficient manner.

Keywords: Virechan, Yakrit-uttejaka dravya, Cost-effective treatment, USG Abdomen, Surgical risks.

Registration Code: ABOP 1730



REVIVING ANCIENT WISDOM UNCOVERING THE ANTIDIABETIC POTENTIAL OF AN UNEXPLORED INGREDIENT CASSIA MIMOSOIDES L FROM KATAKAKHADIRADI KASHAYAM THROUGH IN VITRO ASSAYS

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Katakakhadiradi Kashayam is a decoction form of ayurvedic preparation that has been traditionally used for the management of diabetes mellitus. The Kashayam was meticulously prepared by various ayurvedic practitioners with the aid of an ancient manuscript referred to as "Saharsayogam." *Cassia mimosoides* L. (CM), a Leguminosae family member, is a key ingredient in the formulation and is believed to contribute to its antidiabetic properties. This study aimed to validate CM's use in treating type 2 diabetes by targeting carbohydrate hydrolyzing enzymes (alpha-glucosidase and alpha-amylase) and Dipeptidyl Peptidase-IV (DPP-IV) enzyme. It also evaluates the antiglycation property of CM. Dietary enzyme inhibitors reduce postprandial glucose levels, while DPP-IV inhibition deactivates incretins that stimulate insulin secretion. Preventing advanced glycation end-products (AGEs) is also vital in diabetes management. The study found that fractions XII, XIII, and XIV from the ethyl acetate extract (CM-EA) were the most effective at inhibiting alpha-glucosidase and alpha-amylase enzymes due to their high proanthocyanidin polymer content. The ethanol-water (CM-Ew) and CM-EA extracts also exhibited significant antiglycation activity. The IC₅₀ values for isoorientin, isolated from CM-EA, and positive control aminoguanidine were $51.45 \pm 0.03 \mu\text{g/mL}$ and $45.18 \pm 0.03 \mu\text{g/mL}$, respectively. At $5 \mu\text{g/mL}$ concentration, the crude CM-Ew extract inhibited DPP-IV by 59.93%, while CM-EA showed an increased inhibition of 63.02%. The most active fractions from CM-EA underwent column chromatography, resulting in the isolation of four compounds: Orientin ($4.20 \pm 0.82 \mu\text{M}$), isoorientin ($4.56 \pm 0.98 \mu\text{M}$), diosmetin ($2.80 \pm 0.38 \mu\text{M}$), and luteolin ($8.74 \pm 1.08 \mu\text{M}$). These compounds exhibited superior activity to the standard Sitagliptin (STD - $29.12 \pm 0.89 \mu\text{M}$). These compounds were isolated for the first time from this plant except for luteolin. In conclusion, the study confirms CM's potent antidiabetic activity, supporting its traditional use in Katakakhadiradi Kashayam and warranting further investigation.

Keywords: *Cassia mimosoides*, DPP-IV, Orientin, Antiglycation, α -Glucosidase inhibition

Registration Code: ABOP 1736



CASE REPORT FIBROMYALGIA

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Fibromyalgia is a chronic condition characterised by widespread musculoskeletal pain associated with considerable distress, generalised fatigue, and disturbances of sleep, anxiety and depression, estimated to be affecting 3-6% of the global population. It is often dismissed as “all in your head” or “just aches and pains” leaving many sufferers feeling isolated, frustrated and hopeless. It also known as Neurasthenia or fibrositis. Fibromyalgia is not an inflammatory, joint, autoimmune or a muscle disorder but a condition that is regulated by certain genes making people more prone to getting it. It is triggered by certain factors such as environmental, genetic, systemic illness. Emotional stress is also considered to be one of the triggering factors. New treatments and management strategies are emerging that offer relief and a path to a better quality of life. While analysing the symptoms of fibromyalgia in an Ayurveda prespective, majority of symptoms are due to vata followed by kapha and then by pitta. So it can be considered to be a vatha pradhana tridosha. The majority of the symptoms of fibromyalgia can be seen in gatavatha lakshana. Mainly maamsagata vata lashana, uttarotharam it will affect asthi and majja. While considering the avarana, we can see the pittavritha vatha lakshana. So we can't adopt a common treatment protocol for every condition. Here I am highlighting a case report, which shows considerable improvement through Ayurveda medicine. Ayurveda methodology Maasagata vata chikitsa, mainly vireka, niruha vasthy, samana and baahya abhyanthara sneha are adopted. Takradhara planned to reduce mental disturbances. Fibromyalgia is a common disorder that commonly co-exist with a variety of somatic and psychologic disorders. It may often misdiagnosed. Acharya advises us to treat the person according to the symptoms after the detail analysis of involved dushya and dosha. In fibromyalgia also this principle can be adopted.

Keywords: Fibromyalgia, Maamsagata vata, Vatha pradhana tridosha

Registration Code: ABOP1760



A CRITICAL EVALUATION OF URDHWAGA AMLAPITHA WITH RESPECT TO FUNCTIONAL DYSPEPSIA

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Functional dyspepsia is a term used to explain recurring symptom of an upset stomach which has no obvious cause. It is a highly prevalent disease which accounts for 20 -30 % worldwide. As per latest statistics its prevalence in India is 7.6 to 49 %. It is considered as a functional disorder characterised by epigastric pain, epigastric burning sensation, fullness, early satiety and nausea. Functional dyspepsia is not associated with mortality but has a major impact on quality of life. A group of factors including genetic, environmental and psychological plays a key role in the pathogenesis of this disease. Patients with Functional Dyspepsia account for about 80% of cases have no structural explanation for the same. Eventhough pathophysiology cannot be accurately explained, studies point to disordered communication between gut and brain leading to motility disturbances, visceral hypersensitivity and alteration in visceral microbiota mucosal and CNS processing. Amlapitha is a commonly encountered disease of annavaha srotus described in Aurveda which closely resembles functional dyspepsia. Amlapitha is characterised by a change in the normal qualities of pitha. There is an increase in the quantity of pitha but its quality is altered. As per classics agnimandya also plays an important role in amlapitha. Thus the treatment principles of mandagni, grahni considering the prakriti of individual and a modification of diet and lifestyle is found to be effective in the management of this disease. A number of formulations has been explained in the classics which can be used depending on the prakruti of the individual and stage of the disease. Hence it is necessary to understand the action of different drugs and identify the most appropriate treatment protocol which will benefit a large number of suffering population.

Keywords: Functional dyspepsia, Amlapitham, Grahni, Visceral microbiota

Registration Code: ABOP 1808



AYURVEDIC MANAGEMENT OF CHONDROMALACIA OF PATELLAE A CASE REPORT

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Chondromalacia patellae (Runner's knee) is represented by affliction, fissuring, erosion, and softening of articular components of the patella. It is exacerbated by common daily activities such as running, stair climbing, squatting, kneeling, or changing from a sitting to a standing position. This study deals with a 36-year-old male patient who presented with complaints of pain at the left knee joint for 9 months along with difficulty in folding the left leg. The patient had a history of blunt trauma at the left knee joint 9 months ago. Based on the characteristic appearance and MRI report he was diagnosed with Chondromalacia patellae at the left knee with MRI showing loss of medial facet, plica absent, and grade 1 ACL tear. As this condition can be correlated with Janu Sandhigata Vata, treatment was done accordingly. Matra Basti with Jivaniya and Sandhaniya Gana Siddha Yamaka Sneha and Janu Basti with Murivenna Taila was done for 14 days. After treatment, there was a reduction in pain from grade 6 to grade 0 on the VAS scale. In after treatment MRI there was thinning of the medial facet, plica present, ACL normal. Hence it was concluded that Ayurvedic treatment was found effective in the management of chondromalacia patellae.

Keywords: Chondromalacia of Patellae, Matra Basti , Janu Basti

Registration Code: ABOP 1817



EFFECT OF SWETHA APARAJITHA CLITORIA TERNATEA LINN ARKA ALONG WITH GOGHRITHA COW GHEE AS ANUPANA IN THE MANAGEMENT OF HYPOTHYROIDISM

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Hypothyroidism is a condition associated with low thyroid hormone availability in the body owing to various reasons. It presents with physiological and psychological symptoms. Conventional hormonal therapy is able to normalize the laboratorial parameters of hypothyroidism. But the symptoms persist and the quality of life of the affected has not been improved much. In Ayurvedic parlance the signs and symptoms of hypothyroidism can be explained as Kaphavrutha Vata affecting Agni at various levels. The present study was designed to assess the effect of Swetha Aparajitha Arka in reducing the signs and symptoms of Hypothyroidism. The trial drug is indicated in Galaganda in “Arkaprakasha” text of Lankathipathi Ravana. 31 subjects who attended the OPD of Kayachikitsa in the Government Ayurveda College, Tripunithura fulfilling the inclusion criteria were selected for the study. After taking necessary lab investigations (Thyroid function test), the signs and symptoms of hypothyroidism and quality of life were assessed with Zulewski-Thyroid Symptoms questionnaire and Nottingham quality of life assessment. The subjects were advised to take Swetha Aparajitha Arka prepared using simple distillation method in standard dose of 30ml along with 5ml of cow ghee twice daily one hour before food morning and evening for 41 days. Both the subjective and objective parameters were assessed before and after the treatment. Follow-up assessment done after 30 days of treatment. Statistical analysis revealed significant improvement in the subjective parameter. In the objective parameter, there is a significant difference in the TSH values of subjects who had no history of conventional thyroid medication. In others, there was no significant change in the objective parameter. With this study, it was concluded that Swetha Aparajitha Arka is effective in reducing the signs and symptoms of hypothyroidism and improving the quality of life. Thesis is kept for further scientific validation.

Keywords: Hypothyroidism, SwethaAparajitha, Arka, Galaganda, Arkaprakasah, Zulewski

Registration Code: ABOP 1821



IMPACT OF AYURVEDA IN MALE INFERTILITY CASE SERIES

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Infertility is usually defined as the inability of a couple to conceive despite one year of unprotected, frequent sexual interaction. Male factors account for 30-40% of infertility and at least 180 million worldwide. The importance of sexuality in Ayurveda is well described in Vajikarana because both male and female causes often coexist. A variety of factors contribute to Male Infertility. Ahara, Vihara, and Vichara are essential for the maintenance of fertility. The first one is primary infertility with grade 2 Varicocele and Azoospermia. A married 43-year-old obese patient's inability to beget a child even after unprotected sexual interactions for 10 years. The other male is a 30-year-old man who has Oligoasthenozoospermia, Bilateral Varicocele (grade 4-5), and Moderate Varicocele on the right side (grade 2 and grade 3) and has undergone Varicolectomy. Ayurvedic treatment for two months is provided to both individuals, which includes Rukshana, Avagaha Swedana, Snehapana, and Abhyanga. According to Ayurveda, Ritu (time of conception), Kshetra (reproductive organs), Ambu (nourishment), and Beej (seeds) play critical roles in ensuring a healthy progeny, and any vitiation to these factors results in infertility. This is an attempt to treat male infertility through Ayurveda and to improve reproductive health. With Ayurveda, one can make changes to the lifestyle, modify that lifestyle, reduce stress, and learn how to maintain and improve a healthy sexual life. Turek classification divides male infertility into four categories: Testicular Failure, Sperm Transport Dysfunction, Erectile and Ejaculatory Dysfunction, and Idiopathic Infertility. Male infertility treatment includes infection treatment, surgery, counseling, hormonal therapy, and assisted reproductive techniques like artificial insemination, invitro fertilization, and intracytoplasmic sperm injection.

Keywords: Male infertility, Ayurveda, Azoospermia and Oligoasthenozoospermia

Registration Code: ABOP 1825



A CLINICAL STUDY ON DURALABHADI KASHAYA IN LOWER URINARY TRACT INFECTION

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Urinary tract infection (UTI) is a broad term used to describe bacterial colonization in urine and invasion of structures in any part of the urinary tract. The clinical presentation of UTI can be brought under the concept of Mutrakrichra. By analysing the signs and symptoms of Lower UTI we can specifically correlate it with Paittika Mutrakrichra. This study aimed to evaluate the effect of Duralabhadi Kashaya in the management of Lower UTI. UTI is one of the most common bacterial infections. This type of infection can cause less serious infections that are not life-threatening but, can cause significant distress to the patient. Every time we use antibiotics to treat UTI. But the infection becomes immune to the antibiotics, not the patient. So the Physician should suggest an alternative way of treatment. In this case, we can administer Mutrakrichrachikitsa and manage the infection effectively. A total of 26 samples were selected according to the sampling technique following the inclusion and exclusion criteria attending the OPD. The selected participants were given 48ml each of Duralabhadi Kashaya both morning and evening 1 hour before food for 7 days. The study design was an Interventional study with pre and post-tests without a control group. Urine routine microscopic examination, Blood routine examination and Random blood sugar on the 0th day were done and Urine routine microscopic examination was done during the follow-up. Final conclusion cannot be made as the evaluation process is going on but the study drug has provided a promising result based on subjective and objective parameters as far as concerned.

Keywords: Urinary Tract Infection, Mutrakrichra.

Registration Code: ABOP 1838



UNDERSTANDING THE ETIOPATHOGENESIS OF VITAMIN D3 DEFICIENCY IN RELATION WITH AGNIMANDYA

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Vitamin D is a group of fat-soluble prohormones known as sunshine vitamin. The two major biologically inert precursors of vitamin D are vitamin D3 (cholecalciferol) and vitamin D2 (ergocalciferol). The prevalence of Vitamin D deficiency ranged from 40% to 99%, with most of the studies reporting a prevalence of 80%–90%. It was prevalent in all the age groups and high-risk groups alike. No direct reference of vitamin D3 deficiency is available in Ayurvedic classical text books. A comparison is made with the signs and symptoms told in modern text and Ayurveda Samhitas for a better understanding of etiopathogenesis of Vitamin D3 deficiency. In India, Vitamin D3 deficiency is widespread. It is necessary to understand the nidana, purvarupa, rupa, samprapti of Vitamin D3 deficiency in Ayurveda along with contemporary science for a better management. Jataragni and Dhatu agni are responsible for the transformation of Aahara rasa to uttarothara Dhatu. Any derangement in jataragni and dhatu agni result in abadha dhatu which is not capable to do its dhatu karma. In modern science Vitamin D plays an important role in maintaining an adequate level of serum calcium and phosphorus. Vitamin D has a great effect in forming and maintaining strong bones. So it is necessary to know the relation of Vitamin D3 in Dhatu poshana and dhatu parinama. Study design: Comparative, Cross Sectional and Observational study for analysis of the newly diagnosed or known cases of Vitamin D3 Deficiency. Here an attempt is made to study the etiology, pattern of samprapti, lakshana and samprapti lakshanasambandh of Vitamin D3 deficiency in Ayurvedic perspective in relation with Agnimandya.

Keywords: Prohormone, Skin, Dhatu parinama, Dhatukshaya, Samprapti, Jataragni.

Registration Code: ABOP 1839



AYURVEDIC UNDERSTANDING OF NON -ALCOHOLIC FATTY LIVER DISEASE AND ITS MANAGEMENT

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Non-Alcoholic Fatty Liver Disease (NAFLD) is a medical condition characterized by the accumulation of excessive fat in the liver of individuals who consume little to no alcohol. NAFLD encompasses a spectrum of disease severity, ranging from simple fatty liver (steatosis) to a more advanced and potentially serious form known as non-alcoholic steatohepatitis (NASH). NASH can lead to liver cirrhosis and failure if left untreated. The prevalence of NAFLD is significant, it affects 25% of people worldwide. It is more commonly observed in males than in females. In its early stages, NAFLD is asymptomatic, although some individuals may experience fatigue and abdominal discomfort. This condition is closely linked to various metabolic disorders, including obesity, insulin resistance, type 2 diabetes, and metabolic syndrome. Diagnosis and treatment of Non-Alcoholic Fatty Liver Disease (NAFLD) involve a combination of medical assessments, lifestyle changes and in some cases, medications. In Ayurveda NAFLD can be compared to Yakritdalludara Roga and Santharpanjanya Roga. Ajirna (indigestion), Sthaulya (obesity) and Prameha (diabetes mellitus) which occurs due to the vitiation of Annavaha, Rasavaha and Medovaha Srotas which may result in the manifestation of non-alcoholic fatty liver. As the main dosha involved in NAFLD is Kapha and Dushya is Medas, Agnimandhya occurs which is the main cause for the formation of disease. When Pitta vitiated along with Kapha, inflammatory changes occur which can be co related to NASH condition. Ayurveda has immense potential in the management of non-communicable diseases and NAFLD is one among them. The management should be the breakdown of pathological factors like Agnimandya, Srotorodha and Kaphamedodushti. A treatment protocol including Sodhana Chikitsa, Samana Chikitsa, Samsarjanakrama with due importance to Vyayama can help in the proper management of disease.

Keywords: Santharpana Janya Roga, Yakritdalludara Roga, Non-alcoholic steatohepatitis

Registration Code: ABOP 1841



AN AYURVEDA TREATMENT PROTOCOL AS AN ADD ON TO THE STANDARD OF CARE IN DIABETIC PERIPHERAL NEUROPATHY A PILOT STUDY

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The Diabetic Peripheral Neuropathy (DPN) is a leading cause for amputation and disabling neuropathic pain have a devastating effect on QOL and are associated with an alarmingly low life expectancy. It may manifest as polyneuropathy, mononeuropathy and or autonomic neuropathy. Conventional therapies is less than satisfactory and difficult to treat ,but may respond to Gabapentine, Pregagablin. One among upadrava of prameha roga is DPN. The nidana leads to vridhi of kapha-pitha dosha causing avarana of vata that results in vatakopa and finally results in DPN. The proposed study aims at managing the padhanavyadhi because the condition is result of prameha upadrava. Pilot study of sample size-10 patients within the age of 40-60 years who fulfilled all the inclusion and exclusion criteria were chosen for pre-post-test design. The condition can be assessed by the MNSI, DNS score and get admitted. Intervention of Trikatu choorna,Dhanvantara Ghritam, Abhyangam with Eladi thailam followed with hot water bath accordingly. Samsarjana karma is followed and get discharged with Kaishora Guggulu for next 30 days. On 31st day again clinical assessment is done. A mean change in the scores of MNSI and DNS was revealed after Pre and post intervention. The outcome measures were, reduced symptoms. Loss of sensation in foot of the patient at risk of ulceration and its sequelae. Prevention of such problems becomes paramount importance. As per Ayurveda, because of avarana, persistant vata kopa leads to degenerative changes in the body and finally symptoms of DPN. As DPN shows the involvement of vitiation of vata and pitha dosha, an ayurveda protocol with Kaishora guggulu sevana after virechana with Avipathi choornam is done. Kaishora guggulu is indicated in prameha and prameha upadravas and is advised as a nithya rasayana. As the condition effects the QOL , the proposed study can make beneficial to the society.

Keywords: DPN And Ayurveda, DPN, Symptoms of DPN, Kaishoraguggulu and DPN, Interventions and DPN

Registration Code: ABOP 1862



AYURVEDIC UNDERSTANDING AND MANAGEMENT OF POST COVID-19 SYNDROME

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World has been facing various challenges due to the emergence of new diseases and pandemics, like COVID 19. Even after the recovery from this type of disease some complications are persist. Several retrospective studies are already conducted to track out this complication. And found that, the after effect of the viral fever is multisystemic & multifactorial in nature. Modern science explains these phenomena based on the concept of immunity. Immune responses, while crucial for fighting off infections, can sometimes become dysregulated, leading to persistent inflammation and other health issues. The complexity of these reactions can result in multisystemic effects. Post COVID-19 syndrome is a condition where symptoms from the acute infection continue to persist after several weeks of testing negative on RT-PCR. The studies shows that there was a 39.33% prevalence of post COVID-19 syndrome among the Indian population. It is found that high levels of fatigue, myalgia, cough and breathlessness, avascular necrosis of femur (AVN), arthralgia, problems with concentration and brain fog are persist even after the recovery of COVID 19. Even though fever is an immunological response it can produce different disease in the body as a sequelae of fever. In Ayurveda Jvara is defined as the concurrent existence of Swedavarodha, Santhapa, and Sarvanga Grahana. Due to the Santhapa, Shosha of Rasadi Dhathu occur and it produce different types of Upadrava Vyadi. Upadravas are the major or minor disease which is manifested as the complication of original disease. The post covid syndrome can be corelated with the Nidanardhakara Roga. This can be managed by the Samana, Sodhana, Rasayana therapy by understanding the Vikalpasamprapthi of disease. This is an attempt to find out the possible Ayurvedic correlation of Post covid syndrome with effective management from our classical text.

Keywords: Post-COVID19 syndrome, Jwara Upadrava, Nidanardhakararoga, Vikalpasamprapthi, Rasayana

Registration Code: ABOP 1893



EFFICACY OF CHATUSHASHTI PRAHARI PIPPALI AND WHO REHABILITATION GUIDELINES IN THE MANAGEMENT OF POST COVID SYNDROME A RANDOMIZED COMPARATIVE CLINICAL TRIAL

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The recently faced COVID-19 pandemic along with post COVID syndrome has raised many questions to the medical fraternity about which Ayurveda can be the solution for abatement of the disease along with its prevention and treatment. A prospective double-arm randomized controlled clinical study was undertaken with the aim to evaluate the efficacy of Chatushashti Prahari Pippali (CPP) in post COVID syndrome (PCS) alone and in comparison, with WHO rehabilitation guidelines provided for the PCS expecting the primary outcome as improvement in symptoms and upgradation of quality of life was the secondary outcome. 112 patients of PCS from the Post COVID OPD of the Kayachikitsa Department of Institute of Teaching and Research in Ayurveda, Jamnagar were selected and randomized in two groups namely group A and group B in which the intervention was encapsulated CPP and placebo respectively. The posology of oral intervention in both the groups was 500mg capsulated powder twice a day after food with lukewarm water for eight weeks along with WHO rehabilitation guidelines. Results were obtained by descriptive and inferential statistical methods including ANOVA, ANCOVA and paired t tests, which reported statistically significant difference in group A patients compared to group B in all assessment parameters including symptomatic improvement, upgrading in six-minute walk test with enhancement of quality of life assessed by WHO QoL and post-COVID functional scale, which validates the superiority of combined therapy (CPP and rehabilitation) over only rehabilitation. Thus, the present study provides credible evidence that the Ayurveda intervention CPP along with WHO rehabilitation is effective for proper management of post COVID syndrome enhancing the quality of life of COVID long-haulers, justifying the need of medicinal intervention along with rehabilitation.

Keywords: Post COVID syndrome, Chatushashti Prahari Pippali, WHO rehabilitation

Registration Code: ABOP 1927



MULTIDIMENSIONAL ACTION OF RASNASHUNDYADI KASHAYAM

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Ayurveda is attracting global attention due to its holistic approach in the treatment of disease with minimal drug reaction. Aushadha is very important as it is responsible for alleviation of disease as well as the safeguarding and endorsing wellbeing. Kashaya preparations are unique Ayurvedic Formulations, which is aqueous extraction of group of herbs, is one of the most commonly used classical dosage forms. It is considered as primary and potent dosage form which is widely prescribed. Rasnashundyadi Kashaya is mentioned in Sahasarayogam jwara Chikitsa prakaranam. This Kashaya yoga contains 22 drugs and is mainly used in jwara, pain in joints. Drugs in Kashaya are Rasna, Shunti, Guduchi, Sahachara, Jalada, Abheeru, Pathya, Sathahva, Tikta, Karcura, Vasa, Anilari-pu, Vilwa, Agnimantha, Syonaka, Patala, Kasmari, Brihati, Kantakari, Shalaparni, Prisiniparni, Gokshura. This Kashaya yoga has action in the pathogenesis of other conditions like manyasthambha, anthravridhi, pidaka etc. The Kashaya is having drugs with specific pharmacological actions like anti-inflammatory, analgesic, anti-arthritis, anti-spasmodic, anti-pyretic, appetizer, digestive, tonic, anti-microbial, stimulant, laxative and anti-oxidant activities in its chemical constituents and which in-turn tackles the pathogenesis of the indicated conditions. Kashaya yoga has karmas like sophaghna, vatasulahara, pachana, jwarahara, deepana, raktaprasadana, ruchya, vatakaphahara, hradya, rasayana and balya action, which helps in the samprapti vightana of the indicated disease conditions effectively.

Keywords: Ayurveda, Multidimensional, Rasnashundyadi kashaya

Registration Code: ABOP 1936



AYURVEDIC MANAGEMENT OF A CASE OF HEMIFACIAL SPASM

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Hemi facial spasm is a rare neuromuscular disease characterized by progressive irregular unilateral involuntary muscle spasm of face. The incidence of hemifacial spasm is approximately 0.8 per 100,000 persons. Even though the current treatments, are effective, the treatments need to be continued indefinitely and the patients mostly need counselling. Case presentation: Fifty-year-old female patient developed a slight headache eight year back, the symptoms got worsened day by day and progressed to slight deviation of face to right side frequently along with blinking of right eyes. The symptoms get aggravates on emotional stress. The investigation report shows the Right AICA was found in the looping around 7th and 8th cranial nerve complex. No focal lesion in brain parenchyma and no mass noted in the cerebellar pontine cisterns and facial nerve. According to the ayurvedic references the condition was correlated to akshepaka and the care plan of arditā was also incorporated as temporary facial muscle weakness occurs in the condition. Along with internal medication, Ksheeradhuma, nasya, abhyanga, shirodhara and shirovasthi were the major treatment given. After the treatment, contractions became occasional and particularly the symptoms seen recur only on emotional stress. The ayurvedic management reduced the severity of the condition and able to provide a better quality of life to the patient.

Keywords: Hemi facial spasm, Akshepaka, Arditā,

Registration Code: ABOP 1954



A CASE REPORT ON TUMORAL CALCINOSIS

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This case report is the description of Tumoral calcinosis of a 36 years old female. The patient suffered from severe low back ache, pain in both knees and stiffness over small and large joints, especially bilateral knee and shoulder joint for 4 months. The pain is so severe that she cannot walk without the aid of a walking stick. Diagnosis was made in Biposy as reported by the patient. Patient had undergone various surgeries for the removal of tumor. She consulted Out Patient Department (OPD) of Regional Ayurveda Research Institute, Thiruvananthapuram, Kerala for relief of joint pain. In Ayurveda, Tumoral calcinosis can be considered as a type of Granthi. Internal medications and external procedures with agnideepana (digestive), sandhishoolahara (relieving joint pain), vatahara (alleviating aggravated vata dosha) properties were applied. Assessment was conducted through VAS (Visual analogue scale) on Day 1, Day 24 and Day 90 of intervention which was 10, 8, 5 respectively. The case is unique in the sense that it is a rare clinical and histopathologic syndrome characterized by calcium salt deposition in different peri-articular soft tissue regions. Ayurvedic intervention was found to be a good alternative therapy in the temporary management of joint pain associated with the condition.

Keywords: Case report, Tumoral calcinosis, Granthi, Ayurveda

Registration Code: ABOP 1958



PRE AND POST TEST CLINICAL STUDY TO EVALUATE THE COMBINED EFFECT OF SNEHAPANA FOLLOWED BY VIRECHANA AND SHAMANUSHADHI IN REDUCING FPG OGTT AND HBA1C IN PREDIABETES

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Prediabetes is the pre diagnosis of Diabetes. The current conventional medical management of Prediabetes includes lifestyle modifications and certain diabetic medications like metformin. But a large population of Prediabetic patients turn out to be diabetic. Prediabetes has similarity with Kaphaja Pramēha, owing to its comparable aetiology and clinical features. Progression of Prediabetes to diabetes can be prevented with an early intervention as Kaphaja Pramēha, which has a good prognosis. To assess the combined effect of Snēhapāna followed by Virēcana and Śamanau adhi in reducing FPG, OGTT and HbA1c levels in Prediabetes. After the approval from IEC, an open label single arm pre and post-test clinical study was carried out in 20 subjects with Prediabetes diagnosed on the basis of ADA diagnostic criteria for Prediabetes. FPG, OGTT and HbA1c were tested. They were given Snēhapāna with Mūrchita Sar āpa Taila followed by Virēcana with Trivrtādi Cūr ā and Niśākatakādi Ka āya as Śamanau adhi. This study was completed with 20 subjects. Clinical symptoms shown statistical significance with p-value

Keywords: Prediabetes, Kaphaja Pramēha, FPG, OGTT, HbA1c, ADA Diagnostic Criteria

Registration Code: ABOP 1976



ACTION OF HAZRUL YAHUD BHASMA SIGRU AND PASHANABHEDA CHURNA IN PITTASHAYA ASHMARI WSR TO CHOLELITHIASIS: A CLINICAL CASE STUDY

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Gallstones are formed from the constituents of the bile (Cholesterol, bile pigments and calcium salts) along with other organic components. They are formed in the gallbladder, but sometimes may develop within extra hepatic biliary passages and rarely in the larger intrahepatic bile duct. The details of “Cholelithiasis” are not mentioned in Ayurvedic classics directly, but the term Pittashaya Ashmari can be coined for it as Vagbhata while explaining the Samprapti of Ashmari says that Ashmari is formed in Basti as Rochana is formed in Pittashaya of cow. Gallstones happens when excess Kapha combines with the Pitta characteristics of the viscous fluid bile, causing it to become dry and hardened. Based on the involvement of doshas, Chikitsa can be given according to the yukti. The changing lifestyle and food habits has aggravated the situation. Cholelithiasis even though exclusively tackled with surgical assistance possess with different problems post operatively. Hence an ayurvedic principle of management which mainly targets on metabolic correction is to be applied for better patient compliance. Critical analysis of concepts, clinical case study. Combined action of Hazrul Yahud Bhasma, Shigru and Pashanabheda Churna has been proved more effective in Pittashaya Ashmari. Results are assessed with before and after treatment with USG Abdomen. The Incidence gradually increases after 21 years and it reaches the peak in the 5th and 6th decades. In this era of where lifestyle of people is improper who consume more junk and street foods, there are developing cases under this disease. Ayurveda has simple solution for such condition. Combined action of Hazrul Yahud Bhasma, Shigru and Pashanabheda Churna shows significant effect on Pittashaya Ashmari. This Paper deals with the critical analysis of scientific studies and also some of our own observations in this regard.

Keywords: Gallbladder, Chikitsa, Gallstones, Bile Duct, Critical Analysis, Observations

Registration Code: ABOP1983



A CONCEPTUAL STUDY ON MICROALBUMINURIA WITH SPECIAL REFERENCE TO MADHUMEHA

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Diabetic Nephropathy remains a major cause of morbidity and mortality for persons either with Type 1 and Type 2 Diabetes Mellitus. One who is having Type 2 Diabetes Mellitus, microalbuminuria is associated with a two- fold to four-fold increase in the risk of death. Microalbuminuria is the presence of albumin, a protein, in the urine. it is an early sign of kidney damage, or Nephropathy, a common and serious complication of Diabetes. It is the third stage of Diabetic Nephropathy. Microalbuminuria develops from a dysfunction of the Glomerular Basement Membrane which permits albumin to enter into the urine. The disease is considered as a marker of generalized vascular disease as well as Incipient Diabetic Nephropathy. Diabetes Mellitus with its complication complications has become the most important contemporary and challenging health problem. In Ayurveda there is no direct reference, which can be correlated with Diabetic Nephropathy, but Madhumeha on the basis of Panchanidana can be corelated with Type 2 Diabetes Mellitus; but complications of Madhumeha can be considered as a complication of Diabetic Nephropathy.

Keywords: Diabetic Nephropathy, Microalbuminuria, Diabetic Nephropathy.

Registration Code: ABOP 2043



AYURVEDIC PULMONARY REHABILITATION INCLUDING ARKA NEBULIZATION IN CHRONIC OBSTRUCTIVE PULMONARY DISEASE COPD AN OBSERVATIONAL STUDY

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Pulmonary rehabilitation has emerged as an important modality as an adjunct to other therapies in patients with COPD, as it can increase the functional capacity of the lungs, leading to improvements in dyspnea and quality of life. This review aims to highlight the role of the Ayurvedic perspective on pulmonary rehabilitation in COPD, including herbal nebulization with Arka. The background of this paper arises from an observation made during the study period of my PG thesis on the effect of Bharangi arka nebulization in the management of bronchial asthma. It was observed that two of the male participants, who were >65 years old and had a history of chronic smoking, presented with the symptoms of breathlessness and regular expectoration of sputum with a cough. On physical examination, a pursed lip appearance and prominent accessory muscles were noticed. Spirometry (FEV1/FVC and FEV1

Keywords: Nebulization, Bharangi Arka, Pranayama, yoga

Registration Code: ABOP 2049



CONCEPTUAL STUDY OF PRAMEHA

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Prameha is a metabolic disorder due to absolute or relative deficiency of insulin, its sensitivity or both resulting in alleviated glucose level in the blood in association with long-term vascular and neurological complications. Recent estimate by WHO suggest that approximately 135 million people worldwide have Diabetes Mellitus and this number is expected to increase to 300 million by year 2025. Ayurveda says prameha are 20 types. Most of the signs and symptoms of Type 1 Diabetes Mellitus can be observed in Prameha. In ayurveda it can be correlated to Santharpanajanya vyadhi due to Medodhatwagni mandya.

Keywords: Prameha, Diabetes Mellitus, Santharpanajanya vyadhi

Registration Code: ABOP 2054



FIBROMYALGIA AN AYURVEDIC PERSPECTIVE THROUGH VATIKA JWARA

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Fibromyalgia is a commonly encountered disorder characterised by chronic, stiffness, paresthesia, disturbed sleep and easy fatiguability along with multiple painful tender points, which are widely and symmetrically distributed. Symptoms are generalized musculoskeletal achings and stiffness and fatigue. It can occur at any age but the prevalence is found to be increased in women aged above 70. In Ayurveda based on related signs and symptoms of fibromyalgia have a close similarity with that of vatika jwara. The symptoms include intermittent fever, musculoskeletal pain, depression, loss of change of taste, abdominal pain, insomnia etc. The current Gold standard for the diagnosis of Fibromyalgia is the American college of Rheumatology criteria which includes the widespread pain index and the symptoms severity scale. In Ayurveda when we compare the symptoms of this disease we can see similarities with that of conditions that arise due to ama, among the ama janya vikaras the most important disease that arise due to ama is jwara and among the types of jwara the most symptoms of fibromyalgia is encountered in vatika jwara that is the musculoskeletal symptoms along with the somatic symptoms. So this disease arises due to the agnimaandya and accumulation of ama as well as the impairment of agni especially jataragni and then it further causes agnimaandya for the datwagni as well. In ayurveda we can treat this disease by a Deepana and paachana protocol. mainly using the kashaya Kalpana which will reduce the pain as well as which improves the agni the drugs which have katu ushna guna will be beneficial for the disease.

Keywords: Fibromyalgia, Vatika jwara

Registration Code: ABOP2060



HEALING THE HEART THROUGH AYURVEDA

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Given the rising global prevalence of cardiovascular diseases and the evolving perspective on diet and lifestyle, this study aims to investigate the potential of Ayurveda as a complementary approach to the prevention and management of heart disease. Ayurveda, an ancient system of medicine, offers holistic principles and strategies that may yield valuable insights for enhancing cardiovascular health. This study delves into Ayurvedic texts and practices to explore their relevance to cardiac health. Key areas of focus include nidana parivarjana, panchakarma therapies, hridaya basti, ahara vihara, dincharya, ritucharya, sadvritta, yoga, herbal remedies, and rasayana therapy. The study also examines specific Ayurvedic formulations and herbal drugs, such as Hridaya Maha Kashaya and lekhaniya medicines, etc. traditionally associated with the management of cardiac diseases.: By scrutinizing Ayurvedic texts and practices, the research identifies key components, such as lifestyle recommendations, holistic therapies, and traditional medications, that offer valuable insights into enhancing cardiovascular well-being. Ayurveda provides valuable insights and holistic strategies for promoting cardiac health. This research highlights Ayurveda's potential as a complementary approach to contemporary cardiovascular care, introducing a new dimension to overall well-being and heart disease prevention. The study concludes that Ayurveda underscores the significance of harmonizing lifestyle, diet, and mental well-being. Integration of Ayurvedic principles with modern medicine is proposed to fortify the prevention and management of heart diseases, offering a promising dimension to overall health and wellness.

Keywords: Cardiovascular health, Holistic approach, Complementary medicine

Registration Code: ABOP 2061



OPTIMIZING REHABILITATION WITH AYURVEDIC PRINCIPLES

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Rehabilitation is a vital process focused on restoring an individual's physical, mental, emotional, and social functioning after injury, illness, or disability. Purpose of Study: This study aims to explore the integration of Ayurveda in rehabilitation. The purpose is to investigate the potential benefits of Ayurvedic principles and therapies in optimizing rehabilitation outcomes, encompassing both physical recovery and mental well-being. Certain injuries or disabilities are associated with worse outcomes and require prolonged rehabilitation. Ayurvedic indigenous methods of rehabilitation are often utilized to treat such conditions. A comprehensive, interdisciplinary approach was employed. The studies have assessed the impact of Ayurvedic interventions such as Panchakarma, Abhyanga, and Swedana, along with satwavajaya chikitsa can play a pivotal role in rehabilitation. These therapies aid in reducing inflammation, improving circulation, enhancing flexibility, and promoting overall healing and rejuvenation. Certain pilot studies and case studies have shown better improvement/ positive outcomes in stroke, osteoarthritis, spinal injuries, substance abuse etc. Since recent years, Ayurveda has gained recognition and integration within rehabilitative medicine due to its potential in optimizing recovery and enhancing rehabilitative outcomes. By integrating Satwavajaya Chikitsa into rehabilitative medicine, a comprehensive and holistic approach is established, addressing not only the physical aspects but also the mental and emotional aspects of rehabilitation. Here's a guideline on how Satwavajaya Chikitsa along with yuktivyapashraya chikitsa can be incorporated in rehabilitative medicine.: This study contributes to the growing body of knowledge regarding the integration of Ayurveda in rehabilitative medicine. It highlights the potential benefits of Ayurvedic principles and therapies in supporting the rehabilitation process, by offering valuable insights for healthcare professionals and practitioners, to enhance the quality and effectiveness of rehabilitative medicine.

Keywords: Keywords: Rehabilitation, Panchakarma, Abhyanga, swedana, satwavajaya and yuktivyapashraya

Registration Code: ABOP 2063



EFFECT OF AYURVEDA TREATMENT INTERVENTION IN RHEUMATOID ARTHRITIS- A CASE STUDY

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Rheumatoid arthritis (RA) is a chronic multi-system disease, with characteristic features of persistent inflammatory synovitis that usually involves peripheral joints in a symmetric distribution. RA is correlated with Amavata mentioned in Ayurveda. “Amavata” is a disorder of Madhyam Roga Marga along with the involvement of Asthivaha and Rasavaha strotas. It is derived from two major pathogenic constituents – “Ama” and “Vata” i.e., it is due to vitiation of Vata dosha and Ama. The line of treatment of Amavata includes Langhan, Swedana, Virechana, Snehpana, Basti, Deepaniya Dravya, and Katu–Tikta Rasa Dravya. Case study: A female Patient of 57 years with complaints of multiple joint pain and swelling for 4 years, Morning stiffness for 2 hours, incomplete evacuation of bowel, and gastric distension in the abdomen. Associated symptoms were body aches, stiffness, and tenderness at joints. Laboratory investigation showed that the RA factor was positive (RA test titer 229.50. CRP was raised up to 47.21 mg/ dl. ESR was also raised (105 mm after 1 h by Wintrob’s method). She was treated with Sunthi- Guduchi siddha Jala, Ruksha Baluka Swedana, Vaishvanar churna, Sinhanada Guggul, and Rasnasaptak kwatha for the period of 8th weeks with follow-up every two weeks. Result: Patient showed significant improvement in subjective parameters like Angarmarda, Aruchi, Trushna, Alasya, Gaurav, Jwara, Sandhishotha, Sandhishoola, Sandhistambha and also in parametric variables (Das 28 score, Disability index score, Walking time (for 25 feet distance), Hand grip pressure (in mm Hg), Foot pressure (in kg), RA, CRP, ESR. Conclusion: With the apt application of Ayurveda principles good results can be seen. In this study, the above-mentioned treatment has received a positive response towards subjective and objective parameters. This is the effect seen in this case and needs more studies to substantiate the effect of Ayurveda treatment in amavata (RA).

Keywords: Amavata, Rheumatoid Arthritis, Sinhanada Guggul, Baluka Sweda, Rasnasapta K

Registration Code: ABOP 2088



ROLE OF VIRECHANA BASTI AND UTTARABASTI WITH VASTYAMAYANTAKA GHRITA FOLLOWED BY CHANDRAPRABHAVATI PUNARNAVASA AND VIRATARADI GANA KASHAYA IN THE MANAGEMENT OF MUTRAGHATABPH AND BOO – A SINGLE CASE STUDY

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Mutraghta is umbrella term related with low urine output either by retention, absolute or relative anuria or oliguria. Urine retention can be blockage of urinary tract or irritation of urinary route. compressed/ constriction, damage stones , or other pathological states. In this single case study, An attempt is made to study the efficacy of virechana, basti, uttarabasti with vastyamayantaka ghrita followed by Chandraprabhavati, punarnavasa, and Virataradi gana kashaya shamana yoga in the management of Mutraghata (BPH AND BOO). To assess the efficacy of virechana , Basti , uttara basti , vastyamayantaka ghrita chandraprabhavati, punarnavasava and Virataradi gana kashaya in the management of Mutraghata. Study design:- open labelled, Prospective , Random, Single arm. A male patient of 72 Years , visited Kayachikitsa opd with the complaints of incontinence of urine day and night since 3 years, increased symptoms since 5 months , catheterized since 5 months, known case of DM and HTn since 20 years, prostatomegaly grade 1, mild to moderate Hydronephrosis, BOO, LUTS, cystitis, increased pvr , left renal calculus . After further evaluation Deepana pachana with chitrakadi vati, shodananga sneha with vastyamayantaka ghrita followed by Abhyanga with murchita tila Taila and Virechana with Trivrutleha, basti and uttarabasti with vastyamayantaka ghrita, Chandraprabha vati, punarnavasava, and Virataradi gana kashaya as shamana yoga was administered. At the end of intervention , catheter was removed, decreased incontinence of urine & dysuria. PVR from 570cc to 300cc, prostatomegaly 27cc to 20cc. Virechana and basti are tridoshahara , uttarabasti is effective treatment for mutravaha sroto vikara. vatanulomana , shotohara, rasayana, anti inflammatory effect of drugs and procedure improved the condition. Details will be presented in the full paper.

Keywords: Mutraghata, Virechana karma, Basti karma, Uttarabasti, Aastyamayantaka ghrita, Chandraprabha vati, punarnavasava, virataradi gana kashaya.

Registration Code: ABOP 2134



PROTECTIVE ROLE OF DHAANYAKASHUNTYADI KSHEERAPAKA IN ISCHEMIA INDUCED CARDIOMYOBlasts- EXPLORATIVE INVITRO STUDY

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According to Global Hearts by WHO, aims to combat the global threat of cardiovascular diseases (CVDs), which are the leading cause of death worldwide. It's critical to recognize cardiovascular diseases at the earliest, so that treatment can begin. Increased oxidative stress has been recognized as one of the potentially common etiologies for cardiovascular illnesses. The endogenous antioxidant system in the cells fails to scavenge the ROS (reactive oxygen species) due to factors such as ageing, dietary changes, long-term medications etc. The antioxidant supply aids in the scavenging of ROS and can be used to treat and prevent CVDs. At this juncture, it will be beneficial if the principles of Ayurveda are adopted. The present study in H9C2 cardiomyoblasts aims to determine the cardioprotective activity of Dhaanyakashuntyadi ksheerapaka through invitro experimental study. Cytotoxic effect of ksheerapaka by SRB assay, estimation with antioxidant markers such as lipid peroxidation and superoxide dismutase, reactive oxygen species detection and apoptosis observation via double staining was done. Preparation of ksheerapaka was done as per classical reference. The ksheerapaka was found to be non-toxic by SRB assay. The antioxidant markers showed less peroxidation and an increase in superoxide dismutase. Apoptosis detection showed the recovery of ischemic cells on ksheerapaka administration and ROS reduction in ischemia-induced ksheerapaka-treated cells. Therefore, this ksheerapaka possesses cardioprotective activity and could be beneficial in managing cardiac complications in future. Keywords: Dhaanyakashuntyadi ksheerapaka, H9C2 cardiomyoblasts, Antioxidant Activity, Cardioprotective *3rd year PG Scholar, Department of Rasashastra & Bhaishajya Kalpana, Government Ayurveda College, Kannur. **MD(Ayurveda) Professor & Head of Dept. of Rasashastra & Bhaishajya Kalpana, Govt Ayurveda College Kannur ***Director & Research Head, CRMAS, Valiyavila, TVM

Keywords: Dhaanyakashuntyadi ksheerapaka, H9C2 cardiomyoblasts, Antioxidant Activity, Cardioprotective

Registration Code: ABOP 2124



ROLE OF AYURVEDA IN THE MANAGEMENT OF TYPE-2 DIABETES MELLITUS WITH EMPHASIS ON MADHUMEHA A CASE STUDY

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Hyperglycemia in type 2 diabetes results from reduced beta-cell function and insulin resistance. The treatment of type 2 diabetes must be targeted against both conditions to reduce symptoms of hyperglycemia and the risk of diabetic late complications. This unprecedented period demands greatly for the traditional medical systems. Ayurveda understands this disease as Madhumeha (diabetes mellitus) which is basically a condition of depleted Ojus (immunity). This case report aims to present significant changes in plasma glucose levels in management of type-2 diabetes mellitus in a male patient by administration of ayurvedic medicine. This case study was conducted at the OPD of National Institute Of Ayurveda, Jaipur in a Patient with Type- 2 Diabetes mellitus for 5 years, who was on OHA therapy before enrollment in this study. He presented with complaints of generalized weakness, frequent micturition, and dryness of mouth. The diet regimen was modified, along with the administration of Ayurvedic medicine. clinical parameters both subjective and objective were monitored over the course of 1 month. In first follow-up after 15 days, the patient experienced marked improvement in previous complaints. After one month his blood sugar level showed a significant reduction (reduction in FBS level from 260 mg/dl to 81 mg/dl and reduction in PPBS from 498 mg/dl to 280 mg/dl) with complete relief in complaints. With this study, it is concluded that Ayurvedic treatment can be effective in the management of diabetes mellitus which was performed with the help of Ayurvedic medicines, diet, and lifestyle modification. Significance: Implementing Ayurveda approach within the context of pharmaceutical care and dietary modification showed a significant impact on the management of diabetes mellitus.

Keywords: Diabetes mellitus, Madhumeha, Hyperglycemia

Registration Code: ABOP2183



A CLINICAL STUDY TO EVALUATE THE EFFECT OF SATAVARICHINNARUHADI KASHAYA IN HYPERURICAEMIA

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Hyperuricaemia is the condition in which Serum uric acid level is elevated in blood above 7mg/dl for men and above 6mg/dl for women. Elevated Uric acid level is because of increased production, or decreased excretion of Uric acid, or as a combination of both processes. Urate production is accelerated by Purine rich diet, Endogenous Purine production, and error in Purine metabolism. It comes under the cluster of Metabolic syndrome including Abdominal obesity, Glucose intolerance, Insulin resistance, Dyslipidaemia, and Hypertension. Genetics, Insulin resistance, Iron over load, use of Diuretics, Overweight, Obesity, excess consumption of Alcohol, Hyperlipidaemia are its attributable causes. Hyperuricaemia correlated with Pittadhika Vatasonitam in Ayurveda. Satavarichinnaruhadi Kashaya mentioned in Chikitsamanjari under the chapter Vatasonita Chikitsa is adopted for this study with an objective to evaluate its effect in Hyperuricaemia. Prevalence of Hyperuricaemia have increased over the past two decades due to lifestyle changes, dietary habits and its risk factors is also high, but an efficient management for this emerging condition is still unsatisfactory. So there is a strong need to enlighten its severity and the limitations of medicaments. This was an Interventional study in OP patients attending in the Department of Kayachikitsa. Selected Participants in the age group between 20-70 years were advised to consume Satavarichinnaruhadi Kashaya 50 ml one hour before food with 12 ml Goksheera as Sahapanafor 30 days. Assessment done before and after treatment with Blood Parameter (Renal function test & Blood routine examination). Satavarichinnaruhadi Kashaya has significant effect in reducing Serum Uric acid level. The results were Statistically analysed using Wilcoxon signed rank test and Paired 't' test. As the evaluation process is going on, final conclusion cannot be made but the study drug has proved a promising result based on the Subjective and Objective assessment.

Keywords: Hyperuriceamia, Pittadhika Vatashonitam, Satavarichinnaruhadi Kashaya

Registration Code: ABOP 2193



AN OPEN LABEL RANDOMISED CLINICAL STUDY TO COMPARE THE EFFICACY OF LEKHANIYAGANA MAHAKASHAYA AND MUSTHADI KASHAYA IN OBESITY

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Unhealthy food habits and alteration have ended up in serious health ailments. Obesity, is a disease which can be related to Sthoulya in Ayurveda. The present study is focused on finding a herbal medicine for Obesity which is cost-effective, safe, and can be taken without hampering the routine activities. The objective of the study is to assess the individual therapeutic efficacy of Lekhaniyagana Mahakashaya and Musthadi Kashaya in Obesity/Sthoulya and to compare the therapeutic efficacy of Lekhaniyagana Mahakashaya and Musthadi Kshaya in Obesity/Sthoulya. Materials and methods 120 patients fulfilling the diagnostic and inclusion criteria of either sex between the age 30- 60 yrs were selected for the study and randomly placed in two groups. Group I was administered with Lekhaniyagana Mahakashaya and Group II with Musthadi Kashaya for 12 weeks. Result After treatment in both Groups I and II, there was a relief in subjective parameters which was statistically highly significant with p value 0.05. A reduction in p value 0.01 is noted for the symptom Alasya which is considered as statistically significant. All objective parameters showed statistically highly significant p values which is < 0.001 in Group I and Group II. On comparing the effect of two groups on the basis of Objective criteria, it was seen that a statistically significant p value

Keywords: Obesity, Sthoulya, Lekhaniyagana Mahakashaya, Musthadi kashaya

Registration Code: ABOP2202



CONSERVATIVE MANAGEMENT OF FRACTURE BOTH BONES OF LEG WITH AYURVEDA- A CASE REPORT

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Tibia is the main weight bearing bone of the lower limb. It is connected to fibula through proximal and distal tibio- fibular joints. These bones frequently fracture together and are referred to as fracture both bones of leg. The cause of fracture of tibia and fibula can be a direct or indirect injury. According to modern, these types of complex fractures may need surgical correction, ie open reduction with internal fixation. In Ayurveda, Acharya Susruta has given prime importance to fractures and their management. Management through reduction, usage of different types of splints and bandages, methods like kapada sayanam etc are mentioned in samhitha. A 28 years old female patient presented to the OPD of Triveni Nursing Home complaints of pain, swelling and inability to move the left lower limb with a history of fall from stairs. On examination, she was unable to walk, tenderness and crepitus was present over the gaiter area. X ray revealed fracture both bones of left leg. It was managed conservatively by reduction and immobilisation in an above knee POP cast for a period of 6 weeks, along with application of murivenna Patient showed a complete recovery after the period of immobilisation and physiotherapy. X ray after 6 weeks revealed a perfect union of the fractures. Generally, both bone fracture is considered a very complex fracture to be managed conservatively. This paper opens a new horizon in the management of complex long bone fractures through Ayurveda.

Keywords: Bone fracture, Jangasthi bagna, Fracture management

Registration Code: ABOP 2241



AYURVEDIC APPROACHES TO THE TREATMENT OF NON- SMALL CELL LUNG CANCER NSCLC

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Lung cancer is the leading cause of cancer-related deaths worldwide, accounting for the highest mortality rates among both men and women. It is one of the most preventable of all of the common malignancies. Smoking is the leading cause of lung cancer, responsible for approximately 85% of all cases. The most common types of lung cancer are non-small cell carcinoma (NSCLC) and small cell carcinoma (SCLC). NSCLC is more common and grows slowly. Non-small cell lung cancer (NSCLC) is a term that includes a variety of different lung cancers, most notably adenocarcinoma, squamous cell carcinoma, and large cell carcinoma. Clinical manifestations of non-small cell lung cancer include cough, hemoptysis, chest pain, dyspnea, or hoarseness, Squamous cell carcinoma can cause Pancoast syndrome, manifested by pain in the shoulder (but may also include the forearm, scapula, or fingers), Horner syndrome, atrophy of the hand muscles, or bony destruction. The treatment consists of surgery, radiation therapy, chemotherapy, targeted drug therapy, and immunotherapy which may produce side effects in the patient. The present study aims to discuss different treatment approaches for NSCLC in Ayurveda. Because of the similarities in the clinical manifestations, NSCLC can be considered under Rajayakshma or Kshayaja Kasa. Hence the treatments explained in these diseases could be effective in NSCLC, which includes Deepanam, Mridu Sodhanam, Brimhana, Rasayana, etc. These treatments can be administered as an add-on therapy with modern medicines or treatments. This will help to cure the disease and decrease the side effects of radiation or chemotherapies.

Keywords: Lung cancer, Non-small cell lung cancer, Kshayaja Kasa, Rajayakshma, Arbuda

Registration Code: ABOP 2254



COMBINED EFFECT OF VIRECHANA VAITARANA BASTI UDWARTANA AND YOGA BASTI FOLLOWED BY SAMSHAMANI VATI TRIPHALA CHURNA KANCHANARA GUGGULU VARUNADI KASHAYA IN HYPOTHYROIDISM - A SINGLE CASE STUDY

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Combined effect of virechana, vaitarana basti, udwartana and varunadi Yoga Basti, followed by samshamani vati, triphala churna, kanchanara guggulu, varunadi Kashaya, in Hypothyroidism - A Single Case Study Dr. Pallavi¹ Dr. Madhava Diggavi² Dr. Fareeda Begum Shaikh³ 1. Second year post graduate scholar, Department of PG studies in Kayachikitsa 2. Professor and Head of department of pg studies in kayachikitsa TGAMC Ballari 3. Professor department of kayachikitsa TGAMC Ballari Postal address – Taranath Government Ayurveda Medical College and Hospital, Dr rajakumar road, Ballari, karnataka – 583101 Email- pallavidmbidar143@gmail.com mobile no –8217453599 Hypothyroidism is due to insufficient synthesis of thyroid hormone. its prevalence is rising at an alarming rate in Indian population, more prevalent among the females. In this study significant Samhita based clinical outcome is achieved. To assess the efficacy of virechana, vaitarana basti, yogabasti, udwartana, shaman Chikitsa in hypothyroidism. open labelled prospective incidental add on clinical study A Female of 53 Years, visited with grade 2 obesity since 2 years, Guruta in body, Arohana ayasa after short walk since 1 year, Multiple Joint Pain with occasional swelling since 6 months, known case of Hypothyroidism since 9 years on medication. Virechana (Deepana, pachana (triphala churna), triphala taila in vishrama abhyanga, trivrut leha for virechana, samsarjana karma) Vaitarana basti (1st course), Yoga basti (2nd course), udwartana, shamanoushadha. BT AT Tsh 10 Mu/ml to 0.526 Mu/ml Weight 108kg to 96kg BMI 43.5 to 38.6 MAC, MTC, MWC 17, 28, 52 inch to 14.5, 25, 49 inch Guruta of body, multiple joint pain, ayasa reduced Discussion and Hypothyroidism is vata kaphaja santarpanotta vyadhi. virechana is first essential step for tridosha dushti. vaitarana basti is utkleshana, amadoshanashaka basti, followed by varunadi yogabasti modifies gut microbiota and thyro samana vata agni metabolic axis. augmented with kaphahara, medas pravilayana effect of udwartana. simple shaman rasayana oral intervention along with shodhana chikitsa may be acting as pshycho neuro immune endocrine regulator, anti inflammatory, free radicle scavenging and hence effective in obese hypothyroidism as add on therapy Details will be presented in the full paper.

Keywords: Hypothyroidism,, Virechana karma, Vaitarana basti, Varunadi yoga basti, samshamani vati, varuanadi Kashaya, kanchanara guggulu.

Registration Code: ABOP 132281



A CLINICAL STUDY TO EVALUATE THE EFFECT OF POUSHKARADI KASHAYA IN TAMAKA SWASA - BRONCHIAL ASTHMA

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Tamaka Swasa is a chronic disorder of Pranavaha Srotas that disturbs daily activities. Vata moving in the reverse direction stimulates Kapha to cause Margavarodha, thereby producing bronchoconstriction. According to Astangahridaya the Srotas vitiated are Prana, Udaka and Anna. In Modern Science Tamaka Swasa can be compared to Bronchial Asthma. It is a chronic inflammatory disease of respiratory tract causing airway obstruction with recurrent episodes of wheezing, breathlessness, chest tightness, and coughing. In India the estimated prevalence is 10-15% and in Kerala it is about 9.9% . The treatment includes beta agonists and corticosteroids which causes adverse effects like oropharyngeal candidiasis, hoarseness of voice, and pneumonia. Here, Ayurvedic formulations can be a better way for managing the condition effectively providing long term relief to the patient. In this study, Poushkaradi Kashaya mentioned in Sahasrayogam, Swasakasa Adhikara was selected for evaluation. 24 participants who met the inclusion criteria were selected for the study and was recommended to consume 48 ml of Poushkaradi Kashaya morning and evening one hour before food for 30 days. Periodical assessment was performed and the results were statistically analyzed. Considerable reduction in all the clinical signs and symptoms of Tamaka Swasa like dyspnoea, cough, rhinitis, intercostal pain, wheezing, quantity of sputum, difficulty in speech and increase in FEV1, FVC and FEV1/FVC values were seen. The ingredients of Poushkaradi Kashaya like Pushkaramoola, Katphala, Bharangi, Vishwa, Pippali are having Vatakaphara action along with Tikthakatu Rasa and Katu Vipaka by which they normalize the Gati of Vatadosha by removing Srotorodha. Also Pushkaramoola is having Bronchodialatory, Antiinflammatory, Analgesic and Mastcell stabilization activity. Final conclusion cannot be made as the evaluation process is going on but the study drug has provided a promising result based on subjective and objective parameters as far as concerned.

Keywords: Tamaka Swasa, Bronchial asthma, Poushkaradi Kashaya.

Registration Code: ABOP 2314



ROLE OF AYURVEDA IN THE MANAGEMENT OF AVASCULAR NECROSIS: A CASE STUDY

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Avascular necrosis (AVN) is the death of bone tissue due to loss of blood supply, therefore also called as ischemic bone necrosis. It is basically an osteonecrosis caused due to an injury or any occlusion in the blood vessels nourishing the bone tissue. AVN of femur head is the most common type of necrosis because the artery supplying to that area is very narrow which easily gets injured followed by mere dislocation or a sub capital fracture which leads to lack of nourishment resulting in necrosis. The contemporary line of management relies on surgical intervention which is very expensive. According to the principles of Ayurveda Vata, Pitta, Rakta Dosha plays major role in the pathogenesis of AVN with special reference to Vatarakta Samprapti. In this present case a 25 year old female was diagnosed with AVN of bilateral hip joint associated with subchondral fracture, was managed with Sarvanga Dhara with Dashamoola Kashaya, Kala Basti with Chandana Bala Lakshadi Taila, Dashamoola Kashaya Basti, Dashamoola Ksheera Basti and other internal medication on the line of Vatarakta chikitsa, as described in Ayurveda. Patient was observed for symptomatic improvements based on signs and symptoms before and after treatment. The therapy provided marked improvements in the gait, pain, tenderness and range of movements. Conservative management of AVN through Ayurvedic principles provided significant relief in sign and symptoms and improved quality of life.

Keywords: Avascular necrosis (AVN), Kala Basti, Sarvanga Dhara, Vatarakta

Registration Code: ABOP 2324



PAIN MANAGEMENT IN VATARAKTA BY KARASKARA BALAKSHEERADHARA AND JALOOKAVACHARANA - SINGLE CASE STUDY

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Vataraktha is a condition where vata get aggravated by riding long distance in animals like elephant , Horses etc and rakta vetiated by intake of lavana , amla, katu , kshara etc leading to vata prakopa and raktha dushti.In this era it can be correlated with over riding of motor bikes and intake of spicy junk foods.This Vetiated raktha obstruct the path of vata and sthana samsraya occurs in Sandhis.finally disease manifested as Vataraktha.This is an attempt to illustrate the pain management in Vataraktha by bahya prayoga as Seka and Sodhana as rakthamokshana.The case was a 70 year old male presented with pain and swelling along with discoloration of left ankle joint since 1 month.Sleep and walking were disturbed due to severe pain and Diagnosis was done by using ayurvedic parameters , Blood reports etc.The management was a combination of procedures including Karaskara balaksheera dhara which mainly focus on vata dosha and Jalookavacharana for management of rakthadushti.Karaskara balaksheera dhara for 1 week and 4 sitting Jalookavacharana was done weekly once along with samanoushadhis. after the course of treatment the pain and swelling completely releived, patient got sound sleep.

Keywords: Vatarakta chikitsa, Seka, Raktamokshana

Registration Code: ABOP 2370



VIRECHANA AND SHAMANA RASAYANA WITH KAISHORA GUGGULU AROGYAVARDHINI RASA AND GANDHA KARPOORA LEPA IN VIPADIKA KUSHTAPALMOPLANTAR PSORIASIS-A SINGLE CASE STUDY

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Vipadika is palmoplantar dermatological spectrum of disorder in context of kshudra kushta, characterised by Pani Pada sphutana (fissures), Kandu (itching), Teevra vedana (severe pain), Daha (burning sensation), Saraga peedika (red patches).. it is a long lasting auto immune disease causing social isolation, cosmetic and psychological embarrasment as well as difficulty in leading social life. To assess the combined efficacy of virechanottara kaishora guggulu, arogyavardhini rasa and gandha karpooora lepa in vipadika kushta (palmoplantar psoriasis). Methodology .Open labelled, Prospective, Incidental, Single case study A diagnosed case of Vipadika (Palmoplantar psoriasis) female patient of age 48 years since 18 months, was subjected to Deepana pachana with Chitrakadi vati, Virechananga Snehapana and Abhyanga with Moorchita tila taila, Virechana with Nimba amrutadi castor oil-50ml with milk. Shamana yogas were Kaishora guggulu, Arogyavardhini rasa and gandha karpooora lepa was used. Symptoms wise improvement of pani pada sphutana from 4 gradings to 1 grading Kandu and vedana from 3 gradings to 1 gradings Daha from 1 grading to 0 grading. Palmoplantar Psoriasis Area Severity Index Score (PPPASI) Before Treatment-26.2 After Treatment-6.8 Discussion and Vipadika is rakta pradoshaja vyadhi. Virechana is tridosahara and kaishora guggulu is kushtaghna and rasayana, and arogyavardhini rasa is koshtashrita vyadhihara, kushtagna, Kandughna. Gandha karpura is proprietary transdermal antifungal, anti inflammatory thereby the combination has synergistic effect which is unique to applied evidence based ayurveda samhita based clinical practice Details will be presented in the full paper.

Keywords: Kandughna, palmoplantar psoriasis, anti inflammatory, PPPASI.

Registration Code: ABOP 2377



SCOPE OF AYURVEDIC MANAGEMENT OF TYPE 2 DIABETES MELLITUS ON INSULIN WITH COMPLICATIONS - A CASE STUDY

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Noncommunicable diseases (NCDs) are a group of diseases that affect individuals over an extended period of time causing socio-economic burden to the nation. Noncommunicable diseases kill 41 million people each year, equivalent to 74% of all deaths globally. Diabetes mellitus refers to a group of common metabolic disorders that share the phenotype of hyperglycemia and Diabetes-related complications affect many organ systems and are responsible for the majority of morbidity and mortality associated with the disease. This work is aimed to present successful clinical story of a female patient of 40 years age. Who is diagnosed with Diabetes mellitus with both chronic microvascular and macrovascular complications such as neuropathy, CKD, CHF. The patient was treated for acute crisis in modern hospitals, but patient did not find remarkable symptomatic relief and glycemic control in spite of intensive insulin therapy and comprehensive therapies. Then patient approached ayurveda seeking better health and quality of life. Treatment involved Bahirparimarjana chikitsa followed by shamanaushadhi based on clinical assessment. - After thorough clinical evaluation and ayurvedic intervention along with allopathic medications, patient shown tremendous improvement in glycemic control from 18.7% to 6.8%. LVEF from 40% to 55% along with other objective parameters. The most bothersome complaint of patient was weakness of lower limbs due to which she was unable to walk alone. Now the patient is able to walk alone and able to do routine activities. Here an attempt has been made to present the added efficacy of ayurvedic intervention which gave hope of healing to the patient. Ayurvedic practitioners stepping back to treat such complicated chronic illness due to lack of drustakarmata and confidence. These kind of case studies enrich the young minds of Ayurveda with courage and faith and bridge the inferiority complex in society.

Keywords: Non communicable disease, Diabetes mellitus, Bahirparimarjana chikitsa, Shamanaushadhi, Drustakarmata.

Registration Code: ABOP 2439



A CASE STUDY OF KAMPAVATA PARKINSONS DISEASE

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Kampavata is one among the vatavyadhi. It is manifested with tremor, especially in the hand. It can be compared with Parkinson's disease. It occurs in old age. The causative factors of vata itself are causing kampavata. The main causative factors are excess intake of pungent food, untimely and less food intake. Non intake of milk and milk products also induce kampavata. Rooksha guna of Vata plays a major role. Vatavyadhi chikitsa is effective in kampavata. The ksheera kwatha prepared of Masha, Atmagupta, Ashwagandha and Bala is especially beneficial in this disease. Kapikachhu churna or tablet is also found effective. Abhyanga especially with Mahamasha Taila, Patra pinda sweda, Shashtika Sali Pinda Sweda, Kayaseka, Nasya, Sirodhara etc. can be carried out in Kampavata. The kalavasti with Mashatmaguptadi ksheera is found very effective. A female of 50 years approached the hospital. She was suffering from tremor of hands along with radiating pain in both limbs. She had a masked face. The condition is diagnosed as kampavata of Vatavyadhi. OP level medicines were given initially. Mashatmaguptadi ksheera, Kapikachhu capsule and abhyanga with Mahamasha Taila was advised. She is also suffering with Hypertension and Hypothyroidism. While examining the blood, the level of Cholesterol was 236 and ESR was 20. During the admission, Internal medicines were continued. Abhyanga with Mahamasha Taila, Patrapinda sweda, Nasya with Ksheerabala 7 Avarthi, and Sirodhara with Mahamasha Taila were carried out. Yoga vasti is also carried out. Mashatmaguptadi ksheera paka is used along with Mahamasha Taila, Mashatmaguptadi kalka, Saidhava and Honey. Symptomatic relief was obtained by the therapy. Patient is advised to continue the internal medication along with Abhyanga during discharge. While taking the history itself it was understood that the patient is having the late food habit. It is also advised to follow proper daily regimen to prevent recurrence.

Keywords: Kampavata, Parkinson's disease, Mashatmaguptadi Ksheerapaka, Rooksha, Vatavyadhi

Registration Code: ABOP 2438



EFFECT OF AGNIKARMA IN MANAGEMENT OF ADULT SCOLIOSIS - A CASE REPORT

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Adult scoliosis is defined as a spinal deformity in a skeletally mature patient. Adult scoliosis can be separated into four major groups. Back pain associated with degenerative scoliosis usually begins gradually and is linked with activity. The curvature of the spine in this form of scoliosis is often relatively minor. The treatment is tailored to the specific symptomatology of the patient by using physiotherapy, manipulation, and needling can be used to treat pain, together with spinal bracing. Scoliosis-specific exercises should be prescribed and corrective postures should be encouraged during daily activities to improve the sagittal and coronal spinal imbalances. Surgery may only be advised when conservative methods fail to alleviate pain associated with the condition. Hence controversy remains over the role of surgical intervention in patients with this disease. To comprehend the effectiveness of the Agnikarm management (Thermal Cautery) in Scoliosis. A 48 year old patient comes in Kayachikitsa OPD of Parul Ayurveda Hospital with c/o pain in calf muscle with mild deviation of spine along with asymmetrical gait and difficulty in walking due to pain since 7 to 8 months and was advised to admit in KC IPD. Patient was given panchkarma treatment with internal medicine but he didn't get relief in pain. then agnikarma was planned. SLR and Femoral nerve stretch test was negative after doing agnikarma along with radiological changes shows changes in spinal curvature and reduction in WOMAC score from 30.20 % to 13.54 %. The present case study revealed that among all ayurveda treatments like panchkarma and internal medicine, agnikarma is superior and provides good relief in pain management. Contribution: agnikarma can contribute to improve lifestyle of patient suffering from neurological and musculoskeletal disorder.

Keywords: Scoliosis, Agnikarma, Thermal cautery, Ayurvedic management, Anushashtra karma.

Registration Code: ABOP 2489



EXPLORING AYURVEDIC INTERVENTIONS FOR MANAGING SLEEP DISTURBANCES IN THE GERIATRIC POPULATION : A COMPREHENSIVE STUDY ON AGING SLEEP PATTERN

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The process of aging, characterized by progressive bodily degeneration, has been a focal point in Ayurvedic literature since ancient Vedic times. In Astanga Ayurveda, Jarachikitsa describes aging as a natural phenomenon (Swabhawaja vyadhi). Sleep disturbances in the elderly are notably prevalent, associated with imbalances in Vata dosha and degeneration of bodily tissues (Dhatu). This study investigates these disturbances and proposes Ayurvedic preventive and therapeutic interventions. Various databases like Scopus, Pubmed, Chochrane Libarary and references of various published article were thoroughly searched for various sleep patterns during aging, focusing on prevalent geriatric sleep disorders like Insomnia, Obstructive Sleep Apnea, Restless Leg Syndrome, and Periodic Leg Movements in Sleep along with their Ayurvedic managment. The research prioritizes Ayurvedic interventions nurturing Dhatu and pacifying Vata dosha to manage these disturbances effectively. Rasayana therapy, found a holistic Ayurvedic approach, as key for slowing aging, mitigating Dhatu depletion, and alleviating sleep issues among the elderly. The studies advocate the Pathya Aahara (appropriate diet), Vihara (lifestyle modifications), Vatashamak chikitsa (therapies targeting Vata Dosha), regulation of Agni (metabolic processes), Dincharya (Daily routine), Ritucharya (Seasonal regimen), not supression of natural urges, employment of Rasayana (rejuvenation therapies), Panchakarma (detoxification procedures), Sadvritta (ethical conduct), and Yogasana (Yoga postures) in managing sleep disturbances associated with ageing. Consumption of milk and Ghrita according to digestive power, Abhyana specifically Padabhyanga (Sole masaage with Ashvagandha or Bala oil), Shiropichu, Shiro-Abhyanga (Head Massage) and Pratimarash Nasya can help to mitigate the sleep related issues effectively in geriatric age group. This study highlights widespread sleep issues in aging individuals, emphasizing Ayurvedic approaches. Targeting Dhatu nourishment and Vataa Dosha pacification, Ayurvedic interventions prove promising in managing sleep disturbances among the elderly. This research suggests holistic and effective solutions, enhancing overall well-being in the aging population with quality of sleep.

Keywords: Jara, Dhatu, Rasayana, Swabhawaja vyadhi

Registration Code: ABOP 2505



UNLOCKING THE HEALING POTENTIAL A FASCINATING CASE STUDY ON AYURVEDIC TREATMENT FOR HUMERAL SHAFT FRACTURE MEDIAL DISPLACEMENT TREATED WITHOUT SURGERY

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Humeral shaft fractures are quite significant when it come to upper body's structure and movement. The humerus, which is the long bone in upper arm, plays a crucial role in connecting the shoulder to the elbow. By exploring Ayurvedic management for humeral shaft fracture ,we can gain valuable insights into the potential of tradition healing practices in modern healthcare. The study aims to explore the potential benefits of Ayurveda in reducing pain, promoting fracture healing, and improving functional recovery. By conducting this research, we hope to provide valuable insights into non-surgical treatment options and potentially enhance the quality of care for individuals with humeral shaft fractures. Case: A 66 years old female patient had a h/o domestic fall on 17/08/2023 and develop sustain close injury to (R) upper limb with pain and swelling diagnosed with Humeral Shaft Fracture (medial displacement) The patients with humeral shaft fractures received plaster of Paris casts to immobilize the fractured bone and promote proper alignment. Additionally, medicated oils were applied externally to the affected area to alleviate pain, reduce inflammation, and aid in the healing process. Alongside these external treatments, patients were prescribed specific herbal medicines to support bone healing and overall recovery. This holistic approach aimed to provide comprehensive care and enhance the healing potential of Ayurvedic interventions. The results of the study showed promising outcomes. Patients who received Ayurvedic treatment for humeral shaft fractures experienced significant improvements in their healing process. The combination of plaster of Paris, medicated oils, and herbal medicines contributed to reduced pain, enhanced fracture healing, and improved functional recovery. Conclusion: This holistic approach showcased the potential of Ayurveda in providing effective non- surgical treatment options for humeral shaft fractures. It's exciting to see how Ayurveda can positively impact the healing journey.

Keywords: Fracture, Bhagna, Humerus, Shaft

Registration Code: ABOP 2515



ASSOCIATION BETWEEN MADHUMEHA TYPE 2 DIABETES MELLITUS AND AVASADA DEPRESSION A CROSS-SECTIONAL STUDY

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Patients with Diabetes Mellitus (DM) have a poor quality of life compared to patients without DM. In fact, one in every five diabetic patients suffers from comorbid depression. Therefore, in this study, we assessed the psychological impact of Type 2 DM. A cross-sectional study was conducted among 60 diabetic patients attending an OPD/IPD in a hospital in New Delhi. We used a Beck Depression Inventory (BDI) tool to evaluate the depression level among the subjects. We also evaluate the effect of lifestyle modification on blood sugar and depression levels. The prevalence of depression among DM patients was about 23.33%. Out of 23.33%, 13.33% had BCD (borderline clinical depression) and 10% had MD (moderate depression). Statistically, a significant association was found between Madhumeha (Type 2 DM) and Avasada (Depression). Almost one in every five patients with DM is affected by depression. Therefore, screening for psychological complications should be routinely done in DM patients.

Keywords: Diabetes Mellitus, Madhumeha, Avasada, Depression, Ayurveda.

Registration Code: ABOP 2563



ROLE OF GUGGULUTHIKTHAM GHRITHAM IN MULTIPLE SCLEROSIS- A CONCEPTUAL REVIEW

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Autoimmune disorders are on the rise globally and affect 8.5% of the population worldwide. Multiple sclerosis (MS), the most prevalent neurological disability is an autoimmune disease of Central nervous system characterized by chronic inflammation, demyelination, gliosis and neuronal loss. Although the aetiology and pathogenesis of MS remains unclear, several studies illustrate that the cause of MS is multifactorial and include genetic predisposition together with environmental factors. Therapies for MS are based on the use of antiinflammatory and immunomodulatory drugs, but these treatments are not able to stop the destruction of nerve tissues. With immunosuppressant or cortico-steroids as only available treatment in modern sciences, Ayurveda can be a ray of hope. In Ayurveda it can be correlated with “majjakshaya” and “prana avruta vyana vata” characterized by sarvendriya shunyatwam, where both senses I.e gynendriya and karmendriya have interruption in their functions and bala kshaya. The scope of Ayurvedic Management and preventive aspects mainly concentrates on improving the quality of life and decrease dependency by patients on others. Guggulu tiktaka ghrita is a potent medicated ghee. The natural steroid Guggulusterone aids in bringing about sustained pain, relief and healing. It nourishes the bones and allied structures like tendons, ligaments and cartilage & have the ability to penetrate the cells and across the blood brain barrier (BBB). Butyric acid in it improves immunity and promotes elimination of toxins providing optimal gut health and metabolism. This paper is intended to understand the role of Guggulu tiktaka ghritam in Multiple sclerosis through Ayurveda parameters.

Keywords: Autoimmune disease, Gugguluthiktham ghritam, Multiple Sclerosis

Registration Code: ABOP 2567



EVALUATING THE EFFICACY OF AYURVEDA AS AN ADD ON THERAPY IN AMBULANT PATIENTS WITH DUCHENNE MUSCULAR DYSTROPHY MAMSA MEDOGATA VATA

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Duchenne muscular dystrophy (DMD) is an X-linked, progressive muscle degenerative disorder caused by DMD gene mutations affecting 1 in 3600 to 6000 live male births. It leads to loss of ambulation by 12 years of age and ultimately death due to cardiac or respiratory failure. There is no cure for DMD which paves way for Ayurvedic approach in the management of DMD. This ongoing trial aims to assess efficacy of Ayurveda as add-on therapy in DMD comparing with conventional treatment alone. Thirty five genetically confirmed DMD subjects, aged 5-10 years screened from Out-patient department, NIMHANS were recruited and randomly allocated into two groups. Group A received Ayurveda (Sanjivani vati, Ashwagandha choorna, Dhanwantharam taila (101A) and Ksheerabala taila) as add on therapy to standard care and Group B received standard care alone for 3 months. These Ayurvedic formulations have shown anti-oxidant, rejuvenative, immunomodulatory, anti-inflammatory properties in previous studies. Baseline and follow-up assessments of functional measures, heart rate variability (HRV), echocardiography, serum creatinine phosphokinase (CPK) and quality of life (QOL) were done. This trial has been registered in CTRI (CTRI/2022/04/042342). Preliminary analysis in few subjects (n=17) who completed 3 months study period showed improvement in functional measures, QOL scores and HRV measures. These improvements need to be replicated in larger sample (total n proposed=66) and correlated with changes in neurophysiologic measures. Conclusion: As this is an ongoing trial, it is not possible to draw any conclusions at preliminary analysis. This research work is a novel contribution in field of Ayurveda and muscular dystrophies.

Keywords: Muscular dystrophies, Ayurveda, Heart rate variability, Functional quality of life

Registration Code: ABOP 2610

OUTLOOK ON AYURVEDIC STRATEGY IN COMBATING ANTIMICROBIAL RESISTANCE IN URINARY TRACT INFECTION

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Anti Microbial Resistance (AMR) is the ability of uropathogens or microbes that resist the effects of medicines and make the infection harder to treat. The prevalence is increasing over time, along with the risk of complications. It has become one of the top 10 leading public health threats declared by WHO in 2021. Urinary Tract Infection (UTI) is the 2nd most common bacterial infection affecting 150 million people globally. According to Global Burden of Disease (GBD) in 2019 the death rate reached 1.27 million due to AMR. Studies show that mortality rate will increase to 10 million per year by 2050. Over a decade India has emerged as the world's largest consumer of Antibiotics. In Ayurveda, UTI can be compared to Mutrakricchram and microbes can be compared to Suksmajantu/Agantuja (pathogens). Treatment for AMR in Ayurveda can be carried out through Nidana-parivarjana, Prakritivighatana and Apakarsana. The drugs that possess Prabhava like Krimighna, Kandughna, and Sitaprashamana can be used for Mutrakricchram. Naimittika Rasayanam helps to fight a specific disease which increases Ojas, Vyadhikshamatvam, Bala, and Antioxidant, immune stimulant, immunopotentiating, and improves quality of life, hence the microbes cannot colonize in the channels. The literature review was conducted in Ayurveda Samhitas, and databases like PubMed, Scopus, Google Scholar, AYUSH Research Portal, and Ayushdhara. Drug-resistant UTIs are becoming more common nowadays because of AMR and the disease period gets prolonged leading to escalating costs in patient care, prolonged hospitalization, and more mortality. Thus, in this study, we put forth a treatment protocol for AMR in UTI by using Panchakarma like Prakshalanam, Avagaha, vasti, virechanam, Tailaprayoga, and Antarparimarjana chikitsa (Internal medicine) like Punarnava, gokshura, Brihatyadi kashayam, etc. In the current era of AMR, Ayurvedic treatment protocol can be used as it alleviates the adverse effect of long-term antibacterial therapy.

Keywords: Multi Drug Resistance, Antarparimarjana chikitsa, Panchakarma, Mutrakricchram.

Registration Code: ABOP 2632



A CASE STUDY ON AYURVEDIC MANAGEMENT OF CHRONIC INFLAMMATORY DEMYELINATING POLYNEUROPATHY

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Chronic Inflammatory Demyelinating Polyneuropathy (CIDP) is a chronic autoimmune progressive or relapsing symmetric sensori – motor polyradiculoneuropathy. Though the immune attack is widespread, it occurs proximally at the nerve roots and distally at the motor axon terminal because of their less complete blood nerve barriers. Both cellular and humoral immune mechanisms are involved in the disease pathology. Lymphocytes and macrophages are specifically involved in damaging myelin and adjacent axons. The common presentations include weakness, gait abnormality and sensory impairment. The weakness and sensory disturbances are due to nerve fiber action potential conduction block (secondary to demyelination) or conduction failure (due to axon damage). Here is the case study of a diagnosed case of CIDP presented with the complaints of weakness and paresthesia of bilateral upper limb and lower limb associated with unsteady gait, with a duration of 1 and ½ years. In this particular case dhatukshayajanya nidanas facilitating upadhatu (vatavahi sira) shoshana resulting in sarvangaroga (vata afflicting whole body) were elicited. Initially, shodhana after proper deepana, pachana, snehana and swedana was adopted considering the progressive and chronic nature of the disease to address dhatu leena avastha of ama. In the later stage kevala vatavyadhi chikitsa was adopted to correct the vitiated vata and for symptomatic relief. After a course of treatment for 45 days remarkable change was noticed which was assessed by Overall Disability Sum Score (ODSS) for motor disability, Modified INCAT Sensory Sum Score (mIss) for sensory disability and Chronic Acquired Polyneuropathy- Patient Report Index Scale (CAP-PRI scale) for quality of life.

Keywords: Chronic inflammatory demyelinating polyneuropathy, Overall Disability Sum Score, Modified INCAT Sensory Sum Score, CAP-PRI scale, Sarvangaroga

Registration Code: ABOP 2645



EFFECT OF Kaidaryadi Kashaya Yoga in Non-Alcoholic Fatty Liver Disease

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Non-Alcoholic Fatty Liver Disease (NAFLD) is the most common chronic liver disease in many parts of the world. NAFLD is a spectrum of conditions that are characterized by evidence of hepatic steatosis on imaging or histology (macro-vesicular steatosis), in the absence of secondary cause of hepatic steatosis. Today's globalization as well as urbanization affects the life style of people and resulting into the metabolic conditions on other ailments. NAFLD is one among them and is strongly associated with overweight/obesity and insulin resistance. The estimated global incidence of NAFLD is 47 cases per 1,000 population. In NAFLD there is abnormal accumulation of fat in hepatocytes, in Ayurveda this can be understood as the *chaya avastha* of *dushita kaphamedas* and *amarasa* in *pittasthana* or *yakrit*, which happens due to *agnimandya* at different levels by various *Aharaja*, *Viharaja*, and *Manasika nidanas* mostly of *santharpana nidanas*. Drugs which have the property of *deepana*, *pachana*, *kaphamedohara*, *srothosodhana*, *vatanulomana*, and *yakritprasada* are useful in the treatment. *Kaidaryadi Kashaya yoga* is one such formulation mentioned in *Chikitsamanjari Mahodara Chikitsa*. The formulation was prepared according to the methods adopted from classical Ayurvedic textbooks in dose adjusted *Kashaya aqueous extract* form. An interventional pre – post study was conducted in the OPD of Department of *Kayachikitsa* at Government Ayurveda College, Thiruvananthapuram. Participants were advised to take the extract form of medicine daily along with 96ml lukewarm water & with fixed dose of *anupana* at night, before food for a period of 60 days. Assessment was done with the evaluation of LFT values, NAFLD fibrosis score and USG grading on the 0th day and 61st day. Final results showed a significant reduction in the LFT values, USG Scoring with a less significant reduction in NAFLD Fibrosis score suggesting the effectiveness of *Kaidaryadi kashaya yoga* in the management of NAFLD.

Keywords: Non Alcoholic Fatty Liver Disease, *Kaidaryadi Kashaya Yoga*

Registration Code: ABOP 2678



ANALGESIC EFFECT OF VARIOUS PINDA SVEDA - AN OBSERVATIONAL STUDY

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Ayurveda represents a dual approach for management of a disease namely samsodhana and samsamana. Even though purification is considered as the most important part of the treatment, the preparatory procedures like snehana and svedana comprises a major part. Application of heat by various methods which causes perspiration is called as Svedana, which relieves Sthambha, Gourava and Seetha. For samshodhana purpose, it is considered as pūrvakarma but in sveda sadhya vyadhi it acts as the main therapy. Fomentation using bolus prepared of drugs with or without being wrapped in the cloth is termed as piṇḍa sveda. Piṇḍa sveda helps to increase circulation, improves muscle tone and strengthens the nervous system. According to the patient condition, one can select different types of piṇḍa sveda and even make some new combinations as per the need, accessibility and properties of the drugs. In this study, details of the participants undergoing piṇḍa sveda was observed. This study was done with an aim to evaluate the pain relieving effect of different types of piṇḍa sveda, which can eventually help in judicious selection of pottali in different conditions. Assessment of pain was taken before and after the course of treatment using VAS scale. Among piṇḍa sveda, 8 varieties of piṇḍa sveda i.e Valuka sveda, Kadikizhi, Rooksha choorna pinda sveda, Snigdha choorna pinda sveda, Patra pottali sveda, Jambheera pinda sveda, Kukkutanda pinda sveda and Shastika shali pinda sveda has been observed. The total sample size was 200 with 25 samples in each piṇḍa sveda. There was a significant difference in VAS scale between BT and AT in all piṇḍa sveda except Valuka sveda, since the calculated Z value is -1.308 with p value >0.05. While comparing the mean difference, it was found that Jambheera piṇḍa sveda has more analgesic effect compared to other pinda sveda

Keywords: Sveda, Jambheera pinda sveda, Valuka sveda, VAS

Registration Code: ABOP 2702



AN OBSERVATIONAL STUDY ON AYURVEDIC MANAGEMENT IN INDRALUPTA TOXIC ALOPECIA

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Alopecia totalis is a condition of hair loss of the scalp. Alopecia affects 0.1% to 0.2% of population with lifetime risk of 1-2%. The estimated prevalence is approximately 1 in 1000 people. It can be considered Indralupta according to Indian system of medicine. Indralupta is a disease characterised by patches of hair loss spread throughout the body and scalp. The present case report is on the effectiveness of shodhana (treatment in which aggravated doshas are expelled from the body) and shamana (treatment that pacifies the aggravated doshas) along with pracchana karma (a para surgical procedure that purifies the blood vessels) in the patient of indralupta. A patient 17 years old, had hair loss patches on the scalp and over eyebrows due to hypervitaminosis A. Overdose of Vitamin A supplements can overstimulate hair follicles which speeds up the natural cycle of growth of hair follicles. As a result, hairs can reach the end of its growth phase quickly and starts to shed. The patient took conventional modern medicine but didn't get a satisfactory result. The patient was hospitalized and treated with vamana (medicated emesis), raktamokshana (blood-letting), along with shamana treatment for more than 2 weeks twice in 10 months. The hair eruption started from many patches of the scalp and over the eyebrows. In this case, regrowth of hair from hair follicles was evident within 15 days of treatment. The collected data of this study suggest that shodhana and shamana treatment can provide noteworthy relief in indralupta. Though there are conventional modern medicines for this condition but patients do have the recurrence in short period of time. Therefore, an Ayurvedic treatment provides a better approach for the management of alopecia. This paper is an attempt to provide a profound review of the effectiveness of Ayurvedic treatment modalities in the case of Toxic Alopecia.

Keywords: Indralupta, Vaman, Alopecia, Hypervitaminosis A

Registration Code: ABOP 2710



UNLEASHING THE CURATIVE POTENTIALS OF AYURVEDA IN UROLITHIASIS

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Urolithiasis is a global health problem whose incidence is reported to be on the rise in the recent decades. Urolithiasis is the formation of urinary calculi at any level of the urinary tract. Urinary calculi are worldwide in distribution but are particularly common in some geographic locations such as in part of United States, South Africa, India and South East Asia. In India, approximately 5-7 million patients suffer from stone disease and at least 1/1000 of Indian population needs hospitalization due to kidney stone disease. The problem of stone formation is considered as a medical challenge due to multifactorial etiology involving intrinsic factors (e.g., age, sex, heredity) and extrinsic factors (e.g., geography, climate, diet [i.e., oxalate-rich foods], mineral composition, and water intake). Men present more commonly than women, 10.6% vs. 7.1%. A recurrence rate of up to 50% has been seen five years from the initial episode of symptomatic urolithiasis. Signs and symptoms of urolithiasis consist of renal colic, flank pain, hematuria, obstructive uropathy, urinary tract infections, blockage of urine flow, and hydronephrosis. These conditions may result in nausea and vomiting with associated suffering from the stone event. Further it has been associated with an increased risk of end stage renal failure. Current treatment modalities like Extracorporeal shock wave lithotripsy & Percutaneous nephrolithotomy are costly and recurrence chance is also more. In Ayurveda classics, Acharyas have given a detailed description regarding urinary stones which is known as Mutrasmari. Many formulations with Asmari Bhedhaka property mentioned in ayurvedic literatures are cost effective, devoid of complications and provide wide scope for the successful treatment and prevention of recurrence of Mutrasmari. The main aim of this paper is to understand the Ayurvedic concept of urolithiasis and to explore its management with herbs, dietary and lifestyle interventions on scientific basis.

Keywords: Urolithiasis, Urinary calculi, Kidney stone, Mutrasmari.

Registration Code: ABOP 2720



PROTOCOL ON AYURVEDIC MANAGEMENT STRATEGIES FOR IDIOPATHIC PARKINSONS DISEASE

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Movement disorders are extremely common in clinical practice and account for a considerable proportion of neuro morbidity. Parkinson's disease is the second most common neuro degenerative disease after Alzheimer's disease. Direct reference of parkinsonian movement disorders in ancient ayurvedic literature is sparse and refers only to related symptoms such as kampa, sthambha, cheshtasanga, gatisanga etc. There so many varieties of chikitsa explained in our classics and they can be logically applied for accurate condition in rogi based on vaidya's yukti. In clinical practises also we can see so many variations according to practitioners. The purpose of treatment guidelines is to educate healthcare professionals and healthcare providers about the most effective treatments available for early, easy application and management. Good clinical guidelines or treatment allows only a minimal number of choices for the treatment options so as to avoid variation in treatment efficacy. Currently there is no particular treatment protocol available for idiopathic Parkinson's disease. The literature related to parkinsonian movement disorders dealt in ayurvedic classics were compiled and also current management strategies followed by various clinicians were identified. Based on the observations and literatures, detailed management strategies for rigidity dominant and tremor dominant idiopathic Parkinson's disease were developed. The proposed protocol might be a stepping stone to develop a treatment modality for parkinsonian movement disorders.

Keywords: Movement disorders, Idiopathic Parkinson's disease

Registration Code: ABOP 2725



A CASE STUDY ON BRACHIAL AMYOTROPHIC DIPLEGIA : A BRIEF AYURVEDIC REVIEW

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Amyotrophic Lateral Sclerosis (ALS) being the prime example of neurodegenerative disease is the most common progressive Motor Neuron Disease (MND) and arguably the most devastating among them. Brachial Amyotrophic Diplegia (BAD) is one among the potentially slower progressing regional variants of Amyotrophic Lateral Sclerosis, defined as the Motor Neuron Disease confined to the cervical spinal cord region. Also known as Flial arm or Man-in-Barrel syndrome accounting for 2-11% of patients with Motor Neuron Disease and the mean age of onset is similar to Amyotrophic Lateral Sclerosis at 53.3–57.3 years. Symptoms usually begins asymmetrically later progressing to involve both arms. Diagnosis of Brachial Amyotrophic Diplegia is through neurological examinations and Electromyography findings and the overall prognosis is better than sporadic type of Amyotrophic Lateral Sclerosis by 5 to 10 years. This is a case of a male patient who presented with complaints of weakness of right upperlimb since 5 years, weakness of left upperlimb since 3 months and difficulty to hold the neck up since 1.5 months. This case is presented because of its extreme rarity and rare clinical manifestations and this is an attempt to unfold the hidden concepts of Motor Neuron Disease, particularly Brachial Amyotrophic Diplegia in Ayurveda and probable mode of management.

Keywords: Motor Neuron Disease, Amyotrophic Lateral Sclerosis, Brachial Amyotrophic Diplegia, Ayurvedic Concept

Registration Code: ABOP 2737



ROLE OF SADYOVAMANA IN SWASA

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Swasa is one among the Pranavaha Srotho Vikaras. Acharya Charaka considered it as *Syapya vyadhi*, while *Susrutha* as *Krichra Sadya*. In the current scenario it is considered as a most distressing chronic illness in all socio-economic status people, affecting all age groups. Change in lifestyle, demographic factors, urbanization, environmental changes and even the recent covid'19 outbreak contributed to increased occurrence. Thus, proper treatment and implementation of lifestyle modifications is necessary for better quality of life. Currently an attempt has been made to explore the efficacy of *Sadyo vamana* in reducing the signs and symptoms of *Swasa*. *Vamana* is the first among *Panchakarmas* which is used as *Shodhana Chikitsa* in which *Kapha Pradhana Utklishta Doshas* are expelled out through oral route. *Sadyo vamana* helps in quick and instant relief of complaints of patient. The effect of treatment was assessed in terms of changes in cough, ability to complete a sentence, orthopnea, dyspnea, respiratory rate and intensity of rhonchi/crepitation before and after *sadyovamana*. The results showed improvement in all evaluated parameters of *swasa*.

Keywords: Swasa, Sadyovamana

Registration Code: ABOP 2751



UNDERSTANDING AYURVEDA CONCEPTS OF AMYOTROPHIC LATERAL SCLEROSIS WITH RESPECT TO KAPHA AAVRUTHA VYANA VAYU DUSHTI

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Motor neuron disease (MND) otherwise referred as Amyotrophic lateral sclerosis (ALS) affects human life in various ways. motor neurone disease is one of the least touch areas of research in Ayurveda .mnb presence as various varieties of which als is the most common variety.ALS with multifocal onset might exhibit muscle stiffness , muscle weakness ,muscle twitching, atrophy, falling/tripping, slurred speech, difficulty in swallowing and loss of dexterity. characterized by skeletal muscle weakness wasting and fascilulations.In Ayurveda concept ,Avarana vata vyadhis are found to have close resemblance to MND. various other elements of nidana and samprapthi throws light towards the course of MND including Ama, Dhathukshaya, Anyonya avarana and doshakopa. But the features more relates to kapha avrutha vyana vayu dushti. The word avarana means avarodha gatinirodha i.e. obstruction or resistance or friction to the normal gati of vata. Vata dosha is the gatyatmak dravya within the body. when its normal gati is hampered or vitiated the vata becomes avrita. Vyan vayu is responsible for all gati, prasarana, aakunchana, utshepa, avakshepa, nimesha unmesha adi kriya. Whenever avarana of vyan vayu takes place sanga or restriction of sarvanga gatra occurs & daha, santapa are the samanya lakshana of vridha pitta while guruta adi are samanya lakshana of vridha kapha. The treatment principle of kaphavarana including Swedana (~sudation), Niruhabasti (~medicated enema), Vamana (~therapeutic emesis) Virechana (~purgation) and Sarpipana (~oral intake of medicated ghee) along with other oral medications have been explained in Ayurvedic texts.

Keywords: ALS, MND, Avarana vatha, Kapha avrutha vyana,

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UNRAVELLING THE GUT - LUNG AXIS IN THE LIGHT OF PRANAVAHA SROTAS

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The human gut microbiome, a complex assembly of microorganisms, engages in a symbiotic relationship with profound influences on various facets of human health. Converging evidence indicates that the human gut serves as a central hub in the intricate interplay of vital organ performance along multiple axes (such as the gut-brain and gut-lung connections). The significance of gut-lung dysbiosis, whether in balance or imbalance, has come to the forefront in light of the COVID-19 pandemic. While the gut and lungs are anatomically separate, emerging research has revealed potential anatomic connections and intricate pathways involving their respective microbiota, reinforcing the existence of a gut-lung axis (GLA). In contrast to the well-studied gut microbiota, the lung microbiota, which has only garnered attention in recent years, has become a subject of interest. “Following western scientist blindly is not admissible. The information available should be used discriminatively to enrich the knowledge and adopted to the Indian territory and population” said by Manmohan Singh, former PM of India. So understanding of gut – lung axis in the light of Ayurveda is necessary. The Pranavaha Srotas is the main and vital channel in the body. Moola Sthana of the Pranavaha Srotas are Hridaya and Mahasrothas. According to Charaka the mahasrotas is considered as Koshta. The reference to Mahasrotas indicates the significance of digestive imbalances and metabolic errors leading to the disruption of the Pranavaha Srotas, with Shwasa being one of its primary symptoms. Pranavaha srotho vikaras are closely related to this Gut-lung axis. This paper is an attempt to emphasize the concept of Gut lung axis in the light of Pranavaha srotas and its management.

Keywords: Gut - lung axis, Microbiota, Dysbiosis, Pranavaha srotas

Registration Code: ABOP 2768



POTENTIAL IMPLICATIONS OF AYURVEDA IN JUVENILE IDIOPATHIC ARTHRITIS – A CASE REPORT

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Juvenile Idiopathic Arthritis (JIA) is a heterogeneous group of idiopathic inflammatory arthritis affecting children. It is the most frequent rheumatic disease of childhood and an estimated one - third of individuals will have persistent active disease into adulthood. The progressive nature and potential for chronic damage and disability emphasizes the critical need for prompt diagnosis and management. Conventional treatment provides only symptomatic relief whereas the underlined pathology remains unaddressed due to absence of effective therapy and also gives rise to several side effects. Case report- A 19-year-old male patient came to our OPD with complaints of multiple joint pain associated with swelling since 5 years of age. History, examination and investigation were suggestive for diagnosis of Juvenile Idiopathic Arthritis. The disease is similar to Amavata described in our classics. In Amavata, Ama dosha is being directed into joints by vitiated Vata Dosha and affects the Sleshmadhara Kala (can be considered as synovial tissue inflammation) resulting in effusion and swelling of joints. So, the patient was managed with internal and external Ayurvedic procedures. The treatment modalities done showed marked improvement in patient's signs and symptoms and improved quality of life as evident from Juvenile Arthritis Multidimensional Assessment Report Score. This case study demonstrates that JIA can be well managed with Ayurveda.

Keywords: Juvenile Idiopathic Arthritis, Ayurveda, Amavata

Registration Code: ABOP 2821



EFFECT OF RASNASHUNTYADI KASHAYAM ALONG WITH TRAYODASHANGA GUGGULU IN THE MANAGEMENT OF SANDHIGATA VATA WSR OSTEOARTHRITIS

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The disease 'Sandhigata vata' which may be compared to osteoarthritis is an important cause of disability and the second most common musculo-skeletal problem after back pain in the world. Osteoarthritis is characterized by focal loss of cartilage with proliferation of new bone and remodeling of joint contour. It involves entire joint including nearby muscles, underlying bones, ligament, meniscus and synovium. It causes joint pain typically in the weight bearing joints and may also lead to stiffness after activity. The prevalence of Osteoarthritis rises progressively with age. Although, 80% of people have radiographic evidence of Osteoarthritis, only 25-30% are symptomatic. In Ayurveda, sandhigata vata is explained as one among the vatavyadhis. Due to shleshma kshaya in sandhis, the aggravated vata fills up empty spaces in sandhis leading to various symptoms like shoola, vata poorna dharti sparsha, shotha, atopa and difficulty in movements. It also causes joint deformity and makes the person crippled and dependent to attend normal duties. The aim of the present study was to find out efficacy of Rasnashuntyadi kashayam along with Trayodashanga guggulu in management of sandhigatavata. Trayodashanga Guggulu is having Tridosha Shamaka and Rasayana actions and it is indicated in all Vata Rogas. Rasna shuntyadi kashayam contains Rasna, Shunthi, Guduchi, Sahachara, Jalada, Abhiru, Pathya, Shatahwa, Tikta etc, where the drugs are having Vatahara, Shothahara, Vedanasthapana properties and is indicated in Sandhi Peeda. In the study total 30 patients were taken, and were treated with oral administration of Rasnashuntyadi kashayam along with Trayodashanga guggulu. At the end of treatment schedule of 8 weeks, the results were collected and statistically analyzed. The pre-post assessment was done using WOMAC criteria (The Western Ontario and McMaster Universities Osteoarthritis Index) and objective parameters, which showed significant remission in clinical presentation. The study results shows that this combination is effective in the management of OA.

Keywords: Sandhigata vata, Rasnashuntyadi kashayam, Trayodashanga guggulu, Shotha, Atopa, Vatapoorna dharti sparsha

Registration Code: ABOP 2845



MAGICAL REMEDY FOR KNEE OSTEOARTHRITIS

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Osteoarthritis is a major public health concern that affects more than half of the world's over 65 population. It mainly affects the large weight bearing joints such as hip and knee. Knee osteoarthritis (OA) is the most common one seen in the Asian population and is a chronic disease. It affects the whole joint including the articular cartilage, meniscus, ligament and periarticular muscle and hence referred to as degenerative arthritis. It is a major cause of disability in the elderly. The current pharmacological treatment of osteoarthritis includes the use of analgesics and nonsteroidal anti-inflammatory drugs (NSAIDs). However, these treatments provide adequate pain relief, it does not reduce the progression of the disease and its long duration intake have also reported adverse side effects. Changalamparandadi kashaya is a unique preparation of Keraleeya Ayurveda Samajam Hospital, Shornur, which is widely given in Asthi and sandhi vyadhis. Ayurveda Methodology Even though studies have proved that Asthisringala (Changalamparanda) has analgesic, anti-inflammatory and chondro-protective activities, this drug is not included in various kashaya yogas that are given in day to day practice for osteoarthritis. Apart from Asthisringala, the other ingredients of this kashaya are Guduchi, Pippali, Aswagandha and Bala which are also found to have analgesic, anti inflammatory, anti oxidant, anti ageing and cell mediated immunity properties. Well documented case reports with considerable improvement through this medicine administration will be presented. Surgical interventions and pain relievers are no longer a choice of elderly owing to its long convalescence period, poor patient centricity and frailty resulting in poor adherence to it. It paved the way for seeking a complementary and an alternative system of medicine to fulfil their need with good tolerance in all aspects. Changalamparandadi Kashaya as a combination has anti-inflammatory, analgesic and antioxidant properties by virtue of its natural active principles.

Keywords: Knee osteoarthritis, Kashaya, Asthisringala, Anti inflammatory

Registration Code: ABOP 2848



AN AYURVEDIC APPROACH IN THE MANAGEMENT OF LEUKOCYTOCLASTIC VASCULITIS

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Leukocytoclastic vasculitis is a rare disease, with incidence of 45 per million individuals. Vasculitis is inflammation of blood vessels leading to tissue destruction with or without organ damage. Leukocytoclastic vasculitis is a cutaneous, small-vessels vasculitis of the dermal capillaries and venules. This condition can be idiopathic or can be associated with infection, neoplasm, autoimmune disorder, and drugs. Leukocytoclastic vasculitis is characterized by palpable purpura, on the lower extremity and small vessel involvement. Leukocytoclastic vasculitis can be compared with Uttan Vatarakta in classical Ayurvedic texts. having Daha (Burning sensation), Kandu (Itching), Vaivarnyam (Discoloration of skin), Mandala Utpatti (Appearance of circular patches) Ruk (Pain). A 43-years-old male patient came to OPD suffering from reddish circular patches spread all over both lower limbs associated with burning sensation, itching, and dry skin from past 2 months. Patient went for contemporary treatment got temporary relief and reoccurrence of symptoms are there. Therefore, patient approaches ayurveda. The patient was diagnosed with Leukocytoclastic vasculitis according to the clinical features presented. Patient was treated with Ayurvedic internal and external medication for the period of 21 days. During the course of treatment patient reported with reduced redness and burning sensation of patches. Reduced Itching and dryness of skin. Before and after assessment was done in particular intervals of time on 7th,14th and 21st day on the symptoms such as Daha, Kandu, Vaivarnyam. Treatment which given is mainly act on the Dushta vata, Pitta and Alpa Kapha Dosha. Rasa and Rakta Dhatu Dushti. The case report shows that the Leukocytoclastic vasculitis is a rare condition and can be managed with Ayurvedic medication with satisfactory outcome. There is further scope to implement the treatment approaches in larger subjects of Leukocytoclastic vasculitis and future clinical trials and to statistically evaluate different treatment modalities for standardization.

Keywords: Vasculitis, Small-Vessels Vasculitis, Vatarakta, Utaan Vatarakta

Registration Code: ABOP 2888



EFFICACY OF WHOLE SYSTEM AYURVEDA PROTOCOL FOR RHEUMATOID ARTHRITIS A CASE SERIES

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There is an etiological and clinical association between Rheumatoid Arthritis (RA), outlined by modern medicine, and Aamavata, as specified by Ayurveda. RA is a component of the medical condition complex named Aamavata. The mainstay of treatment for this ailment is a class of medications known as nonsteroidal anti-inflammatory medicines (NSAIDs), but they have several drawbacks when used as long-term therapies. Drugs with strong efficacy and low toxicity profiles are thus needed to treat this crippling condition. Thus whole system of Ayurveda protocol for rheumatoid arthritis is designed. Objective To evaluate the efficacy of the whole system of Ayurveda protocol for rheumatoid arthritis. Patients attending IPD of the Department of Kayachikitsa, fulfilling the criteria for inclusion (The 1987 ACR classification Criteria for RA) were selected irrespective of sex, race, caste, and religion, between the age group of 16-50 years. In the present clinical case series, 15 patients of RA were registered out of which 10 patients completed the treatment. Deepan-Pachan, Snehapan, Virechan, and Vaitrana Basti along with herb mineral drug combination for the duration of 60 days according to the treatment protocol of Aamavata described by Chakradatta. Assessments were done through various clinical measures like AARA criteria, RA factor, ESR, WOMAC score, and the Aamavata Assessment scale. Results The whole Ayurved treatment protocol shows statistically significant improvement in signs and symptoms of Aamavata, AARA criteria, RA factor, ESR, WOMAC score, and the Aamavata Assessment scale. Conclusion: Deepan-Pachan, Snehapan, Virechan Karma, and Vaitaran Basti can be effective treatments in Aamavata with significantly reducing signs and symptoms along with RA factor and ESR.

Keywords: Rheumatoid Arthritis, Aamavata, Virechan, Vaitaran.

Registration Code: ABOP 2911



A CASE REPORT ON LATERAL MEDULLARY SYNDROME WITH AYURVEDIC MANAGEMENT

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Lateral Medullary Syndrome (LMS), also called Wallenberg Syndrome, results from a vascular event in the lateral part of the medulla oblongata. The primary pathology of Wallenberg syndrome is occlusion of the posterior inferior cerebellar artery (PICA) or one of its branches. The symptoms of lateral medullary infarction include vertigo, dizziness, nystagmus, ataxia, nausea, vomiting, dysphagia, and hiccups. There is impairment of pain and thermal sensation over the contralateral side of the trunk and limbs along with impairment of pain and thermal sensation over the ipsilateral face, presenting with ipsilateral Horner syndrome, ipsilateral limb ataxia, dysphagia and nystagmus. In Ayurveda, Pakshaghata is explained under vatavyadhi. The word 'Paksha' means half of the body. The disease which is associated with loss of sensation, loss of movements and emaciation of half of the body is called Pakshaghata. According to Acharya Vagbhata Ekangavata is synonymous to Pakshaghata, while Acharya Charaka names it as Pakshavadha. It is a vataja nanatmaja vyadhi and can manifest due to margavarana or dhatukshaya. The present study is a case report on the management of stroke of a 50 years old male patient with chief complaints of impairment of pain, vibration and thermal sensation over the contralateral side of the trunk (left) and limbs, impairment of pain, vibration and thermal sensation over the ipsilateral part of face (Right), weakness of left side of the body. He was a diagnosed case of CVA (posterior circulation stroke) with complication of lateral medullary syndrome, based on clinical presentation and brain-MRI scan. The case, treated with Ayurveda medications was found to be effective in providing relief of chief symptoms with improvement of overall health of the patient. The treatment protocol includes snehana, swedana, mridu virechana, vasti, shirodhara, nasya along with internal medication described by Acharya Sushruta & Charaka.

Keywords: Wallenberg syndrome, Vata vyadi, Pakshaghata, Virechana, Nasyam.

Registration Code: ABOP 2326



CONCEPTUAL ANALYSIS OF KULATHA YUSHA IN THE MANAGEMENT OF DYSLIPIDEMIA

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Dyslipidemia is the abnormality in the levels of circulating plasma lipids or lipoproteins. It is widely regarded as a major risk factor for coronary heart disease (CHD) and atherosclerotic cardiovascular disease (ASCVD). It is becoming the cause of most complicated and life threatening disorders such as Coronary artery disease, Ischemia, Cerebrovascular accidents, Myocardial infarction, Arthritis, and various other disorders like Hypertension leading to multi organ damage. The prevalence of Dyslipidemia is very high in India, that is 79%, which requires urgent intervention strategies to prevent and manage this important cardiovascular risk factor. Many lipid lowering interventional trials in modern medicine which may give rapid temporary relief but causes long term side effects. In Ayurveda various attempts have been made to use distinctive nomenclature to denote the word 'Dyslipidemia' which are Rasagata sneha vridhi, rasa raktagata sneha vridhi, medovridhi, medoroga or medodosha and ama medo dhatu. Lipid profiles can be brought back to normal by kaphamedohara, deepana, rookshana and lekhana drugs. Kulatha yusha has all the above mentioned properties. In Ayurvedic classics under the Kritannakalpana, Supa, Holaka and Yusha are mentioned with Kulatha. Kulatha Yusha is one among them, having Agnikrt (digestive), Sara (laxative), Kapha and Vata samaka properties. It pacifies Gulma, Arsa, Asmari, Tuni, Pratuni, Prameha, Medo Roga and Svasa Roga. Several studies have been conducted in kulatha showing its Anti hypercholesterolemic effect.

Keywords: Kulatha Yusha, Dyslipidemia

Registration Code: ABOP 2964



A REVIEW OF STHAVAR VISHA DRAVYA MENTIONED IN AYURVEDA ON MENTAL DISORDERS WITH SPECIAL REFERENCE TO PSYCHEDELICS

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Mental Health is finally getting the attention it deserves, with modern science's everyday innovations to curb mental disorders there is an ancient science called Ayurveda which has put forth mental disorders as manas vikar. Psychedelics which are now under the scrutiny as treatment for mental disorders, are a subclass of drugs commonly referred to as hallucinogenic drugs, these drugs alter one's conscious perception and cognition. Ayurveda has a branch called Agadtantra which deals with toxicology and has mentioned Sthavar Visha-Upavisha which translates to Plant sources of poison which are described of altering the psychosomatic functioning of body and are used as medications in certain forms and quantities. This review aims to study properties and effects of psychedelics and sthavar visha-upavisha through various texts. On thorough research it was noted that these plant sources of poison mentioned in Ayurveda have psychosomatic effects like rejuvenation, providing strength, stimulation, exhilaration, stupefying, purgation, cognitive alterations, acting on properties of mind - satva, raja, tama and mainly balancing the disturbed body humours which is one of the many reasons for mental distress as per Ayurveda. Psychedelics work in a similar pattern by affecting the mind through altering perceptions, mood and thoughts. These plant drugs can thus provide an effective way of not only maintaining mental health but also to curb mental disorders hand in hand with psychedelics. Further research and clinical trials are needed to conclude the above with conviction.

Keywords: Mental health, Psychedelics, Sthavar visha upavisha

Registration Code: ABOP 2966



IHD AND ROLE OF LIPIDS APPLYING PRINCIPLES OF POLY SCIENTIFIC AYURVEDA

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Lipids have traditionally been regarded as a critical factor in the development of Ischemic Heart Disease (IHD). However, Agerholm et al. study was predictive of strong association of high HDL level and IHD and Malinskiy et al. predicting a low LDL level as contributors. We had applied our translational research to gain insights into IHD, particularly focusing on patients with an ejection fraction (EF) of less than 30%. An extensive retrospective study is currently ongoing, and has demonstrated improved outcomes following our Poly Scientific Ayurvedic (PSA) approach, the primary aim of this paper is to provide key insights into the crucial role of lipids in the origin, pathogenesis, and treatment of IHD. We cite recent research, such as Agerholm et al.'s work, emphasizing the predictive potential of high HDL levels in IHD, and the alarming risks associated with low HDL levels, as elucidated by Malinskiy et al. And have analysed our own center's data from IHD patients excluded from conventional methods of treatment and opting for PSA approach. We provide well-defined pathways that explain how Vata, Pitha, and Kapha dosha imbalances correlate with specific IHD pathophysiological processes. Furthermore, we explore the roles of various fatty acids, including Omega-3, Omega-6, and Omega-9, in the context of doshic imbalances and their impact on plaque formation. By acknowledging Ayurvedic distinctions among Vata-mediated IHD, Pitha-mediated IHD, and Kapha-mediated IHD and incorporating them into clinical practice, we crafted highly personalized dietary strategies, herbal supplements, and fitness approaches that align with each patient's VPK-Fingerprint. Additionally, we offer scientific rationale for clinicians, of integrating Ayurvedic principles in IHD diagnosis and treatment

Keywords: Poly Scientific Ayurveda, VPK Fingerprint, Personalize, Vata-mediated IHD, Pitha-mediated IHD, Kapha-mediated IHD

Registration Code: ABOP 2971



UNRAVELLING THE DYNAMICS OF RESTING MEMBRANE POTENTIALS AND ITS IMPACT ON LIPID METABOLISM A DOSHA-CENTRIC APPROACH

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In the pursuit of a comprehensive understanding of human physiology, the study of membrane potentials emerges as a vital cornerstone. However, the intricate interplay between resting membrane potentials (RMPs), threshold membrane potentials (TMPs), and dosha imbalances in Vata, Pitha, and Kapha aggravated models has remain an uncharted territory. Poly-scientific Ayurvedic research seeks to bridge this gap, shedding light on how these variations have a profound influence on intracellular signalling pathways, lipid metabolism, dietary recommendations, and herbal interventions. **Dosha-Mediated RMP Variations:** The study meticulously examines how Vata dominance leads to RMPs that hover precariously close to TMPs, rendering the cellular milieu highly excitable. Conversely, Kapha dosha manifests as an antagonist, creating a significant chasm between RMP and TMP. These distinct RMP profiles, orchestrated by dosha imbalances, serve as the epicentre of subsequent physiological cascades and also as agents altering intracellular signalling pathways. Vata aggravation tilt the scales towards heightened excitability, altering signal transduction and impacting lipid processing pathways. Kapha dominance, on the other hand, induces a state of cellular inertia, leading to sluggish intracellular signalling, which significantly influences lipid handling. **Diverse Dietary Prescriptions:** The dosha-mediated RMP dynamics transcend theory to practical application. These variations necessitate tailored dietary recommendations. Vata-aggravated individuals benefit from foods that temper excitation, while Kapha individuals require dietary strategies to invigorate cellular responsiveness. This insight revolutionizes dietary prescriptions, aligning them with an individual's VPK Fingerprint. **Herbal Interventions:** Furthermore, the study delves into the nuances of herbal interventions. Understanding how RMP imbalances impact the body's response to herbs is crucial. Notably, the research elucidates the dynamic fractions of Arjuna Terminalia, demonstrating their efficacy in harmonizing RMP profiles and, consequently, lipid metabolism.

Keywords: Poly Scientific Ayurveda, resting membrane potentials, VPK Fingerprint, Dosha-Centric

Registration Code: ABOP 2989



CHRONIC KIDNEY DISEASE - AN AYURVEDIC VIEW

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Chronic Kidney Disease is a silent disease and if not detected early, it may progress to end stage renal disease. It is an Important risk factor for progression to ESRD, cardiovascular disease and premature mortality. Chronic Kidney Disease is defined as either kidney damage or glomerular filtration rate less than 60ml/min/1.73m² for ≥3months. Kidney damage characterized by albuminuria of more than 30mg/24hrs, presence of hematuria or red cell casts in urine sediment, electrolyte and other abnormalities due to tubular disorders, abnormalities detected by histology or structural abnormalities detected by imaging. Renal replacement therapy and lifelong haemodialysis are relatively expensive options for treating CKD. The only way to address this public health issue is through early detection and prevention of progression. Many people look for ayurvedic treatments to manage CKD. In Brihatrayees, there hasn't been any mentioning about vrikkaroga as such. So, it could be deciphered under anuktavyadhi. In Laghutrayees, vrikkaroga is mentioned as such in Bhaishajya Ratnavali, but considering the disease syndrome of CKD, since multiple systems are affected and with wide range of clinical manifestations, for better understanding it can bring it under anuktavyadhi and its scopes. According to Ayurveda, vrikka is the moolasthan of medovaha srotas and is made up of rakta and medas. Consequently, all medas and rakta vitiating causes leading to nephrotoxic effects. People have hope in ayurvedic treatment. Dialysis is the only option in modern medicine. Proper diagnosis and treatment after proper understanding of Ayurvedic point of view of pathogenesis (samprapthi) of the disease can be beneficial for many patients.

Keywords: CKD, Vrikka Roga, Anukta Vyadhi

Registration Code: ABOP 3006



AYURVEDA PROTOCOL FOR LOWERING ATHEROGENIC INDEX OF PLASMA- A CLINICAL TRIAL

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Incidence of cardiovascular-diseases has drastically increased in population of 18-50 years in last decade. CAD is the most prevalent attributable cause to it, in which dyslipidaemias is a major risk factor. This clearly demands incorporation of predictors of CAD risk such as Atherogenic Index of Plasma, in routine OP level to screen patients with lifestyle disorders susceptible for CVD at the earliest. Study aimed to determine change in AIP values in subjects having borderline high lipid values. In an open label single arm pre and post clinical study design, 30 patients having borderline high lipid values according to NCEP ATP III guidelines, with proper exclusion and with informed consent were recruited. Medicines administered were Gandharvahasthadi Kaṣhaya, Astachurna and Vidangatanduladi Churna for 35 days. Assessment was done one 0th day and 36th day. After completion of treatment, results were statistically analyzed. There was a reduction in mean values of AIP from 0.1291(BT) to 0.0463(AT) with an improvement percentage of 64.05. AIP is ratio of molar concentrations of TGL to HDL-C, where each concentration is expressed in mmol/L. Dyslipidemias in Ayurveda can be understood as an error in Ahara-parinama. Jatharagni-mandya leads to improper Sara-Kitta Vibhajana leading to accumulation of Malarupi-kapha in body which is perceived as excess circulating lipids. Arresting the progress of this vitiated Kapha Dosa is the main aim of treatment. It is achieved by correction of deranged Agni with proper Ama Pachana Combination of polyherbal formulations used in the study is potent in reducing AIP values.

Keywords: Dyslipidemias, Ayurveda, Cardiovascular disease, risk factor, AIP.

Registration Code: ABOP 3025



AYURVEDIC MANAGEMENT OF AVASCULAR NECROSIS IN POST-COVID PATIENT: A CASE REPORT

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Avascular Necrosis (AVN) is a disease in which the cellular growth of the bone is decreased due to restricted blood supply which leads to death and necrosis of that area. This disease can be correlated as Vatarakta due to similarity in symptoms. As described by Acharya Charaka it can be manifested in hands, feet, fingers and all the joints. Because of the spreading nature of Vata and Rakta, it can spread further. A 37 years old female came with the complaint of Pain in bilateral groin for 2 years. The pain was continuous and gets aggravated while walking. The grade of Pain was 7. After radiological investigation it was diagnosed with AVN of both femoral head (stage 2). She had undergone for few physiotherapy sessions like shock laser therapy to maintain movement but the pain was not subsided. So, for further management she was admitted in IPD in May 2023. Her past history depicts COVID-19 positive in 2021 and undergone few hormonal treatments. AVN is the foremost emerging complication to post-covid patients. The use of glucocorticoids for long term may lead to vasoconstriction of vessels due to which nourishment is compromised and necrosis occurs. The line of treatment was planned according to chronicity and severity of diseases in which Mrudu Virechana and Basti was selected. By this procedure nourishment of the necrosed tissue occurs arresting the further spread. The Mrudu Virechana was given with Avipattikar Churna 21 gms. Then Kala Basti was given with Panchtikta Ksheera Basti 650 ml (as an Asthapana Basti) and Panchtikta Ghrita 60 ml (as an Anuvasana Basti). Abhyanga with Bala Taila and Bashpa Sweda was given for the pain relief for 16 days. After completion of treatment, pain was reduced to grade 5 and patient is able to walk without stick. This single case report demonstrates that AVN in post-covid patient can be manage by Panchakarma therapy.

Keywords: Avascular necrosis, Ayurveda, Panchakarma, Vata-rakta

Registration Code: ABOP 3032



JESSNERS LYMPHOCYtic INFILTRATION OF SKIN MANAGEMENT THROUGH AYURVEDA A CASE STUDY

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Jessner lymphocytic infiltration of the skin (JLIS) is a rare, benign cutaneous condition characterized by papular or plaque-like eruptions that commonly involve sun-exposed areas such as face, neck, and trunk. Here is a case of JLIS successfully managed with Ayurvedic procedures and Rasayana Kalpas. **Materials and methods:** A female patient aged 40y came to outpatient department complaining of red coloured rashes over left cheek below the eyes and upper back, stiffness of small joints, loss of appetite, lethargy, hair fall, weight gain, fever on and off and occasional giddiness and tremors. In Ayurveda, the probable correlation being Vatarakta, the treatment has shown much better efficacy than the contemporary modern medications. Virechana and Vasti followed by Vyadhipratyanika Rasayana on the lines of Vatarakta is the intervention made. **Results:** The symptoms got completely reversed while the ANA profile changed from strong positive to weak positive. Chronic inflammatory auto immune pathologies respond to Ayurvedic Treatment. There exists a need to integrate various schools of medicine to make the system Patient centric.

Keywords: JLIS, Lupus variant, Ayurveda, Vatarakta, Lupus, Jessners disease, Vasti chikitsa, Basti, Virechana, Rasayana

Registration Code: ABOP 3106



ROLE OF ARTIFICIAL INTELLIGENCE IN PRAKRITI PAREEKSHA

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Integration of AI in medical industry is a growing need, especially in Ayurveda for the digitalization and for assisting Ayurveda clinician in appropriate evaluation, diagnosis and treatment of disease. Application of AI in different domains of Ayurveda like data mining, DHARA (Digital Helpline for Ayurveda Research Article), TKDL (Traditional knowledge Digital Library) etc has already proved its role in the field. Prakriti assessment is one of the most important tools among the Dasavidha pareeksha and it helps the physician to assess the Sharira Bala and Dosha Bala Pramana, and further prognosis and adopting proper treatment protocol. By incorporating AI to assess Prakriti will uplift the face of Ayurvedic treatment approach and preventive aspect in modern era. It will give a proper Prakriti assessment without human error. Developing a user-friendly interface for individuals to input their information and receive a Prakriti assessment. Provide personalized feedback based on the Prakriti, including dietary suggestions, lifestyle recommendations, and activities that may balance the Doshas.: Modern textbooks and Authenticated source were scrutinized for the understanding of AI and Ayurvedic textbooks were scrutinized for further understanding of Prakriti. The integration of AI into the Prakriti development tool through an assessment interface brings valuable benefits. It likely enhances efficiency by automating evaluation process, by providing real-time feedback and potentially adapting to individuals progress. In conclusion this approach will provide a user friendly, accurate, and more specific assessment tool and the concept Prakriti will be accessible for everyone.

Keywords: AI, Prakriti, Dasavidha pareeksha tool

Registration Code: ABOP 3184



THE COMBINED EFFECT OF SODHANA RASAYANA CHIKITSA IN THE MANAGEMENT OF KITIBHA KUSHTA -A CASE STUDY

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Ayurveda sastra describes twak as the adhishtana of sparshanendriya where vata dosha resides. Skin disorders constitute one of the largest groups of health problems in general clinical practice. The disease kushta redefines the meaning into that which destroys with certainty and comes out from the inner part to the outer part. According to doshaja and karmaja nidanas vitiated tridoshas reach bahyarogamarga (twak, rakta,mamsa, and lasika) and spread throughout the body producing mandala at the site of sroto dushti.if these are not treated properly will enter into deeper tissues like mamsa, medas ,asthi-majja, and sukra dhatus and create serious illnesses which is incurable . Along with tridosha dushti raktha dushti is the main cause of twak vikaras. Rasayana is a unique medicinal therapy for strengthening the dhatus,preventing the instinct of reoccurrence , secondary diseases and aging which is usually administered after sodhana chikitsa . To evaluate the combined effect of sodhana chikitsa and rasayana chikitsa in the management of kitibha kushta. Methodology – A 21 years old adult male presented with thickened dry white lesions all over the body associated with severe itching for past 5 years. Patient underwent deepana pachana, snehapana ,bashapasweda prior to vamana . After sodhana for alpa dosha nirharana, samana as well as rayasana is given..This paper highlights a case study of kitibha kushta as raktavaha srotodushti vikara treated with ayurvedic principle of sodhana and rasayana chikitsa. Administration of rasayana chikitsa after sodhana showed marked improvement in managing kitibha kushta .

Keywords: Kitibha kushta, Sodhana, Chikitsa, Rasayana, Psoriasis

Registration Code: ABOP 3185



THERAPEUTIC POTENTIAL OF HINGUVADHI GHRITA ON AMAVATA RHEUMATOID ARTHRITIS AND OTHER AILMENTS- A REVIEW

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Hinguvadhi ghrita is an known ayurvedic medicated ghee formulation recommended in amavata by Chakradatta. The ingredients are Hingu(Ferula Assafoetida), Chavya(piper retrofractum), Sunthi(Zingiber officinale), Pippali(piper longum),Maricha (Piper nigrum) Saidhava(rock salt) along with Go ghrita(Bostaurus Ghee). The Hinguvadhi ghrita formulation and its ingredients has been well explained in ayurvedic texts such as charaka samhita, Astanga samhita, Ashtanga hridya, Bhaishaya ratnavali, Bhavapraksha etc. The ingredients of Hinguvadhi ghrita have been assessed for various activities. Hingu shows neuro protective, antioxidant, anti spasmodic, anti cyto toxicity, anti obesity. Trikatu shows anti oxidant, anti inflammation, analgesic , antiarthritic, Chavya shows antioxidant anti inflammatory, cyto toxic activity and hypo lipidemic activity and saidhava is nervous stimulant. Ghritam shows anti oxidant and anti cancer effect. It is Sanskaranuvartana(enhances its properties along with the properties of other drugs mixed with ghee without losing its own natural properties. This study is to gather the scientific research findings supporting the use of hinguvadhi ghritam and its ingredients.

Keywords: Hinguvadhi ghrita, Medicated ghee, Go ghrita, Anti oxidant, Anti inflammatory, Amavata

Registration Code: ABPO 1093



AYURVEDIC MANAGEMENT OF UNCONTROLLED DIABETES MELLITUS WITH ITS COMPLICATION: A CASE REPORT

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In Ayurved prameha is classified as Sthula pramehi and Krisha Pramehi. Sthulaprameha is a type of santarpanjanya vyadhi. Its sign and symptoms resemble with Type -2 Diabetes mellitus. It is a major healthcare concern worldwide due to associated morbidity its prevalence in India is 9.6% and still increasing. It is responsible for complications like neuropathy, nephropathy,retinopathy etc. This case report is about integrated approach in treatment of uncontrolled Diabetes mellites. Purpose of study To provide treatment which works by breaking pathogenesis of Prameha which leads to reduce risk of developing complications of Diabetes and avoid side effects of oral hypoglycemic agents. Methodology A 58yrs male patient with complaints of frequent micturition, polyphagia, tingling and burning sensation in bilateral upper and lower limb, fatigue, constipation on and off since 4 months. And K/C/O Hypertension since 3yrs, Type 2 DM since 6yrs. The patient has a fasting BSL 247 mg/dl and postprandial BSL 415mg/dl and HbA1C- 8.9%, BMI – 30.6 kg /m². He is taking his regular oral hypoglycemic medications. Patient received ayurvedic treatment along with his existing allopathic treatment. Results Patient responded good shows significant results in his fasting BSL reduces to 82mg/dl and Post prandial BSL to 184mg/dl and HbA1c reduced to 6.8 % after 3 months. Patient also shows significant effect in clinical signs and symtoms, its complications. With treatment including panchtikta panchaprasrutik basti, oral medications and lifestyle modifications. Conclusion This case report is to show panchtikta panchaprasrutik basti with oral intervention that was given in Diabetic patient was seen to be effective. It highlights role of Ayurvedic intervention along with panchakarma can be effective for management of Diabetes Mellites and its complications. Significance of the study It is a study to provide best alternative treatment option for Diabetes which can improve quality of life of Diabetic patients.

Keywords: Diabetes, Sthulaprameha, Basti.

Registration Code: ABPO 1148



NEED FOR INTEGRATED HOLISTIC APPROACH IN THE MANAGEMENT OF DIABETES MELLITUS MADHUMEHA - A REVIEW

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Diabetes mellitus (DM) is a chronic metabolic disorder characterized by persistent hyperglycemia. It may be due to impaired insulin secretion, resistance to peripheral actions of insulin, or both. According to the International Diabetes Federation (IDF), approximately 415 million adults between the ages of 20 to 79 years have diabetes mellitus. Chronic hyperglycemia in synergy with the other metabolic aberrations in patients with diabetes mellitus can cause damage to various organ systems, leading to the development of disabling and life-threatening health complications, most prominent of which are microvascular (retinopathy, nephropathy, and neuropathy) and macrovascular complications leading to a 2-fold to 4-fold increased risk of cardiovascular diseases. According to Ayurvedic Science, the management of Diabetes mellitus gives great stress on regulating diet, pacificatory and evacuative measures, herbal formulations, skin care, adequate hydration and physical activity. Safe and effective medicinal plants include *Salacia reticulata*, *Tinospora cordifolia*, *Curcuma longa*, *Emblica officinalis*, *Zingiber officinalis*, *Mucuna pruriens*, *Trigonella foenumgraecum*. Being an integrated medical practitioner who has practised both Ayurvedic and modern system of medicine for about 40 years, it was observed that by correcting the metabolism and following active biofriendly lifestyle, the condition may be reversed in an year with close monitoring. In modern medical practice, instead of correcting the metabolism, the blood glucose level is measured periodically and controlled systematically. The patient is compelled to take medicines forever and he remains as a patient forever. All the medicines used to treat in modern medicine, right from metformin to the latest bexaglifocin cause serious side effects such as lactic acidosis, liver damage, kidney damage, cardiac diseases, neural and ophthalmic complications, which hinder the normal life of the patient. Therefore, an integrated holistic approach in the management of Diabetes mellitus (Madhumeha) is the need of the hour.

Keywords: Diabetes mellitus, Madhumeha, Integrative medicine

Registration Code: ABPO 1150



AYURVEDA A BOON FOR MAINTAINING CARDIOVASCULAR HEALTH

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In present scenario, cardiac related issues being the most common reason behind death even at younger age. There is a need to keenly understand the risk factors and various ways available in ayurveda for reducing risk factors responsible for cardiovascular diseases. This may be due to decreased physical activities, increasing workload stress, faulty dietary habits and increasing trend of excessive indoor workouts leading to ill impact on working capacity of heart. Numerous people are now at danger for heart disease as a result of the stress and worry brought also by the epidemic, combined with hazardous lifestyle choices including excessive drinking, smoking, and eating. This study consists of information collected from different online data resources such as PubMed, Scopus, Medline and from ayurvedic texts which were manually searched for the relevant information. Ayurveda, the traditional science having the treasure of such knowledge that treats persons as a whole not just targeting upon the disease but having holistic approach that can makes us psychologically strong as well, that is very much needed in today's stressful life. Ayurvedic therapies like Panchakarma, Yoga, Pranayama, and meditation can help to improve Agni (digestive fire), clear channels, reduce stress, clear the energy pathways in the body, promote the healthy flow of Prana, and improve wellness in the body which helps to ensure normal functioning of heart and optimal health for your body. Additionally, this therapy reduces chest pain, lowers blood pressure, and calms the nervous system, all of which improve heart health. Obesity, high cholesterol level and diabetes can be controlled by following Ayurvedic regimes for diet and lifestyle. By following ayurveda cardiovascular risk factors such as hypertension, obesity and high cholesterol level can be controlled resulting in improved cardiac function, boosting metabolic activities, and can enhance cardiovascular health.

Keywords: Cardiovascular disease, Cardiovascular risk factors, panchakarma, Meditation

Registration Code: ABPO 1194



OBSESSIVE COMPULSIVE DISORDER -AN AYURVEDIC PERSPECTIVE

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Obsessive Compulsive disorder is a mental and behavioral disorder in which the individual has intrusive thoughts and/ or feels the need to perform certain activities repeatedly to the extent where it affects the quality of life. It is characterized by obsessive thoughts, which are recognized as irrational causing distress to the patient, and corresponding action or behavior which is aimed at reducing the distress caused by the obsessive thoughts. Previously considered rare, it is now emerging as the 4th most common mental disorder. The exact correlations of the disease is not mentioned in Ayurveda, however some contexts do describe certain features which bare similarities with the disease. Ayurvedic management of any disease include the samprapti vighatana. And in diseases like Obsessive Compulsive Disorder, which is becoming a major health concern in the modern world, it is essential to understand the status of components involved in the etiopathogenesis before giving proper treatment. This understanding of the disease and its components will help in developing a tailor made disease specific management. The goal of this paper is to provide those insights that may help in developing a modified treatment and counseling protocols based on the Ayurvedic components and help tackle the disease effectively.

Keywords: Obsessive Compulsive Disorder, Ayurvedic management, Samprapti ghataka
Registration Code: ABPO 1207



ROLE OF BASTI IN THE MANAGEMENT OF GRIDRASI

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Gridrasi is one among 80 types of the nanatamaja vata vyadhi characterized by the Piercing type of pain, stiffness, twitching in Gluteal region. The prevalence of gridrasi Varies by ranging from 3.8% in the working Population .and 7.9% in non working population. The vataja gridrasi is associated from sphika region, and gradually radiates down to Kati (back)uru(thigh),and paada (foot region).The vatakaphaja gridrasi is associated with Gaurava (heaviness), tandra (drowsiness),and aruchi (anorexia). In modern co relation sciatica refers to Pain,numbness,and tingling of the lower limb resulting From Injury or compression of sciatica nerve .The sciatica mostly affects the early and middle aged people's, and heavy weight lifters and persons who are engaged in the occupation in which continuous pressure On back is used. As gridrasi is vatavyadhi and Basti is a unique procedure which eliminates the aggravated Doshas from the body.and basti is ardha chikitsa and treatment involved with basti which is very effective in controlling of vata dominance in Gridrasi. Hence an effort is put forward to compile various studies conducted on basti in management of Gridrasi. Reference :-R K SHARMA. Charak samhita siddhistan (3/6)

Keywords: Gridrasi, Vata gridrasi, Vatakaphaja gridrasi and Basti

Registration Code: ABPO 1218



CURRENT STATUS OF RESEARCH IN THE MANAGEMENT OF TYPE 2 DIABETES MELLITUS THROUGH AYURVEDA SCOPING REVIEW

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The prevalence of Type 2 diabetes has increased substantially in the past few decades throughout the world. As per international diabetes federation (IDF) estimate there are 450million people with diabetes worldwide in 2017 and this figure is expected to increase 700 million by the year of 2045. With reference to ancient Ayurvedic texts, Type 2 diabetes mellitus resembles Avaranajanya madhumeha, which was declare to be kashta Sadhya. From ancient times, various ayurvedic herbal preparation have been used in the treatment of diabetes. In recent years also several researches have studied the use of Ayurvedic treatment in the management of Type 2 DM. The aim of this work is to explore current status of research in the management of Type 2 diabetes mellitus in Ayurveda. Studies indexed in the following web portals Google scholar, Ayush portal, DHARA, PubMed for the last 10 years are searched using key words. Primary search yield 80 studies of which 40 studies selected which meet inclusion criteria. Among 40 studies, it includes 4 case study, clinical study-34, systematic review-2. On analysis of the result, it was found that outcome of the clinical studies was more focused on reducing blood sugar level and pacify its complication. Narrative review explores shodhana line treatment prior to samana. Even though plenty of samana therapies are mentioned in Ayurveda for the management of prameha. If the treatment can begin with proper sodhana approach based on dosha vikalpa, then it will be more beneficial.

Keywords: Madhumeha, Shodhana, Samana, Chikitsa, Management

Registration Code: ABPO 1241



METABOLIC SYNDROME- AN AYURVEDIC PERSPECTIVE

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Metabolic syndrome- An Ayurvedic perspective Non-communicable diseases like diabetes, hypertension, obesity and dyslipidemia were later found to be interrelated by scientists and this constellation of interrelated risk factors of metabolic origin was named metabolic syndrome. Metabolic syndrome increases the risk of type 2 diabetes and cardiovascular disease in particular. The conventional medical system, with its structural approach, is still battling to keep disease conditions under control as one disease leads to another. To comprehend the psychosomatic effects on the human body and the new lifestyle disorders, there is unquestionably a need for an alternative method. It is the responsibility of the Ayurveda community to address this issue and come forward with a holistic approach for the management of the syndrome rather than focusing on individual diseases. Derangement of doshas, dhatus and agni occurs during the manifestation of any disease, including metabolic syndrome. On assessing individuals with metabolic syndrome in our OPD and IPD, the status of the aforementioned components were found different during different stages of the disease. This is due to the complexity of the pathologies of the diseases, which are components of this syndrome, and also its manifestation in different combinations of its components. From this, it is clear that this disease demands an individualistic approach, considering all these parameters. So, assessment of these parameters by a pre-prepared tool was found to be a prerequisite for adequate management. So, this study focused on an individualistic approach to the management of this cluster of diseases through proper assessment of dosha, dhatu, and agni.

Keywords: Metabolic syndrome, Agni, Dosha, Dhatu

Registration Code: ABPO 1270



THE ROLE OF GO GHRITA IN EPILEPSY - A REVIEW

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Epilepsy, a chronic neurological condition, can potentially allow up to 70% of individuals to live seizure-free with appropriate diagnosis and treatment, but it also carries a threefold higher risk of premature death compared to the general population, underscoring its seriousness. Epilepsy is a chronic neurological condition characterized by recurrent seizures and disturbances in consciousness. It can be correlated with the Ayurvedic concept of Apasmara, which involves occasional unconsciousness accompanied by unpleasant symptoms such as vomiting froth and abnormal body postures. Ayurveda recognizes Ghrita (ghee), particularly Go Ghrita derived from cow's milk, as a versatile food and medicinal substance with therapeutic effects. Go Ghrita is highly regarded for its ability to balance Vata and Pitta Doshas and its lipophilic nature, allowing it to penetrate the blood-brain barrier for targeted delivery and increased bioavailability. Go Ghrita's Rasayana property suggests that long-term use may help reduce the recurrence of epilepsy. When medications are processed with Ghrita, it enhances their medicinal properties, making formulations utilizing Go Ghrita potentially more advantageous and efficacious for treating epilepsy.

Keywords: Apasmara, Blood Brain Barrier, Epilepsy, Go Ghrita, Lipophilic, Rasayana

Registration Code: ABPO 1274



THE CONCEPT OF NON-ALCOHOLIC FATTY LIVER DISEASE IN AYURVEDA

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Changes in life style particularly dietary habits and sedentary living, rising incidence of Obesity and diabetes have all contributed, leading to a lifestyle liver disease known as Non-Alcoholic Fatty Liver Disease. According to Ayurveda, snigdha, abhishyanda, guru, seetha and kaphavardhaka ahara cause vitiation of kapha dosha, rasa and raktha dhatu. Medha dhatu vitiated by kapha dosha with the help of raktha circulates throughout the body and reaches yakrut and gets accumulated in liver. In spite of advances made in modern medicine, no effective medical interventions exist that can completely reverse the disease other than lifestyle change, dietary alternations and bariatric surgery. Hence it is essential to search an effective and safe hepatoprotective remedy from Ayurvedic science. As NAFLD is one among the santharpanothavyadhi, drugs which have the properties of deepana pachana, srothosodhana and vatanulomana can be adopted. Substances which possess lekhaneya and medohara karma would be beneficial in NAFLD patients because they decrease the body fat and thus not only improve lipid profile and BMI but also help in improving the liver function.

Keywords: Non-Alcoholic Fatty Liver Disease, Santharpanothavyadhi, Medohara, Lekhana

Registration Code: ABPO 1305



A SINGLE CASE STUDY ON AYURVEDIC MANAGEMENT OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE

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Chronic Obstructive Pulmonary Disease (COPD) defined as a disease state characterised by airflow limitation that is not fully reversible, is now a disease of increased public health importance across the world. It is the third leading cause of death and seventh leading cause of poor health worldwide. For increasing awareness and to improve prevention and management of COPD, the Global Initiative for Chronic Obstructive Lung Disease (GOLD) was created in 1997. This case report discusses the effect of ayurvedic management in COPD. The patient was admitted with complaints of difficulty in breathing since 3 years, along with tremors of hands, reduced memory and slowness of movements for about 1 year. With internal medications like Dasamulakatuthrayam Kashaya, Manibadra gula etc and few external procedures done during a course of 20 days, there was significant improvement in his breathing pattern which was also elicited through objective parameters. With this it is evident that eventhough this dreadful disease cannot be fully recovered, further progression can be prevented with increased quality of life by the use of ayurveda. It also signifies the effect on this disease which can be brought by early interventions made by ayurveda and also gives light to the importance of integrated approach which can be chosen in the future.

Keywords: COPD, GOLD, Dasamulakatuthrayam Kashaya, Manibadra gula

Registration Code: ABPO 1310



A CASE SERIES ON TREMOR PREDOMINANT PARKINSONS DISEASE

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Parkinson's disease, the most common form of Parkinsonism is a chronic, progressive degenerative disorders of central nervous system usually seen at 6th decade of life. Characterized by Tremor Rigidity, Akinesia, Bradykinesia, Postural instability associated with gait and speech disturbance, difficulty in swallowing, sleep disturbance, depression and dementia in the course of disease. Pathologically it is characterized by the loss of pigmented dopaminergic neurons in the substantia nigra pars compacta of the midbrain and the presence of Lewy bodies. Ayurveda mentioned sirakampa vepathu and kampavata which shows similar features of Parkinson disease. Acharya Charaka mentioned sira kampa as one among the siroroga in the Kiyantha sirasiya chapter, sira kampa caused by vitiation of vata by aggravation of ruksha guna in sidhithana, Vepathu enlisted under 80 nanatmaja vikara of vata. Madhava defines vepathu as generalised vata vikara with sarvanga kampa (generalized tremor including sirakampa). Basavarajiyya mentioned separate disease Kampavata, kakavata and bahukampavata explained in ayurvedic classics. Treatment mainly aims at reversing the imbalance of vata dusti through various samana sodhana chikitsa. In this work I describe three cases of tremor predominant Parkinson's disease managed through Sneha sweda virechana matra vasthi etc. symptoms are assessed using MDS UPDR scale. The MDS-UPDRS was developed to evaluate various aspects of Parkinson's disease including non-motor and motor experiences of daily living and motor complications. It includes a motor evaluation and characterizes the extent and burden of disease across various populations. With above mentioned treatment modalities, two domains of MDS_UPDRS- non motor aspects of daily living, motor aspects of experiences of daily living are found to be considerably reduced.

Keywords: Parkinson's disease, Ayurveda, MDS-UPDRS, Senhana swedana matravasti

Registration Code: ABPO 1319



A CASE REPORT ON THE EFFICACY OF TAB GO DETOX IN THYROID HORMONE DISEASE WSR TO STRESS INDUCED HYPOTHYROIDISM

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Hypothyroidism refers to deficiency of thyroid hormone caused due to various reasons. Thyroid hormones exert a major control over many vital functions of the human body, the hypothyroid state is associated with a wide spectrum of symptoms affecting whole body functions. Thyroid dysfunction prevalence is rising at an alarming rate in Indian population, more prevalent among the females. Hypothyroidism affects up to 5% of general population, with a further estimated 5% being undiagnosed. The level of TSH is the primary indicator of hypothyroidism. However, in recent times, hypothyroidism can be well managed with Ayurvedic medication. While analysing the signs and symptoms of hypothyroidism in Ayurvedic view, we note the involvement of all srotas. The Kapha dosha and Vata dosha vrudhhi is elicited and Pitta dosha kshaya is seen. Though some physicians consider it as a sthanika vyadhi under Galaganda roga, it's Dushti lakshanas are seen in whole body. A study was conducted to evaluate the role of Tab. Go Detox in Stress induced Hypothyroidism. GoDetox is Ayurvedic proprietary medicine by Vedalaya. It contains 8 bioactive ingredients extract along with using Sattva Therapy. Present case is about hypothyroidism condition managed by Ayurvedic intervention, A 51-year-old Female patient with complaining of Balakshaya, Tandra, Alasya, Guru Gatrata, Sotha which disturb in her regular day to day activity. She is taking Allopathic medicine for 10 years. After Dashvidhparikshan of patient Tab. GoDetox started as Herbal tea (Kashaya kalpana) form with other internal medicine for the purpose of Agnideepan and Amapachana which continued till condition became improved/stabilized. After 3 months of Ayurveda treatment there was significant reduction in symptoms of disease subjectively with 65% reduction in TSH level from 10.371 to 6.882 within treatment period.

Keywords: Thyroid Hormone Disease (THD), Hypothyroidism, Stress, Galaganda, GoDetox

Registration Code: ABPO 1327



EFFECT OF SAMSHODHANA AND SAMSHAMANA IN TREATMENT OF JANU SANDHIGATAVATA WITH SPECIAL REFERENCE TO PRIMARY OSTEOARTHRITIS OF KNEE A CASE REPORT

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Sandhigataavata is a type of vata vyadhi caused due to dhatukshaya and other vata prakopaka nidana. In Sandhigataavata, shula is pradhana vedana seen along with sandhishotha and vata purna druti Sparsha as associated lakshanas. Sandhigataavata can be correlated with Osteoarthritis in Contemporary medicine. Osteoarthritis is the most common type of arthritis in clinical practice. In OA, commonly seen clinical features include pain, swelling and restricted movements in the joints. This commonly involves joints of hands, knees, feet, facet joints of spine and hips, where knee being the most common location. The incidence of OA in India is as high as 12%. Women are at higher risk of developing primary OA than men. In particular, postmenopausal and obese women are more prone for disease. In present case report, 58 years old female approached hospital with complaint of pain in bilateral knee joints (left knee more than right) associated with swelling and difficulty in doing her day-to-day activities since 4-5 months. The patient was treated with Ayurvedic treatment protocols in terms of both Samshamana and Samshodana like sadyovirechana and yoga basthi along with bahya and other chikitsa like udwaratana, janu basthi, janu upanaha etc. which helped in agni vardhana, vata shamana and specially dhatu poshana. Along with treatment the importance was given for pathya-apathya ahara and vihara. The treatment showed significant improvement in shula, shotha and also noticed changes in performing day to day activities without any difficulty.

Keywords: Degenerative Joint disorders, Udhwarthana, Janu Basthi, Yoga Basthi, Pathya-Apathya

Registration Code: ABPO 1355



PROSPECTIVE ASSESSMENT OF AYURVEDIC PROTOCOL IN A CASE OF KAMPAVATA WITH SPECIAL REFERENCE TO PARKINSONS DISEASE

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Parkinson's disease is a slow onset progressive neurodegenerative disorder which is characterized by a triad of bradykinesia, tremor and rigidity. It is generally considered as a multifactorial disease with environmental and genetic factors as contributors to disease progression. The underlying pathology is accumulation of alpha-synuclein in various parts of the brain, primarily the substantia nigra, leading to degeneration and subsequent loss of dopamine in the basal ganglia that control muscle tone and movement. After assessing the pathophysiology and clinical presentation of Parkinson's disease, it can be considered as Kampavata resulting from Kaphavrutha Vata. Management of Parkinson's disease can be achieved through initial Rukshana followed by Vatahara, Brumhana and Rasayana line of treatment while considering the bala of the rogi. In the present case, a 53-year-old male patient presented with bradykinesia, tremors, stiffness and heaviness of body, gait disturbances, slowness of speech and functional dependency. The patient was diagnosed with Parkinson's disease. He was treated with therapies like Jambheera Pinda Sweda, Dashamoola Parisheka, Sadyovirechana, Shirodhara, Abhyanga, Rajayapana Basthi and Shashtika Shali Pinda Sweda along with oral medications.: The UPDRS score (Unified Parkinson's Disease Rating Scale) improved from 73 to 22. Improvement was also noted in the ability to perform activities of daily living (ADL). The treatment gave significant result in kampa, gatisanga and karmakhsaya of the patient.

Keywords: Parkinson's disease, Kaphavrutha vata, Kampavata, UPDRS, Rasayana

Registration Code: ABPO 1364



A CASE STUDY ON EFFECT OF SHODHANA CHIKITSA IN SIROGATA VATA

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“Sirogata Vata,” a condition in Ayurveda, refers to Vata imbalances or disorders specifically affecting the head region. In Ayurvedic philosophy, Vata dosa governs the body’s movement and communication functions, including the nervous system. When Vata dosha becomes disturbed in the head, it can manifest as a variety of head-related symptoms and disorders. As our sense organs face increasing strain, the prevalence of this condition is on a steady rise, with its occurrence projected to escalate daily. Methods and Materials: In April 2023, an 82-year-old female patient was admitted to Vaidyagrama Ayurveda Healing Village in Coimbatore. She presented with a complaint of experiencing pressure around the ends of her eyes and temple region for the past year. Additionally, she reported puffiness of the eyes, accompanied by blurred vision, excessive tearing in the morning leading to sticky lashes, ear pain with reduced audibility, and a sensation of blocked nostrils. Intervention: In Ayurveda, the management of Sirogata Vata primarily emphasizes Vata anulomana followed by nourishing therapies. Therefore, the patient received a comprehensive treatment approach including Vasti followed by Sirodhara and Nasya, in conjunction with internal medicines. This combined treatment approach has consistently yielded excellent results in effectively addressing Sirogata Vata. This case study underscores the effectiveness of Sodhana Chikitsa in the management of Sirogata Vata. The integration of oral medications and Shodhana Chikitsa played a pivotal role in alleviating symptoms and reinstating the patient’s overall well-being. This case study further substantiates Ayurveda as a comprehensive healthcare system that offers relief and promotes wellness in individuals suffering from Sirogata Vata.

Keywords: Sirogata vata, Vata dosa, Ayurveda, Shodhana chikits

Registration Code: ABPO 1374



CRITICAL REVIEW ON MUSTACHANDANADI KASAYAM

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In this modern era, sedentary lifestyles and dietary changes have been observed to contribute to increased Pitta aggravation and indigestion. Mustachandanadi Kashaya is a traditional and time-tested herbal formulation consisting of six herbs, namely Musta, Chandana, Useera, Parpata, Hrivra, and Sariva. This review aims to elucidate the properties and pharmacological actions of Mustachandanadi Kashaya, which has been widely recognized as an effective medicine for Pitta Shamana (balancing the fire element) and Ama Pachana (carminative). Mustachandanadi Kashaya is a combination of herbs that works synergistically to stimulate digestion, enhance metabolism, and alleviate digestive discomfort, making it an ideal choice for Ama Pachana. The pharmacological actions of Mustachandanadi Kashaya can be attributed to the individual properties of its constituent herbs. Mustachandanadi Kashaya stands as a valuable tool for Ayurveda physicians in managing conditions related to Pitta Dosha imbalance and impaired digestion

Keywords: Mustachandanadi Kashaya, Ama Pachana, Pitta Shamana

Registration Code: ABPO 1378



AYURVEDA IN REHABILITATIVE MEDICINE

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Physical and Rehabilitative medicine is an independent medical subspecialty applied for the training of impaired functions, the influence of the pathogenetic process causing pain, and the activation of regeneration capacities. The primary goal of rehabilitation is prevention of secondary complications, restoration of physical functioning to the maximum, and adoption of appropriate measures to utilize the existing functions to make the activities of daily living (ADL) less dependent. The human body is composed of different types of tissues, some of which are capable of cellular proliferation. Hence, the aim of any system of medicine in the case of any debilitating, degenerative, and demyelinating disease is to enhance this proliferation and to speed up the process of recovery. Ayurveda is a system that lays the crux of its treatment on ensuring equilibrium in the body and enhancing the body's natural cycle of tissue repair, regeneration, and healing processes. Path-breaking research conducted in the field of Regenerative medicine can be helpful in incorporating the Ayurveda system of medicine as an adjuvant in rehabilitative procedures. Drugs mentioned in our classics that promote regeneration and enhance the strength of any living cell, like Jeevaniya gana, Ashwagandha, etc can help in the healing process. Implementation of specific therapeutic yoga according to the patient's needs and panchakarma therapies like Shashtika Pinda Sweda can help to strengthen muscles and improve the quality of the accessory structures like muscle mass, tendons, ligaments etc. The use of Ayurveda in rehabilitation can be transformative. Newer enhancements in healthcare have definitely led to an increased life expectancy, but it's unfortunate that the quality of life still seems to be overshadowed. The alarming state of increase in chronic and degenerative diseases underlines the importance of implementing Ayurvedic treatment modalities and herbal medications to ensure a speedy recovery and better quality of life.

Keywords: Rehabilitation, Demyelinating diseases

Registration Code: ABPO 1404



APPROCH OF AYURVEDA IN EMERGING DISEASE

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Many new diseases have emerged owing to modified lifestyles and environmental changes. Even so, we can traditionally manage these conditions by assessing the status of prakupita dosha, dhatu, upadhatu, srotas and agni. Knowing these factors of the disease, physicians can successfully manage the condition using their yukthi pramana. Ayurvedic medicines are effective even in newly emerging diseases. Acharya Charaka stated that the same vitiated dosha can produce different diseases by varying their causes and sites of manifestation. As the vyadhis are innumerable, it is difficult to entitle all the diseases using certain names. The vitiated dosha, dhatu, and srotas of the disease can be understood based on its clinical presentation. Acharya Chakrapani in the context of adidesha tandrayukthi explained about Anukta vyadhi. Anukta vyadhi indicates the disease, which is not exactly explained in our classics. It can be diagnosed based on thrividha bodhya sangraha, vikara prakruthi (natural history of a disease), adhishtana (site of the pathological process), and samuthana visesha (etiological features). The disease can be managed based on the signs and symptoms presented. Recently, the strength of Ayurveda has been proven through prevention and management of a novel disease, COVID-19. COVID-19 is a global infectious disease affecting all systems, particularly the respiratory system. Even though Swasa and Kasa are Pranavahasroto vikara, they originate from amasaya. An observational study conducted in our hospital showed that ama pachana and agni deepana drugs were highly beneficial in the initial stage of COVID-19. Symptomatic treatment is advisable. In post COVID stage also Ayurvedic drugs were effective. Complications of COVID-19 were less noticeable in those who received Ayurveda medicine along with contemporary treatment. Regular use of herbs such as Tulsi, Aswagandha, Guduchi, Maricha, Sunti, Haridra etc. act as immunomodulators that prevent the disease or are affected less severely and reduce the mortality rate.

Keywords: Anukta vyadhi, COVID-19

Registration Code: ABPO 1417



ROLE OF PACHANA CHIKITSA IN AUTOIMMUNE DISEASES

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With the changing lifestyle, descending quality of food, unfavourable environmental changes, the strength of the body and the ability to fight against the disease are diminishing day by day resulting in emerging autoimmune diseases. An observational study conducted in our hospital proved that the long term habit of intake of food items that trigger Aama is the main reason behind many of the autoimmune diseases. This Aama can be considered as the pro inflammatory waste and the chief contributor of srotodushti that get accumulated either in Koshtagatha or Dhatugatha level. During the pathogenesis of autoimmune disease, this Aama will undergo various avastha, one such important avastha is Leena dosha avastha which is mostly considered as the latent phase of the disease and might be responsible for the chronic recurrence and relapsation of the disease. Thus, saamadasha adhered or concealed are understood as in Leena avastha (deeply merged or concealed in dathu) and are not feasible to be eliminated through shodhana procedures directly. Removal of srotholeena, dhatu Leena ama dosha should be the initial line of treatment for which the importance of Pachana deepana dravyas must be elucidated. Thus Pachana deepana procedures should be done for required period of time until which Leena avastha changes to prabhootha dosha avastha only after which Shodhana and other Snehapana procedures should be carried out. The exact assessment of the Leena dosha pathology in various spectrum of autoimmune disease is very important while selecting the course of treatment. This approach is more effective in managing auto-immune diseases.

Keywords: Autoimmune disease, Leena Dosha, Sama Dosha, Pachana deepana, Shodhana

Registration Code: ABPO 1420



BRAHMA RASAYANA AS REHABILITATIVE MEDICINE

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Rehabilitative medicine is the medicine that helps to improve the function hampered by illness and injuries. The geriatric group of people needs more this area of medicine as their physiology runs towards deterioration. According to Census 2011, India has 104 million older people (60+years), constituting 8.6% of total population.i An ICMR Workshop on “Research and Health Care Priorities in Geriatric Medicine and Ageing” recommended that research be conducted in areas such as the evaluation of the nutritional and functional status of the elderly, common chronic and neurodegenerative disorders like Alzheimer’s disease and depression, basic sciences, dealing with the process of ageing, pharmacokinetics and pharmacodynamics of drugs, health system research and research in alternative medicine.ii Ayurvedic texts and multiple articles on internet suggest that dravyas used in Brahma Rasayana are antioxidant, anabolic, immunomodulatory, Free radical Scavenging activity, hepatoprotective so these drugs help in gaining the weight, memory, intelligence, and strengthiii which is hope in the area of Alzheimer’s disease and depression in geriatric age group as rehabilitative medicine.

Keywords: Brahma Rasayan, rehabilitative medicine, geriatric care, Alzheimer’s disease, depression.

Registration Code: ABPO 1477



SHODANA PROCEDURES IN MANAGEMENT OF HYPERLIPIDEMIA

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Hyperlipidemia is a disorder of lipid metabolism characterised by increased levels of Cholesterol, Triglycerides, LDL, and decreased levels of HDL in blood. It's a non-communicable disease. In Ayurveda it can be correlated to Medhoroga which is caused due to medhovidhi. The causes of medhoroga including beejadosha (genetic disorder), avyāyama (sedentary lifestyle), Atisnigda madhura sheeta guru ahara sevana (unhealthy diet with excess saturated and transfat), prameha (diabetes mellitus), sthoulya (obesity) are similar to causes of hyperlipidemia. Hyperlipidemia is estimated to cause about 2.6 million deaths and has a global prevalence of 37% according to WHO. It is a major risk factor for Stroke, Coronary artery disease etc. The modern lipid lowering therapies (drugs like statins, fibrates, ezetimibes etc) are expensive, should be taken life long and may cause side-effects like liver and kidney dysfunction on long time use. In Kaya chikitsa, therapies for reducing medhas and kapha like shodana (virechana, lekhana basti etc), shamana, rukshana (udvartana) etc are mentioned and can be effectively practised with long-term benefits and without destruction of patient's health. The topic of this paper addresses the essentiality and feasibility of Ayurvedic management by shodhana therapies in hyperlipidemia with references from Charakasamhita, Shārangadharaśamhita, Susruthasamhita etc. Thus bringing forward the scope of ayurveda in this widespread lifestyle disorder and merits further investigations about the treatments.

Keywords: Hyperlipidemia, Medhoroga, Shodana therapies, lifestyle disorder, Kaya chikitsa, non-communicable disease

Registration Code: ABPO1492



AYURVEDA TREATMENTS COULD GIVE BETTER RESULTS THAN PAINKILLERS IN CASES OF SEVERE SCIATICA PAIN

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Management of sciatica through ayurveda is well known. But management of acute sciatica pain through ayurveda is relatively less. Acute cases of pain are usually referred to contemporary for prescribing potent pain killers or any other medications as required. This article is a demonstration of the results of a patient who had acute sciatica pain associated with numbness of both legs which was not even controlled after taking painkillers. She could not sleep due to pain. She approached us seeking any sort of Ayurveda treatment for relieving her pain. She was admitted and various ayurveda treatments like vaitharana vasti, pinda sweda, and internal medications were given. Within the third day of Ayurveda treatments, she stopped taking painkillers and had sound sleep. Pain and reduced considerably after the course of treatments. Ayurveda treatments have the potential in managing acute pain and cases not responding to contemporary medicines which should be further explored.

Keywords: Acute pain, Ayurveda, Sciatica

Registration Code: ABPO 1495



ROLE OF UDVARTAN IN PREVENTION AND MANAGEMENT OF METABOLIC SYNDROME

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The global burden of Metabolic Syndrome has drastically increased over the past three decades. More than a billion people worldwide are now suffering from Metabolic Syndrome and in order to stop the disease's spread, not only medication but lifestyle modifications are necessary. MetS is a cluster of central obesity, high plasma glucose levels, increased blood pressure and increased low density lipoproteins (LDL) and low HDL. In Ayurveda, this condition can be correlated with medo dushti vikar along with prameha and sthaulya. Various acharyas have mentioned the elaborated Chikitsa for these ailments which include Shodhana and Shaman Chikitsa. However, if we are looking for a simpler and more successful way to cure or prevent the condition, Udavartana Karma seems to be a better alternative which is often performed with rukshan dravyas. It is said to have Kaphahara and Medohara properties i.e., it promotes fat reduction, tissue integrity, and skin health. Clinical research indicates that udvartana has several catabolic effects on body fat. According to one study, udvartana causes a considerable drop in physical parameters such as body weight, BMI, waist circumference, hip circumference, waist hip ratio, and skin fold thickness and also it exhibits adequate viability in terms of lipid levels. All of these actions of udavartan can collaboratively avoid the development of metabolic syndrome and further aid to lower the possibilities of having corelated morbidities such as fatal heart conditions.

Keywords: Metabolic Syndrome, medo dushti, Udvartan , Sthaulya, prameha

Registration Code: ABPO 1515



PREVENTIVE CARDIOLOGY- AN UPDATED CLINICAL REVIEW

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Cardiovascular illnesses are one of the main causes of morbidity and mortality worldwide. An epidemiological shift has occurred in the worldwide scenario as a result of growing urbanization and the advent of stressed lifestyles, and the frequency of heart illnesses is dramatically rising makes it highly prevalent over the world, accounting for around 25% of all fatalities. Despite the fact that the cardiovascular diseases were not conceptualized by Ayurveda in the same way as in modern medicine, it seems that the different references pointing these diseases suggest that Ayurveda have a concept explained under the umbrella term 'Hridroga'. By critically analysing the Nidana and Samprapti ghatakas of Hridroga, we can understand that the pathogenesis covers three major factors, Agni dushti and Rasavaha srotodushti and pratilomata of vayu in general. Considering these factors as the major culprits in the disease manifestation, we used to prefer the drugs and conventional therapies along with Yoga practices like performing Suryanamaskara (Sun salutation) aiming to act as Agnideepana, Srotosodhana, cardioprotective, hypolipidemic, antianginal, fibrinolytic, thrombolytic, antiplatelet and antihypertensive together. Also, by understanding the significance of the Heart as a vital organ, one can create a path to a healthy heart by changing one's lifestyle, reducing stress, avoiding precipitating causes, and strictly adhering to Ayurvedic Pathya through managing risk factors of cardiovascular conditions. The present paper undertakes to discuss the conceptual evidences of Hridroga and analysing them for providing primary and secondary prevention through Food, regimens, complementary therapies like yoga, exercises along with conventional treatment for an updated knowledge.

Keywords: Preventive cardiology

Registration Code: ABPO 1530



MUTRASMARI-AYURVEDIC DISEASE REVIEW AND MANAGEMENT

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Mutrasmari is a most painful and common disease of urinary system. It is one among the Ashta mahagada. It is a Kapha Pradhana Tridoshaja Vyadhi. Description of Asmari can be seen nearly in all our classical texts with aetiopathogenesis, classification, symptomatology, complication and management in a more scientific manner. The symptoms of Asmari are excruciating pain over Nabhi, Basti, at Sevani or at Mehna during micturition, sudden stoppage of urine flow, blood-stained urine, aggravation of pain during running, jumping, swimming etc. The above said symptoms are similar with Urolithiasis, so it can be correlated with the Asmari mentioned in Ayurveda. Ayurveda has mentioned different modes of treatment by emphasizing the principle of not only treating the disease but also preventing the recurrence of the Disease. As this clinical entity is a Kapha Pradhana Vyadhi and formation of urinary calculus is also evident, the drugs which possess Katu rasa, Ruksha guna, Katu vipaka, Ushna virya in properties and Deepana Pachana, Chedana, Bhedana, Lekhana and Mutrala in action is expected to be effective in managing this condition. The drugs which possess lithotriptic property can break the urinary stones and diuretic property can help to flush out the stones from the urinary tract. The purpose of this paper is an attempt to understand the Samprapti of Mutrasmari mentioned in our science and to find out the most effective drugs mentioned in our classics which are potent in Samprapti Vighatana of Mutrasmari by explaining the properties, pharmacological action and phytochemicals present in that medicine.

Keywords: Urolithiasis, Kapha pradhana tridosha vyadhi, Samprapti, Lithotriptic, Diuretic

Registration Code: ABPO 1616



INTEGRATING AYURVEDA WITH CONVENTIONAL HEALTHCARE SYSTEM IN PREVENTION AND MANAGEMENT OF NON-COMMUNICABLE DISEASE WITH SPECIAL REFERENCE TO DIABETES MELLITUS

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Non communicable diseases (NCDs) have emerged as a global health crisis, contributing to a significant portion of the world's disease burden. These chronic conditions, including heart disease, diabetes, cancer, and respiratory illness are primarily driven by lifestyle factors and have become leading causes of morbidity and mortality worldwide. Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. In India, an estimated 77 million people above the age of 18 years are suffering from diabetes (type 2) and nearly 25 million are prediabetics. More than 50% of people are unaware of their diabetic status which leads to health complications if not detected and treated early. Conventional management of the diabetes include lifestyle modifications, oral medications and insulin therapies. However, in the long run complications are developing in the people. The integration of Ayurveda and Yoga with conventional healthcare system holds great promise as a transformative vision. This presentation is an attempt to explore some of the key areas for the same, which include- diet, yoga and exercises, weight management techniques, diabetic neuropathy care, eye care and foot care. As for diabetes, one of the central tenets of Ayurveda, the diet modifications (pathyas) play an important role in prevention of the disease. Along with that use of Yoga and meditation play a pivot role in reducing stress and promote metabolism. Utilizing therapies like medicated oil massage (abhyanga), various types of Dharas, massaging with medicated powders (udwarthana), is beneficial for both preventing and managing complications. To conclude the identification of key areas for integration assists policy makers in the effective implementation of diabetic care management within the public sector.

Keywords: Non communicable diseases (NCDs), Lifestyle factors, Diabetic neuropathy, Diet modifications, Udwarthana,

Registration Code: ABPO 1630



AYURVEDIC MANAGEMENT OF POST- HERPETIC NEURALGIA PHN-A CASE STUDY

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Herpes Zoster is a viral disease caused by reactivation of Varicella Zoster Virus when a body's immunity is low. It usually manifests as a unilateral vesicular eruption within a dermatome along with unbearable dermatomal pain. Post Herpetic Neuralgia is an acronym for the pain that occurs in small percentage of patients whose neuropathic pain persist for long duration along the dermatomal distribution of the affected ganglia. It is debilitating condition following an episode of Herpes Zoster. In Ayurveda, Herpes Zoster can be correlated with Visarpa, where dominance of daha and vedana can be considered due to Vata and Pitta dosha. This case study explored the role of Ayurveda, a traditional system of medicine, in management of PHN. The study involved a patient with PHN who sought ayurvedic treatment as an alternative to conventional approach. The patient's progress was monitored over several weeks and pain intensity was assessed. Conventional Medical practice uses antiviral drugs and analgesics as common therapies to soften the discomfort to manageable level, however they may not always be completely effective. Prolonged usage of these drugs might have adverse responses such as weight gain, tiredness, dry mouth and constipation. So, Ayurveda will take action to manage PHN in order to prevent adverse responses. This is a single case study of 55Yr female, having H/O Herpes Zoster (20 days before), presented with pain along the dermatome, for which various Ayurveda texts, modern texts and research articles on Herpes Zoster and Visarpa are referred. Result: The Ayurvedic treatment exhibit a significant reduction in pain intensity with low incidence of adverse effects. Ayurvedic treatment provide a practical alternative for treatment of PHN, showing promise in alleviating pain and enhance patient's quality of life. Significance Of study: Successful management of PHN is possible by ayurvedic treatment.

Keywords: Ayurveda, Herpes Zoster, Post-Herpetic Neuralgia, Visarpa, Pain management.

Registration Code: ABPO 1641



ANKYLOSING SPONDYLITIS - AYURVEDIC PERSPECTIVE

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Ankylosing spondylitis is a chronic progressive inflammatory seronegative spondyloarthropathy. It often manifests in patients between the ages of 20 and 30 and is more prevalent in men. It causes significant morbidity in both physical and mental health, which has an influence on work productivity and has personal and societal expenses that lower quality of life. Ankylosing spondylitis predominantly involves the axial skeleton and in advanced stage the vertebral column undergoes bony ankylosis. Current treatment modalities only reduce the symptoms temporarily with rehabilitative measures. So it is the responsibility of ayurvedic physician to develop a proper diagnostic method, satisfactory treatment protocol and rehabilitative measures for Ankylosing spondylitis. We have been treated this disease using proper Ayurvedic scientific principles based on stage wise clinical assessment. Ayurveda interprets these lakshanas under vatavyadhi. But when considering the stage wise assessment of Ankylosing spondylitis, it can be correlated as Amavata in the initial stage and as Asthimajjagatavata in the advanced stage. Hence the treatment done was ama pacana and deepana followed by vataharakarma in the early stage and kevala vatahara Cikitsa with bahya abhyanthara snehaprayoga in the later stage. Along with this, proper rehabilitative techniques and yoga practices were also done to reduce pain, build strength and to improve movements. This kind of stage by stage interdisciplinary management will enhance the possibility for further treatment and research work in Ankylosing spondylitis.

Keywords: Ankylosing spondylitis, Amavata, Asthimajja gatavata

Registration Code: ABPO 1662



ATHEROGENIC INDEX OF PLASMA AND NON-COMMUNICABLE DISEASES AN AYURVEDIC OUTLOOK

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Noncommunicable diseases (NCDs), also known as chronic diseases, tend to be of long duration and are the result of a combination of genetic, physiological, environmental, and behavioral factors. NCDs such as cardiovascular diseases (CVD), diabetes, and metabolic disorders have reached epidemic proportions globally. A significant contributor to these conditions is the presence of dyslipidemia, characterized by an altered lipid profile, which can promote atherosclerosis and increase the risk of NCDs. Longstanding NCDs will again result in cardiovascular complications due to delayed screening and diagnosis. The Atherogenic Index of Plasma (AIP) is a logarithmically transformed ratio of the molar concentration of triglycerides to HDL cholesterol. It is a novel marker and has gained recognition as a valuable tool for assessing cardiovascular risk. In Ayurveda, diseases can be categorized under Santarpanajanya vyadhi and Apatarpanajanya vyadhi. NCDs can be understood under the broad heading of Santarpanajanya vyadhi based on their causative factors and presenting features. Kaphavardhaka ahara vihara causes an increase in the dhatugata snehamsha and vitiation of medodhatu particularly, and manifests the Santarpanajanya vyadhi vis-à-vis NCDs. Deposition of the abadha medhodhatu within the arteries leads to atherosclerosis and many other complications, thus causing death. Using standard indices like AIP for assessing the CVD risk at the OPD level and adopting ayurvedic treatment modalities, especially Apatarpana Chikitsa, helps to potentially prevent CVD and other complications of NCDs. Further details of the study will be discussed in the full paper.

Keywords: Noncommunicable diseases, Atherogenic index of plasma, Santarpanajanya vyadhi, Cardiovascular disease.

Registration Code: ABPO 16669



UNDERSTANDING THE ETIOPATHOGENESIS OF VITAMIN D3 DEFICIENCY IN RELATION WITH AGNIMANDYA

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Vitamin D is a group of fat-soluble prohormones known as sunshine vitamin. The two major biologically inert precursors of vitamin D are vitamin D3 (cholecalciferol) and vitamin D2 (ergocalciferol). The prevalence of Vitamin D deficiency ranged from 40% to 99%, with most of the studies reporting a prevalence of 80%–90%. It was prevalent in all the age groups and high-risk groups alike. No direct reference of vitamin D3 deficiency is available in Ayurvedic classical text books. A comparison is made with the signs and symptoms told in modern text and Ayurveda Samhitas for a better understanding of etiopathogenesis of Vitamin D3 deficiency. In India, Vitamin D3 deficiency is widespread. It is necessary to understand the nidana, purvarupa, rupa, samprapti of Vitamin D3 deficiency in Ayurveda along with contemporary science for a better management. Jataragni and Dhatu agni are responsible for the transformation of Aahara rasa to uttarothara Dhatu. Any derangement in jataragni and dhatu agni result in abadha dhatu which is not capable to do its dhatu karma. In modern science Vitamin D plays an important role in maintaining an adequate level of serum calcium and phosphorus. Vitamin D has a great effect in forming and maintaining strong bones. So it is necessary to know the relation of Vitamin D3 in Dhatu poshana and dhatu parinama. Study design: Comparative, Cross Sectional and Observational study for analysis of the newly diagnosed or known cases of Vitamin D3 Deficiency. Here an attempt is made to study the etiology, pattern of samprapti, lakshana and samprapti lakshanasambandh of Vitamin D3 deficiency in Ayurvedic perspective in relation with Agnimandya.

Keywords: Prohormone, Skin, Dhatu parinama, Dhatukshaya, Agnimandhya, Jataragni.

Registration Code: ABPO 1687



ROLE OF MEDICATED GHRTAM IN THE MANAGEMENT OF METABOLIC SYNDROME

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Metabolic syndrome (MS) forms a cluster of metabolic derangements including Obesity, Hypertension (HTN), Dyslipidaemia (DLP) and Diabetes Mellitus (DM) associated with accelerated Cardio Vascular Diseases (CVD). Ayurveda has vividly described the concept of obesity and lipid disorders in the contexts of Santharpanjanya vikaras (Sthoulya, Medoroga, Prameha, Hrdroga) and Ama pradoshaja vikaras. Agnidushti is the major component in metabolism related disorders. The line of treatment adopted here should be Agni dipana, Ama pachana, Kaphamedoanilapaha and Srothoshodhaka. Ghrtam has been given foremost importance and has been an inevitable part of diet in the Indian cuisine. Ayurveda considers Ghrtam as the best among all fats. On the other hand, there is a misbelief in common people that consumption of ghee leads to hyperlipidaemia. So, the main intention of this paper is to correct this misbelief and to prove that metabolic disorders can be treated with medicated Ghrtam. Ayurvedic understanding of MS focusing on the involvement of Ama, Dhatvagnimandya, Srothovaigunya and Malasanchaya has been incorporated. It also introduces the concept of medicated Ghrtam as a therapeutic approach for managing MS with a case report to validate its effectiveness. The paper delves into Ayurvedic treatment principles for MS, emphasising the reduction of Kapha, Meda and Ama. It discusses the selection of Ayurvedic drugs with Katu, Tiktha, Kashaya rasa which possess Kaphamedohara, Vatanulomana, Dipana properties. The case report presented here supports the efficacy of medicated Ghrtam in normalising lipid profile and improving the quality of life in MS patient. Ayurveda provides a unique perspective on the understanding and management of MS. The findings of the case report challenge the misconception that consumption of ghee leads to hyperlipidaemia offering valuable insights for further research and validation. This paper enhances our understanding of Ayurvedic approaches to modern health challenges, providing valuable perspectives for potential integrative treatments.

Keywords: Metabolic Syndrome, Medicated Ghrtam

Registration Code: ABPO 1703



IDIOPATHIC THROMBOCYTOPENIC PURPURA AND ANTIKA RAKTHAPITHAM - A CRITICAL EVALUATION

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ITP is a condition characterised by low levels of platelets which results in an increased tendency of bleeding. ITP occurs when the immune system mistakenly attacks platelets. It may follow a viral infection or as a complication of autoimmune diseases like SLE, CVID, ALPS or Evans Syndrome. The global prevalence of ITP is 9.5 per 100000 with highest prevalence in more than 60 years of age. In most of the cases it can cause severe complications. A patient of ITP is always at a risk of haemorrhage and that in brain can be fatal. In females there is an increased risk of PPH and placental abruption during pregnancy. ITP is usually managed with immunosuppressant therapy. Ayurveda classifies ITP under antika rakthapitha in Charaka Samhita Chikitsa Sthana which is considered as asadhya and appear at the end stage of the disease. But by wisely implementing the treatment principles of rakthapitha, panduroga and rakthavaha srotodushti, the quality of life can be improved and complications can be prevented to a certain extent. Drugs like Vasa, durva, shatavari, ashwagandha and gokshura are proved to have anti-coagulant and anti-neoplastic property which helps the patient in recovery. Kasaya rasa drugs like Punarnava, dadima etc having sthambhana property are also found to be beneficial. Use of rasayana drugs and a number of formulations like koutaja triphala yogaraja vataka also helps to correct the autoimmune pathology and thus prevent complications. Thus, it is high time to explore various strategies in rakthapitha, pandu and rakthavahasrotodushti and implement them wisely in ITP.

Keywords: ITP, Rakthapitha, Pandu, Rasayana

Registration Code: ABPO 1725



EXPLORING THE THERAPEUTIC POTENTIAL OF RASAYANA IN KITIBHA KUSHTHA A CASE REPORT

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Skin diseases are among the most common health problems associated with psychological, social and financial impact on patients, their families and on society. Psoriasis is a chronic, non-contagious, multi system inflammatory disorder characterized by well defined erythematous plaques with silvery scales. In Ayurveda, this condition can be compared with Kitibha Kushtha as most of its signs and symptoms mimic with that of Chronic Plaque Psoriasis. The study reports Ayurvedic treatment on 40 year old male patient having Chronic Plaque Psoriasis presented with lesions all over the body. Auspitz sign and Koebner's phenomenon were positive. The treatment protocol in the form of Nidana Parivarjana, Shodhana (Virechana) and Vyadhihara Rasayana (Amritbhallataka Avleha) was adopted as per Ayurvedic Samprapti. Reduction in presenting features along with substantial decrease of Psoriasis Area and Severity Index (PASI), Dermatology Life Quality Index (DLQI), Perceived Stress Scale (PSS) and Visual Analog Scale (VAS) was noted. Photographic documentation was done before treatment, after treatment and during follow up after taking proper consent from the patient. Thus it could be concluded that the current treatment protocol has led to notable and sustained improvement in the management of Chronic Plaque Psoriasis (Kitibha Kushtha).

Keywords: Chronic Plaque Psoriasis, Ayurveda, Kitibha Kushtha, Shodhana, Vyadhihara Rasayana

Registration Code: ABPO 1785



EFFECTS OF AYURVEDIC MEDICAMENTS IN JALODARA – A CASE REPORT

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Liver disease accounts for 4 % of deaths worldwide. Deaths are largely due to complications of Liver cirrhosis and hepatocellular carcinoma. One of the most common complications of liver cirrhosis is Ascites. It is the pathological accumulation of the fluid in the peritoneal cavity. There is no definitive cure for liver cirrhosis. So, the treatment is aimed at the maintenance of nutrition and management of complications like Ascites, Hepatic Encephalopathy, and Portal hypertension. In Ayurveda, Ascites can be correlated with Jalodara and can be effectively managed with the treatment mentioned in Samhitas (Ayurveda textbooks). Methods: A 65-year-old male having complaints of bilateral lower limb swelling, abdominal distension, loss of appetite, and breathlessness for 6 months visited the hospital. He was a known case of Liver cirrhosis with moderate ascites and grade II oesophageal varices with small gastric varices based on Ultrasonography, CECT Abdomen and upper GI endoscopy. The patient had been taking allopathic management for 6 months but had no significant relief. He was given Nitya Virechana (daily therapeutic purgation) with Haritaki churna (*Terminalia chebula* Retz.) 10 gm with Gomutra (Cow's urine) 20 ml, Punarnavastaka kwath 20 ml twice on empty stomach, Vardhaman Pippali Rasayan etc. for 20 days. A follow up was taken after 15 days. The patient was kept on Cow's milk during the treatment. Results: Significant improvement was noted in all the symptoms of the patient. His Total bilirubin and serum creatinine decreased from 2.13 mg/dl to 0.97 mg/dl and 1.66 mg/dl to 1.19 mg/dl respectively. Prothrombin Time, and PT/INR values decreased from 19.1 sec and 1.33 to 13.2 secs and 1.20 respectively. Ultrasonographic findings suggested no fluid in the peritoneal cavity. Conclusion: Ayurveda management if implemented rightly, will benefit a lot in the management of Jalodara patients.

Keywords: Ayurveda, Ascites, Jalodara, Pippali Vardhamana

Registration Code: ABPO 1799



METAFLAMMATION - AN INSIGHT FROM AYURVEDA

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It is commonly said that “Your genetics load the gun, your lifestyle pulls the trigger.” Since the last decade, human beings have embraced certain habits or social practices which have led to lifestyle disorders or Non-Communicable Diseases (NCDs). NCDs – the invisible epidemic, has become a global public health challenge of the 21st century. The burden of NCDs are attributable to behavioral, environmental, dietary and metabolic risk factors. The interaction of the macro-environment (Western diet and lifestyle) and genetic predisposition determines the magnitude and type of metabolic alterations. This in turn drives a change in the micro-environment through epigenetic modifications and an inflammatory response leading to progressive tissue injury. Metabolic inflammation (Metaflammation) is defined as a chronic low-grade inflammatory state induced by alterations in metabolism. It is a characteristic of obesity-related metabolic disorders, associated with increased risk of development of type 2 diabetes, non-alcoholic fatty liver disease (NAFLD), or cardiovascular disease. In humans, Metaflammation is proposed to originate from the evolutionary conservation of crosstalk between immune and metabolic pathways. An imbalance in this system induced by chronic over-nutrition has been implicated in its pathogenesis. The gut microbiota seems to play an important role in the development of metaflammation. Targeting metaflammation has also emerged as a strategy to attenuate metabolic disorders. In Ayurveda, Ama is a key concept in understanding physiology, pathology and therapeutics. An impairment in the process of digestion and metabolism leads to the build-up of toxic by-products which can be considered as Ama. This paper is an attempt to elucidate the concept of metaflammation in the light of Ayurveda.

Keywords: Metaflammation, Ayurveda, Ama

Registration Code: ABPO 1820



AN AYURVEDIC AND CONTEMPORARY VIEW OF UDAR ROGA

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Udar roga is one of the disease amongst Ashtamahagada described by Acharya Charak. Its occurrence is increasing day by day. Udar rog as per Ayurveda is not only limited to ascites (abnormal accumulation of free fluid in the peritoneal cavity) but it includes all pathology of organs present in Udar Pradesh (abdominal cavity) eg. Yakrut(liver cirrhosis, hepatomegaly), Pleeha(splenomegaly), Kshudra Aantra(intestinal obstruction), Vrikka(chronic kidney disease), Pittashya(Gall bladder), Agnashya(Pancrease). The main causes of udar roga are mandagni, malavridhhi. Eight types of udar rogas are described in Ayurveda as per Acharya Charak. Material & methods- Ayurvedic classical texts, modern literature, research article and research journals. The objective of this review article is to discuss different aspects of udar roga in Ayurvedic and contemporary view. Ayurvedic management with panchkarma procedures like virechan, vatanuloman and along with oral medication are effective in the management of Udar rog. These approaches are safe, cost effective and easy to follow.

Keywords: Udar rog, Modern correlation, Agni, Strotas,

Registration Code: ABPO 1829



MUTRASMARI-AYURVEDIC DISEASE REVIEW AND MANAGEMENT

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Mutrasmari is a most painful and common disease of urinary system. It is one among the Ashta mahagada. It is a Kapha Pradhana Tridoshaja Vyadhi. Description of Asmari can be seen nearly in all our classical texts with aetiopathogenesis, classification, symptomatology, complication and management in a more scientific manner. The symptoms of Asmari are excruciating pain over Nabhi, Basti, at Sevani or at Mehna during micturition, sudden stoppage of urine flow, blood-stained urine, aggravation of pain during running, jumping, swimming etc. The above said symptoms are similar with Urolithiasis, so it can be correlated with the Asmari mentioned in Ayurveda. Ayurveda has mentioned different modes of treatment by emphasizing the principle of not only treating the disease but also preventing the recurrence of the Disease. As this clinical entity is a Kapha Pradhana Vyadhi and formation of urinary calculus is also evident, the drugs which possess Katu rasa, Ruksha guna, Katu vipaka, Ushna virya in properties and Deepana Pachana, Chedana, Bhedana, Lekhana and Mutrala in action is expected to be effective in managing this condition. The drugs which possess lithotriptic property can break the urinary stones and diuretic property can help to flush out the stones from the urinary tract. The purpose of this paper is an attempt to understand the Samprapti of Mutrasmari mentioned in our science and to find out the most effective drugs mentioned in our classics which are potent in Samprapti Vighatana of Mutrasmari by explaining the properties, pharmacological action and phytochemicals present in that medicine.

Keywords: Urolithiasis, Kapha pradhana tridosha vyadhi, Samprapti, Lithotriptic, Diuretic

Registration Code: ABPO 1844



AN AYURVEDIC APPROACH TO SCIATICA

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Sciatica is a debilitating condition due to the sciatic nerve or sciatic nerve root pathology. Sciatic nerve is the largest nerve which passes deep in the buttock and down the back of the thigh all the way to the heel and sole of the foot, whose impingement causes a sharp and shooting type of pain in its course along with difficulty in walking, leg numbness, burning sensation and muscle weakness. Sciatica condition occurs due to the mechanical compression of nerve root that is emerging from L5-S1 and its causes are mainly due to disc protrusion, disc prolapse and degenerative conditions. Prevalence of Sciatica estimates vary widely from 1.6% in general population to 43% in a working population. 90% of patients with Sciatica recover by the conservative treatment itself, which includes analgesics, early mobilization, bed rest and local anesthetics injections or corticosteroids. Considering the prevention of advanced limping stage of sciatica, conservative treatment in Ayurveda can be adopted. Clinical features of Sciatica closely resembles with that of Gridhrasi in Ayurveda characterized by aching pain starting from the lumbar region and radiating to the buttock, thigh, calf and foot. Even though the other systems of medicine is rapidly growing with many successful stories, at present the efficacy and tolerability of commonly prescribed analgesic and adjuvant drugs for the management has not been established. In Ayurveda degenerative conditions and disc protrusions can be considered under Dhatukshaya and Margavarodha. Apana Vayu and Vyana Vayu vitiation are the most common symptoms of this condition accompanying with Kapha Dosha. To treat such conditions formulations with Vatahara, Kaphahara, Agnideepana, Shoolahara, Vatanulomana, Dhatuposhana and Balya property can be selected. Assessment of the condition can be done with Roland Morris Disability Index scale and Oswestry disability index scale.

Keywords: Sciatica, Dhatukshaya, Roland morris disability index scale

Registration Code: ABPO 1845



A NARRATIVE REVIEW TO EXPLORE THE EFFECTIVENESS OF HERBAL DRUGS IN THE MANAGEMENT OF HYPOTHYROIDISM

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Hypothyroidism is one of the most common thyroid disorders in India, with a prevalence of 11 percent. Thyroid hormone is responsible for the normal functioning of each and every tissue of the body. The signs and symptoms of the initial stages of hypothyroidism are unclear and often missed in its early stages and instead treated for infertility, hyperlipidemia, depression, etc. but later on, it affects the other systems of the body. The present study aimed to review the published research works on the management of Hypothyroidism using herbal drugs. The keywords were identified with the help of MeSH terms related to “Hypothyroidism” and “Thyroid function” and “Ayurvedic management” and “Herbal.” A comprehensive literature search in PUBMED, Google Scholar, and DHARA Portal was done to identify the related research articles. A preliminary review was done to shortlist the studies. Data extracted from the selected articles were collected, analysed, and charted accordingly. A total of fifteen experimental studies were selected for the detailed review. A full text analysis of fifteen articles on single herbs with thyrogenic activity were reviewed thoroughly. All kinds of studies available online were considered while selecting the studies for detailed review. The narrative review helps to know the research works done in the field of hypothyroidism at the same time, it provides information about the knowledge gap. Further clinical studies can be undertaken based on the findings of this present review study

Keywords: Hypothyroidism, Thyroid function, Herbal drug

Registration Code: ABPO1875



CRITICAL EVALUATION OF ALPANIDRA AND PRIMARY INSOMNIA

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Sleep disorders are truly a forgotten non communicable disease and public health problem. Insomnia is a major health problem affecting millions people around the globe particularly in the developed world. As per the definition stated for primary insomnia under ICD-11, insomnia is a condition where there is recent difficulty in the initiation and maintenance of sleep, a poor quality of sleep lasting for at least 3 times a week for at least 3 months. Epidemiological surveys indicate that about 15% to 35% of adult individuals have frequent sleep disturbances. Insomnia in fact, both a symptom as well as a disorder, if left untreated insomnia increases the risk of developing diseases like depression, type 2 diabetes, hypertension and possibly even death in older individuals as per reported studies. Tranquilizers and sedatives like a benzodiazepines, barbiturate etc. treatment for primary insomnia however there are concerned of residual symptoms such as excessive sedation tolerance addition and neurological toxicity over longer usages. Ayurvedic classics, each terminology clearly expresses reduced sleep time as cardinal feature. Alpa nidra is the term commonly used to denote the state of reduced or disturbed sleep. Primary insomnia can be correlated with alpa nidra told in ayurveda. The principal doshas involved in alpa nidra are vata and pitta. Among the causes, physiological as well as psychological factors are given prime importance. The management of the condition should impart dosha samana as well as subjective swasthya. It is necessary to understand various treatment protocol which will benefit to large number of suffering population.

Keywords: Primaryinsomnia, Aipanidra

Registration Code: ABPO1887



PREVENTIVE CARDIOLOGY IN AYURVEDA

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Cardio Vascular Diseases(CVD) have become a growing burden across the globe and are highly prevalent, especially in the developing countries that alone account for 80% of the global CVD mortality. India has seen a rapid increase in the prevalence of CVDs, accounting for around 24% of all deaths, aged between 25 to 69 years. The age-standardized estimates for disability-adjusted life-years (DALY's) lost due to CAD are three times higher in India than in the developed countries. In 2021, 20.5 million people died from a cardiovascular condition, a figure that accounted for around one-third of all global deaths. According to World Heart Report 2023, up to 80% of premature heart attacks and strokes can be prevented. This can be achieved only by addressing the risk group of cardiovascular diseases. Exploring the scope of Ayurveda management in Hrdroga to identify the risk group and managing accordingly is the need of the hour. Detailed analysis of articles and case reports published in various journals. Classical references including various Samhita Results There are several modifiable risk factors such as insufficient physical activity, high sodium intake, alcohol consumption, metabolic syndrome and air pollution. The atherogenic index of plasma (AIP) is a critical index that can be used as a stand-alone index for cardiac risk estimation. AIP indicates the grade or risk factor of a cardio vascular issue for an individual, from which an Ayurvedic community can explore the possibility of early detection and treatment. Contribution of the study By identifying the risk group using Atherogenic index of plasma and assessing them for risk factors and doing the management accordingly will help to explore the scope of Ayurveda in preventive cardiology.

Keywords: Atherogenic Index of Plasma, Cardiovascular diseases, Hrdroga,

Registration Code: ABPO 1897



AYURVEDIC MANAGEMENT OF KATISHOOLALUMBAR SPONDYLOSIS: A CASE STUDY

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In present scenario lower back ache is a widespread complaint among patients visiting hospital. Various causes for low back ache are Lumbar spondylosis, Inter vertebral disc prolapse, TB spine, Vertebral compression fracture, Avascular necrosis etc. About 39% of population present complaints of Low back aches at some point in their lives. Incidence is more between 40 to 80 years of age. Among the various causes of low back ache lumbar spondylosis is one of them which is a degenerative spine disease. The clinical manifestations of Lumbar spondylosis are low back pain, stiffness, weakness and intensity of pain more during hyper-extension of spine. It can be correlated with Katishoola in Ayurveda. The contemporary science uses NSAIDS, Steroids, Analgesics etc for the treatment which leads to side effects like gastric irritation, peptic ulceration, nephropathy etc. Ayurvedic management may help Lumbar spondylosis patients to avoid the need for steroid and analgesic medications. This case report represents the significance of Ayurvedic treatment in the management of Lumbar spondylosis. In this study patient with complaints of pain in lower back area, morning stiffness and the intensity of pain increased after daily workouts approached to the Kayachikitsa OPD of Shri Krishna Govt. Ayurvedic Hospital. The treatment plan was Panchakarma therapy like Patrapinda sweda followed by Katibasti for 15 days along with shaman chikitsa like Mahayograj Guggulu, Tab Asthiposhak, Mahanarayan Taila, Rasnasaptak Kwatha for a period of 1 month. Following the protocol for 1 month, the patient got approximately 80% relief in all sign and symptoms. There was reduction in VAS scale, SLR. Marked improvement was noticed in low back outcome score (LBOS). Conclusion- This single case report of Katishoola was managed satisfactorily with no side effects. Hence it could be a safe and effective line of treatment for Katishoola or Lumbar spondylosis.

Keywords: Katishoola, Lumbar spondylosis, Panchakarma, Patrapinda sweda, Katibasti.

Registration Code: ABPO 1898



EFFECT OF AYURVEDA TREATMENT INTERVENTION IN RHEUMATOID ARTHRITIS- A CASE STUDY

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Rheumatoid arthritis (RA) is a chronic multi-system disease, with characteristic features of persistent inflammatory synovitis that usually involves peripheral joints in a symmetric distribution. RA is correlated with Amavata mentioned in Ayurveda. “Amavata” is a disorder of Madhyam Roga Marga along with the involvement of Asthivaha and Rasavaha strotas. It is derived from two major pathogenic constituents – “Ama” and “Vata” i.e. it is due to vitiation of Vata dosha and Ama. The line of treatment of Amavata includes Langhan, Swedana, Virechana, Snehpana, Basti, Deepaniya Dravya, and Katu–Tikta Rasa Dravya. Case study: A female Patient of 57 years with complaints of multiple joint pain and swelling for 4 years, Morning stiffness for 2 hours, incomplete evacuation of bowel, and gastric distension in the abdomen. Associated symptoms were body aches, stiffness, and tenderness at joints. Laboratory investigation showed that the RA factor was positive (RA test titer 229.50. CRP was raised up to 47.21 mg/ dl. ESR was also raised (105 mm after 1 h by Wintrob’s method). She was treated with Sunthi-Guduchi siddha Jala, Ruksha Baluka Swedana, Vaishvanar churna, Sinhanada Guggul, and Rasnasaptak kwatha for the period of 8th weeks with follow-up of every two weeks. Patient showed significant improvement in subjective parameters like Angarmarda, Aruchi, Trushna, Alasya, Gaurav, Jwara, Sandhishotha, Sandhishoola, Sandhistambha and also in parametric variables (Das 28 score, Disability index score, Walking time (for 25 feet distance), Hand grip pressure (in mm Hg), Foot pressure (in kg), RA, CRP, ESR. With the apt application of Ayurveda principles good results can be seen. In this study, the above-mentioned treatment has received a positive response towards subjective and objective parameters. This is the effect seen in this case and needs more studies to substantiate the effect of Ayurveda treatment in amavata (RA).

Keywords: Amavata, Rheumatoid Arthritis, Sinhanada guggul, Baluka Sweda, Rasnasaptak, Ama

Registration Code: ABPO 1903



CONCEPTUAL STUDY ON GRIDHRASI

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Gridhrasi is an entity enumerated as one among the Nanatmaja Vatavyadhi, characterised by a distinct pain starting from the Sphik Pradesha (gluteal area) and going down towards the Pada (foot region) of the affected side of the leg. The gait of the person resembles that of a vulture (Gridra), thus the term Gridhrasi. Sakthiutkshepanigrahana is an important feature in distinguishing this disease. On the basis of symptoms, it can be broadly correlated with disease sciatica in modern science. As a result of improper sitting posture, continuous overexertion, improper handling and lifting of heavy objects and jerk movements during travel and sports, all these factors create undue pressure on the spinal cord and play a chief role in producing low back aches and sciatica. About 80–90% of people get affected by low back pain, and sciatica has been reported in 1–10% of the population, most commonly in middle-aged people. It is a pain-dominant disease and reduces human activities in personal as well as social and professional life. Ayurveda classified Gridhrasi as one of the diseases caused by vitiation of Vata, as Vataja Gridrasi. Kapha vitiation, along with Vata causes Vatakaphaja Gridhrasi. As far as treatment of the disease sciatica is concerned, the use of analgesics, anti-inflammatory drugs and physiotherapy will help to a certain extent, but they are not the ultimate cure. Surgery is also expensive, and there are chances of recurrence as well. Ayurveda gives better options for its management. In our classics, various treatment modalities like Snehana, Swedana, and Shodhana are said to be efficacious. Acharya Charaka has elaborated on Basti, Siravyadha, and Agnikarma in the management of Gridhrasi. A wide range of effective treatments both internal and external has been mentioned in Ayurveda.

Keywords: Gridhrasi, Sciatica

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CONCEPTUAL STUDY ON PANDU ROGA

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Pandu Roga is a Pitta pradhana Vyadhi described in all the samhitas in detail with its Nidana Panchaka. Pandu Roga is a disease characterised by paleness all over the body. The Nidana, Samprapti, Lakshanas and Chikitsa of Pandu Roga as mentioned in Ayurvedic texts has very close resemblance with the description of Anemia available in Contemporary Medical Science. Anemia is defined as a significant reduction in the mass of circulating red blood cells. As a result, the oxygen binding capacity of the blood is diminished. Because blood volume is normally maintained at a nearly constant level, anemic individuals have a decrease in the concentration of red cells or hemoglobin in peripheral blood. In Pandu Roga aggravated Pitta causes diminution of Rasa Dhatu. Failure of Rasa to produce Rakta poshaka part results in Rakta Kshaya. Further it leads to diminution of progressive Dhatus making an individual Nihsara (weak) and Alpa (less) in Rakta and Medadi Dhatus. Its prevalence was 22.8% with 1.74 billion total cases of anemia globally in 2019. Pandu Roga is one of the most common form of nutritional deficiency worldwide, particularly in developing countries like India. It is commonly seen in both malnourished and over nourished population as a result of modern lifestyle, improper food habits and routines. Pandu Roga is increasing globally in an alarming rate affecting the health as well as social and economic development of both developing and developed countries. Hence a thorough understanding of the etiopathogenesis of the disease is a need of time. This supports the identification and management of a disease with high precision.

Keywords: Anemia, Nidana Panchaka, Hemoglobin

Registration Code: ABPO 1934



CONCEPTUAL STUDY ON RHEUMATOID ARTHRITIS

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Rheumatoid Arthritis is a chronic multisystem disease of unknown causes. Although there are a variety of systemic manifestations, the characteristic feature of Rheumatoid Arthritis is persistent inflammatory synovitis usually involving peripheral joints in a symmetric distribution. The synovitis may be manifest as swelling following the course of the synovial lining, due to either synovial thickening or synovial fluid erosion. Rheumatoid Arthritis is present all over the world, with a prevalence of 0.5 to 1% adults and with some differences in certain population groups. For reasons that are still unclear, the prevalence in women is 2 or 3 times greater than that in men. Rheumatoid Arthritis is progressive and would lead to joint deformities. The signs and symptoms of Rheumatoid Arthritis has great similarities with lakshanas mentioned in Vatasonita explained in Ayurveda. Vatasonitam is an Avaranajanya Vyadhi in which the vitiated Rakta obstructs the path of Vata and causes its Vimargagamana which subsequently resides in Sandhi due to Vakratha of joints. Angulivakratha, Dhamanianguli sandhinam sankocham angagraha atiruk are some of the lakshanas mentioned in Vatasonitam which can be observed in Rheumatoid Arthritis. NSAID's, Glucocorticoid, Disease modifying Antirheumatic Drugs are the presently available treatments in modern medicine which gives only symptomatic relief. This study is a humble attempt at conceptual analysis of Rheumatoid Arthritis concerning Vatasonitam and the available effective methods of ayurvedic management to improve the quality of life of the affected individuals.

Keywords: Rheumatoid Arthritis, Vatasonitam

Registration Code: ABPO 1937



ACTION OF PRABHAKARA VATI AND HRUDAYARNAVA RASA IN CARDIAC DISEASES

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Hrudroga is broad term dealing with all the structural and functional abnormalities of hrudaya . According to current studies 17.5 million people die each year from CVDs, with estimated 31% of death worldwide. Among them 7.4 million due to coronary heart disease, 6.7 million due to stroke, hence it is need to discover the effective drugs which can prevent the death due to CVDs. Critical analysis of concepts , case studies and scientific publications of Hrudroga. Summary: Nidana plays a vital role in Hrudroga manifestation such as atiushna guru, Kashaya , tikta rasa atisevana, atishrama, abhighata, adhyashana, atiprasanga, vegadharana, adhika chinta leading to tridosha prakopa, sthanshmshraya in hrudaya and does dushana of hrudayagata doshas. Ayurveda being the ancient science of life provides a range of formulations which can take care of CVDS without any complications.Prabhakara vati and Hrudyarnava rasa are two such formulations indicated classically in hrudroga. CCF is the disease where ventricles fail to maintain proper cardiac demands as per requirement of cells and organs due to decreased force of contraction of myocardium or increased cardiac load, which might present as Right ventricular failure , left ventricular failure. Prabhakara Vati is having ingredients like Swarna Makshika bhsama, Loha bhasma, Abhrak Bhasma, Shuddha Shilajatu, Arjuna swarasa. Which are more of rasayana properties hence which give strength to myocardium. IHD is the heart disease, caused due to decreased blood supply to myocardium by obstructed coronary arteries. The common causes are hyperlipidemia, cigarette smoking, diabetes and hypertension. Hrudyarnava Rasa contains ingredients like tamra Bhasma , Shodhita Parada,Shodita Gandhaka, Triphala kwath and Kakamachi svarasa or kwath . In which most of the drugs are having lekhana and Karshana properties hence helps to remove the atheroma or thrombus and to prevent the further accumulation.

Keywords: Hrudyarnava rasa, Prabhakara vati, CCF, IHD, CVD

Registration Code: ABPO 1945



ROLE OF AGNI IN ARTHAVAKSHAYA

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Managing non communicable disease is the emerging challenge in health care system. Ayurveda provides wonderful way in diagnosing and treating the disease by properly analysing individuals agni a unique method in ayurveda. Females of reproductive age experience monthly hormonal activity called menstruation which requires integration of hypothalamic-pituitary-ovarian axis with functional uterus, a patent genital tract and a normal genetic karyotype of 46XX. Sometimes this harmony gets disrupted and results in various menstrual irregularities. Susrutha explains a condition Arthavakshaya, diagnosed when the menstruation does not appear in its appropriate time or is scanty along with pain invagina. Irregular menstruation is the main presentation in PCOS, an important non communicable disease in teenage girls. Irregular periods from any cause may make it more difficult to conceive. So proper management is very much essential to have a good progeny. As per Ayurveda, management of disease is either through avoiding the nidana (causative factor) or through reversing the samprapthi (pathology). So it is essential to identify the causative factors. Method: case control study. Patients selected as per inclusion & exclusion criteria. 50 as minimum cases and twice the number as control group. Interrogation with these patients performed using detail case proforma which include ahara vihara and manasika bhavas of person. The observations were analysed using descriptive statistical method. Result: In the observed sample of Arthavakshaya, status of agni showed as the most significant risk factor.

Keywords: Arthavakshaya, Agni

Registration Code: ABPO 1995



EFFECT OF KHADIRATRIPHALADI KASHAYA IN THE MANAGEMENT OF HERPES ZOSTER- A CASE STUDY

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Herpes Zoster (Shingles) is a sporadic disease that results from reactivation of latent VZV from dorsal root ganglia. It is characterised by a unilateral vesicular dermatomal eruption, often associated with severe pain. The dermatomes from T3 to L3 are most frequently involved. If the ophthalmic branch of Trigeminal nerve is involved, Zoster Ophthalmicus results. A 64 year old lady without any metabolic disorders with past history of Varicella Zoster presented to the OPD with erythematous papular lesions and swelling in right side of the face since 2 days, along with severe pain, headache, general malaise and photophobia. Modern medicine routinely manage it with Antiviral therapy like Acyclovir, Corticosteroids etc. Though safety of Acyclovir is established by many clinical trials, it has adverse drug effects like headache, dizziness, diarrhea, nausea or vomiting. In Herpes zoster early clinical diagnosis and management within 72 hours after the appearance of rash is important to avoid complications. According to Ayurveda, it can be correlated to Pithaja Visarpa, which is a Raktha pradoshaja vikara manifesting in Twak. The main aim of the treatment was to reduce pain, Induce healing, arrest the further spread and avoidance of complications. Considering the involved dosa as pitha associated with Kapha and involved dhathu as Raktha, she was advised with Khadira Triphaladi kashaya along with external medications. Most of the drugs of this yoga possess Thiktha rasa, Laghu guna, Sheetha veerya and are Pithahara, Raktha shuddhikara and kushtahara, which play a better role in alleviation of signs and symptoms of the disease. It helped in arresting the progression of the condition and complete healing of lesion. Hence, Acute viral disease like Herpes Zoster can be completely cured with Ayurvedic medicines.

Keywords: Herpes Zoster, Pithaja visarpa, Khadiratriphaladi kashayam

Registration Code: ABPO 2009



AYURVEDA AND ANUKTA VYADHI

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Is any references about cancer, diabetics and corona mentioned in Ayurveda Samita? Ayurved is the science deal with the physical, mental and spiritual life along with A sciences that gives information about past, present and future diseases and cure them. Two reference are discribed and explained under headline of Tantrayukti- "Anukta" and "Atidesh". Anukta is unstated and Atidesh is beyond Samhita. at present era due to unhealthy lifestyle, environment and diet causes new diseases which in not mentioned in Ayurved text(called anukta) but with the help of Atidesh Tantrayukt considering Trividha bodhya sangraha 'Vikar Prakruti' 'Adhithana' and 'Samuthana' understanding cause, pathology and treat of Anukta vyadhi. Acharya Charaka mentioned that all diseases cannot be labeled with some name so concept of Anukta Vyadhi has been developed. "Prevention is better than cures" Understanding of Anukta vyadhi in Ayurveda sciencs gives information about how to prevent disease and how to treat diseases? for examples: It is possible to prevent the diabetes or reverse it from pre-diabetic stage through Lifestyle and Diet changes which is mentioned in Ayurveda texts. A detailed literature survey was done by exploring the database of previous research articles and Ayurveda classical texts. Anukta is the standard parameter and elements of parameter are: Hetu Dosh, Dushya, Anshanshkalpana, Sansarga, Sannipata, Dosh Pradhanya, Swatantra Partantra Doshprakop, Avasth. Principle of the Ayurveda is "स्वस्थस्य स्वास्थ्य रक्षणं । आतुरस्य विकार प्रशमनं च: ॥". Anukta vyadhi could prevent as well as treat by Ayurvedic diagnostic process- 1) Rogidnanopaya and 2) Rogdhnanopaya. Conclusion: Hence, Anukta vyadhi explained in front of globe that is- "Ayurveda science to treats root cause of diseases not only the symptoms of disease".

Keywords: Anukta vyadhi, Ayurveda, Lifestyles, Tantrayukti

Registration Code: ABPO 2027



CONCEPTUAL STUDY ON LOWER URINARY TRACT INFECTION

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Urinary tract infections are the most common bacterial infection met in day to day practice. The main causative organisms are Gram negative bacterias like Escherichia coli, Proteus mirabilis, Klebsiella and Gram positive bacterias like Staphylococcus saprophyticus and Pseudomonas. The prevalence of Urinary tract infection in women is about 3% at the age of 20, increasing by about 1% in each subsequent decade. It can be classified into two, such as Lower urinary tract infections and Upper urinary tract infections based on the site of infection. The most common symptoms of Lower urinary tract infection are increased frequency of micturition, dysuria, burning sensation during micturition, urgency, supra pubic discomfort and stranguria. The symptoms of Urinary tract infection has close resemblance with Mutrakrichra in Ayurveda. The term Mutrakrichra means difficulty in micturition. According to Acharya Charaka, Mutrakrichra is caused due to the excessive intake of Tikshna Aushada, Ruksha Aahara, Madya, Anupa Mamsa and Matsya, Adhyasana and Ajirna. By the vitiated factors, the three dosas either individually or jointly get aggravated in the Basti and afflict the Mutramarga, give rise to Mutrakrichra. The Lakshanas of Mutrakrichra particularly Paittika Mutrakrichra are comparable very much to Lower urinary tract infection. Antibiotics are the standard treatment for Urinary tract infections in modern medicine. In Ayurveda we can treat this disease by various measures both internally and externally.

Keywords: Mutrakrichra, Urinary tract infection.

Registration Code: ABPO 2028



AN AYURVEDIC APPROACH TOWARDS NEPHROTIC SYNDROME

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Nephrotic syndrome is an important chronic renal disease occurs most commonly among paediatric population. It is an immunological disorders which is characterized by Proteinuria (> 40 mg per square meter body surface area per hour in children), Hypoalbuminemia (< 2.5 g/dl), Hyperlipidaemia, and edema that begin with face. Prognosis of treatment depends upon patient's response to steroid. Initially patients were sensitive towards steroids, but in later stage they became irresponsive or resistant to steroids. An alternate therapy is needed to treat these steroid dependent/ steroid resistant Nephrotic syndrome, So here is the case study of An Ayurvedic Approach in the management of Nephrotic Syndrome.

Keywords: Proteinuria, Hypoalbuminuria, Steroids

Registration Code: ABPO 2033



SLE AN AYURVEDIC APPROACH

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Autoimmune diseases are the conditions in which the immune system mistakenly attacks one's own body. Autoimmune diseases are presented in two ways, 1. Organ specific autoimmunity. 2. Organ nonspecific autoimmunity SLE is one among the organ nonspecific autoimmune disease. Systemic lupus erythematosus is systemic autoimmune disease with multisystem involvement. The condition is characterized by varying clinical presentations, from mild mucocutaneous manifestations to multi organ and severe central nervous system involvement. Its prevalence is about 20 to 200 per 100000 in India. 90% of women are more affected by this condition, The medicines given in modern medicine is not cost friendly. So a safe and effective management is need of the hour. Review from articles published in different journals Reference from different samhithas The non-genetic variables are UV radiations and some drugs. A postulated mechanism of this is that UV radiations causes apoptosis of host cells, leading to an increased burden of nuclear fragments. Patients receiving certain drugs including procainamide and hydralazine for more than 6 months develop ANA's with clinical features of SLE appearing in 15 to 20% of them. The general symptoms of SLE includes fever, malaise, arthralgia, myalgia, headache, loss of weight and loss of appetite. Fatigue is the most common symptom associated with SLE. Fever is another common nonspecific symptom of SLE is one among the autoimmune disorder. While analyzing the signs and symptoms of this disease we can correlate it in many aspects, like vataraktha, dooshivisha and dhatugatajwara, in our view it is a bahudoshavastha vyadhi, so according to the roga bala and rogi bala we can adopt appropriate treatment modalities. Rasayana have a great importance in it.

Keywords: SLE, Vataraktha, Dhatugata jwara, Dooshivisha, Bahudoshavyadhi, Autoimmunity

Registration Code: ABPO 2039



ERECTILE DYSFUNCTION AN AYURVEDIC PRESPECTIVE THROUGH KLAIBYA

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Successful sexual act is one of the basic needs for the production of the future generations. Fruitful sexual act is not possible if a man is suffering from Erectile Dysfunction. Erectile Dysfunction can be defined as a man's recurrent inability to obtain or to maintain an erection during sexual activity to permit coitus of adequate duration to satisfy himself and his partner. The incidence of Erectile Dysfunction in India increases drastically from 6% in the age group 20-29 years to 50 to 70% in age group 40-79 years. The first line treatment of Erectile Dysfunction consists of oral administration of penile selective Phosphodiesterase 5 inhibitors like Sildenafil, Vardenafil, Tadalafil and these drugs are associated with many serious complications including myocardial infarction, arrhythmias, hypotension etc. So it will be good to find out a potential, cost effective and user friendly medication with no side effects in Erectile Dysfunction. In Ayurveda it can be compared to the concept of Klaibya. There are multiple Doshas involved in the pathology of this condition mainly Vyana, Apana, Sukradusti and also Dhathu Shithilatha. In Ayurveda classics Klaibya is mentioned as a Vata Pradhana Tridoshajanya Vikara. Klaibya is one among the Rasapradoshaja and Sukrapradoshaja Vikara. Both Shareerika and Manasika bhavas play a major role in the manifestation of Klaibya. The line of treatment of Klaibya is Vatahara, Balya, Medhya, Vrishya and Sukrajanana in nature.

Keywords: Erectile Dysfunction, Klaibya, Sukra
Registration Code: ABPO 2040



AYURVEDIC MANAGEMENT OF ALCOHOLIC LIVER DISEASE COMPLICATED BY ASCITES JALODARA - A CASE STUDY

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Alcoholic liver disease is one of the leading causes of death worldwide, especially if complicated by ascites. This chronic condition can be related to the classical disease entity jalodara in traditional Indian medicine (Ayurveda). Ascites is the accumulation of fluid in peritoneal cavity. The incidence of ascites is approximately 75,000 per 100,000 cirrhotic liver individuals with mortality rate of 50% within 3 years. It is the most common manifestation of liver dysfunction. In spite of advanced medical facilities still there is no sure treatment which cures patients of ascites totally. The modern treatment only provide provisional relief with time dependent recurrence, but the fluid gets collected in the abdominal cavity repeatedly. In such case Ayurvedic treatment gives relief without any side effect . Case report : A 60 year chronic alcoholic male patient came to OPD with abdominal distension , bipedal edema, anorexia, general weakness and shortness of breath since 2 months. He was treated on the basis of treatment principles pf Jalodara described in Charaka samhita such as diet restrictions (only Godugdha) for 3 months , udarapatta bandhana, shodhana chikitsa as a nitya virechana and shaman chikitsa. Patient had complete relief from all above complaints approximately in 3 to 4 months with regular treatment and restricted diet. Radiological findings also showed improvement in comparison with previous reports. Conclusion : The positive results of this study motivate to conduct further studies to establish treatment protocol of ascites.

Keywords: Ascites, Jalodara, Ayurveda, Nitya Virechana, Godugdha

Registration Code: ABPO 2050



AYURVEDA IN THE FIGHT AGAINST NIPAH VIRUS

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Nipah virus infection is a zoonotic disease caused by the Nipah virus (NiV) and is characterized by flu-like symptoms that can progress to severe encephalitis, with a high fatality rate, posing a significant public health challenge. Current treatment options for Nipah virus infection are limited, and no specific antiviral medication or vaccine is available. This presents an urgent need to explore alternative approaches to prevention and management. This abstract provides an overview of the emerging Nipah virus infection and explores the potential role of Ayurveda, an ancient system of traditional medicine from India, in understanding and managing this deadly viral disease. A multidisciplinary approach that included the study of disease transmission, pathogenesis, transmission, and ayurvedic intervention is vital in the disclosure of this new human contamination. The work is mainly based on theoretical research using standard Databases, Journals, and websites for collecting data regarding the NIPAH virus and textbooks of epidemiology and classical treatises of Ayurveda. In the context of Nipah virus infection, Ayurveda may provide insights into enhancing the body's natural defense mechanisms. Ayurvedic herbs and formulations, known for their immune-boosting and antiviral properties, could be explored for their potential in preventing or managing the disease. Furthermore, Ayurveda's emphasis on lifestyle and dietary modifications can strengthen the immune system, reduce vulnerability, and promote overall health. Conclusion: In conclusion, the emergence of Nipah virus infection presents a formidable global health challenge. A collaborative effort between traditional and modern medicine systems may lead to more effective approaches for combating this deadly disease. Further research and clinical trials are essential to evaluate the efficacy and safety of Ayurvedic interventions in the context of Nipah virus infection.

Keywords: Nipah virus infection, Ayurveda, Antiviral herbs, Immune-boosting, Integrative medicine

Registration Code: ABPO 2051



A CONCEPTUAL STUDY TO EVALUATE THE EFFECT OF NIRGUNDYADI KASHAYA IN MOOTRASHMARI

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Mootrashmari is identified as a mootravaha srotogata vyadhi. In Ayurvedic literature Acharya Susruta included it in the Ashtamahagata and is said to be fatal. Mootrashmari is a disease very closely related with Basthi, which is one among the trimarmas. Formation of Ashma (stone) like substance within the urinary system is called Ashmari. In Contemporary Medical Science Mootrashmari can be compared with Urolithiasis. Urolithiasis is the most painful and common disease of the Urinary system. It is third most common disease of Urinary tract with high recurrence rate. Urolithiasis is an aggregate of crystals, usually containing calcium or phosphate in combination with varying number of proteins and glycoproteins. Urinary calculus consist of a nucleus of organic material around which urinary salt are deposited in concentric layers. These layers are bound together by a matrix of organic matter and gives a stones like appearance. The treatment principle of Urolithiasis in Contemporary Science includes Invasive and Non-Invasive procedures. They are expensive and many a times leads to complications and have high chance of recurrence. On the other hand, many formulations with Ashmaribhedaka property have been mentioned in Ayurvedic Literature which are cost effective, devoid of complication and provides wide scope for the successful treatment of Mootrashmari. Nirgundyadi Kashaya mentioned in Vaidhyamanorama by Vayaskara N. S Mooss ,in 13 th Chapter 61th sloka is found to be effective in disintegration and expulsion of calculi and thus provide relief .

Keywords: Urolithiasis, Mootravaha Srotas, Ashtamahagata

Registration Code: ABPO 2082



ROLE OF AYURVEDA IN THE MANAGEMENT OF HYPERTHYROIDISM A CASE STUDY

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Thyroid disease is a global health issue that has a significant impact on a person's quality of life. The condition of overactive thyroid gland is a common endocrine disease known as hyperthyroidism. About one tenth as many males as women have the condition. It can cause a variety of symptoms, including weight loss, increased heart rate, increased sweating, tremors etc. Hyperthyroidism is not mentioned directly in the classical Ayurvedic texts. Considering various factors, it can be compared with Atyagni, or Tikshnagni or Bhasmaka Roga (related to increased Agni). This case report aims to present the successful treatment of hyperthyroidism in a 40-year-old female patient using Ayurvedic Shaman Chikitsa treatment with Nasya karma. Objective To evaluate the efficacy of Ayurvedic shaman Aushad treatment and Nasya in the management of hyperthyroidism. Materials and Methods A 40-year-old female patient with k/c/o hyperthyroidism presented with complaints of loose stools (6-7 episodes/day), palpitations, generalized weakness, nausea, vomiting, Neck swelling and weight loss for the last 2 months. Thyroid function test showed increased T4 (30.8ug/dl) and decreased TSH values (0.001 (uIU/ml). She was managed with Ayurvedic Shaman Chikitsa along with Nasya for 15 days in IPD. After patient was discharged, she is on continuous follow up for 5 months and did not report any recurrence of the symptoms. After 15 days of treatment, the patient experienced significant improvement in diarrhoea, nausea, vomiting, neck swelling, generalised weakness, and palpitation. Her thyroid functions test also showed improvement. With this review it is concluded that ayurvedic treatment can be effective in the management of hyperthyroidism. With proper dietary management and lifestyle modification along with ayurvedic medication will aid in better management of disease like hyperthyroidism.

Keywords: Hyperthyroidism, Atyagni, Tiksnagni, Bhasmaka roga

Registration Code: ABPO 2090



THE ROLE OF PATHYAPATHYA IN MANAGEMENT OF GRAHANI

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Grahani and agni are having adhara and adheya sambandha. Grahani is described as the agni adhistana by most of the acharyas. Mandagni is the root cause of ama dosha and it is the crucial factor for manifestation of most of the diseases. Among them grahani is the prime disease of gastro intestinal tract. Grahani is compared to irritable bowel syndrome, where the impaired jataragni plays an important role. Irregularity in diet and practicing wrong lifestyle leads to vitiation of doshas and in turn the jataragni gets vitiated and produces ama. In diseases related to gastro intestinal tract diet plays a crucial role. Thus proper dietary and lifestyle modification along with medical management considering agni and agni bala is advised. A literary review is conducted in all Bruhatrayees to get detailed understanding of agni and grahani vikara's and role of pathyapathya in management of grahani. Similarly research done in modern, relates grahani to irritable bowel syndrome and the role of diet and lifestyle in management of irritable bowel syndrome, from which the data was collected. Since grahani is caused due to impairment of agni, the dravyas given should enhance the agni or the digestive fire. Deepana, pachana, laghu, grahi dravyas are insisted and kashaya, madhura, katu rasa is also given. During this period langhana, vamana, vasti are also advised. Unwholesome practices are to be gradually stopped and wholesome practices are to be adapted. The pathya ahara sometimes is apathya to a particular person. This is due to satmyata, so the selection of pathya and apathya ahara is to be done according to dosha involvement and satmyata.

Keywords: Pathyapathya, Grahani, Agni, Lifestyle, Food, Dravyas

Registration Code: ABPO 2113



CONCEPTUAL STUDY ON VISHWACHI

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The upper limb is used in many activities of daily living. Continuous usage of the upper limb, use of computers, long distance driving causes Sthanika Vata Vridhi and leads to various disease like Vishwachi. Vishwachi is considered as Bahuroga Vishsha, affecting the Kandaras arising from the back of the shoulders and extending up to the fingers and causing Baahu Karma Kshaya that is impairment of functions of the arm which includes impairment in Grahana- Akunchana, Prasarana- Akunchana of Baahu. Other symptoms include Teevraruja and Karamoola avamotanam. The disease affects around 80% of adult above 50years of age and nearly same percentage of adults above 70years. Vishwachi is of two types; Vataja and Vatakaphaja. There is no separate Nidana available for this disease so, general Nidana of Vatavyadhi and factors causing Vataprokopa is adopted for Vishwachi. The clinical appearance of Vishwachi is comparable to Cervical Radiculopathy, a clinical condition resulting from compression of nerve roots due to disc prolapse and leads to neck pain and radiating pain in the arms in distribution of the affected nerve root. Paraesthesia and sensory loss may be found in the affected segment and there may be lower motor neuron signs, including weakness, wasting and reflex impairment. Ayurveda classics explains the Chikitsa of Vishwachi which includes Vatavyadhi Samanya Chikitsa, Nasya and Siravyadha. Shamana line of treatment is also effective in Vishwachi.

Keywords: Vishwachi, Cervical Radiculopathy

Registration Code: ABPO 2139



EXPLORING AYURVEDIC APPROACHES FOR MANAGING MANOAVASADA- A CLINICAL STUDY

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Ayurved defines complete health as having the ideal balance of the mind, body, and soul. In Ayurved, mental well-being is considered integral to overall health with utmost importance. Major Depressive Disorder, commonly referred to as depression, is a mood disorder characterized by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities. It is a serious medical condition that can affect various aspects of a person's life, including their thoughts, emotions, and physical well-being. Prevalence rate of 10.9% for any mental disorder, 3.3% for major depressive disorder, and 3.6% for anxiety disorders as per the National Mental Health Survey study of India 2023. In Ayurvedic classics Vishada and Avasada are the two mentioned conditions which have close resemblance with depression. Methods: A 47-year Male came in OPD of Kayachikitsa with a chief complaint of persistent low mood, hopelessness, and frequent crying spells, significant disturbances in sleep patterns; characterized by difficulty falling asleep, dull headache with feeling of heaviness, Profound loneliness was evident along with diminished interest in activities and concentration difficulties since last 16 years associated symptoms like constipation reported in the last 1 month. K/C/O Type 2 DM for 4 years. Ayurvedic intervention i.e Samshaman and Panchakarma procedures along with Satvavyachikitsa was given. Following a holistic Ayurvedic approach, the patient has shown notable improvement in presenting complaints and subjective parameters. Reduction of Insomnia Severity Index and Hamilton Anxiety Rating Scale within 30 days along with the increasing duration of sleep and quality of sleep were noted. Many psychiatric medications have known side effects, which can range from mild to severe. Ayurvedic treatment aims to restore balance in mind, body and improve overall well-being by minimizing side effects. Thus, Management of MDD through integrative Ayurved approach proved to be safe and cost effective.

Keywords: Vishada, Avasada, Sanshaman, Pnchakarma, Satvavyachikitsa

Registration Code: ABPO 2143



AYURVEDIC MANAGEMENT OF WEEPING ECZEMA -A CASE REPORT

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To learn ayurvedic management of weeping eczema and develop vision to understand new disease entities in ayurved. Weeping eczema is characterized by fluid-filled blisters on the skin. Once the fluid dries, it'll cause a yellow or orange layer of crust over skin. here common signs including: Open sores Blisters Fluid on skin, Redness, Crusting Itching, burning, or soreness on skin. Skin disease in Ayurveda is generally correlated with kushtha which denotes cardinal feature as discoloration of skin. The weeping eczema can be understood as pitta-kapha dominant kushtha. The case was thoroughly studied and observed for clinical applications of ayurved fundamental principles. Summary of findings: A 63 year old male patient presented with complaints of fluid filled blister on skin at lower limb and clear straw colored fluid oozes from skin at lower limb since 12 months. The associated complaints were foul smell from discharge and pedal edema. He had past history of severe anemia and blood transfusion. He was working in chemical factory and having habit of eating fish and curd. When curd and fish are consumed frequently, the guna like guru, manda, snigdha, pichhila, drava are increased excessively. This leads to blockage of channels and vitiation of rasavaha and raktavaha srotas. This affects the organs like hruday, yakrut and vrukka. This pathology results in pitta-kaphaja kushtha. The patient was treated with opposite guna like laghu, ruksha, ushna in diet, medicine and lifestyle. The patient responded with significant improvement (>80%). The details of case report are included in full paper. Ayurvedic treatment modalities are beneficial for treating severe skin diseases with comorbidities. Significance of study: The case report provides new insight to treat severe skin disease through application of ayurved principles. Keywords: weeping eczema, pitta-kaphaj kushtha, skin diseases, ayurved therapy.

Keywords: Weeping eczema, Pitta-kaphaj kushtha, Skin disease, Ayurved therapy

Registration Code: ABPO 2167



AN EXPLORATORY REVIEW OF THE THERAPEUTIC UTILITY OF KASAHARA MAHAKASHAYA IN BRONCHIAL ASTHMA

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Ayurveda has a rich treasure of medicinal plants which are very effective in management of respiratory disorders. Charaka listed fifty Mahakashaya, each having ten medications for a different ailment and Kasahara Mahakashaya is one among them. Kasahara Mahakashaya contains ten herbs namely *Vitis vinifera* Linn., *Terminalia chebula* Retz., *Emblica officinalis* Gaertn., *Piper longum* Linn., *Fagonia cretica* Linn., *Pistacia integerrima*, *Solanum xanthocarpum*, *Trianthema portulacastrum* Linn., *Boerhavia diffusa* and *Phyllanthus niruri*. The aim of this article is to review the therapeutic utility of Kasahara Mahakashaya in bronchial asthma in contemporary times. Material and Methods- Ayurvedic classics, & electronic sources such as PUBMED, google scholar, AYUSH DHARA etc. were searched using relevant keywords for scientific evidences pertaining to the research problem. The information retrieved was sorted and is discussed in this article. Results and Discussion: According to sources most of the drugs exhibited Kapha-Vataghna, Shoshan, kledahara and Vatanulomana property. Herbs can be use in bronchial asthma because of their Anti-histaminic, Anti-asthmatic, Expectorant, and mast cell stabilizing properties, which comprehensively helps in curing Bronchial asthma.

Keywords: Kasahara Mahakashaya, Respiratory Disorders, Bronchial asthma, Mahakashaya

Registration Code: ABPO 2186



THE SIGNIFICANCE OF RASAYANA THERAPY IN POST-NIPAH VIRUS NEUROLOGICAL CONDITIONS

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Communicable diseases are illnesses that spread from one person to another or from an animal to a person, or from a surface or food. Nipah virus (NiV) is a zoonotic virus, which can spread between animals and humans. Fruit bats or flying foxes are the animal reservoir for NiV. NiV infection in humans causes a range of clinical presentations, from asymptomatic infection (subclinical) to acute respiratory infection and fatal encephalitis. The case fatality rate is estimated at 40% to 75%. NiV weakens the immune system and makes it difficult for the body to respond. There is no treatment or vaccine available for either humans or animals. The primary treatment is supportive care. As per the World Health Organization (WHO), the majority of individuals who survive acute encephalitis typically achieve a complete recovery. However, there have been documented cases of persistent neurological conditions in survivors, affecting approximately 20% of patients. These enduring neurological consequences may manifest as conditions like seizure disorders and personality changes. Rasayana therapy, holds significant importance in post-Nipah infection recovery. It offers a multifaceted approach to support individuals affected by the virus. By boosting immunity, revitalizing the body and mind, addressing potential neurological issues, enhancing mental well-being, and reducing the risk of recurrence or complications, Rasayana therapy fosters holistic healing. This comprehensive approach plays a pivotal role in aiding survivors' recovery and promoting their overall health and wellness.

Keywords: Nipah virus, Rasayana

Registration Code: ABPO 2265



UNIQUE SCIENTIFIC APPROACH OF DIFFERENT RASAYANAS USED IN EKA-KUSTHA VIS -A-VIS PSORIOSIS

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Rasayana tantra is one among the Astanga's of ayurveda. Rasayana is the science of nutrition aiming to procure the best qualities of Dhatus leading in turn to longevity, immunity, resistance against disease, improved mental faculties. Some Rasayanas are disease specific and used in specific disease states as they use specific immunity and bio-strength to combat a particular disease. Such Rasayana is called Naimittika Rasayana. Skin is the largest organ of the body and the reason behind the beauty and cause of confidence. In Ayurveda, skin is correlated to Twak and all the Twak vikara in Ayurveda have been discussed under the broad heading of Kustha, two types mainly Mahakushta and Kshudrakushta. EkaKushta is one among Kshudra Kushta with symptoms Aswedanam, Mahavastu, matsyashakalopamam and it is often correlated to Psoriasis. Kushta is one among the mahagada and it is a Chirakari vyadhi. In apasamara chikitsa, Charaka has highlighted Rasayana prayoga in Chirakari vyadhi. A Comprehensive study will be undertaken to evaluate what rasayanas can be used in the management of Eka -Kustha. Literatures will be reviewed from Classical text books, Contemporary textbooks, e-books and published articles. Currently the treatment modalities available for the management of psoriasis include topical steroid therapy, corticosteroids and photochemotherapy. Long term usage of topical glucocorticoids is often accompanied by loss of effectiveness and atrophy of the skin. Most of the treatment modalities have some limitations as they are only palliative hence psoriasis still remains a challenge for the management in the contemporary system of medicine. In the present situation there is a need to evolve a more comprehensive, economical and safe method of management of psoriasis. Considering the above reasons, it is relevant to search for an alternative management, which is effective and which gives long term remission.

Keywords: Rasayana, Eka-kustha, Psoriasis.

Registration Code: ABPO 2269



IMPORTANCE OF AYURVEDA IN LIFE STYLE DISORDERS

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Life style disorder is the conditions result as a change in living and behavioral pattern of human. due to increase in sedentary life style pattern, competitive life and fast move to achieve success are the cause of all these diseases that includes Hypertension, Obesity, Diabetes, Cardiovascular diseases, Mental disorders etc. lack of exercised or over exercises ,over conscious towards health, eating low fats high proteins , high carbohydrates foods, unnecessarily used of vitamins and minerals, unhealthy diet pattern, improper sleep pattern ,smoking, use of tobacco, alcohol, stress ,mental un stability are supportive reasons for life style disorders. Ayurveda provides good solution with proper dietary management ,life style advises, detoxification and bio - purification procedures called panchakarma , medicaments and rejuvenation therapies to such a global burden. Ayurveda aimed prevention of diseases in healthy person and maintained its dosha equilibrium. It is helpful to manage and treat imbalance in body mind and soul with the help of herbs , diet and life style guidance with specialized therapies like Abhyanga , Swedana , Vireachana , Vamana , Vasti . The non communicable groups of diseases can have life threatening consequences. It is slowly taking life near death like a slow poison and we do not even know about it. it is very important to get the world out of this poisoned state and this work can be done with the help of ayurveda .

Keywords: Life style disorders, Dinacharya , Ayurveda healthy habits

Registration Code: ABPO 2280



PIPPALI RASAYANA ILLUMINATING HOPE FOR RHEUMATOID ARTHRITIS

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Rheumatoid arthritis, as a chronic autoimmune condition, contributes to the overall burden of non-communicable diseases. This debilitating disease creates a profound impact on the quality of life of patients, healthcare systems, and society. It is estimated that the prevalence of RA is increasing globally, highlighting the need for public health strategies to address the burden. In the past 130 years, in the history of Rheumatoid arthritis, remarkable strides have been made in the management of RA and in improving the quality of life of patients. But RA continues to cast its shadow in the lives of millions of people worldwide. And it is indeed a lamentable circumstance that as of present, a definitive cure for RA has eluded the grasp of medical science. Regrettably, the patients afflicted with this chronic ailment are compelled to endure a protracted period of trial and evaluation, spanning a duration of approximately 6 months, in order to ascertain the efficacy and viability of a given therapeutic intervention. In that case, administering safe medicines to reduce the disease activity and prolong the disease remission becomes the prior goal. Ayurveda, offers myriads of treatment options to combat RA but the Rasayana administration promises to keep the disease at bay by aptly breaking the chain of samprapti of Vatarakta referred to as Rheumatoid arthritis. While there are anecdotal reports and traditional knowledge that suggest the potential benefits of Pippali Rasayana in RA management, the limited scientific research available on its efficacy for RA makes it challenging to draw a definitive conclusion. However, this paper throws light on the deeper understanding of the probable mode of action of Pippali administered as Rasayana in the complex samprapti of RA and attempts to establish the benefits of the same in prolonging disease remission.

Keywords: Rheumatoid arthritis, Ayurveda, Noncommunicable disease, Pippali, Rasayana

Registration Code: ABPO 2297



AYURVEDIC MANAGEMENT OF APABAHUKA FROZEN SHOULDER

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Apabahuka, often known as 'Frozen Shoulder', is a frequent ailment that causes pain and stiffness in the shoulder joint. It is distinguished by a restricted range of motion as well as discomfort that lasts for at least two months after the onset of the condition. Methods: In order to identify research about the ayurvedic era of Apabahuka, a comprehensive assessment of the relevant literature was carried out. PUBMED, GOOGLE SCHOLAR and the COCHRANE LIBRARY were some of the research resources that were looked at. The studies included both original research papers and reviews that were written in English and published up through October 2022. Results: Seven relevant studies were located as a result of the search. This research reported on the use of a variety of ayurvedic therapies such as Therapeutic massage medicinal oils, herbal treatments. The use of ayurvedic therapies was associated with a decrease in pain and improvement in range of motion, according to the majority of investigations. Conclusion: A combination of treatments, including Abhyanga, Lepa, Vasti was beneficial in reducing shoulder stiffness and improving shoulder mobility, according to a systematic review of ayurvedic management for apabahuka. In addition, the management of apabahuka was shown to benefit from additional therapies such as Shirodhara, which consists of pouring of therapeutic oils on the forehead and yogic activities. In general, the results of the studies shown that ayurveda therapies are efficient in reducing the discomfort caused by the symptoms related with apabahuka. In conclusion, Ayurveda is a strategy to the management of apabahuka that is risk free, natural, holistic in nature and it ought to be viewed as a feasible therapeutic choice.

Keywords: Apabahuka, Therapies, Lepa, Vasti

Registration Code: ABPO 2313



EXPLORING REHABILITATION THROUGH THE LENS OF AYURVEDA A HOLISTIC APPROACH TO HEALING

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Rehabilitation, as a crucial aspect of contemporary healthcare, is a multifaceted process that aims to restore an individual's physical, mental, and emotional well-being following an illness or injury. According to WHO, it is estimated that around 2.4 million people globally are currently living with a health condition that may benefit from rehabilitation. In recent years, the demand for holistic and natural approaches to rehabilitation has grown significantly, prompting a resurgence of interest in Ayurveda, the ancient Indian system of medicine that has been practiced for over 5,000 years. Ayurveda offers a unique perspective on rehabilitation that goes beyond mere physical recovery. This paper provides a comprehensive overview of the principles and practices of Ayurveda as applied to the rehabilitation process, emphasizing its potential in promoting overall well-being. The approach is highly individualized, addressing not only the physical injury or ailment but also considering the patient's emotional state and mental resilience. Through the use of herbal medications, dietary adjustments, yoga, meditation, and specific therapies such as Panchakarma, Ayurveda aims to rejuvenate the body's innate healing capacity and promote long-term wellness. The goal is to create a harmonious connection between the mind and body, fostering a sense of well-being that supports the recovery process. This abstract highlights the potential advantages of integrating Ayurveda into contemporary rehabilitation practices. Ayurveda's emphasis on individualized care, and the interconnection of physical, mental, and emotional well-being makes it a promising adjunct to conventional rehabilitation methods. Research in this area may yield valuable insights into the efficacy of Ayurvedic rehabilitation in diverse range of conditions, including musculoskeletal disorders, neurological conditions, long term illnesses and mental health challenges and leading to a comprehensive and sustainable path towards holistic well-being.

Keywords: Rehabilitation, Ayurveda, Panchakarma, Yoga, Holistic, healing

Registration Code: ABPO 2317



INSULIN RESISTANCE IN AYURVDEA-A CONCEPTUAL STUDY

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Insulin is peptide hormone secreted by the beta cells of Langerhans of pancreas which maintains normal blood glucose levels by ,regulating carbohydrate, lipid and protein metabolism. Insulin resistance is defined as where normal or elevated of insulin level produces an attenuated biological response, impairing the regulation of glucose and lipid metabolism. It also acts as contributing factor to several metabolic disorders like type 2 diabetes mellitus , dyslipidemia etc. World wide 200 million people suffer from insulin resistance and 40% will develop type 2 diabetes. Preventing diabetes and other metabolic disorders of insulin resistance is worth while because it can lead to long life of pathological events or even death and can make the affected person to remain dependent on medications leading to unhealthy life. In modern science, specific treatment of insulin resistance is not mentioned , lifestyle modification and diet improvement is advised. Along with this pharmacotherapy can also be good to tackle this condition. Thus the present review article aims at understanding insulin resistance by ayurvedic sense and principles. Through this we can examine the scope of ayurvedic treatment for insulin resistance leading to persons long and healthy life. Insulin resistance is precursor stage of type 2 diabetes and also strongly associated with obesity and chronic inflammation which can be corelated to prameha, sthauilya , and shotha respectively in ayurveda. According to ayurveda classics, sthauilya ,shotha, prameha all three comes under santarpanjanya vikara. Santarpanjanya vikara and insulin resistance shows similarities in causative factors and symptoms of both condition. From this we can consider insulin resistance as santarpanjanya vikar. The treatment protocol advised for santarpanjanya vikara in ayurveda classics will be effective in insulin resistance.

Keywords: Insulin, Diabetes, Metabolic disorder, Sthauilya, Prameha, Santarpanjanya vikara, Pharmacotherapy

Registration Code: ABPO 2333



VIRECHANA AND SHAMANA RASAYANA WITH KAISHORA GUGGULU AROGYAVARDHINI RASA AND GANDHA KARPOORA LEPA IN VIPADIKA KUSHTAPALMOPLANTAR PSORIASIS-A SINGLE CASE STUDY

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Vipadika is palmoplantar dermatological spectrum of disorder in context of kshudra kushta, characterised by Pani Pada sphutana(fissures), Kandu(itching), Teevra vedana(severe pain), Daha(burning sensation), Saraga peedika(red patches).. it is a long lasting auto immune disease causing social isolation, cosmetic and psychological embrrasament as well as difficulty in leading social life. To assess the combined efficacy of virechanottara kaishora guggulu, arogyavardhini rasa and gandha karpooora lepa in vipadika kushta(palmoplatntar psoriasis). Open labelled, Prospective, Incidental, Single case study A diagnosed case of Vipadika(Palmoplantar psoriasis)female patient of age 48 years since 18 months, was subjected to Deepana pachana with Chitrakadi vati, Virechananga Snehapana and Abhyanga with Moorchita tila taila,Virechana with Nimba amrutadi castor oil-50ml with milk. Shamana yogas were Kaishora guggulu ,Arogyavardhini rasa and gandha karpooora lepa was used. Results& Observation: Symptoms wise improvement of pani pada sphutana from 4 gradings to 1 grading Kandu and vedana from 3 gradings to 1 gradings Daha from 1 grading to 0 grading. Palmoplantar Psoriasis Area Severity Index Score (PPPASI) Before Treatment-26.2 After Treatment-6.8 Discussion and Vipadika is rakta pradoshaja vyadhi. Virechana is tridoshahara and kaishora guggulu is kushtaghna and rasayana, and arogyavardhini rasa is koshtashrita vyadhihara,kushtagna, Kandughna.Gandha karpura is proprietary transdermal antifungal, anti inflammatory thereby the combination has synergistic effect which is unique to applied evidence based ayurveda samhita based clinical practice Details will be presented in the full paper.

Keywords: Kandughna, Palmoplantar psoriasis, Anti inflammatory, PPPASI.

Registration Code: ABPO 2379



EFFECT OF ABHRAKADI YOGAM IN TYPE II DIABETES MELLITUS

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Diabetes Mellitus is a metabolic disorder mainly characterized by elevated blood sugar level or hyperglycemia. Type 2 Diabetes Mellitus (T2DM) is the most common form, accounting for about 90% of the total diabetic population and is a major cause of morbidity and mortality. The condition mainly occurs from insulin resistance and relative deficiency in insulin secretion. The condition hampers the patient's quality of life with symptoms of polyuria, polyphagia, polydipsia, fatigue, etc. Type 2 Diabetes Mellitus can be managed in the initial phases with proper medication and lifestyle modification. However, the untimely treatment, chronicity of insulin resistance, and hyperglycemia can cause damage to multiple organs and serious complications. In Ayurveda, the descriptions on Prameha Roga, which is a Medovahasrothodushti Vikara can be compared with Type 2 DM as both seem analogous in etiopathogenesis and clinical features. The present study aims to evaluate the efficacy of Abhrakadi Yogam, mentioned in Yogaratnakara, Prameha Chikitsa Prakarana in managing Type II Diabetes Mellitus. The study was a consecutive case series done on an OPD basis. The study was conducted on ten subjects newly diagnosed with Type 2 Diabetes Mellitus, in whom Abhrakadi Yogam, 4 gm thrice daily before food along with honey as Anupana was given for 90 days and 30 days follow up. Assessment was done on the 0th, 91st and 121st day with subjective and objective parameters. The Deepana, Pachana, Kapha Pitta Samana, Lekhana and Rasayana properties of the trial drug helped in Kleda Shoshana, Medohara and helped in restoring Dhatu Sthirata in patients. After treatment significant improvement was observed in assessment parameters. Conclusion: The study showed significant clinical efficacy and safety of the trail drug.

Keywords: Type 2 Diabetes Mellitus, Abhrakadi Yogam, Avaranajanya Madhumeha

Registration Code: ABPO 2410



HYPERTENSION AN AYURVEDIC APPROACH

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Hypertension is a very strong risk factor for cardiovascular diseases (CVDs). It is estimated that it increases the risk at least two-fold for CVDs including coronary artery disease (CAD), congestive heart failure (CHF)/stroke (ischaemic and haemorrhagic) etc. Hypertension is present globally but its prevalence varies amongst countries and sub populations. The prevalence of Hypertension increases with growing age. In the survey in Mumbai, diagnosis of hypertension [systolic blood pressure 140 mm Hg and/or diastolic blood pressure 90 mm Hg] was based on the average of 3 initial readings and confirmed on 2 subsequent occasions in those found to have high blood pressure on the first visit. The overall prevalence based on readings at the time of the first visit was 34.12%. The term Hypertension can be understood as UCCHARAKTACHAPA in ayurveda. It is a Tridoshaja vyadhi. Causes are excess mental stress (i.e., worry, anxiety, tension) can be caused by Vata, certain hormonal imbalances (e.g., adrenal, thyroid, and reproductive) can be caused by Pitta. Obstruction of the blood or urinary channels (srotas) or kidney problems can be caused by Kapha, constipation, or diarrhea be present, Apana Vata (downward air) may be forced upward, putting pressure on the heart. Therapies include shodhana and Shamana measures. Arjuna strengthens the heart, especially if the pulse is weak. In case of Vata prakopa Brain tonics such as jadamansi, ashwagandha, sankapushpi, bhringarajj, garlic, and a Vata-reducing diet and lifestyle. sirodhara (hot oil poured on the head for 7 to 14 sessions) also heal nerves and mental stress. In case of Pitta prakopa Aloe vera gel, chirayata, katuka,, harmonizing herbs like shatavari, manjishta, musta, triphala, bala, and a Pitta-reducing diet and lifestyle. Garlic, onions, and other hot, salty, and pungent items will aggravate the condition. shirodhara is also very helpful. In Kapha prakopa, trikatu, arjuna, diuretics like gokshura, and a Kapha-reducing diet and lifestyle.

Keywords: Hypertension, Uccha-Raktachaapa.

Registration Code: ABPO 2425



AYURVEDIC MANAGEMENT OF VATARAKTA WSR TO GOUTY ARTHRITIS: A CASE STUDY

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“Ayurveda, the science of life, deals with all aspects of life with holistic approach of health and personalized medicine”. “Vata dushitam raktam yatra roga visheshan” disease characterized by abnormality of Rakta dhatu due to morbidity of vata dosha is called VataRakta. Acharya Sushruta described VataRakta under Vatavyadhi’s, while Charaka and Vagbhata assigned a separate chapter for this disease. The disease manifestation starts with onset of pain and inflammation in hastamula and padhamula gata sandhi, later it spreads to big and small joints. Former is located in skin and muscle tissues, later is located in deeper tissues of the body. It is typically characterized by episodic acute and chronic arthritis due to deposition of monosodium urate crystals in joints and connective tissue tophi. It is caused due to hyper uricemia, which in turn is caused by genetic factors, dietary factors i.e., high purine diet, alcohol consumption, drugs, cigarette smoking, lack of physical activity or under excretion of urate. The objective of the entire treatment of vataRakta is to eliminate the margavarana of Raktavaha srotas. Treatment modalities adopted are oral intake of Kaishora Guggulu along with kokilaksha kashayam which mainly targets on metabolic correction is to be applied for better patient compliance. Results are assessed before and after treatment with objective parameters like serum urate. Now a days Gout is the most common metabolic arthropathy and most common inflammatory arthritis. As per global epidemiology it is more in men (5 to 27 per 1000 men) than women, especially over the age of 35 years. Ayurveda has simple solution for such condition. Action of Kaishora Guggulu and kokilaksha kashayam shows significant effect on vataRakta. This Paper deals with the critical analysis of scientific studies and also some of our own observations in this regard.

Keywords: Serum Urate, Margavarana, Inflammation, Arthropathy, Purine Diet, Sandhi

Registration Code: ABPO 2431



ROLE OF GUDUCHI TRIPHALA KWATHA WITH THREE DIFFERENT PRAKSHEPA CHURNA IN THE MANAGEMENT OF OBESITY

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Obesity is characterized by increased adipose tissue mass, which can trigger a cascade of metabolic disturbances, insulin resistance, and proinflammatory responses. So addressing obesity is a pressing concern globally, making it a relevant and impactful area of research. The pathogenesis of obesity, or Sthoulya in Ayurveda, can be understood through various processes involving adipose tissue dysfunction, free radical formation, oxidative stress, and lipid peroxidation. Acharya Vangasena has explained to treat Sthoulya with Guduchi Triphala Kwatha added with Loha Bhasma or Shilajathu, or Guggulu as Prakshepa Churnas. Guduchi is known for its Dipana and Rasayana properties. Dipana dravyas primarily exhibit the qualities of Agni and Vayu Mahabhutas, which are opposite in quality to Medas and Kapha, which are dominated by Jala and Prithvi Mahabhutas. Bhasma preparations are composed of nanoparticles, which are believed to have enhanced absorption and therapeutic efficacy compared to other forms of medicine. Additionally, Lohabhasma has Lekhana Karma on the body, which aids in correcting imbalances in Rasa and Rakta Dhatus. This further contributes to the proper formation of Mamsa and Medodhatu. Shilajathu is considered an Agrya Oushadha for Vasthi Roga. Type 2 diabetes mellitus is a common consequence of obesity. So Shilajathu, as Prakshepa Churna, may act on Mamsa and Medo Dhatus, targeting the underlying imbalances associated with obesity and diabetes. Guggulu possesses Lekhana karma, which primarily acts on Kapha and Meda. So this formulation acts at the level of Medas, Asthi dhatus, by reducing Medovridhi, Medodhatvagnimandhya there by proper formation of Asthi dhathu. A study result was also done satisfying the above-mentioned Kwatha with three different Prakshepa Churnas acting separately at different conditions of obesity-related diseases.

Keywords: Obesity, Guduchi Triphala Kwatha, Lohabhasma, Shilajathu, Guggulu

Registration Code: ABPO 2448



MULTIPLE SCLEROSIS- AN AYURVEDIC APPROACH

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Multiple sclerosis is a chronic demyelinating disease involving the central nervous system. It is a potentially disabling disease of the brain and spinal cord with a variety of cognitive, motor and sensory deficits. In multiple sclerosis, the immune system attacks the protective sheath of the neurons called myelin sheath. Thus causing communication problems between the brain and rest of the body parts. Eventually the disease can cause permanent damage to brain and spinal cord. Review from articles published in different journals • Reference from samhithas Symptom onset generally occurs between the ages of 20 to 40 yrs. The symptoms depend on the severity of the inflammatory reaction as well as the location and extent of the plaques, which primarily appear in the brain stem, cerebellum, spinal cord, optic nerves, and the white matter around the brain ventricles. Signs and symptoms may differ greatly from person to person depending on the location of affected nerve fibres. The patient may presents with the complaints of blurred or double vision, lack of coordination, loss of balance, numbness and tremors throughout the body or extremities with weakness, muscle spasms etc. In Ayurveda, MS may be compared with conditions like Asthi majjagata vata, Snayugata vata or Pranavrutha vyana vata depending on the clinical presentations of the patients. Ayurveda prevents the further progress and recovery of the disease. As a preventive medicine it mainly concentrates on improving the quality of life and decrease the dependency of patients towards medicine. Ayurveda treatments like Panchakarma and Rasayana chikitsa rejuvenate the myelin producing cells and activates the body's processes to reverse and remove the scars in CNS.

Keywords: Multiple sclerosis, Asthimajjagata vata, Rasayana chikitsa

Registration Code: ABPO 2475



MANAGEMENT OF KITIBHA KUSHTA PSORIASIS WITH SHODHANA CHIKITSA AND CUSTOMIZED AYURVEDA MEDICATIONS - A CASE REPORT

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Psoriasis is one of the common chronic wide spreading, frequently recurring diseases of the skin. 125 million people worldwide, 2 to 3 percent of the total population have psoriasis, according to the World Psoriasis Day consortium. Ayurveda explains the term Kushta to refer to different kinds of skin conditions, which include all major skin diseases like Psoriasis. Kitibha Kushta has a predominance of vitiated Kapha and Vata, and is one of the kshudra kushta. Case: The present case report is of a 34-year-old female patient with skin lesions associated with discoloration, dryness, and severe itching all over the body especially on the face and extremities. The patient was treated with Vamana and Virechana along with Nalpamara kashaya dhara and internal medications. The patient had a significant improvement in the above-mentioned symptoms by the combined usage of Shodhana and Shamana Chikitsa thereby improving the quality of life. Conclusion: Shodhana Chikitsa along with Shamana Chikitsa showed encouraging results in the management of Kitibha Kushta (Psoriasis).

Keywords: Psoriasis, Kitibha Kushta, Vamana, Virechana, Ayurveda Medicines

Registration Code: ABPO 2503



A CONCEPTUAL STUDY OF MEDODUSHTI WSR TO DYSLIPIDEMIA

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Dyslipidemia is recognized as a prominent risk factor for Cardiovascular diseases (CVDs). CVDs have become a growing burden across the globe and are highly prevalent, especially in the developing countries that alone account for 80% of the global mortality. India has seen a rapid increase in the prevalence of CVDs, accounting for around 24% of all deaths, aged 25-69 years. Fast foods, lack of exercise, stress, and various addictions are some of the factors which are adversely impacting the lifestyle of man in 21st century. The incidence of dyslipidemia is increasing in many developing countries due to dietary and other life style changes. According to WHO, high cholesterol is estimated to cause 18% of global cardiovascular disease (mostly nonfatal events) and 56% of global Ischemic heart disease. Overall this amounts to about 4.4 million deaths (7.9% of total) and 40.4 million disability adjusted life years (2.8% of total DALYs). In India approximately 25 -30% of urban and 15 -20% rural subjects are suffering from dyslipidemia. Studies have reported higher prevalence of lipid abnormalities among Asians compared with non- Asians. In Ayurveda, symptoms of Dyslipidemia can be seen in Medodushti, a functional condition associated with Kapha Dosha and Dhathvagnimandya. The vitiated medo dhathu plays a vital part in the development of many metabolic disorders. Sthoulya chikitsa can be adopted for Dyslipidemia which includes Kapha Medohara Deepana, Pachana, Lekhana, Rookshana karmas.

Keywords: Dhathvagnimandya, Medo dhathu

Registration Code: ABPO 2518



A CLINICAL STUDY TO EVALUATE THE CHANDAMSHUADI UDAVARTAN CHURNA IN HYPER HIDROSIS ASSOCIATED WITH OBECITY

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Hyperhidrosis is the condition in which excessive production of sweat even when the person is not under the circumstance of physical exercise or heat. There are two type of hyperhidrosis primary and secondary. Community survey indicates symptoms of hyperhidrosis survival ratio is 3.5 to 4.5% and this ratio can seen in developing countries and affects the daily life physically and mentally . In Ayurveda Atisweda is considering as one of the complication of sthoulya and also there are a lot of sthoulya and also there are a lot of specific remedies mentioned there in sthoulya chikitsa to control excessive sweating . This study is aiming to evaluate the efficacy of Ayurvedic Chandamshuadi udavartana churna which mentioned under the management of sthoulyajanya atisweda in Bhavaprakasha Samhita of Bhavmisra. The ingredient of this yoga are chandamshu ,lodhra,tila,ushira,nagkesara .The study will be an interventional study in opd patients of either gender with diagnosed history of hyperhidrosis and obesity and also satisfying the inclusion and exclusion criteria whose age groups comes in between 20 to 60 year under the Department of Kaya chikitsa in Indian institute of Ayurveda research and hospital (IARH),Rajkot. The Pre and post study without control group in sample size of 10 in a time duration of 30 days .the assessment will be done both quantitatively with gravimetric method and qualitatively with grading scales in every 15 days and finally the data will be analysed statistically. Summarization and conclusion of the same will be done, Hyperhidrosis is not just a problem which affects physical life but also create an impact on social life.

Keywords: Hyperhidrosis, Gravimetric measurement test, Novel Chandamshuadi udavartana churna, Qualitative gading and Quantilative criteria

Registration Code: ABPO 2542



CLINICAL APPROACH TOWARDS APABAHUKAM THROUGH AYURVEDIC TREATMENT MODALITIES -A CASE REPORT

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Apabahuka is the disorder of amsa santhi and it is mentioned by acharya susruta in 80 types of vatavyadhi .It is the vitiation of vayu in the amsa santhi causing the sankocha of sira in the amsa sandhi leading to the bahu cheshta apahara .The shoulder joint(Amsa sandhi) is considered an important joint since it has a wide range of motion. The movements of the shoulders will be restricted and hamper one way of living by causing hindrance in personal and professional life. Apabahuka falls under Rotator Cuff Injury, frozen shoulder, etc. Here is a patient age 75 complaining of pain and stiffness over the left shoulder up to the elbow region for 15 days. He is working in a hotel as a cook. The pain was gradual in onset. 15 days back before the OP consultation, he felt the pain and stiffness after throwing the wood as a part of his work. on examination, downward shift of the left shoulder, on palpation, tenderness over the acromioclavicular joint, and deltoid muscle. Range of motion 0 degrees at the time of admission. The visual analog scale of the patient was 10. The shoulder pain and disability index(SPADI)was 94.62%. The purpose of the study is to provide a cost-effective safe and easy procedure. Treatment started with Samana medicines for one week. Thereafter, admitted to IP, and started internal medicines and external procedures. Externally Rookshana Lepana,Choorna Pinda Sweda,Jambeera Pinda sweda,Swathika banda,Nasyam,Sashtika Salipinda Sweda was done .At the time of discharge. Range of movement improved. Flexion-140 deg, Extension-50 deg, Abduction-140 deg, External rotation-80 deg, internal rotation-70 deg. The visual analog scale of the patient changed to 2. SPADI -34.62%The patient is comfortable in doing his daily activities without difficulty. By doing Nidanaparivarjana and proper internal and external therapies Apabahuka can be managed

Keywords: Apabahuka, Shoulder, Vatavyadhi, SPADI, VAS, Swasthika bandha

Registration Code: ABPO 2602



NON-COMMUNICABLE DISEASES-AYURVEDIC SYSTEM

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Lifestyle diseases are caused by unhealthy dietary and lifestyle behaviors. Currently worldwide NCDs is the major cause of morbidity and mortality. The incidence of lifestyle diseases like Hypertension, Diabetes Mellitus, Obesity and Cardiovascular Diseases is on the rise and drawing considerable attention. Ayurveda is a circuitous system of healing which is being practiced in India since time immemorial. This science still holds its significance in modern era in health promotion. Ayurveda usually has its two basic objectives; -to preserve the health of a healthy person, and to treat the disease of unhealthy person. However, there exists a wide gap between the principles of these two health care systems. Positive aspect of non-communicable disorders is that lifestyle disorders can be barred and its influence can be weakened by lifestyle modification. Time has come, when a message to the mass has to be propagated that food is medicine and medicines are not food and that there are several diseases which do not need medication and can be prevented by lifestyle modifications. Prerequisites for health as per Ayurveda are triad of Ahara (proper nutrition), Nidra (proper and timely sleep), and Brahmacharya (celibacy) along with Vyayama (physical exercise), which shall be indeed followed in judicious manner. Thus, these four factors can be considered as the basic components of lifestyle and their derangement can be considered as the cause of lifestyle disorders. Hence, time to reintroduce healthy living style mentioned in Ayurveda in the form of Dinacharya, which comprises package of healthy lifestyle habits to be followed from the time of awakening till sleep, good food habits along with appropriate physical exercise has to be adopted. This review highlights the basic principles Ayurvedic system of medicine to obtain holistic health.

Keywords: NCD, Lifestyle Diseases, Ayurveda, Ahara, Brahmacharya, Nidra

Registration Code: ABPO 2728



ROLE OF AYURVEDA IN THE MANAGEMENT OF RHEUMATIC HEART DISEASE

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Rheumatic Heart Disease (RHD) is a systemic immune condition caused as a sequel of infection with group A beta-streptococcal infection of the pharynx. It is the result of cumulative valvular damage caused by repeated attacks of rheumatic fever. It is an acquired heart disease in children and young adults living in developing countries and accounts for approximately 15 to 20 percent of all patients with heart failure. It commonly affects population in poverty due lack of accessibility to health care. The prevalence increases from 4.7 million per 1000 children at 5 years of age to 21 per 1000 children at 16 years of age. In India, it is estimated that 2.18 lakhs cases have RHD and in children it is 0.9 cases per 1000 in the age group 5-14 years. About 2,50,000 deaths have been reported in young people worldwide every year. RHD is characterized by lower extremity oedema, shortness of breath with exertion or rest, abdominal distension, orthopnea and murmurs pointing to valvular dysfunction. It can be managed by prevention and long-term management. Unfortunately, it lacks complete cure and heart failure is the ultimate complication. In Ayurveda, RHD can be considered as a sequel of Amavata. Amavata is a disease caused by vitiation of vata dosha and accumulation of ama in joints. Rasa dhatu is the main dooshya involved and as Hridaya is the sthana of rasa, its consequences seriously affect Hridaya. It can be tackled with Langhana, Samana and Sodhana. Prevention can be promoted with the help of Nidana parivarjana and administration of Rasayana for the correction of rasa dhatu. This paper is an attempt to explore the possibilities of Ayurvedic management in RHD.

Keywords: Rheumatic Heart Disease, Ayurveda, Amavata, Rasayana

Registration Code: ABPO 2746



AN AYURVEDIC APPROACH IN ONCOLOGY

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According to WHO, Cancer is the second leading cause of death after CVD. A total of 18 million cases have been diagnosed in 2018 with the most frequent being that affecting lung followed by breast. As per latest statistics, one in nine people in India are likely to develop cancer. Cancer is considered as a disorder caused by genetic mutations which may be induced by mutagens or age-related complications. Inflammation also plays an important role in the pathogenesis. Immune deficiency and age-related inflammation are also inevitable components in pathogenesis. Recent studies show the role of diet and lifestyle as triggering factors. Neoplasms are characterised by growth dysregulation and tend to increase in size regardless of their environment. These neoplasms obtain their nutrition, blood supply and endocrine support from the host cells. This uncontrolled proliferation of anaplastic cells performs specialised functional activities different from their host cells. In Ayurveda this abnormal proliferation of cells has been explained in different contexts like arbuda, grandhi, maedo dhatu dashti, impairment of agni etc. A large resource of medicine and therapies has been explained which can be wisely administered in different conditions. Growth can be inflammatory as in arbuda or non-inflammatory as in grandhi. An interplay of all the three dosas vata pitha and kanha and rakta can be understood in pathology by the uncontrolled mitosis, metabolic error, accumulation of cells and angiogenesis of proliferated tissues respectively. Various rasavanas mentioned in our science are proved to have immunomodulatory effect which can be made use of in arresting the progression of metastasis. Similarly modification of diet and lifestyle can prevent 30-50% of cancer as per latest studies. Hence by understanding principles of ayurveda these can be wisely administered in preventive, curative aspect as well as palliative care.

Keywords: Oncology, Rasayaana, Arbuda

Registration Code: ABPO2761



POTENTIAL OF MILLET IN NON-COMMUNICABLE DISEASES

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The main challenge that facing in health care system now a days is non-communicable diseases. As per ayurveda the root cause of disease is Ahara (Dietary habits) and Dietary modification is the first step that we adopted in ayurveda as the part of management of diseases. It is also accepted by western world now a days. We are always searching for economical, ecological and healthier alternatives for disease control especially in developing countries like India. Millets are such an alternative, can be included in dietary modification for the better management of life style diseases. They are a type of small-grained cereal food crops that are drought resistant and pest resistant. In ayurveda millets are coming under kudhanya or kshudra dhanya, which means it is inferior variety as food in regular basis. But in therapeutic point of view millets have prime important in management of certain diseases. Data collected from Ayurveda samhitas, nighantus, Data bases like Scopus, Pubmed etc. Result and Nature of millet signifies that it is better solution for santharpajanya vikaras. Kledasoshaka property shows its control on prameha roga. Laghu ruksha guna again help for samprapthi vighatana of santharpajanya vyadhis like prameha, sthoulya, medo roga etc. In general millets are rich source of fibre, minerals and B-complex vitamins. High fibre content and presence of some anti-nutritional factors like phytates and tannins in millets affect bioavailability of minerals. This may be the reason of the name 'kudhanya'. It can be avoided by samskara with grita, ushna jala, dipana pachana dravyas, vata samaka prakshepa and by purana grahya etc. Millets are also rich in health promoting phytochemicals like polyphenols, function as antioxidants, immune modulators, detoxifying agents etc. and hence protect against age-related degenerative diseases. Hence we can say that wise and judicious use of millet can create positive impact on worldwide.

Keywords: Non-Communicable diseases, Millet, Kudhanya, Kshudra dhanya

Registration Code: ABPO 2767



CRITICAL ANALYSIS OF HYPERURICEMIA BASED ON VATASONITHA SAMPRAPTHI

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Uric acid is the final product of purine nucleotide metabolism catalysed by xanthine oxidase. Hyperuricemia is defined as a plasma or serum urate concentration > 6.8 mg/dL. Estimates suggest that hyperuricemia affects up to 21% of the general population and 25% of the hospitalised patients. The prevalence incidence is 25.8% in India. Hyperuricemia related conditions mainly include gout. Addressing hyperuricemia is essential because it provokes the endothelial dysfunction through increase in inflammation and oxidative stress that leads to cardiovascular complications, hypertension, dyslipidemia, diabetes mellitus and menopause. Vataraktha is an avaranajanya vatavyadhi. Due to nidana sevana there will be vitiation of raktha and vata. Vitiating raktha causes sangha in the srothas leading to vimargagamana of vayu. This kupitha vayu again vitiates raktha leads to vatasonitha. The nidana, samprapthi and lakshana of vatasonitha are having similarity with clinical manifestation of hyperuricemia; which is characterised by painful swelling, redness, warmth and tenderness in the affected areas. This present paper delves into the intricate relationship between hyperuricemia and pathogenesis of vatasonitha. Elevated serum uric acid levels serve as a catalyst in the development of vataraktha, instigating inflammation disrupting delicate balance of doshas, particularly vata. The ensuing joint pain and swelling epitomise the clinical ramifications. A critical analysis reveals that mitigating hyperuricemia is paramount in both prevention and intervention for vatasonitha. Insights from ayurveda coupled with contemporary perspectives on hyperuricemia, contribute to a holistic understanding of vataraktha pathophysiology, paving the way for more effective therapeutic interventions.

Keywords: Hyperuricemia, Vatasonitha, Uric Acid, Endothelial Dysfunction

Registration Code: ABPO 2779



A CASE REPORT ON THE AYURVEDIC MANAGEMENT OF INSUKAR CORTEX HEMATOMA

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Stroke, or cerebrovascular accident, is defined as an abrupt onset of a neurologic deficit that is attributable to a focal vascular cause. The clinical manifestations of stroke are highly variable because of the complex anatomy of the brain and its vasculature. The insular cortex is a distinct lobe of the cerebral cortex and forms the floor of the lateral sulcus (Sylvian fissure) bilaterally. This telencephalic lobe is still a poorly understood and hidden structure located deep in the human brain. It is an important structure for gustatory and sensorimotor processing, risk-reward behaviour, autonomic, pain pathways and auditory and vestibular functioning. Stroke involving only the insular cortex are rare with only 49 cases reported noted in literatures. They can occur due to hemorrhagic or ischemic insult. The Middle Cerebral Artery (MCA) is the most commonly affected cerebral artery and presents with a wide range of symptoms and thus becomes difficult to get localized. A 47 year old male patient who presented with the complaints of weakness of left side of body since 6 months with CT brain revealing intraparenchymal hematoma involving Right Insular Cortex temporal lobe with intraventricular extension. The Ayurveda diagnosis was made as Pakshaghata of Vamadeha and therapeutic interventions done are based on the principles of Vatavyadhi including Rookshana, Snehana, Svedana, Kayaseka, Vasti, Sirodhara and Nasya. Results: Pre - post assessment was done using Barthel Index, Modified Ashworth Scale, Modified Rankin Scale and National Institutes of Health Stroke Scale which showed marked improvement in clinical presentation by the patient. This case is presented to exemplify the administration of Ayurvedic management in insular cortex hematoma.

Keywords: Stroke, Insular cortex, Insular stroke, Hematoma, Pakshagata

Registration Code: ABPO 2782



AYURVEDIC INSIGHTS FOR PREVENTION AND MANAGEMENT OF METABOLIC SYNDROME

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Metabolism is physiological, biochemical mechanism of body, necessary for maintain hemostasis, generate energy, accelerate growth and development of body. Metabolism syndrome is resultant effect of improper metabolism. also, known as Insulin resistance syndrome. Lifestyle modifications, unhealthy dietary habits and lack of physical exercise are the contributing factors. pathologies included under metS are central obesity, hypertriglyceridemia, elevated blood pressure, elevated fasting blood glucose and low level of high-density lipoprotein.it increase the risk of cardiovascular diseases and type 2 Diabetes mellitus. According to Ayurved metabolic syndrome comes under the Santarpanjanya vikaras. metabolism is the function of Agni. Ayurved mentioned 13 types of Prakrut Agni which aid to maintain strength, complexion, longevity and endorse the growth and nourishment of Sapta dhatu. Ayurveda classics explained that Agni plays vital role in manifestation of all disease. If Agni is vitiated whole metabolism of body get disturbed. Adaptation of healthy lifestyle, Ahara, Vihara mentioned as per cocepts of Ayurved, practicing Yogasanas and Nidanparivarjan has prime role in prevention of metS. while Shodhan and shaman chikitsa include Vaman, Virechan, Basti, Raktamokshan, etc. are incorporated in management of metS. Etiological factors responsible for Tidosha Prakop results in Jtharagnimandya. And Ama production.it causes Strotorodha. which contribute to vitiation of rasa, rakta, mansa, med dhatu. Also, further pathogenesis involved strotas dushti of rasavaha ,raktavaha, mansava and medovaha strotas. Metabolic syndrome can be prevented and managed by applying fundamental principles of Ayurveda. Lifestyle modification and Ayurvedic medicines can be more effective. this multidimensional approach fulfils the primary Aim of Ayurveda (Prevention and treating illness).

Keywords: Jatharagnimandya, Metabolic syndrome, Ama, Nidanparivarjana, Shodhan

Registration Code: ABPO 2806



JANAPADODHWAMSACHIKITSA AN IDEA OF PRE-EMPTIVE MEDICINE OF PANDEMICS IN RELATION WITH COVID SCENARIO

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More than 3 years since cases were first reported, the COVID 19 pandemic remains an acute global emergency. Many of the government face uncertainties about how to prioritize at a time when the pandemic appears to be in transition but when the risk of emergence of new variant and future surges remains real. Ayurveda being one of the oldest surviving medical tradition, has a key role to play in this crucial situation. Ayurveda recorded its valuable experiences of epidemics and termed them as Janapadodhwamsa (Cha.vi 3/1-4) or Maraka (Su.su 6/19). Acharya Charaka clearly explains that as a result of vitiation of air, water, environment and season which are common to individuals and Pranjaparadha are the causes for this. Proper use medicines to improve the physical health, juditial administration of eliminative therapies and rasayana along with daivavyapasraya chikitsa has been mentioned as pretive and treatment for disease leading to Janapadodhwamsa . various literature, published articles, text books and other documents were studied thoroughly and conclusions was made. Ayurveda can certainly play a significant role in preventing and managing the epidemic by holistic approach.

Keywords: Janapadodhwamsa, COVID 19, Pandemic

Registration Code: ABPO2817



SIGNIFICANCE OF NAIMITTIKA RASAYANA IN THE MANAGEMENT OF DIABETIC CARDIOMYOPATHY

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Diabetes mellitus and its associated complications represent a global burden on human health and economics. Cardiovascular diseases, the leading cause of death in diabetic patients, impart a 2–5 times higher risk of heart failure compared to age-matched non-diabetic patients, irrespective of other comorbidities. Diabetic cardiomyopathy is defined by the existence of abnormal myocardial structure and performance in the absence of other cardiac risk factors, such as coronary artery disease, hypertension, and significant valvular disease. It is characterised initially by myocardial fibrosis, dysfunctional remodelling, and associated diastolic dysfunction, followed by systolic dysfunction, and subsequently by clinical heart failure. Madhumeha, in ayurvedic classic is described along with Prameha. Considering the seriousness of the disease and its prognosis, acharyas has mentioned Madhumeha as a Mahavyadhi and Deerghanusangi vyadhi (chronic disease); a disease which have grave and serious clinical manifestations with possibility of occurrence of serious complications. While explaining the complication of Prameha, Hridgraha is one of the Upadrava of Vataja meha said by all acharyas and its mainly by Vata dushti due to Kshaya or Kapha pitta avarana. Related to both diabetes and cardiovascular disorders are disturbances in Rasavaha srotas. When Rasa dhathu is produced in optimum quality and quantity, it naturally ensures proper nourishment of all the tissues in the body. This process reverses atherosclerosis and contributes to enhancing Dhathu bala, Ojas, and stabilizing vitiated Doshas. Vyadhihara Rasayana, which is specific to a particular disease, can play a vital role by providing an adequate Rasayana effect along with its Vyadhi Vipareetha action. Susruta considered such Rasayana as Naimittika Rasayana. The purpose of this review is to offer insights into diabetic cardiomyopathy, exploring its ayurvedic interpretation and the utilization of Naimittika rasayana in its management.

Keywords: Diabetic cardiomyopathy, Madhumeha, Naimittika rasayana

Registration Code: ABPO2824



DIABETES MELLITUS AND AYURVEDA A PREVENTIVE APPROACH

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Diabetes mellitus is a rapidly growing global health concern, with India witnessing a substantial increase in diabetic cases. This metabolic disorder can be attributed to insulin deficiency or dysfunction. Ayurveda offers preventive measures to combat this disease, primarily addressing its root causes related to sedentary lifestyles and dietary habits. Ayurvedic principles, as described in “vataja pramehas,” emphasize conservative management through a combination of exercise, dietary adjustments, and internal medications.

Keywords: Diabetes mellitus, Ayurveda, Madhumeha

Registration Code: ABPO 2849



CARDIAC DISEASES IN AYURVEDA

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HHeart is the pump of life. Heart health is most debated topic now a days due to increasing prevalence of cardiac issues at early age. Recent advances in treatment of heart diseases are phenomenal. The diseased heart can now be replaced with heart of dead person immediately after his death. But general heart health is deteriorating by improper food and lifestyle. Ayurveda has so much to offer in this regard. Improving generalized cardiac health is given most importance in Ayurveda rather than mere treating of Cardiac diseases. Hridaya is considered Marma (vital organ). That too Sadyopranahara marma (causes sudden death when injured). It is the Sthana of Manas and Para Ojas. Hridaya is called Mahat/Arta indicates its spiritual importance. Innumerable cardiac diseases as per modern medicine are all put together and classified broadly in to 5 types. Etiology of cardiac diseases includes mostly the sedentary life factors and other factors like holding natural urges which are predominantly done by most people of today's generation. To understand heart diseases in better manner and to treat it in better way a little elaboration is necessary and is expected by the purest soul of our Acharyas who has written Samhita in beejarupa. So this presentation is aimed at rendering modern life cardiac diseases a Ayurvedic point of view and manangement plans. Literary study. Samhita and other modern textbooks are made use of and important points are collected and interpreted accordingly. Ayurvedic interpretation and management of Cardiac diseases

Keywords: Cardiac disease, Hridroga, Hridaya

Registration Code: ABPO 2851



ENDOTHELIAL DYSFUNCTION IN NON-ALCOHOLIC FATTY LIVER DISEASE AN AYURVEDA PERSPECTIVE

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Non-alcoholic fatty liver disease (NAFLD) is the most common cause of chronic liver disease globally, NAFLD has a complex aetiology and is caused by hyperinsulinemia, hyperglycemia, lipotoxicity, and altered adipocytokine secretion, all of which can trigger harmful processes such as inflammation, oxidative stress, endoplasmic reticulum (ER) stress, and apoptosis. Endothelial cells are the first line of protection against numerous circulating stimuli generated by neighbouring cells or distant sites because of their privileged position and close interaction with the blood stream. Intrahepatic vascular change therefore appears to play a significant role in the pathophysiology of NAFLD. The wall of the hepatic sinusoids is made up of a highly special type of endothelial cell called liver sinusoidal endothelial cells (LSECs). LSECs serve as the first line of defence for the liver and control the regulation of the hepatic microenvironment. Additionally, through controlling the activities of nearby cells like hepatic stellate cells (HSC) and immune cells, LSECs help control the hepatic cellular response to different traumas. NAFLD and liver fibrosis are both influenced by the change of the hepatic endothelium. Endothelial Dysfunction can be considered in the context of khavaigunya structural alteration resulting in lodgement of circulating doshas leading to Srotodushti functional alterations of the respective srotas, As per Ayurveda Yakruith is considered as an Rakthavaha srothomoola, Rakthavaha srothodushti, and medovaha srothodushti nidanas share few common etiological factors, intake of nidanas leads to structural alterations in srotas (kha Vaigunya), in Yakruith, habituation of srothodushti nidanas result in hypofunction of Agni this results in formation of ama at koshta and shakha level and Sama Pitta, kapha states leading to sanchaya of doshas in their respective dhatus/ashayas finally culminating as sthana samsharaya in Yakruith, leading to further stages of pathogenesis which includes Dhatupaka dominated by pitta and progression to cirrhosis caused by Vata.

Keywords: Non alcoholic fatty liver disease, Kha Vaigunya, Medovahasrotodushti, Rakthavaha srothodushtii

Registration Code: ABPO 2864



AVASCULAR NECROSIS- AYURVEDA PERSPECTIVE

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Avascular necrosis (AVN) is the condition where an interruption of the sub-chondral blood supply leads to the death of cellular components of bones typically at the weight-bearing joints. AVN is also called Osteochondritis Dissecans in young adults with 60% of the cases being bilateral. It commonly affects Head of the Femur. In the early stages, the patient will not be having any symptoms other than mild pain around the hip joint. In the later stage pain will be severe in hip, buttocks, groin, thigh and restriction of all movements of the hip joint will be there. The objectives of the treatment include the preservation of structure, function and relief from pain. Signs and symptoms of Avascular necrosis are nearer to asthi majjagata vata (disease due to vitiation of Vata dosha in bone and bone marrow tissues). Its symptoms are Bhedoasthiparvanam (breaking type of pain in bones and joints), Sandhishoola (joint pain), Mamsakshaya (muscular wasting), Balakshaya (weakness), Sandhi Shaithilayam (laxity of joints), Aswapanasantat Ruk (sleeplessness due to continuous pain), Shiryantiva Cha Asthinidurbalani (destruction of bony tissue causing generalized weakness) In asthigatavata tikta rasa ausadhi (medicines with bitter taste) are beneficial. Basti is one among the pancakarmas which clearly shows its efficacy in chronic conditions due to its therapeutic effect especially in its brhmana action. Therefore in AVN like conditions this can prove to be a better modality of treatment, as AVN represents gambhira asthi dhātu involvement. The panchakarma procedures like pancha tiktaka ksheera basti and basti using mamsa rasas can rejuvenate and further help in alleviating dhatuksaya which is caused due to the vāta dosa and may aid in neovascularization. Conservative management of AVN through Ayurvedic principles provides significant relief and improves quality of life.

Keywords: Avascular necrosis, Asthimajjagata vata, Sandhi shoola, Panchatiktaka Ksheera vasti, Mamsakshaya

Registration Code: ABPO 2886



AN AYURVEDIC APPROACH IN THE MANAGEMENT OF PAKSHAGHATA ISCHEMIC STROKE A CASE REPORT

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Pakshaghata is one among the 80 Vataja Nanatmaja Vyadhis described in our Ayurvedic classics. It is a condition in which one half of the body is affected leading to Ruja, Vaksthamba, Karmahani etc. In contemporary science it can be correlated to Ischemic stroke. Stroke is one of the leading causes of death and disability in India. Clinical features are described as slurring of speech, deviation of mouth, fasciculations, dysphagia and weakness of muscles. The present study was conducted with an objective to find out the effective Ayurvedic management in Pakshaghata. For the present study, a 64-year-old female having history of weakness in the right upper and lower limb associated with slurred speech, urinary urge incontinence and memory impairment since the last 7 years was registered in our OPD. History and examinations lead to the diagnosis of Ischemic Stroke (Avarna janya Pakshaghata). Considering the signs and symptoms, the patient was treated for 14 days on the lines of Pakshaghata Chikitsa. Sarvanga Dhanyamla dhara was done for first 3 days followed by, Yoga basti (Anuvasana- Ashwagandha, Brahmi grutha; Niruha- Mustadi yapana basti), Shirothalam with Kacchuradi churna and ksheerabala taila, Jivha Nirlekhana with Vacha Churnam and Yashtimadhu churna, Shashtika shali pinda sweda along with oral drugs and Rehabilitation with Physiotherapy. Marked improvement was observed in signs and symptoms after the treatments. There were no side effects observed during and after the treatment.

Keywords: Pakshaghata, Ischemic stroke, Shodhana, Shamana Aushadhi.

Registration Code: ABPO 2889



AN AYURVEDIC APPROACH TO KAWASAKI DISEASE

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Kawasaki disease, predominantly a disease of childhood, its most severe forms are associated with coronary artery aneurysms. Kawasaki disease, or mucocutaneous lymph node syndrome symptoms include acute vasculitis, mucosal inflammation, rash, cervical adenopathy, hand and foot swelling, and late fingertip desquamation. In the most severe cases, aneurysms develop in one or more coronary arteries. Coronary artery aneurysms are classified as localized or giant (>8 mm in diameter) and are usually diagnosed by 2-dimensional echocardiography. In Kawasaki disease, aneurysms occur predominantly in the proximal segments and at bifurcations of the coronary arteries and often involve multiple vessels. They are seen in 90% of fatal cases. They display normal findings on electrocardiograms and stress tests and are at low risk of subsequent myocardial infarction. The longer the aneurysms or stenotic lesions persist, the less likely they are to resolve. The goal in treating Kawasaki disease is to control acute inflammation and to prevent serious cardiovascular complications, such as coronary artery disease. As per ayurveda we can consider it has a Siragata Kupita (Aggravated) vata and after that manifest as Tiryak rakta-pitta. Madhura Tikta snigdha formulation Should Be consider to reduce the sign and symptoms followed by Deepana pachana dravya to normalize function of Agni at Dhatu level also .Along with this Vishagna formulation should be added for early response considering Dushivisha. Then end organ protective formulations should be continued along with long term Nidana Parivarjana mainly on Ritu sandhi and in Pitta prakopa kala (sharad ritu). Kawasaki disease are rare conditions in children and young people, but its an medical emergency Timely and accurate diagnosis by modern tools are essential. After acute phase Ayurvedic parameter of assessment and indicated formulations as per Prakruti of person and involvement of Dosha can reduce the frequent episodes and improve the quality of life.

Keywords: Kawasaki disease, Siragata Kupita vata, Tiryak rakta-pitta

Registration Code: ABPO 2899



IRON DEFICIENCY ANEMIA

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WHO declared Iron deficiency anemia as a world health problem and it is the most common nutritional disorder prevalent all over the world with an estimated 1.5 billion people effected accounting for 40% of the world population. The prevalence in India is shown in the data of National Family Health Survey-3 (NFHS-3) suggesting anemia widely prevalent among all age groups, and particularly high among the most vulnerable nearly 58 percent among pregnant women, 50 percent among non-pregnant non-lactating women, 56 percent among adolescent girls (15–19 years), 30 percent among adolescent boys and around 80 percent among children under 3 years of age. IDA reduces the working capacity of individuals and entire population bringing serious economic consequences and obstacles to national development. Currently available management of Iron Deficiency Anemia include oral iron therapy, parenteral therapy and in severe cases, blood transfusion. Though these treatment modalities give promising results, mean time adverse reactions are many which include nausea, vomiting, diarrhoea, constipation, abdominal cramps, staining of teeth and tongue and discoloration of stools.

Keywords: Iron Deficiency Anemia,

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MANAGEMENT OF DIABETIC NEUROPATHY THROUGH AYURVEDA: A CASE STUDY

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Diabetic neuropathy (DN) is common complication of type 1 and type 2 diabetes mellitus. 60–100% of diabetic population has some form of neuropathy. It affects all peripheral nerves including sensory neurons, motor neuron. It occurs as a result of micro vascular injury involving small blood vessels. Its signs and symptoms depend on the nerves affected. In Ayurvedic classics karapadaha, suptata, dourbalya are explained under prameha upadrava can be directly correlated with DN. As there is improvement in condition by using Ayurvedic, so an attempt is made to understand and treat the condition. In this case a 68 year old male Diabetic since 30 years came with symptoms pricking pain, numbness and burning sensation in bilateral lower limb, examination revealed decreased pin prick sensation, loss of ankle jerk, with HbA1C 9%, it was diagnosed as Diabetic Neuropathy, first admission was managed with Shirodhara with Brahmi taila, Sarvanga Abhyanga and patra pinda sweda with Ashwaganda bala lakshadi taila, Yoga Basti with Ashwaganda ghrita, Mustadi yavana basti, on follow up patient is found to have persistent symptoms and readmitted then managed with Virechana and other internal medication on the line of Vatarakta chikitsa, as described in Ayurveda. Patient was observed for symptomatic improvements based on signs and symptoms before and after treatment. The therapy provided marked improvements in reducing pain, burning sensation. This case study showed that metabolic disorders such as DN can be managed effectively in Ayurveda by undergoing regular shodhana and following regimens accordingly.

Keywords: Diabetic Neuropathy(DN), Shirodhara, Yoga basti, Sarvanga abhyanga, Virechana, Vatarakta

Registration Code: ABPO 2916



AN AYURVEDIC APPROACH IN THE CONSERVATIVE MANAGEMENT OF AVASCULAR NECROSIS: A CASE STUDY

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Hip joint being the weight-bearing joint is considered to be the most vulnerable site for trauma in humans. The effective treatment as per the contemporary science for Avascular Necrosis of the femoral head includes Hyper-baric oxygen therapy, Extra – Corporeal Shock Wave Therapy, use of bisphosphonates, Core Decompression and Osteotomy, being the last surgical option, amidst all treatments prove to be successful to an extent but not capable enough to improve the quality of life of the patients. The Avascular Necrosis bears quite significant resemblance with Asthimajagata Vikara exhibiting symptoms like Bhedo Asthi Paravanam, Sandhi Shoola and Sanata Ruk. Hence, an effort has been made to study the efficacy of Ayurvedic Treatment Protocol in conservative management of Avascular Necrosis of femoral head. Methodology: A case of woman aged 54, diagnosed with suffering from Avascular Necrosis of bilateral femoral head, with no history of trauma, was treated with Rukshana Upakrama followed by Shodhana procedure including Basti was undertaken. Results: Patient was noticed with marked improvement in the gait as well as parameters of pain and restricted movements based on assessment done before and after the treatment. Significance: Avascular femoral necrosis in the long run can cause arthritis of the joints thereby making the patient resort to surgery with no assurance of improved quality of life. So, Ayurveda being a cost-effective retreat comparatively have encouraging results in the improvement in the activities of daily living of patients diagnosed with Avascular Femoral Necrosis.

Keywords: Asthimajagata Vikara, Rukshana, Basti

Registration Code: ABPO 2924



AN AYURVEDIC APPROACH TO THROMBOANGITIS OBLITERANS

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Thromboangitis Obliterans also known as Buerger's disease. A non-atherosclerotic inflammatory, occlusive, vascular disorder affecting small and medium sized artery and veins in distal upper and lower extremities. More common in lower limbs than upper limbs. Commonly seen in young and middle aged males (20 – 40 years). Seen mostly in smokers and tobacco users. Rarely occur in female smokers. Risk factors include presence of HLA-A9 and HLA – B5 antigens, hormonal influence, hypersensitivity to cigarette, altered autonomic function, recurrent minor feet injuries. Smoking causes CO and nicotinic acid results in vasospasm and hyperplasia of intima, thrombosis of vessel, artery, vein and nerve gets affected and there is an Obliteration of vessels. In advanced stage Ischemic type features are seen in the limb, Collaterals opens up and blood supply is maintained and if patient continuous to smoke , collaterals get affected leads to Critical limb ischemia(Ulceration , gangrene)..clinical features include Intermittent claudication pain in foot and calf, Coldness, burning sensation, Pricking and throbbing sensation, rest pain, absence / feeble pulses distal to proximal that is dorsalis pedis, posterior tibial, popliteal, femoral arteries. According to shianoya's criteria Male tobacco user, disease onset before 45 years, distal extremity involved first without atherosclerotic Due the causative factors of TAO like smoking and tobacco there is a vata and Pitha dushti due to Tikshana , Ushna guna of smoking and finally Rakta Dushti takes place.Avarana of vata by Raktha takes place. Margavarodha of Vata by Raktha takes place. Symptoms of TAO is similar to Rakthavrutha vata, burning sensation. Severe pain inside skin and muscles, appearance of red swelling. Symptoms of TAO can be compared with Uthana vatarakta due to Daha, Ruk, Shyava and Raktha. Sneha yukta Virechana with Eranda taila), Basti karma – Ksheera Vasti with Ghrta, Guloochyadi ksheera basti, Mushtadi yapana Vasti can be administered

Keywords:Buerger's disease,Thromboangitis Obliterans,Uthanavatarakta,Margavarodha

Registration Code: ABPO 2925



A CASE STUDY OF POST TRAUMATIC COMPRESSIVE MYELOPATHY AND ITS AYURVEDIC MANAGEMENT

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Post traumatic Compressive myelopathy is a progressive spine disease and the leading cause of spinal cord dysfunction worldwide. Medullary compression can be secondary to degeneration of the cervical spine or be associated with a traumatic event. It frequently affects male patients between 40 and 60 years of age. Among the clinical manifestations of this disease are gait and balance disturbances, changes in reflexes, such as hyperreflexia, clonus, and the presence of Hoffman and Babinski signs, as well as motor coordination dysfunctions. The degree of recovery depends largely on the severity of the myelopathy at the time of intervention. This is a case of a 67 year old male patient, presented with acute onset of weakness of all four limbs(UL>LL), following a fall from height, 1 and half years back. The patient had stiffness and numbness of upper limb, difficulty in walking, loss of manual dexterity in the hands and urinary incontinence. The Ayurveda diagnosis of this case may be taken clinically as a Sarvangarogam presentation. Treatment was started with Abhyangam with Bala tailam and upnaham done over bilateral upper limb. After that kayasekam was done for 7 days followed by matravasti. Then, sastika pinda swedam was done for 7 days followed by mamsa kizhi. After the course treatment, oral medications was given for 3 months. Maharasnadi kashayam was given 90 ml b/d before food, Pratimarsha nasyam with Anutailam and external oil application with bala aswagandhadi tailam were advised on discharge. The before and after assessment of the condition, was made based on Modified Japanese Orthopaedic Association, (mJOA) score, which was 6 before treatment and 8 after treatment. The patient was able to sit without support and the stiffness was relieved. This case study is intended to emphasize the role of Ayurveda in the management of post traumatic compressive myelopathy.

Keywords: Sarvangarogam, mJOA, Kayasekam, Upanaham, Pratimarsha nasyam, Sastika pinda swedam

Registration Code: ABPO 2936



REVIEW ON CARDIOVASCULAR KIDNEY METABOLIC SYNDROME PREVENTION VIA AN AYURVEDIC INSIGHT

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Cardiovascular Kidney Metabolic (CKM) syndrome is a systemic disorder characterized by pathophysiological interactions among metabolic risk factors, CKD, and the cardiovascular system leading to multiorgan dysfunction and a high rate of adverse cardiovascular outcomes. CKM syndrome is a progressive condition that leads to the accumulation of excess and dysfunctional adipose tissue, which further lead to development of metabolic risk factors and CKD. Over time, these comorbidities result in the development of subclinical coronary atherosclerosis as well as progressive declines in kidney function, which predispose to a high risk for clinical CVD, kidney failure, disability and death. The information has been collected from articles from PubMed and Ayurvedic classics. It is important to identify windows for preventive action during the early stages of CKM syndrome, when patients are frequently asymptomatic. Stage 1 is defined as having excess weight, abdominal obesity, or dysfunctional adipose tissue without the presence of other metabolic factors or CKD. A multidisciplinary approach is needed for this. From Ayurvedic view it can be considered as a Santarpana Janya Vyadhi due to Aahara, Vihara and Manasika Karaana which causes Atisthaoulya, Prameha. Atisthoulya can be seen as a main symptom in Stage 1 of CKM Syndrome which should be treated to prevent the progression to further stages. So firstly, Nidaan Parivarjan besides Laghu and Aptarpaka Aahara and drugs which have Medohara and Lekhaniya properties can be used like Daruharidra. Berberine, the active principle in Daruharidra has shown anti- obesity effect and also against Cardiovascular and Metabolic Disease. Patients who come for any problem but are also obese can be given such Medohara and Lekhaniya drugs to prevent them from getting into vicious cycle of CKM Syndrome. This study illuminates about the prevention of CKM Syndrome.

Keywords: Atisthaoulya, CKD, CVD, Lekhana

Registration Code: ABPO 2944



EFFECTIVENESS OF VIDANGA NAGARADI CHURNA IN BORDERLINE HIGH DYSLIPIDEMIA

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Atherosclerotic vascular diseases are expected to remain the major cause of mortality and morbidity globally well into the 21st century. Dyslipidemia has been strongly associated with the pathophysiology of cardiovascular diseases and is a major dependent risk factor for coronary artery disease leading to the development of atherosclerosis and associated cardiovascular events. Numerous studies conducted in Indians have revealed that various form of Dyslipidemia such as high total and LDL cholesterol, low HDL-C, and high triglycerides are highly prevalent, requiring effective management. In Ayurveda it can be correlated as Santharpanajanya vyadhi and as a condition of Medodhatu vikriti associated with kapha dushti and dhatwagnimandya leads to the formation of ama inturn causes medodushti which is a samprapti can lead to medo roga, this samprapti can be reversed by effective interventions. Treatment of Medoroga can be adopted for Dyslipidemia which includes Kapha medohara, Deepana, Pachana, Rookshana and Lekhana karmas and the study drug Vidanga nagaradi choorna is a yoga said for sthoulya dosha.

Keywords: Dyslipidemia, Medorogam, Srotodushti, Ama, Dhatwagni mandyam, Vidanga nagaradi churna

Registration Code: ABPO 2949



ROLE OF THEEKSHNA SHODANA KARMA IN IRON DEFICIENCY ANAEMIA

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Anemia is a condition in which the number of red blood cells or the hemoglobin concentration in blood is lower than the normal. According to WHO reports, one-third of the global population (over 2 billion) is anemic due to imbalance in their nutritional intake. The most common cause of anemia, Iron Deficiency Anemia (IDA) in particular, includes nutritional deficiency. Iron deficiency anemia can be attributed to Pandu Roga described in Ayurveda Samhitas. Measures to rectify iron deficiency anemia include dietary diversification, food fortification with iron and iron supplementation. Improved health services and sanitation also plays a major role in rectifying iron deficiency anemia. Management through medications shall aim at rectifying malabsorption and supplementation. In Ayurveda, metabolic functions of the body are attributed to Agni of the body. Hence drugs balancing Agni and thereby the Rasa dhatu is essential for pandu chikitsa. While incorporating Ayurvedic principles in understanding as well as managing iron deficiency anemia, the basic concept revolves around the quality of pitta. According to this concept, the drava guna of pitta increases which makes it saara heena. This results in dushti of pitta which in turn vitiates raktha, along with kapha dosha vridhi. Kapha haratwa and pitta raktha sameekarana is brought about by teekshna sodhana. Hence the treatment principles of Kaphaja Pandu can effectively be used in treating Iron Deficiency Anaemia, which includes urdhwa adho teekshna sodhana.

Keywords: Iron deficiency anemia, Pandu roga, Pitta, Sodhana.

Registration Code: ABPO 2950



PRIMARY PREVENTION OF CORONARY ARTERY DISEASE WITH AYURVEDA

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Coronary Artery Disease (CAD) is a disease wherein the functions of coronary vessels get affected by varied underlying pathologies. According to the World Health Organization (WHO), CAD is the leading cause of death globally, accounting for approximately 17.9 million deaths in 2019. It is estimated that around 2.5 million deaths occur in the United States each year due to CAD. The prevalence of CAD increases with age, and it is more common in men than in women. Other risk factors for CAD include smoking, high blood pressure, high cholesterol levels, obesity, diabetes, and a family history of the same. Early detection and primary prevention serves a pivotal role in management of cardiovascular diseases. Primary prevention refers to measures taken to prevent the development of cardiovascular diseases in individuals who have not yet been diagnosed with any cardiovascular condition. These preventive measures aim to reduce the risk factors associated with cardiovascular diseases and promote overall heart health. Ayurveda, a traditional Indian system of medicine, offers several approaches for primary prevention of cardiovascular diseases with its generous principle of swasthya samrakshana, dinacarya, ritucarya regimens, yoga and rasayana modalities. These approaches focus on maintaining a healthy lifestyle, balancing the body's energies, and promoting overall well-being. Despite spectacular advancement in the knowledge, technology and devices the morbidity and mortality in CAD remains high. There should be integration of modern medicine with concepts of heart diseases and its management mentioned in Ayurveda in order to protect the heart and improve the quality of life.
*Sruthimol k k , PG scholar

Keywords: Cardiovascular diseases, Coronary artery disease, Heart

Registration Code: ABPO 2960



POLY SCIENTIFIC AYURVEDA A MULTIDISCIPLINARY APPROACH TO GLUCOSE METABOLISM AND DOSHA CORRELATIONS

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Poly Scientific Ayurvedic research that spanned over 22 years through establishment of animal models for Vata, Pitha, and Kapha doshas, which have been instrumental in correlating doshas with electrophysiology and the dynamics of ATP and hence glucose utilization in the body. **Glucose Metabolism:** This research has unveiled a profound understanding of glucose metabolism, going beyond the conventional realms of insulin-dependent and non-insulin-dependent pathways. It emphasizes that not all instances of altered glucose metabolism should be categorized as diabetes, marking a departure from conventional medical thinking. **Molecular Pathways for Pramehas:** A pivotal aspect of this research is the establishment of clear-cut molecular pathways for Pramehas. These pathways elucidate how Vata, Pitha, and Kapha imbalances correlate with distinct alterations in glucose metabolism, leading to a more comprehensive comprehension of these conditions. **Dosha-Mediated Diabetes:** Building upon these pathways, the authors propose that even diabetes should be categorized as Vata-mediated, Pitha-mediated, or Kapha-mediated. This paradigm shift recognizes the importance of individual VPK42 Fingerprint in the manifestation and management of diabetes. **Non-Insulin Dependent Pathways:** This paper delves into the intricate web of glucose metabolism pathways, showcasing that there are more than two dozen non-insulin-dependent pathways at play. These pathways encompass adiponectin-mediated and hypothalamus-mediated processes, among others. By exploring these pathways, the research offers a comprehensive view of the multifaceted nature of glucose metabolism and its regulation beyond traditional insulin-dependent mechanisms. This research not only contributes to the understanding of Pramehas but also has the potential to reshape our comprehension of diabetes itself, ushering in a new era of personalized medicine that considers the doshic constitution of each individual in the management of metabolic disorders.

Keywords: Poly Scientific Ayurvedic, Vata-mediated, Pitha-mediated, Kapha-mediated, VPK42 Fingerprint

Registration Code: ABPO 2987



POLY SCIENTIFIC AYURVEDA REVOLUTIONIZING BLOOD GLUCOSE MANAGEMENT AND PERSONALIZED PHARMA DRUG REGIMEN

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Poly Scientific Ayurveda emerges as a multidisciplinary science, forged through over two decades of translational Ayurvedic research, which offers groundbreaking insights into glucose metabolism and the personalization of herbal remedies. Moreover, this interdisciplinary endeavor has unraveled the profound impact of dosha imbalances in tailoring pharmaceutical interventions. Glucose Metabolism Reimagined: Central to this paradigm shift is a comprehensive exploration of glucose metabolism. Conventional medicine often perceives glucose metabolism through the binary lens of diabetes or non-diabetes. However, this research transcends this binary perspective. It delves deep into the intricacies of insulin-dependent and non-insulin-dependent pathways, elucidating how diverse molecular cascades govern glucose use. The notion that not all alterations in glucose metabolism should be classified as diabetes becomes apparent. Dosha-Mediated Glucose Dynamics: A pioneering revelation lies in the proposition that even diabetes, a condition traditionally associated with high Pitha dominance, can manifest in Vata and Kapha-dominant profiles. Through meticulous research, this study maps out the molecular pathways underlying these dosha-specific variations in glucose regulation. Adiponectin-mediated pathways, hypothalamus-driven mechanisms, and over two dozen non-insulin-dependent glucose metabolic pathways are meticulously examined. And this paper shall deal with several algorithms for arriving at Personalized Herbal Remedies. Dosha-Centric Drug Personalization: Beyond herbal remedies, the study delves into the realm of pharmaceuticals. It underscores that drug responses vary significantly based on doshic profiles. And explains why Metformin could be a choice drug in pitha mediated Diabetes and not in Kapha mediated and so on for all classes of Pharma drugs prescribed in T2DM A New Era in Healthcare: In summation, Poly Scientific Ayurveda marks a transformative chapter in healthcare. It redefines our understanding of glucose metabolism, offering a spectrum beyond diabetes or non-diabetes.

Keywords: Poly Scientific Ayurveda, Dosha-Mediated Glucose Dynamics, Dosha-specific variations, Dosha-Centric Drug Personalization

Registration Code: ABPO 2991



AYURVEDIC APPROACH OF REHABILITATION IN ABHIGATAJA PAKSHAGATA ENHANCING QUALITY OF LIFE- A CASE STUDY

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Rehabilitation is a vital process focused on restoring an individual's physical, mental, emotional, and social functioning after injury, illness, or disability. Purpose of the study: The aim of this study is to evaluate the potential benefits of integrating Ayurvedic principles as rehabilitative outcomes in Abhigataja Pakshagata (spinal injury induced hemiplegia). The primary goal was to determine if this approach could enhance the quality of life by addressing both physical recovery and mental well-being. Methodology: A case study, in which the patient diagnosed as Abhigataja Pakshagata was advised panchakarma procedures like abhyanga, basti, shirodhara and shamana aushadhis along with satwavajaya chikitsa. Assessments included neurological, functional evaluations including motor function, muscle strength and scales like WHO well being index and MMSE (Mini Mental State Examination). Results: The patient demonstrated notable improvements in motor function and activities of daily living. These changes were complemented by a significant enhancement in the patient's overall quality of life, as indicated by self-reported measures. Additionally, the patient reported reduced levels of anxiety and depression, reflecting a positive impact on mental well-being. Conclusion: This case study highlights the potential benefits of incorporating Ayurvedic therapies as rehabilitation for Abhigataja Pakshagata (spinal injury induced). We observed significant enhancements in both physical recovery and mental well-being. This approach offers a promising path towards optimizing rehabilitation outcomes and improving the overall quality of life.

Keywords: Abhigataja Pakshagata, WHO well being index, MMSE, Ayurvedic therapies, satwavajaya chikitsa

Registration Code: ABPO 3059



PREVENTIVE MEASURES IN AYURVEDA FOR HRIDROGA CARDIAC DISEASES

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In the present era the death from the cardiac causes contribute for the major portion of mortality. Most of the cardiac diseases are irreversible and they need a life time management. Also a long term use of medications may also result in adverse effect over the system. So in this context Prevention is Better Than Cure is more ideal. The main aim of Ayurveda is Swasthasya swasthya rakshna and Aturasya vikara prashamana. Ayurveda - the science of life always emphasizes to maintain the health in optimum level, rather than only finding the solutions for the diseased. Hrudaya is the one of important organ of circulation where prana is located. The synonyms for Hrudaya are Mahata, Chetana and Artha. It is the ashrayasthana for Ojus and Chetana. It is included under Sadyopranahara marma. So any injury to Hrudaya will lead to immediate death. Hrudaya is one among Dashapranayatana and one among Trimarma so the care should be taken before any sort of vitiation in it. (CHA.SU) Aim – pathya –apthya, ahara vihara, oushadaha and all will be discussed in the full paper presentation.

Keywords: Hridroga, Swasthasya, Swasthya, Rakshna, Aturasya vikara & prashamana.

Registration Code: ABPO 3072



SCOPE OF MANAGEMENT OF HYPOTHYROIDISM THROUGH AYURVEDA

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The scope of Ayurvedic treatment in treating and reversing Hypothyroidism is immense once we focus on the nidana (causative factor) and the status of metabolism. As per modern science, Hypothyroidism is the sluggishness in the functioning of thyroid gland leading to reduced supply of thyroid hormone. But when Ayurvedically understood, correcting the metabolism at the gut level (Jatharagni) and cellular level (Dhatwagni) is the key, wherein the complications are also effectively treated, like : Weight gain, constipation, facial puffiness, brain fog, inability to focus, fatigue, impaired memory, hair fall, dry skin, excessive sleep, insomnia, depression, overthinking, anxiety etc. The quality of life can be drastically improved and also synthetic thyroid hormone pill dose can be tapered down or weaned off completely. Adopting the above protocol in a 28 year old female, Serum TSH value could be reduced from 47.33 μ IU/mL to 15.67 μ IU/mL in 3 weeks and 4.25 μ IU/mL in next 9 weeks, even without the use of synthetic hormone pill. On reviewing the present clinical present sources, it is found that in hypothyroidism there is abnormality of Jatharagni and Dhatwagni along with abnormality of Kapha - Vata Dosh, as well as Rasavaha, Raktavaha, Medovaha, Athivaha, Sukravaha and Manovaha Srotas. Hence, here is an attempt to get the understanding of disease Hypothyroidism as per Ayurveda through various Ayurvedic principles so as to set it's management strategies.

Keywords: Hypothyroidism, Metabolism, Agni, Dosh, Reversal

Registration Code: ABPO 3075



AUTO IMMUNE HAEMOLYTIC ANAEMIA PITTAJA PANDU AND PAKSHAGHATA UNRAVELING A COMPLEX CONNECTION

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Autoimmune Hemolytic Anemia (AIHA) is a rare hematological disorder characterized by the destruction of red blood cells due to an abnormal autoimmune response. While AIHA is primarily associated with hematological complications, its connection to neurological symptoms, such as hemiparesis, is infrequent and not well-understood. This case report seeks to illuminate a unique case of AIHA accompanied by hemiparesis and explore its potential links to Ayurvedic concepts of Pittaja Pandu and Pakshaghata. A comprehensive clinical history and diagnostic evaluation were performed to understand the patient's condition. Various assessments, tests, and imaging studies investigated symptom causes. Medical records were reviewed to trace events' impact on the clinical presentation. The patient's medical journey began with fever, recurrent blood transfusions, nausea, vomiting, dizziness, and palpitations, leading to a significant drop in hemoglobin levels requiring frequent transfusions. A sequence of events followed, marked by loss of consciousness, high-grade fever, and emerging neurological deficits. The patient received a conclusive diagnosis of Severe Autoimmune Hemolytic Anemia, complicated by recurrent cerebrovascular accidents (CVAs), multi-drug resistant urinary tract infections (UTIs), sepsis, and septic shock. Neurological deficits presented as left-sided hemiparesis, right-sided mouth deviation, and general weakness. Treatment aimed at alleviating exacerbated pitta dosha and promoting neuro-muscular recovery. A customized Ayurvedic regimen was prescribed, resulting in gradual improvement in hemiparesis and anemia over one month. This case underscores the intricate interplay between Pakshaghata and Autoimmune Hemolytic Anemia, necessitating a comprehensive integrated diagnostic and therapeutic strategy. It highlights the importance of personalized, holistic care in managing co-occurring disorders spanning neurological and hematological domains, calling for further research and clinical studies to explore the efficacy and safety of such integrated treatment approaches.

Keywords: Autoimmune Hemolytic Anemia, Hematological, hemiparesis, Pakshaghata, Ayurvedic regimen, Pittaja Pandu

Registration Code: ABPO 3085



JANU SANDHIGATA VATA - A COMPREHENSIVE REVIEW AND TREATMENT MODALITIES IN AYURVEDA

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Janusandhigata vata is the most common form of the Sandhi(joint) disorders. It is commonly known as degenerative joint disease or “Wear and Tear “ arthritis, which is also correlated to the Osteo Arthritis-Knee. The word “Sandhi Vata” is made of two words-Sandhi and Vata. Sandhi being the anatomical aspect of a joint (Knee specifically) and Vata, the physiological aspect of the body. Acharya Charaka has described the disease first separately by the name “Sandhigata Anila” under the Vatavyadhi Chikitsa, with the synonyms like Shotha, Vatapura drithi Sparsha and Akunchana Prasarana Vedana. Sandhigatavata is not described in 80 types of Vataja Nanatmaja Vyadhis, but it may be related to Vata Kuddatha. Sandhigatavata is one such disorder affecting locomotive functions in which movement of joints is restricted due to pain and inflammation. It is the common form of joint disorders among the elderly and obese persons and a major cause of morbidity and chronic disability. Susrutha mentioned Shula, Sotha and Hanti sandhigata kriya as symptoms of Sandhigatavata. In modern medicine, the similar condition is explained as “Osteo Arthritis”. According to WHO, Osteo Arthritis is the second commonest musculoskeletal problem in the world after back pain. With Osteo Arthritis, the cartilage within a joint begins to break down and the underlying bone begins to change. These changes usually develop slowly and get worsen over a period of time. In the present era, people are prone to early degenerative diseases, because of stressful and sedentary life style habits. Since, Knee joint is the weight bearing, strongest and most important joint in the body, movements of the knee joint are very essential for all for the daily activities. Different treatment modalities have been explained in the Ayurvedic classics to tackle the condition. Hence, this paper deals with comprehensive review and its Ayurvedic treatment modalities.

Keywords: Janu sandhigata vata, Osteo Arthritis, Sandhi Shula, Shotha, Pain, Ayurveda Management

Registration Code: ABPO 3090



AYURVEDIC MANAGEMENT OF GHRIDHRASI WSR TO SCIATICA – A CASE STUDY

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Ghridhrasi is correlated with Sciatica, based on the symptoms. It is included in Vataja Nanatmaja Vyadhis. Low back pain is the most common complaint in India that affects 70%-80% of the population. Ghridhrasi is a pain dominant lifestyle disorder, in which the pain starts from Sphik (back region) and radiates towards the foot and is considered as a Maharoga by Charaka. Sciatica is characterized by constant aching pain, which is felt in the lumbar region radiating to the buttock, thigh, calf and foot; due to improper sitting posture, jerky movement during travelling and sports. Sciatica pain radiates along the course of the Sciatic nerve. It is common between 30-40yrs of age and affects both genders equally. This study is aimed to access the efficacy of Ayurvedic Management including Shodhana and Shamana Chikitsa in Ghridhrasi. A 29yr old unmarried male patient complaining of pain in low back region radiating to both lower limbs since 4 years, due to workouts and lifting weights in Gym approached to Ayurvedic hospital. MRI showed the Sacralisation of L5 vertebral body and L4-5 diffuse Disc bulge causing Thecal sac indentation. He was treated with Panchakarma treatments including Kati Vasti, Matra Vasti along with Shamana Chikitsa for one month. Symptomatic assessment of patient was carried out after one month based on the subjective and objective parameters, and satisfactory outcome was achieved and the overall quality of life of the individual has significantly improved. Now-a-days, most common disorder which effects the movements of leg particular in middle age is low backache. Out of which, 40% are radiating pain which comes under Sciatica, which effects daily routine work. This paper deals with critical analysis of scientific study and the significant relief by the aforementioned treatment in the management of this Case study on Ghridhrasi.

Keywords: Ghridhrasi, Sciatica, Kati Vasti, Matra Vasti, Shamana Chikitsa

Registration Code: ABPO 3101



TREATMENT OF AMLAPITTA AN EVIDENCE BASED CONCEPTUAL STUDY

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Treatment is becoming medicine based in this era. In this the different stages of diseases which need different managements are being ignored. Here arises a definite need for development of a treatment system which is protocol based and addresses each and every stages of disease separately. So a protocol is developed for Amlapitta and clinically practiced extensively. To assure patient compliance , a criteria for a single formulation is developed based on rasapanchakam. Purpose is to present a practical oriented theoretical description for Amlapitta treatment and to fix a criteria for development of a new formulation. Nidana told for Amlapitta in the texts comes under two different sets, factors leading to vidagdha and to asaya apakarshagati which leads to samprapthi with kaphapittasrayam, vyapanna adhishtanam and amasayotham with an extension upto rasadhatu causing rasadhatu amlatwam. Pitta can increase qualitatively(agni bhuta predominance) and quantitatively(jala bhuta predominance). When the former one leads to atyagni(hyper thyroid spectrum), nidana told for vidagdha will lead to quantitative increase of pitta with ushana drava snigdha vridhi. Role of stress is identified by its definite action on rasavahasrotas. In pathology and complication, three adhishtanas including hardika dwara patika, Amasaya and Pakwasaya and one dhatu (rasa) is considered. Three steps of treatment include – 1 st samana(deepana pachana), sodhana and 2 nd samana(doshasesha samana/brimhana, based on the outcome of initial stages). Based on this medicines like Guluchyadi kashayam, Avipathi churnam, Dhanwantharam gulika, Sankhabhasma and Sahacharadi thaila will be selected in the initial stage. For sodhana, option is Vamana if necessary. Third stage is managed with Indukanthagritham, Thikthakagritham, Dadimadigritham and Sukumaragritham based on condition. A criteria for a new formulation which can replace all the medicines in the initial treatment stage will be discussed in the main presentation.

Keywords: Pprotocol, Vidagdha, Rasadhatu amlatwam, Formulation

Registration Code: ABPO 3141



EFFECTIVENESS OF VEDANASAMHARIKALPA IN TREATING SANDHIVATA – A CLINICAL CASE STUDY

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Sandhi means joint. Most middle-aged and older adults experience degenerative joint disorders with symptoms such as swelling, pain on flexion, and extension. This disease, called Sandhivata in Ayurveda, is one of the vatavyadhi. Symptoms of Sandhigatavata exhibit apparent similarity with that of osteoarthritis, a degenerative disorder that occurs when articular cartilage wears down. According to epidemiological studies, the prevalence of osteoarthritis in India is observed in 22 -49% of the population. The present study checks the efficacy of the folklore medicine, Shigru as upanaha in Sandhigatavata. Vedanasamharikalpa in the paste form comprises the following ingredients: Shigru (*Moringa oleifera*), Saindhalavana (rock salt). Single-subject clinical case study was conducted to evaluate the effectiveness of vedhana samhara kalpa in sandhigatavata affecting janu sandhi. Vedanasamharikalpa lepa was freshly prepared and applied externally over the affected knee joints of the patient for 3 hrs daily, for 20 days. After the treatment, the patient experienced significant relief and observed visible reduction in predominant symptoms like janusandhishoola (pain), janusandhishotha (oedema), and janusandhistabdatha (stiffness). Vedanasamharikalpalepa is observed to provide relief from sandhigatavata and significantly reduce related symptoms like jaanusandhishoola (pain), jaanusandhishotha (oedema), and jaanusandhistabdatha (stiffness)

Keywords: Vedanasamharikalpa lepa, Sandhigatavata, Osteoarthritis

Registration Code: ABPO 3172



MANASIKA





CLINICAL STUDY TO RULE OUT THE ROLE OF DIET IN MENTAL HEALTH AND ILLNESS IN AYURVEDA

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The great Ayurvedic Acharya Charaka quotes ‘Vishado RogavardhananamAgrya’ in his commentary, which means Vishada and is the foremost factor to worsen the disease condition. Basically Ayurveda integrates mind, body and soul connection . Physical imbalances can disturb mental state while mental illness in turn leads to disruption of whole body functions. Diet is said to be basis of Ojas, growth and development, perspicuity of Indriyas increase of Dhatus, etc. “Annamayam hi soumya manah” is a popular quote from Chandogyopanishad, which means the mind is the essence of food we take. Just as when curd is churned up, the butter which is the finest part gather up, the finest part of food rise up and nourishes Manas. Three categories of Ahara are described in Bhagvad Geeta (17/8, 9, 10) . First is Sattvika food, which increases life span, nourishes Satva, keeps body healthy and is conducive for the heart and soul. Second is Rajasika food, which is very pungent, sour, salty, very hot, excessively dry and causes burning sensation. Last one is Tamsika Food that is not freshly cooked, foul & is devoid of nutrients etc . Habit of taking Rajasika or Tamasika (continuously for a long time) causes serious mental illness. Sattvika ahara not only consists of food with proper nutrition but also it indicates the rules of taking food should be followed eg. Ashtaaharavidhi Visheshayatana (Charaka), Dwadashashan Pravicharana (Susruta). In the treatment aspect also, specific food along with health-conducive routine , plays an important role along with medicines. . The importance of food is studied in all contemporary medical systems but the study regarding the food that influence causation and treatment of psychiatric diseases in modern medicine, is called as ‘Nutritional Psychiatry’ and lots of studies are coming in this field, but Ayurveda owns clear and scientific concepts in this regard.

Keywords: Vishada, Indriyas, Dhatus, Sattvika , Rajasika , Tamasika

Registration Code: ABOP 1130



MENTAL HEALTH-CONTEMPORARY UNDERSTANDING AND MANAGEMENT

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Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right and it is crucial to personal, community and socio-economic development. Ayurveda brings out its natural approach to regulate emotional behavior through herbal medications and lifestyle modifications. Ayurveda adopts a comprehensive psychosomatic approach for the management of the diseases. For the management of manasika rogas, satvavajaya, yukti vyapasraya and daiva vyapasraya chikitsa are to be done. Daiva vyapasraya chikitsa is that the therapy which is done for the diseases due to maturation of action done in the previous life, whose causes are unknown or unimagined. It acts by its special effect beyond our explanation. It aims to create a well balanced state of mind and body and brings about health and insight. Yukti vyapasraya is logical or rationale approach of disease management based on the types of diseases and requirements of patient's conditions. Satvavajaya chikitsa is a typical approach, which not only prevents the impairment of intellect, but also brings stability of mind and memory, resulting in the maintenance of harmony between these factors through jnana, vijñana, dhairya, smṛiti and samādhi. Prajnaparadha is the source of Adharma and diseases manifested are as a parinama of this cause. Mental and physical health cannot be separated from each other. Only when both are balanced, we can call a person perfectly healthy and well.

Keywords: Mental health, Prajnaparadha, Satvavajaya

Registration Code: ABOP1164



EXPLORING AYURVEDIC APPROACH IN THE MANAGEMENT OF SOCIAL ANXIETY DISORDER A SINGLE -ARM OPEN-LABEL TRIAL

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Social Anxiety Disorder (SAD) is characterized by persistent, intense fear or anxiety about specific social situations lasting for at least 6 months causing clinically significant distress or impairment in social, occupational, or other important areas of functioning. 13% of the population suffer from SAD. Based on ayurvedic principles, SAD can be considered as Śārīrika-Mānasika Vyādhi where there is an Udvēga Avasthā of Manas with Vātapitta predominance. Conventional management of SAD uses anxiolytics posing risks of drug-abuse and dependency. This study investigates ayurvedic treatment for SAD. Treatment protocol comprised Pācana Dīpana with Gandharvahastādi Kaṣāya and Vaiśvanara Cūrṇa for 7 days, followed by Śirodhārā with Balaguluchyadi Taila and Satvāvajaya Cikitsā for 7 days. Kalyānaka Ghṛta, as Śamanaśadha, was started on 8th day and continued till 30th day. The study enrolled 20 patients diagnosed with SAD according to DSM-5 criteria. Pre- and post-treatment SAD severity assessments were conducted per DSM-5 guidelines. The effect of treatment on 10 SAD severity parameters was analyzed statistically by paired-T test. The mean value of total score reduced from 22.15 to 9.40 post-treatment and found to be statistically significant ($p\text{-value} = 0.0001 < 0.05$). Discussion: The cumulative effect of Śirodhārā and Balaguluchyadi Taila produces anxiolytic effect due to prolonged and intermittent stimulation by dripping which sends afferent input to cerebral cortex causing tranquilizing effect. This treatment enhances hypothalamic circulation, improving the Autonomic Nervous System and emotional regulation. Satvāvajaya Cikitsā reshapes patients' perception of social situations, reducing anxiety. Kalyānaka Ghṛta with its Rasāyana, Mēdhya, Hrdhya and Tridośaśāmaka property and Ghṛta being a lipophilic agent, rapidly cross the blood brain barrier and thereby normalizes the vitiated Vātapitta dosha.

Keywords: Social phobia, Kalyānaka Ghata, Śirodhārā, Satvāvajaya Cikitsā

Registration Code: ABOP 1446



CLINICAL STUDY TO ASSESS THE COMBINED EFFECT OF BRAHMI GRITHA-NASYA KSHEERABALA TAILA-ABHYANGA AND SARASWATHA-CHURNA IN REDUCING THE SYMPTOMS OF GENERALIZED ANXIETY DISORDER ON HAMILTON ANXIETY RATING SCALE

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Generalized Anxiety Disorder (GAD) is the most frequently occurring anxiety disorder. It is characterized by tension, persistent worry about a variety of everyday problems and other anxiety symptoms for at least 6 months. ,3.1% of the population suffer from GAD .Although there have been significant improvements over the years in its treatment,. GAD remains the least successfully treated among anxiety disorders. This paper aims to explore the efficacy of Ayurvedic treatment protocol in providing a remedy for GAD. A clinical trial was conducted with 20 patients in the proposed age group of 20 years to 60 years, diagnosed with GAD according to ICD 10 F 41.1 Criteria, and having a score between 17-24 (mild to moderate) on Hamilton Anxiety Rating Scale. The patients were administered 7 days of Sarvanga-Abhyanga (full body massage) with Ksheerabalataila and Brahmigritha-Nasya, followed by internal intake of Saraswatha-Churna for 21 days. The assessment was done using Hamilton Anxiety Rating Scale at baseline and after treatment. After 28 days of treatment, the mean scores of Hamilton Anxiety Rating Scale, which was 21 before treatment, reduced to 9.8 with a mean difference of 11.2 and a statistically significant p-value of 0.01. Thus the present protocol was effective in reducing the symptoms of GAD within a short time-span and without producing any side effects.

Keywords: Abhyanga, Brahmi-Gritha, Generalized Anxiety Disorder, Nasya, Saraswatha-Churna

Registration Code: ABOP 1447



AN INTEGRATIVE PATIENT APPROACH IN HEALTH CARE WRT PHENOMENOLOGY AND PRASHNA PARIKSHA

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In the realm of healthcare, trividh-pariksha, specifically the prashna-pariksha described by Vagbhata, offers a significant tool for assessing the diseased. In parallel, phenomenology, a tool extensively embraced in Western contexts, has emerged as a valuable instrument for understanding the subjective dimensions of well-being. This method underlines the cultivation of empathy between healthcare providers and patients, enable a deeper understanding of the patient's experience of illness. Current medical practice often depends heavily on objective clinical parameters, potentially overlooking the vital interaction with patients themselves. The prashna-pariksha, within the trividh-pariksha framework, empowers practitioners to engage with patients through a personal perspective and assisting on patient's unique experiences. The combining of phenomenological principles and prashna-pariksha enhances the precision and sophistication of the interviewing process.: A computerized search on PubMed using keywords phenomenology and mental health from 2018 to 2023 led 588 articles and snowball research technique is used. In the past five years, there has been an exponential increase in publications in this field. In-depth patient interview aids physician to understand the individual experiences of illness, variation in symptoms, severity, and relief patterns. Considering psychology into healthcare can offer healthcare workers new insights for enhancing patients' quality of life. Thus, enabling a patient-centered and rational approach to treatment regardless through a generic approach. Upon gaining a deeper insight into the illness experience through phenomenological tools, it could help in customized approach to address the specific issues. The understanding of prashna-pariksha becomes possible when subjective parameters are integrated with phenomenological tools. This paper explores the union of prashna-pariksha and phenomenology, highlighting how their combined efforts can work together effectively and improve mental well-being as well. This positively influences the patient's life, aligning with Ayurveda's core principles of 'hitayu' and 'sukhayu'.

Keywords: Psychology, Medicine, Wellness, Aurveda, Philosophy

Registration Code: ABOP 1506



STUDY OF INTERNET ADDICTION DISORDER AND ITS ASSOCIATION WITH SLEEP QUALITY IN BAMS STUDENTS

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The increase in the number of Internet users has increased Internet dependence worldwide. In adolescents, this dependence may interfere with sleep, which is important for the development of psychophysiological capabilities. India is estimated to have 650 million Internet users in the country by 2023, with such explosive numbers internet addiction is emerging to be a major concern within the nation, particularly among youngsters. To study internet addiction disorder and its association with sleep quality in BAMS students. Methods and Materials: A cross-sectional pilot study was conducted enrolling a total of 40 participants. Internet addiction and sleep quality were assessed in these participants using Young's Internet Addiction Scale and Pittsburgh Sleep Quality Index, respectively. The prevalence of IA was found on 75 % of subjects among that 70% of subjects significantly had poor quality of sleep. Young age, low academic performance, computer presence at the home, internet presence at the home, using the internet for chatting and gaming and the poor sleep quality are strong predictors of internet addiction. Conclusion: Adolescence with internet addiction are more vulnerable to suffer from pure sleep quality. The prevalence of IA and its impact on the quality of sleep have been found to be substantial among BAMS students. There is a need for programs to raise awareness towards IA as well as its impact on sleep among BAMS students.

Keywords: Internet Addiction Disorder, Sleep Disturbance, Medical Students, Sleep Quality

Registration Code: ABOP 1562



MDAD UNVEILED- AYURVEDIC INSIGHTS INTO MENTAL WELLNESS

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Mental health is a crucial part of overall well-being, beyond just the absence of mental illnesses. Ayurveda explores how the body and mind are closely connected and influence each other when it comes to health and illness. In an era marked by increasing self-reports of anxiety and depression in individuals who often do not seek professional help, diagnosis and understanding of mental health conditions has become crucial. Mixed Depressive and Anxiety Disorder (MDAD), after addressing past uncertainties, is now a significant concern, and it involves symptoms of both anxiety and depression for at least two weeks without meeting the criteria for distinct disorders. While some individuals recover within a year, those who don't, are at a higher risk of developing a full-fledged psychiatric disorder. The concept of MDAD can be linked to Vishada, a psychological condition categorized as a Nanatmaja Vatavyadhi, affecting individuals with Avara Satva and Tamasika Guna. While Ayurvedic texts lack a detailed description about it, many researchers have drawn parallels between Vishada, Generalized Anxiety Disorder (GAD) and Depression. MDAD and Vishada share many similarities in terms of their impact on an individual's mental and emotional well-being, despite being understood through different medical and cultural lenses. Data is collected from various classical texts, authentic sources and contemporary research articles. The interplay between anxiety and depression symptoms and its impact on daily functioning necessitates personalized therapeutic approaches. MDAD is treated using psychotherapy and medications like antidepressants and anxiolytics. We could explore MDAD as a cluster of symptoms arising from an imbalance of Doshas and Trigunas within the body. This highlights the importance of considering the unique Prakruthi of individuals and the influence of environmental and lifestyle factors in diagnosing and managing MDAD.

Keywords: Mixed Depressive and Anxiety Disorder, Vishada, Mental health

Registration Code: ABOP 1863



MALAYALAM TRANSLATION AND VALIDATION OF HAMILTONS ANXIETY RATING SCALE

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Anxiety is arguably an emotion that predates the evaluation of man. Anxiety disorder vary from normal feeling of nervousness and anxiousness, may have intense, excessive and persistent worry and fear about everyday situations. It is one among the most prevalent psychiatric condition in present era. One of a subjective measurement tool that is widely used to measure, severity of anxiety is the Hamilton's Anxiety Rating Scale. It is one of the most popular instruments for assessing Anxiety. As it's original version is in English language, it can only be used after translating in to local language. Uniform assessment is not always possible as the observer interpret the scale in their own way. The aim of the study was to translate and validate the Hamilton's Anxiety Rating Scale in to Malayalam language, for a uniform assessment. Methodology: The first step was forward translation of Hamilton's Anxiety Rating Scale into Malayalam. Then a cognitive interview conducted in 5 participants. The questionnaire then translated back in to English language, found similar to original English scale. A pilot study was conducted on 25 subjects using the translated version of Hamilton's Anxiety Rating Scale. Face and content validation has been done by 10 subject experts, which was found significant. The scale found reliable and valid after doing test-retest reliability, internal consistency, inter-rater reliability and criterion validity. Large sample study was conducted on 70 participants. Results: The Cronbach's alpha score of 0.743 and Spearman-Brown coefficient score of 0.922 shows good internal consistency. The Pearson's correlation coefficient of 0.941 shows significancy at the level of 0.001 level. Conclusion: The translated scale found reliable and valid on all statistical analysis. Finally, Malayalam version of Hamilton's Anxiety Rating scale has been drafted.

Keywords: Hamilton's anxiety rating scale, Translation, Validation, Anxiety.

Registration Code: ABOP 1870



PERSONALISED STRATEGIES TO DEAL WITH ACADEMIC STRESS OF MEDICAL STUDENTS- THE ROLE OF AYURVEDA

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Medical students are an academic population, facing highest levels of stress. 97.1% of them perceive moderate to severe academic-related stress and 93.9% experience teaching-learning related stress. The academic stress can develop due to increased workload of college classes, poor concentration, increased difficulty of coursework, having a learning disorder, having depression or anxiety that reduces motivation and concentration, perfectionistic thinking that leads to procrastination and having a learning style that is inconsistent with the format of course instruction. The situation demands attention. Personalized methods can give maximum results in dealing with every type of stress of any individual. The two strategies to deal with academic stress are prevention of stress and coping up with the stress. These strategies can be customized. Research has found that Vata pitta prakriti students are more prone to develop academic stress. The identification of suitable teaching and learning method for each medical student based on the concept of prakriti and tridosha would help preventing the development of academic stress. The lack of attention of Vata prakriti, the analytical approach of Pitta prakriti and the slow grasping along with good memory of Kapha prakriti etc. must be taken into account. While choosing the coping techniques to manage the developed stress, the concept of prakriti along with triguna can provide valuable clues. When the stress overwhelms the performance of the medical student, person centered therapy guided by the concept of triguna as well as tridosha can be a good choice to deal with the academic stress. Every individual's perception of stress and response to different stressors depends on the level of tridosha and triguna. Academic performance of a medical student can be improved by formulating appropriate strategies based on the concepts of Ayurveda

Keywords: Academic stress, Personalised strategies, Prakriti, Triguna, Tridosha

Registration Code: ABOP 1969



COMPREHENSIVE MANAGEMENT OF MAJOR DEPRESSIVE DISORDER THROUGH AYURVEDA AND YOGA THERAPY- A SINGLE CASE STUDY

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Major Depressive Disorder (MDD) is a mood disorder characterized by persistent disturbances in mood, interest and cognition affecting the physical, mental, social, and spiritual well-being and overall quality of life of an individual. Vishada and avasada represent minor depressive episodes, while MDD can be equated to Kaphaja Unmada in Ayurveda. Ayurveda and Yoga have unique management techniques to comprehensively address this disease. A young obese built male patient of age 22 years presented with the symptoms that meets the DSM-5 criteria for MDD. The patient's Ayurvedic diagnosis was Kaphaja Unmada involving Kapha-dominant Vata and predominant Tama dosha as manasika dosha. Satwa pareeksha revealed derangement of mana, buddhi, smruti, bhakti, sheela, cheshta, and achara components. An integrative treatment approach comprising Yukti Vyapasraya, Satvaavachaya and Daiwivyapashraya was planned along with personalized Yoga therapy. The patient initially received rukshana and vatanulomana therapies, followed by snehapana (internal oleation in increased doses) and virechana, followed by samsarjana krama (convalescent diet and regimen). Loosening and stretching yoga sequence and pavanamuktasana series was given. Cooling pranayama techniques and bhastrika was also advised along with frequent Deep relaxing and Quick relaxation sessions as and when needed. The patient was hospitalized for 14 days. With these intensive treatments his increased Vata and Kapha dosha was addressed. His inertia and frequent agitation and restlessness reduced, also self-confidence improved and was motivated to take up a profession out of his passion. Hamilton Depression Rating score decreased from 30 to 20. The patient gained control over their mood swings and vishaada. Discharge medications were advised and further Keraleeya panchakarma treatments were planned for future. An integrative treatment approach comprising Yukti Vyapasraya, Satvaavachaya and Daiwivyapashraya can be an effective way to manage MDD along with existing antidepressant medication.

Keywords: Yukti Vyapasraya (pharmacological), Satvaavachaya (psychotherapy), Daiwivyapashraya (spiritual-based techniques), Vishada (sadness), avasada (dejection), Quality of life

Registration Code: ABOP 1986



A CASE REPORT ON SUBSTANCE USE DISORDER- AYUREVEDIC VIEW AND MANAGEMENT

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Uncontrolled substance usage despite negative effects is a complex condition known as Substance Use Disorder (SUD). People with SUD have strong concentration on using a particular substances such as alcohol cigarettes or illegal narcotics to the point where it interferes with their capacity to function daily in life. Even when they are aware that the substance is causing or will cause issues, people continue to use it. The most serious SUDs are occasionally referred to as addictions. The worldwide prevalence of SUD is 2.2%, with a higher prevalence of alcohol use disorder 1.5% than other drug use disorder. Nationwide prevalence shows that about 14.6% of people among 10-75 year old are current users of alcohol, that is approximately 16 crore people. Prevalence is 17 times higher among men than women. More than one in four adults living with serious mental health problems also has a substance use problem. About 5.2% of Indians are estimated to be affected by harmful or dependent alcohol use. In other words every third alcohol user in India needs help for alcohol related problems. Ayurveda is a holistic approach which not only takes body into consideration but also mental status. Madatyaya is a wide term explained in our classics, while explaining madya, Acharaya told that it has properties opposite to that of ojus, so these substances causing depletion to our body resources can be correlated to madatyaya. Since this SUD is black hole that's getting bigger and bigger in our society, this case report is a small attempt to showcase how Ayurvedic treatment along with counseling's can bring wide impact to SUDs patient.

Keywords: Substance use disorder, Madatyaya, Madya.

Registration Code: ABOP 1987



EMOTIONAL INTELLIGENCE IN AYURVEDA

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Emotional intelligence is the ability to understand, use, and manage the emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and diffuse conflict. People with a high degree of emotional intelligence know what they are feeling, what their emotions mean, how these emotions can affect other people and they can deal with these emotions. Emotional regulation contributes to better physical and mental health, and people with lower EI levels are at higher risk of mental disorders such as depression and anxiety. Ayurveda is a comprehensive, unique science that encompasses all aspects of health. Ayurveda places a high priority on mental health and states that health can only be reached when all physiological factors are balanced along with a sound mind, intellect, and senses. In Ayurveda manasika vegas plays an important role in maintaining health. Proper dharana of manasika vegas or effective coping with the manasika vega is essential to maintain a good physical and mental health. The proper dharana or effective coping occurs only in the presence of a buddhi. The collective action of Dhi, Dhriti and Smriti helps in emotional regulation. In Ayurveda the proper dharana of manasika vega may be related to the concept of Emotional Intelligence. Sadvritta, Achararasayana, Yoga are some of the measures for improving emotional intelligence.

Keywords: Emotional regulation, Manasika bhava, Dharana, Manasika vega, Buddhi

Registration Code: ABOP 2016



A CROSS-SECTIONAL PILOT STUDY ON ASSOCIATION BETWEEN NIDRA SLEEP QUALITY AND COGNITIVE PERFORMANCE IN STUDENT POPULATION

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Cognition sustains a pivotal role in one's day-to-day routine activity. Cognition involves various domains like memory, thinking, perception, language, orientation etc. Cognitive performance depends on many factors such as age, educational qualification, sleep quality and social factors etc. Cognitive impairment mainly associated with various neuropsychiatric illness or may stand alone also. Prevalence of Mild cognitive impairment is around 35.3% (95% CI 34.3–36.4). Studies shown that sleep deprivation had negative impact on cognitive performance mainly in older population, here age is also one of the major factors. Sleep is an essential component for normal development of mind and body. In Ayurveda classics, Nidra had given to be a prime importance by including it under Trayoupasthamba and Adharaniya vega. In Samyak Nidra Lakshan, Gyan (Knowledge) is one of the components. Hence, an attempt has been made to know the association of sleep quality and cognitive performance in student population by balancing the age factor and educational qualification. Aged between 20 and 30 years by targeting healthy young age people. 46 subjects were randomly selected and data collection were done through direct interview method. Pittsburgh sleep quality index and Montreal cognitive assessment scale has been used to assess sleep quality and cognitive performance. Among 46 subjects, cognitive performance of 66% population were impaired both mildly and moderately. In cognitive impaired population, 58% subjects were found to have poor sleep quality. Although, various factors involved in cognitive performance, sleep quality is also found to be one of the major determinants including sleep duration, sleep quality, sleep latency etc. For more accuracy, study should be carried out in large young healthy volunteers' population to assess the role of sleep quality in cognitive performance.

Keywords: Sleep quality, Cognition, Cognitive impairment, Sleep deprivation, Healthy young volunteers

Registration Code: ABOP 2132



EXAMINING THE RELATIONSHIP BETWEEN DIGESTIVE FIRE AGNI AND GUT HEALTH AND ITS IMPACT ON MENTAL WELL-BEING MANAS BHAVA FOCUSING ON THOUGHTS AND PRONENESS TO STRESS USING ELECTRONIC PULSE MONITORING SYSTEM NADI TARANGINI AMONG MALES AND FEMALES A PAN-INDIA OBSERVATIONAL STUDY

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To emphasize this aspect we have studied secondary “Pan India population” examining the changes in digestive fire (agni) & gut health wrt to different nadi vikruti studies, and observations on manas bhava or mental wellbeing (thoughts and stress) using nadi pariksha technique Nadi Tarangini and stated clinical examinations by medical practitioners using the technology in different parts of the country Objectives are to assess the variations in digestive fire (agni) and gut health across different nadi vikruti patterns among a Pan-Indian population , to demonstrate Mental wellbeing changes have been affecting with gut health changes causing changes in mind, thoughts leading to stress and to systematically co-relate changes in manas bhava among males and females in context with changes in rukshata, tikshanata present in the nadi as per nadi vikruti patterns Methods & Materials: We used Nadi Tarangini centers to record nadi of 600 subjects selected from a primary data source using random sampling technique, across Pan-India clinical settings. Most of the secondary data sets are obtained using a computational method using Artificial intelligence & data science to obtain data of correlates of thoughts and proneness to stress parameters. We observed the Agni when it is on the lower side, and saam nadi the thoughts or chinta is on the moderate to higher side. Also when there is excess tikshna, ruksha guna, stress is observed high. These observations are studied in 3 dosha nadi gati vikruti. Jatharagni which is in an imbalanced state, mandagni or tikshnagni, affects mind, it’s functioning of dhi, dhriti, and Smruti leading to excess thoughts and stress. This affects dhatavagni. So, balanced digestive fire , digestion, metabolism which is called Gut health is the key to mental wellbeing. Ayurveda emphasizes the same to diagnose and treat any mental illness.

Keywords: Nadi pariksha, Manas bhav, Jatharagni, Gut health, Mental wellbeing, Nadi Tarangini

Registration Code: ABOP 2226



MARSA NASYA WITH PURA GHṚTA AGAINST HINGVĀDI YOGA IN SCHIZOPHRENIA

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Schizophrenia is a chronic mental health disorder characterised by delusions, hallucinations, disorganized speech or behaviour, and impaired cognitive ability. The early onset of the disease, along with its chronic course, make it a disabling disorder for patients and their families. Anti psychotics persist to be the main management despite its adverse effects and reports of remissions. So novel treatment modalities are to be implemented for proper cure and improving the quality of life. Schizophrenia shows resemblance in symptoms with the condition Unmāda explained in Ayurvedic classics. Ayurvedic intervention has been proved to be effective in alleviating the symptoms. Purāṇa ghṛta mentioned as agryoushadha in unṃāda is clinically practiced in psychiatric disorders, but no scientific validation is done. The present study was selected comparing the efficacy of marsa nasya with Purāṇa ghṛta against hingvādi yoga in reducing the symptoms of Schizophrenia. Sixteen diagnosed subjects of Schizophrenia as per DSM V criteria, satisfying the inclusion criteria were recruited to the trial group and control group for observation and comparison. Assessments were done using the PANSS and Modified PSYRATS scale on 0th day, 4th day and 8th day of the intervention in both groups. Delusion, hallucinatory behaviour, unusual thought content of PANSS were statistically significant at p

Keywords: Schizophrenia, Purāṇa ghṛta, Hingvādi yoga, Anti psychotics, PANSS, Unmāda

Registration Code: ABOP 2271



NUTRITIONAL PSYCHIATRY IN MENTAL HEALTH OF MOTHER AND CHILD - NUTRITIONAL PACKAGE

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This era witnesses the rise of a new system of mental health restoration namely, the 'Alternative mental health'. Alternative mental health refers to all alternative ways of mental health in psychiatric patients. Amongst these approaches, the contributory role of dietary regimens in restoring the mental health is a growing subject which needs thorough understanding in an Indian ethos. Moreover, the role of dietary regimens as a preventive factor against mental ill health is also least considered till date. Only limited published studies are available in ayurvedic parlance which reinstates the association of food patterns and mental health. Nutritional psychiatry is the practice of using food and supplements as alternative treatment for mental disorders. The pregnancy period is a very sensitive time when most of the medicines are contraindicated. In Ayurveda, Acharya Kashyapa says that Aahara is Maha bhaishajyam. Food can be modified as bhaishajyam in vulnerable population, in preventive aspect. In Charaka Samhitha Sarirasthana, aahara of mother is quoted as one of the factors for growth of foetus. Maternal food has an impact on both maternal and child mental health. Periconceptional folic acid significantly reduces the risk of neural tube defects. If mother is having mental distress during gestational period or under psychiatric medication, the probability of mental illness in child is high. The prevalence of mental illness is more in low socioeconomic status. People under low economic status mainly depends upon food supplements supplied by the government. Government supplies nutritional food for pregnant women through ICDS programme. This presentation focuses on importance of special nutritional package for pregnant women with mental distress or a family history of mental illness. Nutritional package including cognitive-enhancing food supplements, through ICDS programme, along with current food supplements.

Keywords: Nutritional psychiatry, Pregnant women, Nutritional package, ICDS programme

Registration Code: ABOP 2369



AYURVEDIC MANAGEMENT OF ALCOHOL USE DISORDER A CASE SERIES

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Alcohol use disorder (AUD) is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences which ranges from mild to severe. AUD includes symptoms of alcohol intoxication, withdrawal as well as dependence. Etiological perspective applies a bio psychosocial framework that emphasizes the interplay of genetics, neurobiology, psychology and individual's societal context. Globally around 1.4% of the population have AUD and 3 million deaths yearly result from harmful alcohol use. Contemporary management includes medical intervention, counseling, outpatient program, or a residential inpatient stay, but the relapse rate is high. The medical world is focusing on indigenous medicine and its outcome in the management of AUD. In Ayurveda, the context of Madaatyaya refers to conditions resultant from improper and excessive usage of alcohol and even other substance use. Each patient is examined thoroughly as per Ayurveda parameters and based on the observations as well as the severity; individualized protocols are being framed for AUD. The case series includes 4 cases of AUD which was managed with a protocol including withdrawal management with nasya, sirodhara as well as internal medicines. It was followed by Snehapana, Vamana or virechana, yoga, family counselling as well as rasayana so as to address the dependence. The treatment protocol was selected on individualized basis as per the assessment of doshas, based on clinical presentation. The effect was assessed with CIWA-Ar, AUDIT, and SADQ Questionnaire. There was significant improvement in the scores of assessment after the intervention in all the cases. Such a protocol is capable of addressing the biopsychosocial factors of AUD and is observed as effective. Further studies are needed for generalization of results.

Keywords: AUD, Alcohol withdrawal, Dependence, Madatyaya, Satvavajaya, CIWA-Ar, AUDIT

Registration Code: ABOP 2392

ADD ON EFFECT OF STRESS MANAGEMENT WITH AN AYURVEDIC COMPOUND AND HYPNOSIS IN PSORIASIS -A THREE-ARM COMPARATIVE CLINICAL TRIAL

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Psychodermatologic disorder is a condition that involves an interaction between the mind and the skin. Emotional stress may exacerbate many chronic dermatoses and can initiate a vicious cycle referred to as the “itch-scratch cycle”; therefore, management of patients with chronic dermatoses may be difficult without addressing stress, being an exacerbating factor. The effect of stress on the skin is primarily mediated through the HPA axis. Stress is a well-known triggering factor in the appearance or exacerbation of psoriasis. Breaking the stress cycle may be an imperative part of any therapeutic approach. Thus, addressing stress through psychotherapy may be useful in managing psoriatic patients, vulnerable to stress. 39 Participants with mild to moderate psoriasis satisfying the inclusion criteria were randomized into 3 groups A, B, and C (13 in each group). All three groups were administered with Mahamanjishtadi Kashaya, Kaishora guggulu, Vara kwatha wash, and Ayyappala kerataila. A combination of Aswgandha, Bala, and Aparajitha churna was added along with standard medicines in group B. Hypnotherapy as 4 sessions were done in group C. Assessments were done by using International Stress Management Association (ISMA), Psoriasis Life Stress Inventory (PLSI), Psoriasis Area Severity Index (PASI), Psoriasis Disability Index (PDI) on 0th, 16th, 31st, 46th, and 61st day. In the statistical analysis, group C with add-on hypnotherapy was found to be significant. Improvements were observed in the lesions, stress as well as assessment scores in group C compared to groups B and A. Considering this, role of stress in Psoriasis must always be given due consideration and supportive psychotherapy is capable of providing better outcomes in the management.

Keywords: Ayurveda, Psoriasis, Stress, Hypnotherapy, Psycho dermatology,

Registration Code: ABOP 2420



COMPREHENSIVE AYURVEDIC MANAGEMENT OF MULTIPLE PSYCHOACTIVE SUBSTANCES - INDUCED PSYCHOTIC DISORDER A CASE SERIES

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Substance-induced psychotic disorder (SIPD) are transient psychosis episodes that stem from substance use, extending beyond the period of intoxication for days or weeks. The development of SIPD is primarily linked to substances with potent psychotomimetic attributes, like cannabis, cocaine, and methamphetamine. These cases indicate a substantial risk for subsequent development of schizophrenia or other chronic psychotic disorders. A recent analysis estimated a 25% transition rate to schizophrenia spectrum disorders in individuals with SIPD, varying by substance. In Ayurveda, previous studies showed effective management in substance use disorders in clinical practice with the principles of management of madatyaya and padanshik krama for withdrawal of such apathy drugs subsequently. In this series, we have integrated the pathophysiology of various stages of “mada” and applied principles for managing “Madonmada”. **METHODOLOGY:** Three cases of SIPD diagnosed as per DSM V from IPD of Government Ayurveda Research Institute for Mental Health and Hygiene, Kottakkal were included. Managements such as śodhanānga snehapāna, vamaṇa, virecana, vasti, nasya and śamana aushadha were selected based on predominance of vitiated dosha and lakshanas. Complemented by psychotherapy and yoga were also used to address psychological well-being. **RESULT:** Comprehensive Ayurvedic management in the case series effectively alleviated SIPD symptoms. Subclinical psychotic symptoms measured using the Brief Psychiatric Rating Scale, alongside assessments of depressive and anxiety symptoms using the HAM-D and HAM-A scales, showed substantial enhancements. The comparison of BT and AT scores indicated an average of 80% relief. **CONCLUSION:** This case series highlights the need for systematic research to validate Ayurveda’s efficacy in addressing SIPD. The increasing instances among youth pose a significant challenge, necessitating an integrated strategy. *2nd year PG scholar, Manovigyana evam Manasaroga, Department of Kayachikitsa

Keywords: Drug-induced psychosis, Cannabis, MDMA, Mada, Unmada, Madonmada, yoga

Registration Code: ABOP 2467



STATUS OF OJUS IN GENERALIZED ANXIETY DISORDER USING SOMA-Q -A PILOT STUDY

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Ojus is a unique concept in Ayurveda which has multiple dimensions. It is considered as the existing condition when all dhatus are at its normalcy. It is very beneficial to maintain good health and also prevention of diseases. Ojus not only enhances the functioning of body as well as mind and ability to do physical and mental activities and even contributes to immunity. Regimens which provide mental happiness and inner peace also enhance ojus. The inseparable relation between ojus and manas is quite evident from various Ayurvedic classics. Ojakshaya mentioned as susceptibility factor for unmada and is also responsible for psychological manifestation of physical disorders. Ojakshaya lakshana are elicited in most of the patients with manasaroga, as per clinical observation. Generalized anxiety disorder produces uncontrollable persistent worry about everyday events and is the most prevalent anxiety disorder in primary health care. It have been observed that most subjects with GAD is assessed is having ojakshaya lakshanas. They are also responding to drugs that enhances ojus such as Drakshadi kwatha, rasayanas such as aswagandha, bala, kalyanaka gritha etc This study is an attempt to assess the status of ojus in GAD. The assessment was done in 25 subjects with SOMA-Q, which is a validated questionnaire for assessment of status of ojus in manasaroga. The results will be highlighted in the paper.

Keywords: Ojus, GAD, SOMA-Q, Rasayana, Ojakshaya

Registration Code: ABOP 2474



EFFECT OF KALYNAKA GHATA WITH YOGA PROTOCOL IN PREMENSTRUAL DYSPHORIC DISORDER - A CASE SERIES

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Pre-menstrual dysphoric disorder (PMDD) is a severe and disabling form of Premenstrual syndromes (PMS) affecting 3-9% of menstruating women. It causes impairment in physical and psychological health and severe dysfunction in social or occupational areas. Several treatment options exist, including serotonergic antidepressant medications and oral contraceptives. In addition, other hormones that suppress ovulation, anxiolytics, cognitive therapy are also being tried. Several women reported weight gain, metabolic disorders and sexual dysfunction after long-term antidepressant and hormonal use. Ayurveda highlights the importance of menstrual cycle and explains the rithumathi charya so as to maintain optimum physical and mental health in such situations and to prevent one from moving on to PMDD or similar conditions. If one gets such a condition due to the imbalance of sareerika and manasika doshas, based on the severity and also the physical peculiarities as per the Ayurveda clinical examination, management including samana and even sodhana therapies are explained. Kalyānaka ghata, a formulation from Ayurvedic classics is used in conditions such as PMDD, as it is having an action on the reproductive, physical as well as psychological domains. Along with such medications, yoga therapy, other psychological supports, dietary regulations are observed as functional in PMDD. Such an intervention is capable of addressing the multifactorial causative factors contributing to PMDD. Yoga is an effective and acceptable approach to manage stress through downregulation of HPO axis and the sympathetic nervous system. In this case series three such cases who diagnosed with premenstrual dysphoric disorder aged between 18 and 40 years were responded to the selected protocol as per the assessments tools like-PSST, PMTS etc scales will be discussed.

Keywords: Premenstrual dysphoric disorder, Kalyānaka ghata, Yoga, Premenstrual symptoms

Registration Code: ABOP 2501



SIGNIFICANCE OF MEASURES FOR DEVELOPING POSITIVE MENTAL HEALTH IN CHILDHOOD STAGE

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Significance Of Measures for Developing Positive Mental Health in Childhood Stage. Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. Childhood Stage period- 6 to 12 years Children's Mental Health:- ~Factors affecting it:- 1)Social •Parenting Methodology • Family Culture and Beliefs • Neighbouring Surroundings • School Environment • Friend Circle These factors impact on a child's social skills. 2)Physical • Weight • Race • Gender -These affect the mental health due to differences and self consciousness of a child developed by the surroundings. It's Significance :- •Improved cognitive thinking ability. •Enhanced problem solving abilities •Quick Adaptation to the surroundings. •Positive approach towards tough situations. Impact of Negative Mental Health:- - Poor tolerance level to peer pressure, fear & anxiety - Poor cognitive abilities - Suicidal approach in teenage - Self harm practices other than suicide - Rajsik or Tamsik pravrittis which can even affect the psychomotor functions of a child, physical health etc Measures to promote positive mental health in children and raise awareness in society:- -Incorporation of Activities in schools by MHRD to develop cognitive abilities. - Counseling sessions in schools by professional psychologists - Ayurvedic approach:- • Practicing Sadvritta • Aahar-vihar • Meditation/ Yoga Purpose of Study:- 1. I myself as a kid suffered from difficulty in normal social interactions due to inferiority complex which needed psychological therapy for me to be like a normal child. Hence, I feel there is a need to raise awareness about importance of Mental Health of a child and to find measures to develop a positive and safe space for a child 2.To find Innovative Methods to Develop and preserve Positive Mental Health in children starting from early childhood.

Keywords: Mental health of children, Significance, Positive measures, Child psychology

Registration Code: ABOP 2555



DEVELOPMENT AND VALIDATION OF MANASA NIDANA ASSESSMENT TOOL IN KUSHTA

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Need of study Mental stress is identified as a potential risk factor for the causation and aggravation of diseases according to Acharya Charaka. 1 Diseases like kushta, svithra, pandu, agnimandhya etc have manasika nidana as an etiological factor. 2,3,4,5 There are no available tool to measure the etiological association of any of the manasika bhava in diseases yet. So an attempt is made to develop and validate a tool to identify the etiopathological role of manasika bhava associated with kushta roga and test its applicability in patients of Psoriasis. Tool development Process Type of instrument: Structured closed ended questionnaire Mode of rating: Self A comprehensive review of literature was conducted to discover the different manasika nidana explained in kushta roga dhikara in Brihat Thrayees, Laghu Thrayees, and Ayurvedic Samhitas. Every attribute was regarded as a separate variable and examined for its varied interpretations and applications in the Samhita, Nighantu, Vyakhyana, and commentaries. Operational definition for each manasika bhava was decided after discussion with experts in the field. Each manasika bhava was considered as a domain and items were generated for each domain to assess them. Steps of tool development were carried out for the development of questionnaire and it was named Manasa Bhava in Etiology of Kushta Questionnaire (MEKQ). Face and content validity of the tool was assessed with inputs of 20 experts. Item revision was done followed by pilot study in a group of 30 individuals. Administration of the tool was done in 100 patients of Psoriasis. Reliability assessment is done for Internal consistency (Homogeneity) using Cronbach's α and Test- Retest Reliability (Stability) as well as inter rater reliability. Statistical analysis was done using SPSS. A tool named Manasa Bhava in Etiology of Kushta Questionnaire (MEKQ) was developed and validated in ordinal scale in a valid and reliable manner for assessment of manasa bhava described in the etiology of kushta roga (Cronbach's α 0.893, N = 19). The tool contains 19 items in a five choice Likert scale format with the scores ranging from one to five.

Keywords: Manasa bhava, Kushta

Registration Code: ABOP 2597



SYNERGISTIC EFFECT OF SARPAGANDHA VATI AND BRAHMI TAILA SHIROBHYANGA IN THE MANAGEMENT OF CHRONIC INSOMNIA ASSOCIATED WITH PERIMENOPAUSE - A CASE REPORT

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Insomnia is a common worldwide sleep disorder. It is approximated that 10-15% of adults in the general world population suffer from chronic insomnia. Perimenopause, the transitional period to menopause in women, is associated with several symptoms, one amongst them being sleep disturbance. Statistically, 40-60% of premenopausal and perimenopausal woman suffer from chronic insomnia. Studies show that abnormal sleep patterns such as insomnia predict lower life expectancy and are more prone to affective disorders and substance abuse. Insomnia can be compared with Nidranasha in classical Ayurvedic texts. Nidranasha has been described in Sushruta Samhita as a condition where both Vata and Pitta Dosha increase pathologically, leading to Manasthapana Kshaya, or a reduction in mental stability. A 48-year-old female patient came to the OPD suffering from disturbed sleep for the past five years. The patient was diagnosed with chronic insomnia disorder as per the diagnostic criteria established in the ICSD-3rd Edition and was determined to be perimenopausal by vasomotor symptoms. The patient was given Shirobhyanga with Brahmi Taila and Sarpagandha Vati for seven days and the results were assessed with the Insomnia Severity Index and Pittsburgh Sleep Quality Index. During the course of the treatment, the patient reported falling asleep sooner, having uninterrupted sleep, and awakening feeling more refreshed. The before and after assessment was done with the ISI and PSQI scales which proved clinical significance. Clinical studies show that Sarpagandha Vati has significant effect in insomnia, as Sarpagandha itself is sedative. Phytochemical studies show that Brahmi and Yashtimadhu, the main ingredients of Brahmi Taila, contain flavonoids that induce a sedative and neurologically tranquilising effect, hence together they may have produced a synergistic action. There is further scope to conduct larger clinical trials to statistically evaluate this treatment for standardisation in the treatment of chronic insomnia.

Keywords: Nidra, Nidranasha, Menopause, Manasthapana

Registration Code: ABOP 2634



AYURVEDIC MANAGEMENT ALONG WITH COGNITIVE BEHAVIORAL THERAPY IN CONDUCT DISORDER

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Conduct disorder is characterized by a persistent and significant pattern of conduct, in which the basic rights of others are violated or rules of society are not followed. As listed in the DSM-V, symptoms typically include aggression to people and animals, destruction of property, deceitfulness or theft and serious violation of rules. The child or adolescent usually exhibits these behavior patterns in a variety of settings- at home, at school, and in social situations- and they cause significant impairment in his or her social, academic or occupational functioning. A 10 year old boy presented with lying, lack of concentration, skipping school, running away from home, sexual talks, stealing money, increased anger, disrespect towards elders and suicidal talks from last 4 years was admitted in Government Ayurveda research institute for mental health and hygiene, Kottakkal. Based on dosha predominance diagnosed as Vata-Pitha Unmada. Accordingly he was treated with Ayurvedic internal medication and procedures including virechana, shirodhara, snehapana, abhyanga, ushmasweda and pratimarsha nasya for 21 days along with 1 session of CBT. Conduct disorder rating scale parent version used to evaluate symptoms before and after treatment. Problems caused by him in school and home reduced from severe to mild. Internal medication continued for 3 months and monthly review was taken. On review his anger got reduced, going school regularly and did not runaway from home over night. This case report shows that conduct disorder can be treated effectively with ayurvedic management along with cognitive behavioral therapy.

Keywords: Ayurvedic management Conduct disorder

Registration Code: ABOP 2684



ODHANGA SNEHAPNA WITH MAHBHTARVA GH TA FOLLOWED BY VIRECANA IN SCHIZOPHRENIA AN UNCONTROLLED TRIAL

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Schizophrenia is a chronic mental disorder affecting almost 20 million people worldwide. Etiological factors are not fully identified but an interaction between genes and environmental factors operating prenatally and perinatally and psychosocial factors such as childhood social deprivation contribute to Schizophrenia. Antipsychotic medications are the mainstay of treatment but prolonged use produce many adverse effects. So newer treatment modalities have to be implemented for improving the quality of life of patients with Schizophrenia. Schizophrenia shows resemblance in symptoms with the condition Unmāda explained in our classics. One of the important treatment for Unmāda is Snehapāna. Mahābhūtarāva gh ta is a medicinal formulation which is used for the management of Unmāda. A scientific data is not available regarding its action. So the present study was selected to evaluate the efficacy in reducing the symptoms of Schizophrenia and also in improving the quality of life of Schizophrenia subjects. The role of Acetylcholinesterase inhibitors in the management of Schizophrenia is accepted. It has been reported that both nicotinic and muscarinic receptors play crucial roles in cognition and they may be considered potential therapeutic targets for new drugs designed to decrease cognitive deficits. So a study has been planned to assess the in vitro inhibition assessment Methodology 20 participants satisfying the diagnostic criteria of Schizophrenia were selected and the protocol including Snehapāna and Virecana was administered Result By assessing with PANSS Scale, all the domains except the domain grandiosity were statistically significant at p

Keywords: Schizophrenia, Unmāda, Mahābhūtarāvaghata, Snehapāna, Virechana

Registration Code: ABOP 2755



A VIEW ON NIDANA PANCHAKA OF SMRITI VIBHRAMSHA WITH SPECIAL REFERENCE TO DEMENTIA

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Smriti Vibhramsha refers to a state characterized by deviation from normalcy; this means either reduced /selective memory or total loss of memory. Smriti vibhramsha can be correlated with Dementia. There are an estimated 47.5 million dementia sufferers worldwide. One new case of dementia is diagnosed every 4 seconds. Dementia mostly affects older people but is not a normal part of aging. In Ayurveda, no specific disease entity is mentioned by the name of Smriti Vibhramsha. Hence, the objective of the study was to explore nidana panchaka of Smriti Vibhramsha with special reference to Dementia. As a result, roga pariksha of the disease can be done easily and hence management of the disease can be planned accordingly. Literary search was carried out by compiling and analyzing the concept of smriti and smriti vibhramsha w.s.r. to dementia. For this study, the basic and conceptual materials was collected from the Ayurvedic classics viz Brihatrayi, Laghutrayi and other classics with the available commentaries as well as various reference books were reviewed. Parts of modern medical literature, modern psychiatry and psychological literature, seminar proceedings, journals etc. were also reviewed. Vata dosha, helped by other two sharirik doshas and mansik doshas raja and tama, are responsible for the disease smriti vibhramsa with rasa, rakta dhatu and mana as dushya. Hridaya (buddhi niwas i.e. brain) is considered as the udbhava sthana of smriti vibhramsha and rasavaha strotas and manovaha strotas are the involved strotas in the disease. Nidana Panchaka has been considered as the Roga Pariksha of any disease. Smriti Vibhramsha can be properly examined and understood with the help of its Nidana Panchaka and the management of the disease can be planned accordingly.

Keywords: Smritikshaya, Alzheimer's disease, Buddhinaash, Mansika vikara, memory loss, Panchanidana

Registration Code: ABOP 2775

EFFICACY OF MAHPAIACIKA GHRTA AGAINST KMA GHRTA IN ATTENTION DEFICIT HYPERACTIVITY DISORDER A NON-INFERIORITY RANDOMIZED CONTROLLED TRIAL

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Attention -Deficit / Hyperactivity Disorder (ADHD) is the most commonly diagnosed childhood psychiatric disorder characterized by problems in paying attention and hyperactivity – impulsivity which is inappropriate for the age of the child. ADHD prevalence is estimated to be 5 % for the Indian pediatric population. In modern science the management of ADHD includes antipsychotics, psychostimulants and antidepressants. Continuous usage of these drugs in these age group may have adverse effects in their later life. Āyurvēda has many effective treatments for ADHD, among these Ghṛta preparations have an important role as Ghṛta is ideal for improving higher mental functions and especially beneficial for children. Hence to study the therapeutic effect on ADHD, the drug Mahāpaiśacika Ghṛta described in Ashtāṅghrdaya, was selected as trial drug. It is especially beneficial for children as it promotes buddhi, medha, smṛiti and physical health of the child. Kūśmāṇḍa Ghṛta described in Ashtāṅghrdaya, is also used to treat ADHD and a research work was conducted in this regard which showed positive results, so it was selected as control drug. Hence the present study is designed to evaluate the efficacy of Mahāpaiśacika Ghṛta against Kūśmāṇḍa Ghṛta in the management of ADHD. 22 participants satisfying the inclusion criteria were selected and randomly divided into two groups, In one group Mahāpaiśacika Ghṛta and in second group Kūśmāṇḍa Ghṛta in a dose of 10 ml twice daily 1 hour after food for 1 month were given. Assessments were done before treatment, at 16th day, 31st day and followed up after 15 days using Conners revised rating scale for ADHD. In the assessments both groups were found to be statistically significant in reducing all the symptoms, but on comparison, Mahāpaiśacika Ghṛta is found to be more significant than Kūśmāṇḍa Ghṛta in the management of Attention Deficit/ Hyperactivity Disorder.

Keywords: Attention – Deficit /Hyperactivity Disorder, Conner’s Revised Rating Scale, Mahāpaiśacika Ghṛta, Kūśmāṇḍa Ghṛta

Registration Code: ABOP 2809



SCOPE OF AYURVEDA IN WOMENS MENTAL HEALTH

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As per the Global prevalence of mental diseases, women are three times more likely to experience mental health problems. In India, Women had the highest frequency of mental illness, the probable reason being, biological or socio-cultural aspects. A series of anatomical and physiological changes are enduring in the life stages of women which contributes a considerable role in their mental health. Even though the world is fighting for equity and addressing this as a major concern, extra action is necessary so as to attain the expected outcome. Lack of proper awareness among society and an inadequate number of mental health professionals makes the situation worse. The objectives of the paper are to trace out the mental health issues of women and the scope of Ayurveda in addressing the same. Ayurveda has evidently explained the significance of mental health in the life stages of women and also the mode of its preservation. Descriptions of psychological aspects related to ritumaticharya, garbhini, and sutikaparicharya are explained in Ayurveda for the preservation of mental health in women and also for preventing conditions such as postpartum depression. Women-specific mental illnesses including yoshapasmara, gadodvega are being explained in Ayurvedic parlance with their management. In the current scenario, it is high time to promote Ayurvedic principles and interventions for promoting women's mental health. The ayurvedic approach of addressing the biopsychosocial components is also noteworthy in addressing mental health issues. The influence of the life stages of women will be given due consideration in management for a superior outcome. Therapeutic measures including panchakarma, rasayana, and satvavajaya chikitsa may be implemented for preventing as well as managing mental health issues in women and having future prospects. The details will be highlighted in the paper.

Keywords: Postpartum depression, Gadodwega, Voshapasmara, Ritumaticharya, Sutikaparicharya

Registration Code: ABOP 2844



AYURVEDA MANAGEMENT OF MAJOR DEPRESSIVE DISORDER AS KAPHAJA UNMADA

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MDD is chronic, episodic disorder with disturbance in mood, interest, cognition and vegetative symptoms. Vishada and avasada represents minor depressive episodes and MDD is Kaphaja Unmada. MDD is Kaphaja Unmada in severe cases and in mild cases to vishada and avasada. In severe cases, disequilibrium of Kapha pradhana tridosha and in mild cases Kapha vataja disequilibrium . Vishada is one of vataja natatmaja vikara. Manasika dusti is Tama pradhana raja dosha. Vishada is more in hina satwa purusha (C.S.Vi.8 th chapter -119 sloka). Symptoms include avasada (C.S.Su.16,25 chapter), vak , kaya . Presence of vishada aggravates co-existing disease (C.S.Su.25.40). Ayurveda considers depression as Kaphaja Unmada. In vataja , vataja unmada chikitsa is done. Presentation: sadness, worthlessness, helplessness, death wishes, disturbed sleep diagnosed as MDD as per DSM V criteria. Diagnosis - Kaphaja Unmada involving kapha-dominant vata tama dosha. Examination - inequilibrium of mana, buddhi , smruti , bhakti , sheela , chesta , achara . Incorporation of ayurvedic management for MDD and it's effectiveness. 1: Treatment protocol Yukti vypashraya , Satwawajaya , daiwivyapashraya . snehapana , virechana , sarvanga abhyanga , bashpa sweda , shirodhara , shiropichu , katibasti , satwawajaya daiwivyapashraya chikitsa. YUKI VYAPASHRAYA Panchakarma 1:Snehapana -Bramhighrita 2:Sarvangaabyanga Bashpasweda -Ksheerabalataila 3:Virechanam - Gandharvahastyadiernada taila with milk 4:Sarvangaabyanga, Bashpasweda-Ksheerabalataila 5:Shirodhara -Bala Ashwagandha tailam 6:Shiropichu-Balaashwagandhataila 7:Kati basti -Dhanwantarataila Shamana chikitsa - 1;Mahakalyanakaghrita , 2; Manasamitravataka , 3;Saraswatarishta 4;Aswagandha + JatamamsiKwatha 5;Saraswatachurna, 6;Unmadagajakesari rasa SATWA WAJAYA CHIKITSA 1:Manajnana 2:Manoprasadana 3:Manonigraha 4:Pratidwandwa 5:Aashwasanadi - santwana, dairya 6:Manavijanana DAIWA VYAPASHRAYA CHIKITSA Daiwivypashraya chikitsa - reading,chanting,thinking of God . Ayurveda protocol for MDD not only decreased kapha, vata and manodusti components, increased manabala by restructuring mana through chintya, vicharya, uhya, dheya, sankalpa , and buddhi leading to changes in bhakti, sheela, chesta and achara.

Keywords: Major Depressive Disorder (MDD), Kaphaja unmada, Panchakarma, Satwawajaya (Ayurveda psychotherapy)

Registration Code: ABOP 2846



AN OBSERVATIONAL STUDY ON THE PRACTICES OF MARSHA NASYA AND ITS EFFECT IN DEPRESSIVE DISORDER

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Depressive disorders are highly prevalent mental disorders characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-esteem, disturbed sleep or appetite, feelings of tiredness and poor concentration and in the severe cases it may lead to suicidal ideations and tendencies. Depression is a major contributor of the global burden of disease and affects people in all communities across the world. Depression is classified as mild, moderate and severe depending upon the types and number of symptoms present. In modern medicine, antidepressants are the prime choice of management in Depression but adverse effects are reported. Depressive disorder can be approached as Unmaada in Ayurveda, the management based on the clinical presentation. Marsha Nasya is being practiced in depression with several medicines such as Anuthaila, Vilwadi gulika, Ksheerabala thaila etc. and no validated data available. The study is planned with the objectives – • To record the existing practices of Marsha Nasya in depressive disorder during the study period. • To assess the effect of Marsha Nasya in depressive disorder. 10 participants satisfying ICD-10 diagnostic criteria of depression and fulfilling the inclusion criteria were selected. The data obtained were statistically analyzed on 0th day and on 8th day. Result While assessing with Hamilton's depression rating scale Marsha Nasya was found to be statistically significant at the level of < 0.01 in reducing the total score. Several types of Marsha Nasya is in practice in depression. Marsha Nasya is having a significant effect in reducing the signs and symptoms of Depressive disorder as a first line treatment.

Keywords: Depression, Marsha Nasya, Unmada, Ham D

Registration Code: ABOP 2866



TRICHOTILLOMANIA AN AYURVEDIC APPROACH A CASE REPORT

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Trichotillomania(TTM) (hair-pulling disorder) is characterized by the persistent and excessive pulling of one's own hair, resulting in noticeable hair loss. Hair pulling can occur in any area of the body where hair grows. The scalp is the most common area affected, It is a debilitating psychiatric condition characterized by the recurrent pulling out of one's own hair, leading to hair loss and functional impairment. In DSM5TR, TTM is kept under the category of "Obsessivecompulsive and related disorders." As there is no established treatment in contemporary medicine for TTM, many patients seek other interventions such as Ayurveda (traditional Indian system of medicine). There is no clarity regarding Ayurveda diagnosis and management of TTM. There is some similarity between Bhutonmada and TTM in terms of etiology, pathology, course and prognosis, and clinical features. Purpose To explore the effect of Ayurvedic management in TTM A 9 year old male child brought by his parents with complaint of bald patches on the both temporal area of his head due to pulling out his own hair for 1 year. The patient had been slow in learning things, increased anxiety, roaming around aimlessly with disturbed sleep and appetite. Methods Initially he was given medicines to manage his anxiety and regulate appetite. He was advised procedures having srothoshodhana and vatanulomana. After that,udwarthana, abhyanga,shashtika lepa, thalam, sirodhara, siro pichu and matra vasthi was done. The patient responded to the treatments and his symptoms reduced significantly. On discharge, he was advised to continue internal medicines. Approach of Ayurvedic treatment modalities showed more effect in Trichotillomania.

Keywords: Trichotillomania, Ayurveda, Bhutonmada

Registration Code: ABOP 2884



INFLUENCE OF SLEEP AND THE RELATED OUTCOME IN PSYCHIATRIC MANAGEMENT - AN OBSERVATIONAL STUDY

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Sleep is one of the most significant human behaviours, occupying roughly one-third of human life. It may appear to be a passive process, but in fact it can be associated with a high degree of brain activation that allows our body and mind to recharge, remain healthy, and stave off. However, nearly 70 million people suffer from sleep disorders, which can increase negative emotional responses to stress and decrease positive emotions. Sleep is considered an independent medical discipline, as disturbances can occur in almost all psychiatric illnesses and are often part of diagnostic criteria. Insomnia which can be a symptom of psychiatric disorders like anxiety and depression, can worsen the condition. Those with mental health disorders are more likely to experience chronic sleep problems, which exacerbate psychiatric symptoms, pointing to a preventive and curative effect of sleep in psychiatric disorders. A study shows people with insomnia are 10–17 times more likely to experience clinically significant levels of depression and anxiety. Conventional medications for insomnia share risks related to depressant effects, highlighting the importance of alternative and complementary medicines. In Ayurveda, nidra is one of the trayaupastasbhas, which, if altered, may result in illness. Ayurveda elaborates a wide array of treatment modalities, which include specific treatment procedures like śiroabhyanga, śirodhāra, Śirolepa, padābhyanga, etc., mānasikaupacāra like relaxation, etc. Yoga is a multicomponent practice that consists of physical activity associated with specific postures, breathing exercises, and a specific philosophical attitude towards life, which also marks the scope of a non-pharmacological approach to sleep disturbances. The study, involving 10 patients with a primary diagnosis of psychiatric disorder based on DSM-5 criteria, assessed the changes using the insomnia severity index, and the outcomes of the psychiatric management were observed. Results showed that improved sleep led to improved disease management outcomes.

Keywords: Sleep, Ayurveda, Yoga, insomnia severity index, preventive, curative

Registration Code: ABOP 2887



MILLETS AS NUTRITIONAL ALLIES EXPLORING THEIR POTENTIAL IN MANAGING MENTAL DISORDERS

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Dietary integration in non-communicable disorders, the International Year of Millets, and continuous discussions about the return of millets to dietary cuisines have contemplated exploring other therapeutic potentials of these tiny grains. Kudhanya or Millets have garnered increasing attention for their nutritional value and diverse health benefits. This abstract delves into the possible connections between millets and mental health, shedding light on their potential to contribute to managing mental disorders. This research article extensively reviews classical texts of Ayurveda, clinical studies, and experimental data related to millets, their nutritional composition, and their potential impact on mental health. Articles, research papers, and studies published in reputable journals were analysed to assess the emerging evidence supporting the hypothesis. Millets are renowned for their impressive nutritional content, which includes abundant complex carbohydrates, dietary fiber, essential vitamins, minerals, and bioactive compounds. This nutritional composition has been linked to promote brain health, improve cognitive function, and potentially aid in managing various mental disorders. The outcomes of recent studies on millets are the ability to stabilize blood sugar levels, regulate neurotransmitter function, and mitigate oxidative stress. These emerging findings propose that millets could play a significant role in promoting mental health and potentially offer benefits for individuals dealing with mental health challenges. The nutritional value of millets, with their potential to positively influence various physiological processes related to mental health, warrants more extensive investigations. Millets hold promise as nutritional allies in the broader context of holistic approaches to achieve mental well-being. This research opens the door to further exploration and potential dietary interventions in mental disorder management.

Keywords: Millets, Kudhanya, Ayurveda, Mental disorders, Holistic

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INTERNET GAMING DISORDER

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Internet gaming disorder also called internet gaming addiction is having increased prevalence in this era. It is included in DSM 5 and ICD 11 classification of diseases. Gaming addiction like any other addiction develops due to the alteration in reward and antireward system of brain. The progression of gaming addiction can be included in 3stages with increasing severity. It can cause various symptoms even in the physical level. Withdrawal symptoms can be developed during abstinence. Online gaming commission of India regulate the action of all gaming websites in India. It is bound with concept of Prajnaparadha and Asathmya indriyarthasamyoga in Ayurveda. Pharmacological treatment and rehabilitation play a vital role. Treatment should plan considering the dosha predominance, age and general condition of the patient. Need to develop a combined management approach (stage wise) including both pharmacological and nonpharmacological methods in ayurveda.

Keywords: Internet gaming disorder, IGD, online gaming commission, Prajnaparadha, reward system, Shodhana

Registration Code: ABOP 3026



AYURVEDA MANAGEMENT OF VASCULAR DEMENTIA - A CASE REPORT

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Neuro-cognitive disorders are by cerebral disease, brain injury or insults leading to cerebral dysfunction. Dementia is a progressive impairment of cognitive function. Prevalence of dementia increases with age and around 5% above the age group of 65 years. The symptoms of dementia are cognitive impairment, behavioral and psychological symptoms and focal neurological signs and symptoms. About 15% of dementia are reversible. Causes of reversible dementia are neurosurgical conditions, infectious causes, metabolic causes etc. Vascular dementia is the second most common type accounts for 15% - 30% of dementia globally. Multiple cerebral infarction are seen and resulting progressive deterioration of brain functions. Conventional management of Vascular dementia is treatment of hypertension, hyperlipidemia, prevention of blood clot and further stroke. No conventional treatments available for repairing the damaged brain cells once it happened. Purpose of this study is to analyse the effect of Ayurveda management for vascular dementia. Dementia can be compared with Smriti vibhramsa in Ayurveda. A 69 year male patient, admitted in the IPD of Government Ayurveda Research Institute of Mental Health and Hygiene (GARIM) presented with difficulty to memorize names of people, places and household utensils, slow speech, increased anger and worry about minor matters. Duration of illness was 4 years. Course was progressive. He was on allopathic medication. Neuro imaging evidences suggested severe micro angiopathic changes in brain. Shodhana, Samana and Medhya rasayana treatments were given. Initial assessment score of MMSE was 17. Improvements noticed in various domains of MMSE. Assessment score after one month treatment and follow up after 2 months were 22. The result illustrate effect of Ayurveda management of Vascular dementia.

Keywords: Vascular dementia, Ayurveda, Smriti vibhramsa , Samana, Sodhana, Medhya rasayana

Registration Code: ABOP 3178



ANXIETY DISORDERS IN CHILDREN AND ADOLESCENTS

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Anxiety refers to the brain's response to danger, stimuli that an organism will actively attempt to avoid. However pathological anxiety at any age can be characterized by persisting or extensive degrees of anxiety and avoidance associated with subjective distress or impairment. It is considered the most common psychological disorder of childhood and adolescence. The development of the disease has the potential for its persistence and considerable developmental, psycho-social, and psycho-pathological complications. However, as serious as the problem is, one of the interventions for anxiety with substantial evidence of efficacy was Cognitive Behaviour Therapy (CBT). But even CBT for anxiety in children and adolescents generally requires them to engage in rather complex cognitive skills, which may not have developed in them. In a study that's been conducted on school-going children, we have observed that, in the majority of children which included both adolescents and pre-adolescents, those who had severe anxiety were mostly found to be having vata pitha sareera prakrithi and rajasa and thamasa satva praktithi. This is in accordance with the proven fact that genetic, neurobiological and temperamental factors influence the development of anxiety disorders and be considered and incorporated in treatment aspects. Such a line of therapy can very well be advocated through Ayurveda, by understanding the regimens, academics, learning capabilities, memory, and mental constitution of each student through an individualistic approach and thus giving the corresponding therapy. The prospects of satvavajaya chikitsa that mainly includes vismapana, vismarana, harsha, samadhi, jnanapradhanam should be reviewed in frames of specificity, accuracy and efficacy to treat this disease entity in ayurvedic perspective. It is worth attempting as there aren't many efficient treatment approaches available in modern science. So the possibilities of understanding and treating anxiety disorders in children in Ayurvedic perspective should be properly considered.

Keywords: Anxiety disorders, Ayurveda

Registration Code: ABPO 1424



MENTAL HEALTH A CONTEMPORARY UNDERSTANDING AND MANAGEMENT

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The perfect balance of mind, body and soul is considered as a complete health in ayurveda. Even W. H. O had given equal importance to mental health for a well being of an individual. Mental health is not mere absence of any mental disorder, it is experienced differently for different individuals. Mental health is a state of mental well-being that enables people to cope up with stress of life , realize their abilities and contribute to the community. Looking forward to the future, mental well-being is necessary for successful life which reflects on our capabilities and failings to abandon our fear and adopt holistic change. According to Ayurveda, sadaka pitta and prana vata controls the functions of movements, process of thoughts and perception of things through sense organs which help in distinguish between good and evil. This can be only attained through smooth functioning of mind. Improper interaction between the senses and goals leads to disturbances in their mental health. Mental health has an intrinsic and instrumental value and integral to the well-being. The proper mental health management can be achieved through peer group support, regular exercise, proper nutrition and paying attention to our spiritual likes. Traditional medicine practices like yoga, meditation ,recitation of the holy chants mantras and prayers.

Keywords: Mental health, dDadaka pitta, Yoga and meditation.

Registration Code: ABPO 1467



FEMININE MIND AND ITS CONCEPT

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The feminine mind is more complex than the masculine mind but as a result, possesses a greater tendency towards instability. The feminine mind is a complex system of emotions, hormones, and neurons. Ayurveda considers the mind as solitary and minute. A) to understand the workings of the feminine mind and its effects on the body and vice versa. B) to cure and find methods and ways to prevent somatic and psychosomatic disorders. A) classical texts B) modern research papers C) psychology Results:- The ancient Ayurveda texts show that the formation of the universe takes place due to the masculine mind and feminine mind which are the purush and the prakruti respectively. The mind and the body are interwoven and the characteristics of the mind are exhibited in the body. The concept of the feminine mind and the masculine mind is interrelated and the formation of the universe and its entities takes place due to them. This shows that the feminine mind is just as responsible as the masculine mind for the formation of a human and its working. The happiness of an individual depends on the human's ability to comprehend both cognition as well as emotions.

Keywords: Feminine, Masculine, Prakriti, Purush, Universe

Registration Code: ABPO 1581



ROLE OF GUT-BRAIN AXIS IN MENTAL HEALTH

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Mental health disorders are increasing worldwide, which have a substantial effect on all areas of life including work performance, scholastic performance and social relationships. There has been a 13 % rise in mental health conditions and substance use disorders in last decade. World's burden of mental health is huge with one in every eight people in world live with a mental disorder, but is least among the diseases addressed in the society. Even though exact cause of most of the mental illness are unknown, biological, psychological and environmental factors together attribute to the causation. Genetic factors, exposure to environmental stressors, inflammatory conditions, toxins, drugs, impaired neuronal networks and neuro-endocrine balance may result in mental illness. Recent studies have established role of microbiota in development and maturation of brain systems which are associated with stress responses. Gut-brain axis is a bidirectional communication network linking the enteric and central nervous systems. This network includes anatomical, endocrine, humoral, metabolic, and immune routes of communication. This gut -brain axis allows the brain to influence intestinal activities, activity of functional immune effector cells; and the gut to influence the mental health. Concept of Agni is very important in planning of treatment in Ayurveda. Agni plays an important role in maintenance of health. When Agni is vitiated, it may bring several diseases including physical and mental abnormalities. Role of Agni in Manasikaroga are least studied and implemented in clinical practices. Manovikara have been explained in the context of Udavarta in Trimarmeyya chikitsa in Charaka samhitha. Understanding role of gut brain axis and Agni in the pathophysiology of psychiatric diseases help in better understanding and management of psychiatric disorders.

Keywords: Gut-brain axis, Ayurveda, Agni, Mental health

Registration Code: ABPO 1761



REVIVING INSOMNIA TREATMENT IN AYURVEDA - A COMPREHENSIVE LITERATURE REVIEW

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Sleep is crucial for both physical and cognitive well-being. Prolonged sleep deprivation can lead to various mental health issues, including mood disorders and an increased risk of conditions like bipolar disorders. Additionally, poor sleep is linked to physical ailments such as heart disease and type 2 diabetes. While conventional sleeping pills have associated risks and side effects, Ayurveda provides a holistic approach to treating insomnia, focusing on the importance of Nidra (sleep) for overall health. Ayurvedic principles address sleep as one of the 13 Adharaniyavegas and one of the Trayopasthamba. Ayurvedic treatments encompass single herbs, formulations, shodhana, and local external interventions, aligning with the principles of general Bhrimhana chikitsa. These scientific papers and Ayurveda texts were retrieved from various sources, including PubMed, SCOPUS, Laghutrayee, Bhrihatrayee, and e Nighantus. The review underscores the critical role of sleep in maintaining cognitive function, emotional regulation, and overall well-being. While highlighting the adverse consequences of chronic sleep deprivation, it emphasizes the need for effective interventions. In this context, the resurgence of Ayurvedic treatments provides a holistic and natural alternative for managing insomnia, promoting a comprehensive understanding of the role of Nidra in preserving physical and mental health. This literature review offers valuable insights into the resurgence of Ayurvedic treatments for insomnia, emphasizing the need to incorporate Ayurvedic principles and practices in the management of sleep disorders. Ayurvedic treatments, including herbal remedies like *Withania somnifera*, *Nardostachys chinensis*, *Batalin* and *Tagara*, represent a potential, natural, and safer alternative to conventional pharmacological interventions. The need for further research and clinical studies to validate the efficacy and safety of Ayurvedic treatments is highlighted, aiming to contribute to the development of comprehensive approaches to address the global burden of insomnia and its associated health implications.

Keywords: Nidra, Shirodhara, Abhyanga, *Withania somnifera*, Insomnia, Sleep.

Registration Code: ABPO 1803



MENTAL WELL-BEING THROUGH AYURVEDA TRADITIONAL APPROACHES TO MODERN CHALLENGES

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Mental health represents a state of psychological equilibrium, allowing individuals to navigate life's challenges, recognize their potential, excel in learning and work, and make meaningful contributions to society. Mental health conditions range from mental disorders and psychosocial disabilities to various emotional states characterized by significant distress, reduced functioning, or potential self-harm. In 2017, 197.3 million Indians, constituting 14.3% of the total population, were affected by mental disorders. By 2019, around 970 million people worldwide, equivalent to one in eight individuals, suffered from a mental disorder. Despite several policies and initiatives targeting the prevention and treatment of mental health issues, society still wrestles with this profound health challenge. Prioritizing mental well-being is essential for comprehensive health and vitality. According to Ayurveda, an imbalance in the Tridoshas and Trigunas of the mind can be traced back to various causative factors. Profound experiences of negative emotions such as shoka (sorrow), krodha (anger), chinta (excessive worry), kama (lust), lobha (greed), moha (delusion), irshya (jealousy), abhimana (pride), mada (euphoria), and bhaya (fear) can notably upset mental health balance. This study explores into the Ayurvedic perspective on mental health, focusing on its principles for preventing and managing mental illness. Materials related to mental health were sourced from the WHO and other reputable websites, while Ayurvedic aspects were extracted from Samhitas and their commentaries. In Ayurveda, treating mental illness encompasses the integration of Gyana (knowledge and wisdom), Vigyana (scientific understanding), Dhairya (patience and resilience), Smriti (memory and recollection), and Samadhi (focused concentration). Several methods are employed for management, such as Satwaavajaya, which aims to eliminate the mind's attachment to negative influences. Other practices include Mantras (chanting of hymns), Homa (Yajna), Niyama (regulations), Prayascita (acts of atonement), and Upavasa (fasting). Additionally, various Panchakarma procedures like shirodhara, vamana, virechana, and sirovirechana are used.

Keywords: Ayurveda, Mental health, Satwaavajaya

Registration Code: ABPO1809



CORRELATION OF PSYCHOSOMATIC DISORDER WITH MANOVIKAR

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Ayurveda focuses on inner healing of body with mind and soul to live peacefully and happily. The three doshas, Vata, Pitta, and Kapha, are considered the pillars of the body. When these doshas become imbalanced, it can lead to various disorders, affecting both the body and mind. In the context of Generation Alpha, there is a growing need to address psychosomatic disorders and promote a healthy lifestyle. By understanding the concept of tranquility and striving for a balanced body and mind, individuals can efficiently carry out daily activities and live a calm life. This, in turn, can contribute to their success and overall well-being. This article discusses the correlation between Vataj Unmada and Attention Deficit Hyperactivity Disorder (ADHD). Both of these conditions share a common factor, which is an increase in Vata leading to neurobehavioral disorders. In Ayurveda, Vata is associated with the overall movement in the body, similar to the central nervous system in modern medicine. The main symptoms of ADHD, such as inattentiveness, hyperactivity, and impulsivity, are believed to be rooted in Vata imbalance. While modern medicine can be effective in treating ADHD, it often comes with severe side effects. Ayurveda, on the other hand, takes a holistic approach to treatment. Nowadays, many people are relying on medication to manage their symptoms, but a clearcut solution is not yet available in allopathy, except for the dopaminergic theory. Ayurveda offers various Panchakarma therapies, including oleation therapies, Shirodhara, and Shiropichu, which have shown promising results in rejuvenating patients and treating their ailments effectively. Ayurveda Acharyas Sushruta, Charaka, and Vagbhata have provided valuable insights into various aspects of Ayurveda. They have mentioned the benefits of specific oils and ghee formulations, such as Panchendriya Vivardhan Oil, Mahakalyanaka Ghrita, and Hingawadi Ghrita. These formulations are believed to have therapeutic properties and can be used for promoting well-being in different ways.

Keywords: Generation alpha, Vata, Oleation, Shirodhara, Shiropichu, Formulations

Registration Code: ABPO 1912



MANAGEMENT OF KAPHAJA UNMADA - A CASE REPORT

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In Ayurvedic literature Unmada represents broad classes of mental deformities. It is considered as the perversion of Manas, Budhi and Smrithi. In our classical text various treatment protocols are mentioned to treat mental disorders. Although these methods have been in practice for several years, but we need systematic evidence. Thus, this is an attempt to illustrate the effective ayurvedic management of Kaphaja Unmada through a case study by using scientific assessing parameters. This is the case of 20 years old female patient presented with less interest in doing daily activities, difficulty in communicating with others, uncomfortable in crowd with family and friends, tensed on her works since 1 ½ months. Diagnosis was done by using ayurvedic as well as modern parameters. Mental status examination was done by using Hamilton Depression Rating Scale (HDRS). The management was a combination of modalities including Sadyasnehana, Virechana, Nasya, Vasthi and Samana Aushadhi for 17 days. The treatment modalities were found to be effective in the depressive symptoms. And the HDRS score reduced from 36 to 21 at the middle of the treatment and finally reaches to 3

Keywords: Kaphaja Unmada, HDRS, Kalyanagritham, Hapushadi ksheeravasthi

Registration Code: ABPO 1946



AYURVEDIC VIEW OF CLINICAL DEPRESSION WITH RESPECT TO KAPHAJA UNMADA

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Everyone experiences sadness and unhappiness at some point in their lives. Clinical depression, however, is more intense and of longer duration than typical sadness or grief, which interferes with a person's ability to engage in daily activities. The symptoms of depression can include, loss of interest or pleasure in previously enjoyable activities, major changes in appetite (either significantly increased or reduced), sleep problems (sleeping too much or too little), fatigue, a feeling of worthlessness or hopelessness, problems with concentration and decision making and thoughts of suicide. Depression has a greater impact on community than many physical illnesses. It is the leading cause of disability worldwide, and is a major contributor to the overall global burden of disease. Ayurveda provides rational means for the treatment of many physical and mental disorders which are considered to be obstinate and incurable in other systems of medicine. In Ayurveda perspective, majority of psychiatric illness falls in to the huge umbrella of UNMADA. Unmada has been explained by all Acharyas as separate chapter or entity owing to its importance. Among classification of Unmada, kaphaja unmada shares features similar to of clinical depression. So this is an attempt to explain clinical depression with respect to kaphaja unmada.

Keywords: Clinical depression, Unmada, Kaphaja unmada

Registration Code: ABPO 1989



DEPRESSION AN AYURVEDIC OUTLOOK

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Depression is a major health problem and an important public health challenge worldwide. depression is widespread problem but it often remains unrecognized or untreated because of wrong belief of no treatment. Depression is a mental and emotional disorder effecting older adults. In India elderly person constitutes 8.6% of the total population (India census 2011), which is projected to reach 19% by 20501. Thus depression among elderly population is likely to be a major cause of disease burden in the future due to increased high risk of morbidity, decreased physical, cognitive and social functioning and greater self, negligence result in depression. Through this paper I want to attract one's thought towards our most important part of society, root of family, old one's depression problems which is most of the time wrongly identified by the families and older peoples. Stigma attached to mental illness and psychiatric treatment is even more powerful among older peoples. Through this work I want to overrule this stigma.

Keywords: Depression, Pathophysiology, Counselling, Rasayana, Yoga

Registration Code: ABPO 2044



MOUNA VRATHA - A PRACTICE OF DOPAMINE DETOX TO ROOT OUT ADDICTIONS

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Since ancient times, personal and social practices, in the name of 'Vrata' were prevalent. One of the most common and effective practice is to hold and control the verbal eloquence named as "Mauna Vrata". Even the religion of this continent was very scientific where a vrata was recommended as Mauni Amavasya on no moon day. According to quantum physics everything in universe is either energy or mass and energy moves in the form of bundles or packets, knowing this, sages called Sanskrit alphabets as 'Akshara' means undestroyable, speech was considered as highest cutting tool both personally and socially and Mauna vrata is a scientific instrument to control, maintain and direct a Human's speech energy to attain specific goal. Of late this practice lost value due to changing life style. Stress is universal hence immediate gratification is inevitable. Dopamine, stated as happy hormone, influences various physical to mental factors, key reason for instant happiness. To toss out day-to-day stress, one is adhered to social medias, junks, sugary foods to experience immediate sensory gratification, further leading to addiction, hindering long-term well-being. Dopamine Detox is more prevalent these days to overcome addiction, which directs dopamine production in a natural way. Deaddiction is a tedious process, where one loses physical, psychological, social and economic strength. Practice of Mauna acts as gradual de-addictive regimen if practiced precisely. It's cost effective and not hectic. Literature review from different ancient texts, scholarly articles, research databases. Practice of Mauna causes self-realization and self-actualization, acting as potent de-addictive, promoting natural way of dopamine secretion. Mechanism behind modernized term dopamine detox is same as Mauna Vrata. This technique can be incorporated in psychotherapy as a part of counselling, helping individual self-exploration, better decision making and getting rid of addictions.

Keywords: Mauna Vrata, Dopamine detox, Deaddiction

Registration Code: ABPO 2100



EFFICACY STUDY OF BRAHMI KALPA BACOPA MONNEIRIE IN MANAGEMENT OF ADHD -PILOT STUDY

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As ADHD is one of the leading concern in the society, especially among children, to come out with pediatric friendly medicine to pacify the syndrome is need of time. The concerned study is an attempt made to find out if brahmi kalpa shows efficacy in ADHD among children. Methodology: literature study, Kalpa preparation, pilot study in children with consent of their parents. Brahmi kalpa consumption shows tapering down of symptoms often find in ADHD. The concentration time seemed to be prolonged. ADHD can be considered as vataja mano- vighatakara vyadhi. Hence brahmi is drug of choice as it is medhya rasayana and also pacifies vata. As the medicine is to be given to pediatric patients, the ' kalpa ' kalpana was used. Madhur rasa again works as Vata shamak. There was significant raise in concentration amongst the patients. Data is represented suitably.

Keywords: ADHD, Brahmi kalpa

Registration Code: ABPO2208



ROLE OF SPARSHNENDRIYA IN THE MANAGEMENT OF MENTAL HEALTH DISORDERS

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The definition of Swastha(health) given in Ayurveda pays a holistic approach to both physical as well as mental well-being of an individual which can be thoroughly appreciated by the Samvayi Sambandh (interrelationship) of Sparshnendriya and Manas. Additionally, there are two sorts of Sparsh—Manas and Indriya that approaches the manifestation of Sukh and Dukh from a comprehensive perspective in a person's life as a result establishing a link between external and internal environment. Various Ayurvedic Samhita, Pubmed articles, reference textbooks and internet resources were studied. The Ayurvedic literature go into great depth on the origin, classification, pathology, and treatment of Mansik Vikara. Lifestyle changes incorporated with applied aspects of Sparshnendriya through specialized Ayurvedic treatments such as Sirodhara, Shiorpichu, Abhyanga, Lepam and Sadvrita (good conduct/ethical regimen for balanced state), are useful in management of Mansik Vikara (mental health disorder). With the aid of Sparshnendriya, Manas pervades the entire body. Deterioration of Manas Karma is therefore indicated by any interruption in Sparshnendriya function. Therefore the best way to reach Manas is via Twak (Skin), where the Sparshnendriya resides and this is how the Sparshnendriya acts as a conduit to build a balance in order to sustain mental harmony inside the body.

Keywords: Ayurveda, Manas, Mansik Vikara , Mental Health Disorder, Sparshnendriya, Twak

Registration Code: ABPO 2243



ROLE OF TRAYOPASTAMBHA IN MENTAL HEALTH

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Mental Health is a prime health component that is very much necessary in present scenario. It is estimated that 6-7% of population suffers from mental disorders. Here comes the relevance of preventive aspects of mental health. In Ayurveda, Trayopastambha follow this principle which includes Ahara, Nidra and Brahmacharya. Trayopastambha is a basic tool which helps in prevention of mental illness. “Purity of mind comes from purity of food”. Here comes the importance of Ahara in mental health. Ahara adhering to the principle of Dinacharya, Ritucharya, Sadvritta helps to maintain a healthy mind. Dinacharya deals with the food habits to be followed. Pathya Ahara is explained in Ritucharya. Ayurvedic dietetics regulation described under Sadvritta. Nidra (2nd pillar) which is the key element for physical and mental health. In current situation many people are the victim of sleep disorder. Ayurveda explains daily regimen and seasonal regimen to be followed which comes under Dinacharya and Ritucharya as a preventive aspects. Dinacharya includes Brahma Muhurta, Nidra being a Adharaneeya Vega, and also indication of Abhyanga in Nidra. Sadvritta includes the things to be followed to have a good sleep. Brahmacharya which is the 3rd pillar also help in promoting the mental health. Brahmacharya is attained through Shareera Shuddhi and Manasika Shuddhi. Trayopastambha adhering to the principles of Dinacharya, Ritucharya, Sadvritta play a vital role in attaining positive mental health.

Keywords: Ahara, Nidra, Brahmacharya, Dinacharya, Ritucharya, Sadvritta

Registration Code: ABPO 2283



SATVAVAJAYA CHIKITSA -AN UNEXPLORED AREA IN PSYCHIATRY

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Health is defined as, a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity. The modern world is witnessing millions of psychological or mental health issues on daily basis which eventually result in manifestation of physical diseases. To overcome these issues Ayurveda explains The Satvavajaya Chikitsa as an efficient method and ensures a stable mental health. ‘The Manas’ which is considered as the Bhava Padartha and is responsible for perception of knowledge plays an important role in this mode of treatment. This paper is an attempt to explore the unexplored areas of psychiatry in Ayurveda and to find out a simple means to overcome psychological issues. It is observed that psychological disorders are at its peak among the age group of 20 to 45 years. Lack of psychological knowledge, ignorance by parents or guardians, carrier related mental pressure, etc are causes of these psychological disorders. Hence, with increasing mental health related issues in today’s world, it is very important to explore more efficient means of treatment. This study will help to dig out ancient methods explained by Acharyas to overcome psychological disorders and can be an asset to explore Ayurvedic psychiatry. This study will allow to understand the importance and efficiency of The Satvavajaya Chikitsa explained in Ayurveda in dealing with the modern psychological disorders, understanding its severity and guiding the modern world to accept Ayurveda as a means of achieving better mental health.

Keywords: Ayurveda, Psychological, Mental, Treatment, Health, World.

Registration Code: ABPO 2298



BURNOUT THE SECRET TO UNLOCK THE STRESS CYCLE IN WOMEN

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Purpose is for shaping our personality, overall mental wellbeing and for improving the quality of life. Mindfulness and meditation, physical activity, nutrition, social connections and stress management used .Peaceful mental health is not the absence of all negative emotions but rather the ability to navigate them with resilience, acceptance, and a sense of inner peace. Mind is a complex and multifaceted aspect of human consciousness. Mental health plays a vital role in our wellbeing. It is just as important as our physical health and as a result, heavily influences our quality of life. Those who are struggling with their mental health are more likely to experience relationship changes, physical health issues and disruptions in their long term goals. It is extremely important to address this, support them and provide treatment. Contemporary methods to maintain mental health focus on holistic well-being. Regular physical exercise, like yoga and mindfulness, reduces stress and enhances mental clarity. Technology plays a role, with mental health apps offering tools for relaxation and stress management. Seeking therapy, including online options, helps individuals address specific concerns. Nutrition plays a vital role; a balanced diet supports both physical and mental health. Adequate sleep and relaxation techniques improve mood and cognitive function. Social connections are crucial; spending time with supportive friends and family fosters emotional resilience. Mindfulness practices, such as meditation, promote self-awareness and reduce anxiety. Setting boundaries, managing time effectively, and engaging in hobbies create a sense of control and purpose. Finally, staying informed about mental health, combating stigma, and encouraging open conversations contribute to a supportive societal environment, ensuring that mental well-being remains a priority.

Keywords: Women 's mental health, Yoshapasmara chikitsa, Hysteria or conversion disorder, Sress

Registration Code: ABPO 2323



MARMA POINTS FOR MENTAL RELAXATION A COHORT OF 10 CASES

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In an era characterized by heightened anxiety and stress, the activation of vital energy points known as Marma points offers a promising protocol for soothing the mind. This method can serve as an invaluable tool for providing instant relaxation and aiding individuals in quickly returning to their daily routines. Adults of both sexes included. Exclusion Criteria: Patients experiencing fever Females during their menstrual periods Patients diagnosed with established psychiatric disorders such as schizophrenia Individuals under the influence of alcohol or drugs The patients were on an empty stomach, lying on their backs with their eyes closed. The practitioner was a trained doctor who has undergone a workshop to acquire precise knowledge of the anatomical location of Marma points and has received training on simulated patients. The Marma points, spanning from head to toe, are gently stimulated to activate them. Each Marma point should be stimulated for approximately 30-45 seconds, while midline Marmas can be activated through gentle rotation for a maximum of 20 seconds. The patients reported experiencing profound relaxation. Recent afflictions like sprain, produced immediate effect, while cases like back pain due to disc prolapse gave temporary benefit. There were no side effects, or exacerbation of present illness. The general Marma protocol, when applied, facilitates the opening of srothas and the smooth flow of prana, ultimately creating a heightened sense of well-being. Although the effects may be temporary in the case of established illnesses, incorporating this approach into treatment protocols can enhance compliance and treatment adherence. This study solely relied on subjective assessments of the mental state. To enhance the generalizability and practical application of these findings, future research should consider the incorporation of scoring scales for anxiety and depression, with the inclusion of a larger number of patients.

Keywords: Marma, Mind, Stress

Registration Code: ABPO 2352



ROLE OF SADVRUTHA PALANA IN PREVENTIVE PSYCHIATRY

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Sadvrutha comprises personal, social, interpersonal, occupational and spiritual ethics ensuring a healthy living that fulfils maintenance of positive health and control sense faculties. While rasayana is regarded as the ultimate therapy to attain healthy body with longevity, sadvrutha palana ensures a healthy mind along with it. Sadvrutha incorporates regimens which are useful in multidimensional personality development. When they are followed by anyone they tends to make person's life blissful as they improves the behaviours, cognitions, attitude, emotions and intellect of a person in the best possible way. The concepts of achara rasayana, sadvrutha and satwavachaya have great influence on the psycho-endo-neuro-immunology of the body. Sadvrutha boosts satva guna which is the key factor in reducing stress, anxiety, depression and other psycho somatic diseases. Sadvrutha helps in not only for a healthy mental status but also as a part of preventive psychiatry. The behavioral conducts are the effective preventive principles for psychological disorders especially at primary prevention levels. In diagnosed cases it helps in betterment and rehabilitation to lead a normal life and thus it helps in tertiary level by reducing the sequel. In a study done by Nunes R, Duarte I, Santos C et al on education for values and bioethics concluded that developing individual's personal values have impact on academic achievement. Also develop tolerance, social justice, open-mindedness, empathy and deep respect for others. Realizing values and adopting and displaying them as one's personality is associated with education values education must be given a greater emphasis. Sadvrutha plays key role in the maintenance of mental health and prevention of disease. Applicable to all age groups, at all times and at all places it plays important role in personal cleanliness of body and mind.

Keywords: Sadvrutha, Preventive psychiatry, Ayurveda, Value education

Registration Code: ABPO 2414



PATHOPHYSIOLOGY OF PSYCHO SOMATIC DISORDERS ,EMOTIONAL DYSREGULATION ,ALLOSTATIC IMBALANCES AND PREVENTIVE MENTAL HEALTH THROUGH AYURVEDA

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The role of emotions in the social well-being and their impact on physical and mental health has been a great concern in recent times. The physiological changes during the emotional responses and their after effects have been studied in detail. But, when it comes to its psychological and psychosocial explanations, the knowledge gap in the modern medical literature is evident. Present literature research aims to examine different models of emotion regulation according to modern science, Ayurvedic reasons for mental disequilibrium and ways to prevent the incidence of mental disequilibrium. Allostasis is homeostasis of mind. Allostasis-adaptation involves nervous, endocrine and immune systems. The allostasis- adaptation has three stages that include acute stress response which activates stress hormones, long-term response mediated by HPA axis that releases glucocorticoids that results in the secondary outcomes which include changes in metabolic (e.g. insulin, glucose, total cholesterol, triglycerides), cardiovascular (blood pressure) and immune systems (e.g. C-reactive protein, fibrinogen) and tertiary outcomes like poor health, cognitive decline, cellular aging and eventually death. According to Ayurveda , many emotions are depicted as a cause of dosha imbalance. Bhaya and vishada evokes vaata and krodha evokes pitta. Psychological factors are described as aetiology in many somatic diseases. Eg: kamajajwara, bhayaatisara,sokatisara , kushta etc. The basic concept of emotional equilibrium revolves around the mechanisms to reinforce positive emotions and restrain from negative emotions. The application of Ayurvedic principles of dharaneeya vegas and sadvritta has role in the prevention and treatment of various emotional disturbances. Incorporating the concepts of tridosha and triguna from Ayurveda parallel to the modern physiological understandings can bring about harmony not only in the psychosocial well-being, but also in the principles and practice of integrative medicine.

Keywords: Emotion regulation, Psychosomatic disorders

Registration Code: ABPO 2527



MENTAL MEALTH MANAS SWASTHYA AYURVEDIC PERSPECTIVE

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Ayurveda=Ayu+ Veda, Ayu=sharira + indriya+ sattava+ atma A continuum where body is non sentient, soul is sentient. there is a sentient end-the indriyas to non-sentient body and a non-sentient end the manas to the sentient atma. Mana is the inter link between the inert body and the sentient soul through the intermediate's faculties of which the mind itself is one. mana is permanently connected to the atma. According to Ayurveda sattva, rajas, tamas are three universal attributes. sattva is pure while the other two are impure, sattva represents knowledge and pleasure, rajas symbolize pain, and action, tamas stands for ignorance, inertia and confusion. Rajas and tamas are the vitiators of manas, Sukha and dukha are synonyms of health and disease. These two states are perceived and perceptibly expressed by mind. According to our conceptualization the social determinants of mental health are societal problems affecting large segments of the population (individuals, families, communities, and, indirectly, the entire population) that interfere with optimal mental health. Available treatment methods have shown little effect on the burden associated with mental health disorders. We review promising universal, selective, and indicated preventive mental health strategies that might reduce the incidence of mental health disorders, or shift expected trajectories to less debilitating outcomes. Measure to have healthy mind Dhi- Dhairya- Atmaadi vijnanam mano doshaushadham param. Sattva bala expressing the severity of illness is to be stressed. Pathya-dietary regimen and regulation of activity implies mentally appealing to the patient. Principles of management to sadvritta, swasthvritta, classical panch-karma, palliative treatments.

Keywords: Mental health, Manas swasthya, Promotion, Prevention.

Registration Code: ABPO 2607



A REVIEW ON THE CONCEPT OF AHARA IN RELATION WITH EPILEPSY

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Epilepsy is a disorder of the brain with recurrent, episodic, paroxysmal, involuntary clinical events associated with abnormal electrical activity from the neurons. There is no word-for-word description of this disorder in Ayurveda. It may correlate with apasmara, which is one of the manasika rogas described in classics where memory deterioration is the main feature. Ayurveda is the science of life, or a sensible way of living based on knowledge. In Ayurveda, the concept of ahara has huge importance in both health and disease. Ahara is one of the trayopastambha (three pillars of life). As per Acharya kashyapa, ahara is considered as mahabhaishajya (best medicine). These show the importance of a proper diet in daily life. In an era where the role of dietician is increasingly relevant in the management of many diseases, significance of food cannot be underestimated. In Bhagavat gita, ahara is classified as satwika, rajasika, and taamasika ahara based on triguna. Acharya Charaka explains that improperly cooked, spoiled, and food taken in an improper manner may result in apasmara. While considering contemporary science, the importance of diet in controlling epilepsy is clearly mentioned. A high-carbohydrate diet will trigger seizures. A ketogenic diet is advised for epilepsy. A ketogenic diet means a high-fat, moderate-protein, and low-carbohydrate diet. Ketosis mimics a fasting state and lessens the intensity of seizures. In drug-resistant epilepsy, a ketogenic diet can do magical things by switching the metabolism. This paper aims to review the concept of ahara in relation with epilepsy through various texts and studies published in both Ayurveda and contemporary science

Keywords: Trayopastambha, Apasmara, Mahabhaishajya, Ketogenic diet

Registration Code: ABPO 2657



INTEGRATING AYURVEDA IN MENTAL HEALTH -A HOLISTIC APPROACH FOR GLOBAL WELL BEING

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Mental health is known as BAUDHIKA SWASTHYA according to ayurveda .It is the cognitive ability to develop skills and knowledge to enhance one's life. Our intellectual capacity helps to stimulate our creativity and improve our decision making ability. Mental health has emerged as a significant global concern, affecting individuals across all demographics, cultures, and geographical regions. As the prevalence of mental health disorders continues to rise, there is an urgent need to explore holistic and complementary therapeutic approaches to supplement conventional treatments. Ayurveda, a traditional Indian system of medicine with a rich history spanning over millennia, offers a unique perspective on mental health, emphasizing the interconnectedness of mind, body, and spirit. Through an exploration of the fundamental principles of Ayurveda, including the concept of doshas (bioenergetic forces), the role of diet and lifestyle, herbal remedies, and specialized therapies like Panchakarma, this presentation will highlight the efficacy of Ayurvedic practices in promoting mental well-being and restoring balance. Let noble thoughts come to someone from all distractions for that OM kara will support. Satvic lifestyle ,flowing of dinacharya and communication will lead to maintain mental health. Way of jeevanam ayushya and direction of thinking directly proportional to mental health .

Keywords: Baudhika swastha, Baudhika samata, Communication, Dinacharya, Conventional treatments, Traditional remedies

Registration Code: ABPO 2721



ANCIENT WISDOM FOR MENTAL WELL-BEING

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The aim of mental health in Ayurveda is holistic well-being. Mental health in Ayurveda is to achieve emotional and psychological balance, aligning with an individual's unique constitution (prakriti) and promoting harmony among the doshas. This balance leads to mental clarity, emotional well-being, and overall vitality. Four aspects of human life - Body - sense - mind - soul. Mental health's significance in Ayurveda lies in its integral role in overall well-being. Ayurveda recognizes that a balanced mind is essential for harmony within the body, and it provides holistic approaches to address mental well-being through diet, lifestyle, and herbal remedies. Ayurveda, the traditional system of medicine from India, emphasizes a holistic approach to mental health. Here are some methods it recommends: 1) Yoga and Meditation 2) Sattvic Ahara 3) Herbal Remedies 4) Aromatherapy 5) Panchakarma 6) Lifestyle Choices 7) Pranayama (Breathing Exercises): 8) Mantra And Sound Therapy 9). Counseling And Self-Awareness 10) Marma Therapy. The results of a seminar on mental health can vary depending on the specific goals and objectives of the seminar. 1) Increased Awareness 2) Improved Coping Strategies 3) Resource Sharing and Education 4) Empowerment 5) Reduced Discrimination 6) Community Building 7) Policy and Advocacy Initiatives 8) Networking 9) Inspiring Action. In conclusion, mental health is an integral component of our overall well-being. It encompasses our emotional, psychological, and social well-being and is just as important as our physical health. Maintaining good mental health is essential for leading a fulfilling and productive life.

Keywords: Ayurveda principles, Sattvic ahara, mode of mind, Herbal remedies, Awareness,

Registration Code: ABPO 2724



MENTAL HEALTH IN AYURVEDA PATH

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Ayurveda, mental health is intricately connected to an individual's overall well-being. The Ayurvedic understanding of mental health centers around the following key principles: 1) Tridosha Theory: Ayurveda categorizes individuals into three primary doshas - Vata, Pitta, and Kapha. Imbalances in these doshas can manifest as mental health issues. For example, an excess of Vata may lead to anxiety, while an aggravated Pitta can result in anger or irritability. 2) Agni (Digestive Fire): Proper digestion is vital for mental health. If Agni is weak or impaired, it can lead to the accumulation of toxins (ama) in the body, which may impact the mind and emotions. 3) Sattva Guna: Ayurveda recognizes the importance of Sattva, one of the three Gunas (qualities of nature), in maintaining mental well-being. A balanced Sattva promotes clarity, harmony, and a calm mind. 4) Lifestyle and Routine: Ayurveda places significant emphasis on daily routines (Dinacharya) and seasonal routines (Ritucharya) 5) Mind-Body Connection: Ayurveda acknowledges the strong connection between the mind and body. Emotional imbalances can manifest as physical symptoms and vice versa. Treating the body can have a positive impact on mental health. 6) Herbal Remedies and Therapies: Ayurveda offers a wide range of herbs and therapies that can be tailored to an individual's unique constitution and imbalances to address specific mental health issues. 7) Yoga and Meditation: Practices like yoga and meditation are integral to Ayurveda. 8) Diet: Ayurvedic dietary recommendations are personalized based on one's dosha. The right diet can help balance the doshas and, in turn, support mental well being. Ayurveda, as a holistic system, views mental health as an integral part of an individual's overall health. The approach is highly individualized, considering a person's unique constitution and imbalances to achieve mental balance and well-being.

Keywords: Mind body connection, Therapy, Mental health

Registration Code: ABPO 2726



UNDERSTANDING THE ROLE OF MARMA IN MANASROGA

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The unique principle of ayurveda is marma sharira . The veda also makes mention of marma . Asides from serving as anatomical landmarks, marma are also the places where the tridoshas and its various forms, prana, ojas or soma and tejas or agni are present. Manas is one among the nine karandrvya and is eternal. There are different sthana of manas. Here in understanding of marma ,the sthana of manas is considered as sarvashareera. Marma is the vital points of the body and where prana resides . There is a direct relation of mind and marma like samavayisambhandha. Any abhighata to these vital points leads to vitiation of both shareerika and manasika doshas and leads to various disease of both shareerika and manasika. This paper explains about pathology of marmaabhighata which leads to manasikavyadhis.

Keywords: Marma, Manas, Manosthan, Dosha, Ayurveda

Registration Code: ABPO 2830



CHILD MALTREATMENT- AN OVERVIEW

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Child maltreatment are serious global problems and can be in the form of physical, sexual, emotional or just neglect in providing for the child's needs. These factors can leave the child with serious, long-lasting psychological damage. Child maltreatment has often severe short- and long-term physical, sexual and mental health consequences. These include injuries, including head injuries and severe disability, in particular in young children; post-traumatic stress, anxiety, depression. Child maltreatment can affect cognitive and academic performance and is strongly associated with alcohol and drug abuse. The first priority is ensuring the safety and protection for children who have been maltreated. Ongoing treatment focuses on preventing future maltreatment and reducing the long-term psychological and physical consequences of maltreatment. Ayurvedic approach is ideal in the management of such conditions.

Keywords: Maltreatment, Physical Abuse, Vaidyatarakam, Neglect

Registration Code: ABPO 2860



IMPORTANCE AND MANAGEMENT OF MENTAL HEALTH

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Mental health plays an important role in treating patient. A strong will power is the best medicine for any disease. When a doctor motivates the patient towards the positive mind set that gives the best improvement. According to recent research 21% of adults are experiencing mental illness. That's roughly 50 million people. In 2020 The total number of male suicides was 1,18,979 and female suicides accounted for 45,026 due to depression all these are due to lack of mental health management COVID pandemic shown us how mental health affects physical health. Who have strong will power survived but many people went into depression due to pandemic. All these surveys shows how mental health is responsible in many ways. "सम दोष सम अग्निश्चि सम धातु माला क्रियाहा।"परसन्न आत्मा इन्द्रिये मनःसवस्थ इति अभधीयते" – सुश्रुत संहिता शरीरिन्द्रियसत्त्वात्मसंयोगो धारि जीवितिम् नतियगश्चानुबन्धश्च परयायैरायुरुच्यते - चरक संहिता Slokas where acharyas emphasized on mental health . To enlighten role of Mental health in treating the patient and importance of Mental health in over all well being. . I adopted my data from Brihatrayees ,laghuayrayees and from recognised books . According to ayurveda mental health is the balance of tridoshas, triguna(satva,rajas,tamas) and pancha bootas Mental health highly impacts ojas. Management of mental illness through Ayurveda are Yoga Pranayama Dhyana Nadi shodhana Dina charya Nisha charya Saturated Satvika ahara and vihara घीधैर्यात्मादविज्ज्ञानं मनोदोषौषधं परं Masika doshas can be treated by educating the patient with dhi (intelligence), dhairya [confidence], atma (knowledge of the self) . People can bear physical pain but many can't bear the mental illness like depression, anxiety disorders, stress schizophrenias,bipolar disorders, addictive behaviors through Ayurveda there is lot opportunities to treat such patients Through Ayurvedic mental health management we can arrest the suicides, panic attacks, stress, depression among society

Keywords: Will power, trigunas, Yoga, Dhyana, Stress, Treatment

Registration Code: ABPO 2882



MANAS AND ITS VITAL SIGNIFICANCE

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As the saying goes, “Your life is as good as your mindset” , Manas described in our Ayurvedic texts holds great importance, not only in living wholesome life but also in tackling any kind of disorder. Whatever happens to the mind manifests in the body and whatever happens to the body impacts our mind hence, proper understanding of Manas plays pivotal role. According to Ayurveda, the living body comprises of Sharir, Indriya, Satva and Aatma. The Sharir is governed by rest of the three entities and among the three Manas plays most significant role since, if a person is mentally fit then he’ll be able to manage whatever the situation he is in. Not only in psychic and psychosomatic disorders but in day to day life and also in achieving life goals and live a life which is not only beneficial for us but others also, as the definition of Ayurveda says “Hita hitam, sukham dukham”. Nowadays most diseases are caused by ‘Pragyaparadha’ , we knowingly do things which are harmful for us hence, in order to control our Indriyas, our Manas should be governed. In this article, we will be focusing on Sadavritta, Swasthavritta, Yoga, Pranayama, Dhaarneeya Vega like Kama, Krodha, Lobha etc. which are common in today’s human and these are causing great deal of disturbance in human life nowadays. Half of the disorders are caused by these negative emotions. Through this article we will focus on both the preventive as well as curative aspects of Manas and we will get to know that how effective it is if we just control our desires especially in today’s world. we will also look into Daiva Vyapashraya Chikitsa.

Keywords: Manas, Pragyaparadha, Indriya, Sadvritta, Chikitsa

Registration Code: ABPO 2980



ROLE OF AYURVEDA AND YOGA IN MENTAL ILLNESS AND MENTAL DISORDERS

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Mental health is a private and unique issue for each person. We need to maintain good mental health because we are human. But as we age, we may acquire certain habits and behaviors that compromise our mental health. These behaviors can be anything from little annoyance to depressive and anxious episodes. A broad definition of mental disease includes nearly every mood behavior issue that results from inaccurate perception, emotion, thought, and attitude. For example, some people struggle to fit in with the rest of society. Mental illnesses are a substantial contributor to the worldwide disease burden and have an impact on individuals in all global communities. psychological conditions frequently begin in childhood. Since youngsters comprise a third of the population in Indian cities nowadays, behavioral and mental health issues are becoming more prevalent there. Ayurveda emphasizes the importance of mental wellness for a generally healthy personality if we look at it. In addition to the dosha, dhatu, and mala equilibrium, the Ayurvedic system regards Prasanna atma, indriya, and mana as swasth. Ayurveda addresses four facets of lifestyle that can guarantee our well-being. Among these are proper diet (Ahara), proper exercise (vihara), proper daily schedule (achara), and proper thought processes. life of (Vichara). A happy and healthy existence is ensured by adhering to specific practices. There are numerous conversations about Aachar. in Ayurveda, such as rasayana, sadvritta, pranayama, and asanas. All of these support both preserving appropriate mental health and mental illness.

Keywords: Mental health, Ayurveda, Pranayama, Asanas, Manasik swasthy

Registration Code: ABPO 3051



MENTAL HEALTH -CONTEMPORARY UNDERSTANDING AND MANAGEMENT

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Ayurveda, the ancient Indian system of medicine, offers a holistic approach to mental health that integrates the mind, body and soul. The science of mental disorders describes extensively conditions from mild anger and greed to severe psychoses. Simultaneously the whole world is looking for the solutions of the inner conflicts afflicting in mental health sector. Sattvavajaya therapy mentioned in Caraksamhita and it is used as new concept of psychotherapy in Ayurveda. Physical imbalances can disturb mental state while mental illness leads to disruption of body functions. When we integrate the contemporary art of psychotherapy with the ancient science of Ayurveda, teaches how to rediscover critical knowledge and awareness of natural forces and rhythms that compliment and strengthen our human experience, through the understanding of the psyche and also involving practical daily activities with thorough attention to our total environment to bring about radical changes in mental out look and in physical changes. Sattvavajaya as psychotherapy, is the mental restraint, or a 'mind control' as referred by Caraka is achieved through spiritual knowledge, philosophy, fortitude, remembrance and concentration. Ayurvedic psychotherapy would play a dual role: First, as a revival of authentic medical culture, the exercise of a practice with an assumed primordial dimension, and Second as a discovery of authentic subjectivity, the revelation of a self with an assumed interior depth. Psychological method of Ayurveda includes mind control method replacement of emotions, psychophysical shocks, moral and behavioral code, mental equanimity, inhibiting some psychophysical, environmental, psychological, volitional stressors. By adopting some temporal vagaries like over manifestations, under manifestations, perverted manifestations of five senses of human body regulations of mind, promotion of intellectual level, by following seasonal regimen, discrimination. The rich heritage of Ayurveda is depicted by the fact that even WHO reformed their definition of health few decades ago by introducing the mental health as the important aspect of health. Caraksamhita advocates many preventive measures to save from various mental disorders sadvritta, acararasayana, ritucarya, dinacarya are some of them. It is clearly evident that mental health and disorders related to it were well addressed in Ayurveda. Ayurvedic management has a special approach to treat the diseases from the root of its origin. Acarya Caraka advocated that the physician should reach the subconscious mind of patient, only then he can give proper treatment.

Keywords: Manasik dosha, Mental health, Sattvavajaya, Psychotherapy

Registration Code: ABPO 3060



MENTAL HEALTH-CONTEMPORARY UNDERSTANDING AND MANAGEMENT THROUGH AYURVEDA

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According to Ayurveda Dharma, Artha, Kama & Moksha, are the prime goals of life and achievement of these goals leads to a healthy life. • On the other hand, in today's modern era, life has become overstressed due to changes in lifestyle and over ambitiousness in thought processes resulting in manifestation of imbalances in human emotions causing psychological disturbances, which all have come into existence like forest fire. • Solving of mental ailments & providing a fundamental basis for maintaining good mental health has become a great challenge to humanity. The aim of this study is to enable people to cope with the stresses of life, realize their abilities, learn well and work well and contribute to the society. Studies on the importance of Satvika ahara • Ekala aushada prayoga • Rasayana yogas and practise of acara rasayana • Ritucarya • Dinacarya • Yoga therapy • All these measures are aimed at bestowing relaxation and mental equipoise which are the basic prerequisites of a sound mind. They are particularly relevant to our times when we are forced to battle continuously against 'stress' and 'strain' for our very survival.

Keywords: Satvika ahara, Ekala aushada prayoga, Rasayana yogas, Acara rasayana, Ritucarya, Dinacarya, Yoga therapy

Registration Code: ABPO3062



UNDERSTANDING OF UNMAAD IN PRESENT TIMES

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Unmaad, a term derived from Ayurvedic literature refers to a state characterized by instability, restlessness, and altered mental states. In today's context of health, the understanding of Unmaad has evolved to encompass changes, in perspectives holistic approaches, and cultural considerations. Explores of the contemporary understanding of Unmaad by examining its relevance in the modern context. It reviews how Unmaad aligns with current psychiatric diagnoses, acknowledges the holistic approach to mental health, and recognizes cultural factors that shape perceptions of mental well-being. Psychiatric Perspective; While Unmaad doesn't have parallels to psychiatric diagnoses there are similarities with conditions like schizophrenia, bipolar disorder, and severe depression. Contemporary psychiatry emphasizes categorization and diagnosis based on symptoms and standardized criteria. Mental Health; High levels of stress in our lives contribute to disturbances, anxiety, and depression similar to those associated with Unmaad. Modern mental health care addresses these issues through psychotherapy, medication usage, and lifestyle modifications. Holistic Approach; Both Ayurveda and modern mental health care recognize the importance of taking an approach that considers physical, emotional, and spiritual well-being. Practices such as yoga, meditation, and mindfulness are useful. Herbal Remedies; Ayurveda incorporates remedies for promoting well-being. There is also growing interest in therapies and natural supplements for mental conditions. The relationship, between the mind and body, has gained recognition over time. Practices such as mindfulness meditation have become popular for stress management, Improving health. Conclusion: Unmaad, while not directly correlatable to modern psychiatric diagnoses, embodies enduring principles of mental instability and altered mental states. In contemporary times, it signifies a broader range of mental health conditions influenced by stress, genetics, lifestyle, and cultural factors. An evolving understanding of Unmaad encompasses holistic approaches and acknowledges the individualized nature of mental well-being, contributing to the ongoing discourse on mental health in present times.

Keywords: Unmaad, Mental health, Manas roga, Depression, Psychiatric disorders

Registration Code: ABPO 3082.



MARMA CHIKITSA IN PSYCHIATRY- A HOLISTIC APPROACH FOR MENTAL DISORDERS MANAGEMENT

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Ayurveda, places significant emphasis on maintaining a harmonious equilibrium between Dosha, Dushya, Dhātu, and a positive state of Indriya, Manas, and Aatma for defining a healthy individual. This holistic approach underscores the importance of both physical and mental well-being. Marma Chikitsa, a branch of Ayurveda medicine, recognizes the vital role of Marma points in achieving this balance. Marma points, as described in various Ayurvedic texts, are not mere surface landmarks but deeply seated physio-anatomical structures. These points are intricately connected to the Sukshma Sharir and serve as energy centers where Prana resides due to its inherent nature. Nadi, the energy channels, facilitate the flow of Prana within the body, while Chakras store and distribute this vital energy. Marma points are closely related to these energetic pathways. In the context of mental disorders, this approach holds immense promise. In today's fast-paced world, a multitude of somatic and psychological disorders have emerged, including mental disturbances, restlessness, irritability, and more severe mental disorders. According to Ayurveda principles, these disorders, collectively referred to as Mansika Roga, are primarily characterized by Alpa Sattva, derangement of Sharirika and Mansika Dosha and most importantly Prana. This cascade of imbalances further obstructs the Manovaha srotas leading to various mental disorders. Marma Chikitsa is a therapeutic practice that focuses on the components of the subtle body, enhancing the flow of Prana in specific areas. By enhancing the obstructed flow of Prana, Marma Chikitsa addresses the root causes of these disorders. This research article delves into the intricacies of Marma Chikitsa in psychiatric applications, exploring its potential as a complementary therapeutic modality alongside contemporary treatments for mental health issues. The holistic perspective offered by Ayurveda, along with the precise targeting of Marma points, provides a promising avenue for the management of mental disorders in the modern era.

Keywords: Marma, Marma Chikitsa, Mental Health, Ayurveda

Registration Code: ABPO 3095



ROLE OF SATVIKADHI AHARA IN MANAS

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Diseases and disorders due to improper diet and food habits are a major concern in the contemporary era. Ahara is an important factor affecting the Manas and the sareera. The nidana of unmada starts with vriddha ahara postulating the importance of ahara in manas. Thus, food is mainly classified into satvika, rajasika and tamasika based on the influence of ahara towards the manas and sareera. Methods: In Satvikadhi diet, fresh, unprocessed vegetarian foods are preferred, moderation is practiced, and mindful cooking is embraced. Avoidance of tamasik and rajasik foods and Ati Ahara, doing upavasa, suddha ambu pana, and following other ahara sevana vidhi are suggested. Satvik foods increase longevity, emotional stability, mental and physical strength, psychosomatic homeostasis and harmony towards self and others. Rajasik foods, which include spicy and stimulating elements, cause irritability and hyperactivity. Tamasik foods, which includes guru and processed food, contribute to Tamas and ajeerna. Scientifically, these diets align with concepts of nutrition's influence on mental and physical states. Thus, Satvik diet promotes purity, clarity, and balance; Rajasik encourages passion and activity; Tamasik is associated with reduced brain activity and inertia. These diets influence physical and mental states, offering insights into choosing foods aligned with one's disposition for holistic well-being.

Keywords: satvikadhi ahara, manas, pathya

Registration Code: ABPO 3102



CONCEPT OF SATWAVAJAYA CHIKITSA

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Satwavajaya Chikitsa is one among the Trividha Chikitsa, which not only prevents the impairments of Dhee, Dhriti and Smriti, but also brings them back to the normal state, playing a significant role in the maintenance of harmonious state between these three factors ultimately leading to happy, healthy state of individual. Health is defined as, a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity. So, this balancing nature of mind now-a-days is getting deprived under the influence of growing stress and strain in life. The word Satwa refers to Manas and Avajaya refers to conquering or win over. Hence, Satwavajaya means to have control over the mind and thus abstaining from things that are not good for the health. Each person is different from another because of his discriminatory, creative and instinctive mind. Mind is the special gift to mankind, which is very complex in nature. Manas or Satwa plays an important role in keeping a person healthy, even during physical disorders. But, during the present days' stressful lifestyle, humans are suffering from many psychological disorders, whose impact on the society is very much alarming. According to Ayurveda, the Manasika vikaras are due to the vitiation/alteration of the manasika doshas-Rajas and Tamas. Manas/Mind has potentiality to act dual. It is creative vs destructive, positive vs negative, etc. All these entities are well balanced by mind knowingly or unknowingly to people in their life. Satwavajaya Chikitsa is an approach which prevents the impairment of intellect, patience and memory and brings them back to normalcy. Thereby all the measures included under Satwavajaya ie., JNANAM, VIJNANAM, DHAIRYA, SMRITI, HARSHANA, ASHWASHANA, helps. This review article throws light on the concept of Satwavajaya Chikitsa in Ayurveda and its utility in Chikitsa.

Keywords: Satwavajaya Chikitsa, Manasika doshas, Manasika rogas/vikaras, Ayurveda

Registration Code: ABPO 3105



AYUSH FOR MENTAL HEALTH

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In our contemporary world, the pursuit of material desires has given rise to unprecedented levels of stress and anxiety, contributing to mental instability, now identified as the 3rd major health burden in India by the World Health Organization (WHO). Furthermore, longer intake of various Nidaana in form of Rajas and Tamas Ahaara and Vihara leads to disturbance of Vata and ultimately resulting in the manifestation of Manas Rogas. In light of this, Ayurvedic principles and treatments offer a promising solution to this escalating problem. Among these, Marma Chikitsa stands out as a non-invasive therapeutic approach. Marma Chikitsa stands out as a non-invasive therapeutic approach. In Marma Chikitsa a very light stimulation of Marma points on the body is done. Marma points when gently pressed on the skin can stimulate a chain of flow of Prana which were obstructed due to disturbed flow of Vata. Marma Chikitsa can be a boon in the management of psychogenic disorders since it is a treatment modality with no side effects. Current global statistics reveal that mental disorders affect nearly 450 million people worldwide. The faith of people is always with the AYUSH system of medicine as Ayurveda works on the principle of providing health in a holistic manner. Moreover, the side effects of pharmaceutical interventions intended to alleviate symptoms can exacerbate mental and physical well-being. This study defines a new, non-invasive approach for the management of psychogenic disorders like stress, anxiety etc. i.e Marma Chikitsa.

Keywords: Manas Roga, Marma, Marma Chikitsa, Mental disorders

Registration Code: ABPO 3112



UNDERSTANDING AND MANAGING AUTISM SPECTRUM DISORDER- AN AYURVEDA PERSPECTIVE

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Autism spectrum disorder (ASD) is a neurodevelopmental disorder characterized by deficits in social communication and the presence of restricted interests and repetitive behaviours. This case study aims at understanding autism spectrum disorder through an Ayurvedic lens. Autism spectrum disorder also acts as an umbrella term under which behavioural disorders such as Asperger Disorder, Autistic Disorder, Rett Disorder, Childhood Disintegrative Disorder, Pervasive Developmental Disorder- not otherwise specified (PDD-NOS) are also included. The diagnostic criteria focuses on three cores deficits, namely, impaired social interaction, impaired communication and restricted, repetitive and stereotyped pattern of behavior. In Ayurveda, the wide range of clinical features of Autism spectrum disorder can be correlated to Unmaadam. Autism Spectrum Disorder is one of the most common childhood behavioral disorder that is often overlooked and is not diagnosed appropriately until later stages. The aim of this case study is to understand clinical presentation of ASD and use Ayurveda to bring about self sustainability in an Autistic child. A single case study and detailed review of Autism Spectrum disorder including comparison of signs and symptoms of ASD with Unmaada and utilization of treatment modalities including oral medications and panchakarma mentioned in classical texts to bring about notable results. Improvement in holding eye contact, increased response to name call, reduced repetitive behaviours. Temper tantrums were controlled, hyperactivity was reduced. Improvement in social interaction was achieved to a notable extent. Autism Spectrum Disorder finds no direct correlation in the texts of Ayurveda, however similar symptoms can be seen in Unmaadam. Utilizing key treatment protocols mentioned in classical texts has brought significant changes in this case

Keywords: Autism, PDD, Behavioural disorders, Unmaadam, Hyperactivity

Registration Code: ABPO 3161



PANCHAKARMA





EFFECT OF PRABHANJANAVIMARDANAM TAILA NASYA IN CERVICAL SPONDYLOSIS

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Cervical spondylosis is a chronic degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral discs of the neck as well as the contents of spinal canal. Now a days, it is encountered in young and middle-aged people, due to sedentary habits and increase in over exerting working conditions. In Ayurveda, cervical spondylosis can be clinically compared to Apabahuka, Viswachi or Greevastambha, where nasya could be the effective and economical treatment modality. Cervical spondylosis is a dhatukshayajanya vatavikara. Prabhanjanavimardanam Taila, mentioned in the Tailaprakarana of Sahasrayoga, is indicated for ashiti vatarogas pana, abhyanga, nasya and bastikarma. Prabhanjanavimardanam taila act as vatakapha shamana, sothahara, balya and rasayana. Considering both the dosa kopa and vitiated dosa sthana, nasya karma with Prabhanjanavimardanam Taila was selected. The study was designed as an interventional pre-post study. Twenty five participants satisfying the inclusion-exclusion criteria were selected from the Panchakarma OPD of Government Ayurveda College Panchakarma Hospital, Poojappura, Thiruvananthapuram. They were administered Nasya karma at evening (4-5pm), in a dose of 8 bindu (4 ml) in each nostril for a period of 7 days. Assessments were based on Visual Analogue Scale (VAS) for Pain and Numbness and Oswestry Disability Index (ODI) for Neck pain. The results obtained were analysed statistically by using Wilcoxon's signed rank test. In all these parameters, significant reductions of symptoms were noted. The result was sustained after a follow-up period of 14 days. The study concludes that Prabhanjanavimardanam taila nasya continuously done for 7 days is effective in reducing signs and symptoms of participants with Cervical spondylosis.

Keywords: Nasya, Cervical spondylosis, Prabhanjanavimardanam taila, Sahasrayoga

Registration Code: ABOP 1105



TRADITIONAL PINDA SWEDA VARIETIES PRACTICED IN KERALA WITH ITS CLINICAL APPLICABILITY

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In Ayurveda, Swedana is an important Poorva and Pradhana karma after Snehana for the treatment of many diseases. It helps in expelling out sweat from the body by liquifying Doshas which spreads throughout the body. In the textbook of Keraliya Panchakarma Vijnana, Panchakarma includes Moordhaseka, Kayaseka, Pindasweda, Annalepa and Shirolepa. Pinda Sweda or Pottali Sweda is included under Sankara or Ushma Sweda in classical texts available; and is a widely practiced fomentation procedure where the treatment principle is based on combined effect of heat and medicament. This procedure relieves Stambha, Gaurava, Sheeta and induces sweating; thereby helps to increase circulation, improves muscle tone and strengthens the nervous system. The Dravyas mentioned for Swedana is having different properties and actions. It should be selected depending upon the Desha, Roga, and availability of drug. Vaidya can either select different types of Pinda Sweda as mentioned in Samhitas or even can make some new combinations as per the need, accessibility and properties of the drugs. In Kerala, various Pinda Sweda varieties are seen in folklore practices and these area-specific traditional methods are found to be highly effective in Nanatmaja Vatavikara. In this study, some of the Pottali methods such as Prithuka Pinda Sweda (Avalkizhi), Bhasma Sweda, Anda Sweda (Muttakizhi), Priyangu Sweda (Tinakizhi), Kantharimulakukizhi (using Bird's eye chillies) are discussed in detail for enlightening. This is a conceptual literary study; books and articles published related with modifications of Pottali Sweda and, expert opinion of clinicians practicing the same were scrutinized in this study to develop knowledge among society.

Keywords: Swedana, Pinda Sweda, Pottali Sweda, Nanatmaja Vatavikara

Registration Code: ABOP 1154



A CLINICAL STUDY TO EVALUATE THE EFFECTIVENESS OF THALAM WITH PANCHAGANDHA CHOORNAM IN NIDRANASHA

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Thalam is a unique method of drug delivery in Ayurveda, which was developed and widely practiced by ancient vaidyas of Kerala. It is a modified form of Murdha Thaila. It can also be considered as a minor form of Shirolepa, coming under Keraleeya Panchakarma. It involves the external application of medicine to a specific part of Shiras. The selection of medium and medicament depends on the predominance of Dosha and stage of disease. The word 'Thalam' means a shallow depression. The procedure involves the application of medicine on the shallow depression over the head by choosing proper medium and medicament depending upon the Dosha predominance. Anatomically the 'shallow depression' may be attributed to 'Bregma'. Ayurveda describes the main three pillars of life. Amongst that, Nidra is said to be the very important Upasthambha of life. Lack of Nidra due to various Dosha conditions is called as Nidranasha. Purpose of study: This study is an attempt to evaluate the effectiveness of the procedure Thalam in Nidranasha. 30 patients satisfying inclusion and exclusion criteria were selected and the procedure Thalam was administered for all the participants. 10 grams of Panchagandha choorna with sufficient quantity of Moorchitha Thila Thaila was used and procedure duration was 45 minutes for 7 days. Assessment of the procedure was done based on the improvement of quality of sleep. Athens Insomnia Scale was used for the assessment on before treatment, after treatment and after follow up. Statistical analysis was done using SPSS version 27 software. Statistical analysis revealed that there is significant therapeutic effect for the procedure Thalam with Panchagandha choornam in improving the quality of Nidra. The treatment procedure Thalam is highly effective in Nidranasha.

Keywords: Thalam, Murdha Thaila, Shirolepa, Shiras, Nidranasha.

Registration Code: ABOP 1163



CRITICAL ANALYSIS AND UNIQUE MANAGEMENT OF GRIDHRASI WSR TO SCIATICA-A CASE REPORT

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Sciatica, a debilitating condition described in modern medicine in which patient experiences pain and paresthesia in the Sciatic nerve distribution with a peak incidence occurs in patients in their 4th decade due to busy professional working like improper sitting, over exertion, increasing computerization trend, increasing body weight and mental stress that create undue pressure on spinal structures. Based on the clinical symptoms it can be correlated with Gridhrasi in Ayurveda. Gridhrasi is one among the Nanatmaja Vyadhi of Vata. Ruk, Toda, Stambha and Muhuspanana in the Sphik, Kati, Uru, Janu, Jangha, and Pada in order, as well as Sakthiyutkshepa Nigraha are the primary signs and symptoms of Vataja Gridhrasi. Along with these symptoms Tandra, Gaurava, and Arochaka are present in Kaphanubandha. The Chikitsa Siddhanta of Gridhrasi include Snehana, Swedana, Vamana, Virechana and Basti. Purpose: This study aimed to assess the efficacy of Snehana, Swedana and Basti Chikitsa along with some Shamana Chikitsa in the management of Gridhrasi. Methodology: This is a single case study of a 61 year old male patient with complaints of severe acute pain in the lower back radiating to bilateral lower limbs associated with tingling sensation, burning sensation in lower phalanges and stiffness in joints since few months. He was admitted to the Panchakarma ward in MVR Ayurveda Hospital. He was diagnosed with Lumbar degenerative changes with Sciatica based on MRI reports. The patient was treated with Snehana, Swedana and Basti Chikitsa along with Shamana Aushadha for about a month. Assessment was done before treatment, after treatment and during follow up period based on Subjective, Objective parameters and by Special examinations. The quality of life of patient was clinically improved. Conclusion: This case shows that Ayurveda treatment can be helpful in the case of Gridhrasi.

Keywords: Gridhrasi, Snehana, Swedana, Basti, Sciatica

Registration Code: ABOP 1172



EFFECT OF PANCHAKARMA AND MEDHYA RASAYANA IN PROGRESSIVE SUPRANUCLEAR PALSY CASE REPORT

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Progressive Supranuclear Palsy, (PSP) is a form of atypical Parkinsonian Syndrome, also known as a Parkinson-plus disorder or Steele-Richardson-Olszewski disease. PSP typically begins in a person's mid to late 60s. There are currently no specific treatments for PSP in conventional medicine. Some people in the early stages of the condition may benefit from taking medications used to treat Parkinson's disease. However, the effect is often limited and lasts only a few years. Here I present a Panchakarma case study where a patient with atypical Parkinsonism showed an improvement in symptoms. A 52-year-old female patient presented to the Panchakarma OPD with complaints of loss of balance, frequent falls, and unsteady gait since two years. The brain MRI report suggested Atypical Parkinsonism, probable progressive Supranuclear Palsy - Richardson Syndrome. The above symptoms were typical of vata pathology. Vata aggravates due to Dhātukshaya (tissue atrophy) or by Āvarana (occlusion of channels). The abnormal aggregation of tau proteins in PSP can be related to Āvarana, which leads to Mastishkajanya Dhātukshaya (neurodegeneration). In the present case, the initial pathology involved can be interpreted as Kaphavrita Prana, Udana and Vyana Vayu, which finally leads to Dhātukshaya. The line of treatment adopted was based on Deepana, Srotorodhahara, Vatahara and Brihmana Chikitsa. Āyurveda management, Panchakarma and Medhya Rasayana were given for two months. There was a remarkable reduction in postural swaying and significant improvement in dysarthria, dysgraphia and down gaze palsy post-treatment. This patient study yielded encouraging results and illuminated the scope of Panchakarma and Rasayana therapy in neurogenerative disorders to reduce the symptoms and delay the progression of the disease. This can further be proven by conducting studies on PSP patients and documenting the results.

Keywords: Progressive Supranuclear Palsy, Āvarana, Mastishkajanya Dhātukshaya, Panchakarma, Medhya Rasayana

Registration Code: ABOP 1174



A CLINICAL STUDY TO EVALUATE THE EFFICACY OF CHINCHA PATRA NALIKERA POTTALI SWEDANA IN THE MANAGEMENT OF VATA KAPHAJA GRIDHRASI- A PRE AND POST TEST STUDY

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Swedana Karma is applied in Panchakarma as a Poorvakarma and as a Pradhanakarma, which can be adopted for the management of Vata and Kapha Pradhana Vyadhis. Gridhrasi is mentioned as; Vataja and VataKaphaja. Lakshanas are pain starting from Sphik which radiates till Pada, Sthamba, Toda, Spandana and SakthyutkshepaNigrahana along with Arochaka, Tandra and Gourava in VataKapaja. Pinda Sweda being one among the Swedana Karma is a well-known treatment for many Vatavikaras including Gridhrasi. Chinchapatra and Nalikera used in this study are Vatakapahara and Vatahara respectively. Chinchapatra's Ruksha Guna acts on the vitiated Kapha Dosha; Madhura, Amla Rasas acts over vitiated Vata Dosha and Sheeta veerya pacifies both vitiated Vata and Kapha Doshas. Therefore, this study with prime objective of evaluating the effect of Chinchapatra Nalikera Pottali Swedana in Vata Kaphaja Gridhrasi was undertaken. 30 participants of Vata Kaphaja Gridhrasi satisfying the inclusion criteria were selected from OPD and IPD of MVR AMC Kannur. The participants were randomly selected and were thoroughly evaluated prior to the treatment, after the treatment and on the 15th day after treatment based on subjective and objective parameters. Results and Interpretation: Statistical analysis revealed that the treatment is statistically significant in all subjective and objective parameters after treatment and after follow up results; showing more significance after follow up. Friedman test followed by Wilcoxon Signed rank test were carried out for all parameters and treatment showed significant results. Result of this study showed that Chinchapatra Nalikera Pottali Swedana is effective in relieving the symptoms of Vata Kaphaja Gridhrasi and is clinically and statistically significant.

Keywords: Swedana Karma, Chinchapatra Nalikera Pottali Swedana, Vata Kapaja Gridhrasi

Registration Code: ABOP 1184



AN OPEN CLINICAL TRIAL TO EVALUATE THE EFFECTS OF DIFFERENT MODALITIES OF EXTERNAL OLEATION THERAPY ON PAIN IN PATIENTS OF OSTEOARTHRITIS OF KNEE JOINTS

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Osteoarthritis (OA) of Knee joint was treated with different modalities of Bahaya Snehana (external oleation) according to the line of management of Sandhigatavata (~ osteoarthritis). The study was taken up to assess the effects of these modalities- Abhyanga (oil massage), Seka (oil showers), Pichu (oil sheet mask), and Bahya Basti (localized oil pooling) in OA of knee joint on pain. In this open label randomized clinical trial, a total of 120 patients were randomly divided in four groups (Abhyanga group, Seka group, Pichu group and Bahya Basti group) for topical oleation therapy with 30 participants in each group. These intervention were done for 14 consecutive days. All groups received therapy session as per standard operating procedure of Panchakarma Department. The follow up was done on 15th day and 30th day. The Assessment was done by Visual analogue scale (VAS) for pain, Oswestry disability index and medical outcome study questionnaire short form 36 score. The mean age of the participants was 52.6 (SD + 7.43). During the trial, significant (at the level of 0.5) improvements were observed in all groups. The percentage relief in VAS was 29.93% (SD +1.36), 32.38% (SD+ 1.27), to 45.17% (SD +1.15), 45.59% (SD +1.12) and Oswestry disability index was 21.82% (SD± 0.49), 21.82% (SD± 0.49), 42.84% (SD± 0.48), 21.82% (SD± 0.49) respectively in Abhyanga, Seka, Pichu and Bahaya Basti with improvements in SF -36 also. There was no adverse event noticed during the study. The topical oleation of variable intensity is a safe and effective in pain management for OA of knee joint. The Abhyanga, Seka, Pichu and Bahaya Basti therapies showed improvements in ascending orders. Finding of this trial may be helpful in integrating these therapies with other system of medicine in OA of Knee joint.

Keywords: Abhyanga, Basti, Dhara, Seka, Snehana karma, Sahachar taila

Registration Code: ABOP 1190



EFFECTIVENESS OF SIDDHA VASTHI IN MANAGEMENT OF PCOS – A CASE REPORT

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Polycystic Ovarian Syndrome (PCOS) is a heterogeneous disorder characterized by excessive androgen production by the ovaries mainly. PCOS is a multifactorial and polygenic condition. Changes in lifestyle, diet and stress of modern society has led to an increase in the incidence of PCOS. The patient complains of increasing obesity(abdominal-50%), menstrual abnormalities (70%) in the form of Oligomenorrhoea, amenorrhoea or Dysfunctional Uterine bleeding (DUB), Accanthosis nigricans and infertility. In Ayurveda, there is no direct correlation mentioned for polycystic ovarian syndrome. Being a syndrome, clinical features can be correlated with symptoms of various diseases like Arthavakshaya, arthava nasa, sthoulya, sthoulya prameha etc . In this case, a 22-year-old patient presented with symptoms of irregular or delayed menstruation, scanty menses and recent weight gain. The USG reveals a polycystic pattern of both ovaries, mildly bulky ovaries with 15 to 20 subcentric follicles in peripheral arrangement and increased stromal echogenicity. Even though she had taken internal medicines, the condition remained the same. As an inpatient, the condition was managed with siddhavasthi (done in yogavasthi pattern) for 3 consecutive cycles. Treatment of PCOS should aim at Kapha Vata hara and apana anulomana. siddha vasthi is a type of madhutailika vasthi that contains ingredients which are kapha vata hara and lekhana in action. Satahwadi anuvasana tailam used for anuvasana vasthi also has vatahara action. After the course of treatment, there was a significant change in BMI and Waist - Hip Ratio. This also helped in regularising the interval, duration, and amount of menstruation. Action of vasthi in the management of PCOD is yet to be explored.

Keywords: PCOS, Siddha Vasthi, arthava kshaya, kapha vata hara, vata anulomana

Registration Code: ABOP 1214



CONSOLIDATION OF VARIOUS CLINICAL UTILITIES OF AVAPEEDAKA SNEHAPANA IN CURRENT PRACTICE

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Snehapana is the mainstay therapeutic approach in the management of various diseases. Avapeedaka Snehapana is a unique method of internal administration of Sneha dravya (unctuous medicine). The word Avapeedaka implies either peedana (pushing down) of dosha or peedana of ahara (food). Here Sneha is administered in 2 kala (period) as pragbhakta (before food) and in jeernantha avastha (after the digestion of food). However, this method of administration of snehapana (internal administration of lipid) is losing its significance from the practices and the concept remains unexplored. Avapeedaka snehapana is indicated in specific conditions like mutra vegarodhajanya vikara (disorders due to suppression of micturition urge), mutra udavarta (obstruction of urine), adhonabhigatavata (bowel bladder disease), arsas (haemorrhoids). Based on its indications, it has a special affinity toward bladder, thighs, and low back. The procedure is aimed specifically at correcting Apana and Vyana vayu by adding the principles of aushadakala. Hence an attempt to understand the practical application of avapeedaka snehapana is done by consolidating experiences of different ayurveda practitioners, published articles and previous studies. This review incorporates possible method of administration, treatment dose and type of disease, precautions, pre operative and post operative procedures, calculation of hriseeyasi matra (test dose), considerations for patient in allopathic medicine, dietary regulations during treatment period. This review may fulfil the knowledge gap in avapeedaka snehapana.

Keywords: Avapeedaka snehapana, Matra, Muthra vegarodhajanya vikara, Mutra udavartha vikara

Registration Code: ABOP 1215



AN OVERVIEW ON ECOFRIENDLY PANCHAKARMA THEATRE

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There is a wide spread destruction of natural resources taking place worldwide. Over exploitation, pollution and destruction of natural resources can cause an imbalance in nature. Everything in this world is independent. So, any change in nature reflects in the human life directly or indirectly and thus we have the responsibility to protect nature by following eco-friendly pathways. There is a constant rise in the number of Ayurveda clinics, hospitals, wellness centers, and spas in India. And in Ayurveda profession, mainly Panchakarma practice contributes abundant health care waste. So, the practises in Panchakarma theatre need be eco-friendly for which we can use biodegradable, organic and reproducible materials. It includes the Infrastructure, Materials, Equipments, Drugs used, Energy used and Waste management that are used in Panchakarma theatre. By following these we can Conserve the energy, Decrease the pollution, Reduce the waste and thereby reduce the harmful impact on planet. It is ethical and social responsibility of health care worker to maintain proper ecosystem. So we need to step forward to go with the eco-friendly measures in Panchakarma theatre and for that we can choose cost-effective, environment-friendly measures for its construction and maintenance.

Keywords: Ayurveda, Ecofriendly, Panchakarma theatre

Registration Code: ABOP 1223



EFFECT OF SODHANANGA SNEHAPANAM WITH DHANWANTARAM GRITHA FOLLOWED BY VIRECHANA IN RHEUMATOID ARTHRITIS

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Rheumatoid arthritis (RA) is an inflammatory rheumatic disease with progressive course affecting articular and extra-articular structures resulting in pain, disability and mortality. Due to similar presentations Rheumatoid Arthritis can be correlated with Vatarakta mentioned in our classics. Shodhananga snehapanam has major role in the whole outcome of shodhana. The objective of this study is to evaluate the effect of Sodhananga snehapanam with Dhanwantaram gritha followed by virechana in Rheumatoid Arthritis. Study design was interventional study with pre-post test without control group. Participants of both sex aged 20-60 years registered in IPD of Government Ayurveda Panchakarma hospital, Poojappura, Thiruvananthapuram diagnosed to have Rheumatoid Arthritis and satisfying inclusion criteria were selected. Detailed history and examination were done using clinical case proforma. A total of 20 participants were selected for the study. They were subjected to consecutive sampling and the intervention was done for 23 days and follow up was done for 1 month. Deepana pachana was done for 5 days using Amruthotharam kasayam 90ml bd with 6g of Shaddharana choorna before food. Snehapanam with Dhanwantarm gritha was given according to Agni and Koshta of Participants till attainment samyak snigdha lakshanas followed by abhyanga with pinda tailam and ooshma sveda for 3 days. Next day Virechana with Nimbamritadi eranda tailam was done. The participants were assessed before rookshana, before and after snehapanam, after virechana and after follow up with regards to changes in subjective parameters. DAS Score, RA factor, ESR, CRP were assessed on 0th, 17th and 47th day. Data analyzed according to wilcoxon signed rank test and paired t test. Based on statistical analysis, the study concludes that Sodhananga snehapanam with Dhanwantaram gritha followed by Virechana is effective in reducing pain, tenderness, swelling, morning stiffness in patients of Rheumatoid Arthritis measured by subjective symptomatic grading and blood parameters such as RA, ESR and CRP.

Keywords: Snehapanam, Virechana, Rheumatoid Arthritis, Dhanwantaram gritha

Registration Code: ABOP 1224



A CASE STUDY ON AYURVEDIC MANAGEMENT OF GRIDRASI WITH SPECIAL REFERENCE TO SCIATICA

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Gridrasi is one of the most common vatavyadhi, which closely resembles to sciatica, which is characterized by pain radiating along the sciatic nerve, which runs down one or both legs from the lower back. Sciatica can be managed with a number of different treatments with the goal of restoring a person's normal functional status and quality of life. In this case, 36 year old moderately built male patient, working in a furniture shop had Pain in the low back region radiating to both lower limb for 2 months. Pain is aching & radiating in nature. At the time of admission, scoliosis was present and grade 2 tenderness present on L2, L3, L4 and left sacroiliac joint and grade 1 tenderness on sacral spine and right sacroiliac joint. Flexion, extension and lateral rotation of lumbar spine was limited due to pain. SLR was positive at 400 on right side and 450 on left side. FNS, Lessigues, Bowstring test was positive on both sides and pump handle test was positive on left side. The disease was diagnosed as gridrasi with vatakapha dosha predominance. Rasnasapthakam kasayam, trayodasanga guggulu with lasuna ksheera, Shaddharana choorna were the medicines given and lepana, udwartana, Snehapana with sahacharadi mezhukupaka followed by virechana, Upanaha, Yogavasthi, Pizhichal, kativasthi and Shashtika pinda sweda were the external therapies done. Sahacharadi kasayam, Shaddharanam tablet, Ksheerabala 21 avarthi, Sahacharadi tailam, Lasuna ksheera were the medicines given at the time of discharge. At the time of discharge patient do not had tenderness over Lumbar or sacral region and he is able to do all the movements of lumbar spine without pain. SLR was negative on both sides. All other test was negative while discharge.

Keywords: Lumbar spine, Snehapana, Vasthi

Registration Code: ABOP 1227



CLINICAL EVALUATION OF NAVAKARSHIKA NIRUHA BASTI IN THE MANAGEMENT OF GOUTY ARTHRITIS WSR TO VATARAKTA

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One of the most common inflammatory arthritis is Gout arthritis and its clinical presentation is very similar to the nidana, lakshana and samprapti of Vatarakta. The treatment of Vatarakta is well explained in Ayurveda including Shodhana, Shamana and Rasayana. Among the Sodhana procedures, Basti is considered as the main line of treatment for Vatarakta. Here, the study is a comparison of Ardhamatrika and navakarshika nirooha basti in the management of Vatarakta in 30 patients. To compare and assess the effects of Ardhamatrika and navakarshika nirooha basti in vatarakta patients. 30 patients were grouped into group A and group B with 15 diagnosed cases of vatarakta patients. Group-A received amapachana with trikatu churna, ardhamatrika nirooha basti with nagabala taila, anuvasana basti in kala basti schedule and abhyanga with nagabala taila. Group-b received amapachana with trikatu churna, navakarshika nirooha basti with nagabala taila, anuvasana basti in kala basti schedule and abhyanga with nagabala taila. Follow up was done in both the groups after 48 days. Both groups showed significant improvement in the signs & symptoms of Vatarakta and improving the quality of life. Navakarshika nirooha basti showed highly significant results compared to Ardhamatrika nirooha basti which may be due to the amount of phyto steroids present in the basti dravya of navakarshika basti. In present study as per the clinical data, Navakarshika nirooha basti is found to be more effective than Ardhamatrika nirooha basti. In the present study, it was clear that the Navakarshika nirooha basti can be used in the cases of gouty arthritis than the ardhamatrika nirooha basti which is the commonly used one. both clinically and statistically its found effective

Keywords: Vatarakta, Gout, Basti, Uric acid, Navakarshika kashya, Ardhamatrika niruha basti

Registration Code: ABOP 1240



THE THERAPEUTICAL EVALUATION OF VAMANA KARMA FOR ENHANCING PULMONARY FUNCTIONS IN EMERGING LUNG DISORDERS

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The post Covid era though has brought about many changes in different aspects of human life, the functional activity of the lungs is highly compromised. Acute SARS-CoV2 infection ranged from asymptomatic or mild flu-like illness to severe ARDS and death, but a substantial proportion of patients is still suffering from long-term symptoms that last for weeks or even months. Many studies conducted in different population affected with COVID 19 around the world reported decreased pulmonary function testing result consistent with restrictive and obstructive patterns. Ayurveda mentions detailed interventions in managing diseases pertaining to the respiratory system. Mostly it comes under the Sroto dushti of Pravnavaha srotas. Shodhana is the prime modality of treatment adopted in Sroto vaigunya, among that Vamana Karma is specially indicated for managing ailments of upper half of the body. It is an effectual tool in eliminating excess Kapha dosha from the body. To assess pulmonary function in pre and post bronchial asthmatic patients after Vamana Karma. 30 patients suffering from Tamaka Swasa were randomly categorized into two groups. In both groups Vamana was performed with two different Vamaka Yogas. In both groups the Spirometry evaluation was done before and after Vamana karma. The Spirometry evaluation showed significant improvement in both the groups. The Forced Vital Capacity (FVC) has increased up to 8.25%, Forced Expiratory Volume in 1 second (FEV 1) has increased up to 8.25% and FEV1/FVC ratio had increased up to 2.71%. Thus Vamana Karma is an effectual tool to manage the emerging lung disorders where the pulmonary functions are impaired.

Keywords: Vamana Karma, Pulmonary function, Spirometry, Tamaka swasa, Bronchial Asthma, Post COVID

Registration Code: ABOP 1251



MANAGEMENT OF NEUROMUSCULAR DISORDER THROUGH PANCHAKARMA LIMB GIRDLE MUSCULAR DYSTROPHY CASE REPORT

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Muscular dystrophies (MD) are a genetically and clinically heterogeneous group of rare neuromuscular diseases, that cause progressive weakness and breakdown of skeletal muscles over time. MD are a group of more than 30 genetic disease – of those Limb girdle Muscular dystrophy is a term for a group of disease that cause weakness and wasting of the muscle in the arms and legs. In Ayurveda, diagnosis of the condition was considered as Mamsagata Vata (neuromuscular diseases), a type of Vatavyadhi (neuromusculo skeleton disorder). **Materials and Method:** A 52 year old male patient visited Panchakarma OPD with complaints of pain over low back region, loss of strength on hip joint, muscle getting wasted, difficulty in getting up from squatting or sitting position, climbing upstairs, lifting heavy objects. The patient was treated with Panchakarma therapy and Samana aushadhi for 63 days. Patient's condition was assessed for symptoms of pain, power and reflexes of both upper and lower limb and pseudohypertrophy of both calf muscles, mid arm circumference, Serum Creatine Phosphokinase level. There was symptomatic improvement in the patient's condition and reduction in S.CPK level. **Discussion:** Panchakarma procedures and Samana aushadhi brings hopes of management in this disease in positive way. This case suggests that LGMD can be satisfactorily managed with Ayurvedic oral medicines and Panchakarma therapy.

Keywords: LGMD, Mamsagata vata, Panchakarma treatments.

Registration Code: ABOP 1252



EFFECT OF DADIMADI GHRITHA SAMANA SNEHAPANA ON THE LEVEL OF HAEMOGLOBIN IN IRON DEFICIENCY ANEMIA

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Iron deficiency anemia is the most common type of anemia throughout the world, although it occurs to a lesser extent in the United States because of the higher consumption of ironrich red meat and the practice of food fortification (addition of iron to foods by manufacturers). In developing countries in tropical climates, the most common cause of iron deficiency anemia is infestation with hookworm. The population of India is increasing at a rapid rate and most of the people are living under poverty line, which cannot get quantitatively and qualitatively sufficient diet, or even pregnant ladies. So, Anemia is common through out the world. Its main cause, Iron deficiency, is the most prevalent nutritional deficiency in the world. The objective of this study was to find the effectiveness of dadimadighritha samana snehapana on the level of haemoglobin in iron deficiency anemia. For this 20 Participantssatisfying inclusion and exclusion criteria were selected from OPD of Trivandrum Govt. ayurveda panchakarma hospital poojappura. They were selected by consecutive sampling and dadimadi ghritha was given for 15 days. They were assessed before and after the intervention on 0th day 15th day, 30th day,45th day,60th day . The data were analyzed statistically using paired t test.

Keywords: iron deficiency anemia, samanasnehapana, dadimadi ghritha

Registration Code: ABOP 1255



SCOPE OF DEVELOPING AN INSTRUMENT FOR NASYA IN ACCORDANCE WITH CURRENT NASAL DELIVERY APPLICANTS

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Nasya is one among the sodhana procedure in Ayurveda which can perform Uttamanga sudhi. Administration of medicine through nasal route is known as Nasya. Nasya is classified into various types by different scholars. Based on the method of administration, it is classified as Navana nasya (instilling drops), Avapidana (expressed juice of leaves or paste of required medicine), Dhmapana (dry powder instillation), Dhuma (medicated fume taken through nasal route and eliminated by oral route), Marsha and Pratimarsha nasya (Administration of oil through nostrils). Different medicinal forms like powder, oil, alcoholic preparations, and aqueous solutions have different mode of action through nasal passage. Traditional Gokarna is still used today for a variety of therapeutic forms of Nasya, and Dhmapana Nasya is administered using a six angula length nadi. Overall the procedure requires a universal standardization of instrumentation developed for its proper uniform execution. Any science that has to face the challenges of varying times has to be equipped with updated principles and practice. Ayurveda being the oldest health care system has time-tested principles to its credit. However, as new demands like safety, precision, storage, cleaning and administration issues emerge, the practical domain of this holistic medicine has to be updated to higher levels. Instrumentation is essential to make treatment cost-effective, to increase the effectiveness of therapies, to make procedures easy, to use fewer skills, and to save manpower and time. In conventional medicine, intranasal drug administration has different delivery applicants like droppers, multidose spray pumps, unidose and bidose spray tips attached to Luer syringes, dry powder inhalers, side actuated spray pumps etc. This study explores the possibilities to develop equipments for various types of Nasya in accordance with current nasal delivery applicants giving special emphasis on Ayurvedic principles.

Keywords: Nasya, nasal delivery applicants, instrumentation.

Registration Code: ABOP 1256



PANCHAKARMA - AN EFFECTUAL TOOL IN ALTERING THE DEFECTIVE IMMUNE RESPONSE - A CRITICAL REVIEW

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An autoimmune disease is a condition where the body's immune system mistakenly attacks its own healthy cells and tissues. Normally, the immune system is designed to protect the body from harmful substances like bacteria and viruses. However, in autoimmune diseases, the immune system becomes overactive and attacks healthy cells, causing inflammation and damage to various organs or systems in the body. There are various autoimmune diseases like RA, SLE, MS, Type 1 Diabetes, and Hashimoto's Thyroiditis etc. Each autoimmune disease may affect different parts of the body and have unique symptoms. Generally, in Ayurveda, autoimmune diseases may be understood due to an imbalance of doshas, lead to the production of "Ama" (Auto toxins). On the other hand, in Ayurveda, the conditions which are associated with Agni and Maruta (Wind) may lead to "Dhatupaka" which is a dangerous, very fast and wide spreading in nature. They will turn even to a fatal condition if not managed properly. Doshapaka is a healthy phenomenon whereas Dhatupaka is autoimmunity. To review the effect of Panchakarma in altering the defective immune response On a detailed search we could find a very few research studies and reviews on ayurvedic management of autoimmune disease. Treatments should be focused on the prevention of Dhatupaka, and to restore the balance and harmony of doshas in the body to tackle autoimmune diseases. The treatment involves bio purification (Panchakarma) to eliminate auto toxins and to strengthen the Agni. After purification therapy, one should follow pacifying type of medicines, specific dietary and lifestyle modifications, to support the body's natural healing processes. Judicial administration of shodhana karma followed by samana and rasayana chikitsa pave a new horizon in the management of auto immune disorders.

Keywords: Panchakarma, Autoimmune, Dhatupaka, Auto toxins, Doshapaka, Auto immunity

Registration Code: ABOP 1261



CLINICAL EVALUATION OF SAFETY OF VAMANA KARMA AN AYURVEDIC THERAPEUTICS WITH SPECIAL REFERENCE TO THE CONVENTIONAL TREATMENT OF PSORIASIS

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Vamana Karma is one of the major Ayurvedic Panchakarma therapies which are being practiced by the Ayurvedic practitioners for treatment of many skin diseases including psoriasis. The safety aspect of standard Vamana Karma (induced emesis) with the present clinical parameters is still lacking. Study was undertaken to measure the safety of Vamana Karma in plaque psoriasis at IPD of CARI, Kolkata, West Bengal and NARIP, Cheruthuruthy, Kerala level after getting the approval of IEC from the both institutes followed by CTRI registration. A total of 85 patients enrolled in the two centers diagnosed cases of plaque psoriasis in the single arm study and 74 completed the 45 days treatment in the study. Patients in the age group of 18years to 60 years of both sexes, suffering from plaque psoriasis with affected BSA >5% and 8% were included. Subjective and objective parameters related to the safety at the end of 24th and 45th day was recorded and showed that there are insignificant changes in the mean value at baseline i.e. day 0 and at day 45. The analysis of the results on AEC, Serum Creatinine, SGOT, Serum Albumin, Serum Bilirubin, HbA1C, ECG, etc. exhibited statistical non-significance. Hb%.

Keywords: Vamana Karma, Panchakarma, Psoriasis, Safety study

Registration Code: ABOP 1265



MANAGEMENT OF OLIGOZOOSPERMIA WITH PROTOCOL- BASED UTTARA VASTI A CASE SERIES

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Oligozoospermia is a condition characterized by suboptimal concentration of spermatozoa in a semen sample. According to World Health Organization (WHO), normal sperm content in a sample of semen should be equal to or above 15 million per millimeter. A sperm count below this figure is known as Oligozoospermia. Oligozoospermia can be considered as Ksheena Shukra which is one among the ashtavidha beeja dosha. Sodhana procedures are well highlighted for the treatment of all beejadosha vikaras. Among them Uttara Vasti is mentioned as best treatment for all the shukra doshajanya vikaras. Uttaravasti is a type of vasti procedure wherein the medicated sneha or decoction is administered into urinary bladder or uterus and which is indicated in the management of genito-urinary disorders of both male and female. Methods This case series includes 5 participants who visited the Panchakarma OPD, were evaluated initially included the history and physical examination and based on the Semen Analysis were admitted to the IP unit of the Panchakarma Department, Government Ayurveda College, Tripunithura. The participants in this case series received Uttara Vasti in an interventional pre-test and post-test design. The treatment protocol was Sadyosnehapana & Svedana, followed by Virechana, Samsarjana krama and Niruha vasti. After the 10 days of pre-treatment procedures, a course of Uttara Vasti was administered for 9 days, maintaining gap of 3 rest days. Using a standard proforma, assessments were carried out prior to treatment, on 30th day and 72th day following the Uttara Vasti procedure. Clinical significant results were noted in seminal parameters such as sperm count, motility, liquefaction, morphology. Therefore, it had been found that the protocol-based Uttara Vasti was successful in managing oligozoospermia.

Keywords: Oligozoospermia, Ksheena shukra, Uttara vasti, semen analysis

Registration Code: ABOP1268



EFFECT OF KASHAYA NASYA IN THE MANAGEMENT OF MIGRAINE: A CASE REPORT

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Ayurveda, the eternal science of life possess a rich hereditary system of medical practice in curing various diseases, even from the Vedic period. Panchakarma, a major treatment modality in Ayurveda has its mesmerizing effect over a wide range of diseases. Nasya is one among Panchakarma procedure described as the best line of treatment for urdhwajatrugata vyadhis. Migraine is a type of primary headache disorder that affects central nervous system causing painful attacks of headache in episodes and considered as third most prevalent disorder in the world and third highest cause of disability worldwide in which females are affected more than males in the age group of 20 to 50 years. Based on symptomatology, it can be correlated to Ardhavabhedaka. Kashaya nasya, being an unexplored area of research in Ayurveda should be brought out with evidence based medicine. On analyzing the definition given in Ayurveda classics, it is clear that kashaya nasya falls under the category of avapeeda nasya. The current paper is the case report of a 32 year old female patient diagnosed with migraine for the past one year is treated with Dasamoola kashaya nasya, mentioned in cakradatta sirorogadhikara, for 7 days in OPD level. Prior to nasya karma, sadhya snehapana for 3 days followed by anulomana for 1 day was done. Assessment were done on 0th day, 5th day, 12th day, 40th day, 68th day with regards to changes in the variables such as intensity of pain, duration of pain, frequency of attack and disability due to migraine with the help of MIDAS questionnaire, VAS scale and clinical case proforma. The study revealed a positive change in all the migraine parameters statistically. Ayurveda with its treatment approaches can strengthen the therapeutic armamentarium thereby improving the clinical outcomes & quality of life of patient.

Keywords: Ardhavabhedaka, Migraine, Kashaya Nasya, Avapeedaka nasya

Registration Code: ABOP 1269



EFFECT OF MADHUTAILIKA BASTI IN RENIN-ANGIOTENSIN SYSTEM WSR TO ANGIOTENSIN CONVERTING ENZYME IN KATIGRAHA - A RANDOMIZED CONTROLLED STUDY

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The state of equilibrium in Dosha, Dhatu, Mala, Agni, etc. are considered components for Swasthya. In human physiology, the concept of homeostasis represents an internal state of equilibrium, especially in fluid and electrolyte balance. The renin angiotensin system plays a major role in the maintenance of body homeostasis, and angiotensin converting enzyme is a marker compound for assessing RAS. Panchakarma might have an influence over body fluid and electrolytes. Basti is considered the best Panchakarma treatment and has a major role in treatment for Vata Dosha. Purpose of study: It is believed that Basti helps to bring about body homeostasis. There are no reported studies to understand the action of Basti on body homeostasis. Madhutailika basti, one of the most commonly used Basti, has a wide range of utility. Katigraha is a common Vata disorder in which pain and stiffness in the low back region are the major presentations in which Basti is used as an effective management strategy. and Objectives: randomized into 2 groups. The Trial group received Sarvanga Abhyanga, Bhaspa Sweda and Anulomana followed by Madhutailika Basti. The control group received Sarvanga Abhyanga, Bhaspa Sweda and Anulomana. Both groups received 55 participants each, and 5 participants dropped out from each group. One hundred participants completed the study. Significant reductions in ACE, pain and disability were reported in the Trial group, and significant differences in pain and disability in the control group. On comparison, the Trial group showed a better reduction in all parameters. Madhutailika basti has an effect on ACE, thereby influencing the RAS. Significance: This study shows a probable mode of action of Niruha Basti in maintaining fluid and electrolyte homeostasis.

Keywords: Ayurveda, Panchakarma, Homeostasis, Mode of action, Niruha

Registration Code: ABOP 1287



ROLE OF PANCHAKARMA IN HEALTH AND DISEASE

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“Health is a condition of complete physical, mental and social wellbeing not just the absence of sickness or disability” Panchakarma is used to eliminate the toxins from the body and also helps in returning accumulated toxins to the GI tract and removing these toxins from the nearest route. Panchakarma also helps to restore the Doshas in balanced state and eliminates disease causing elements from body and prevents disease reoccurrence and development. As goal of Ayurveda is “Swasthasya Swasthya Rakshanam Aturasya Vikara Prashamanam” i.e people who are healthy should maintain their health and people who are unhealthy should be made free from diseases. So in this regard Panchakarma plays a very important role in maintainance of health and cure of diseases.

Keywords: Ayurveda, Panchakarma, Health, Disease.

Registration Code: ABOP 1342

A COMPARATIVE CLINICAL STUDY TO EVALUATE THE EFFICACY OF SHATAPUSHPADI AND NIRGUNDYADI UPANAHA IN JANU SANDHIGATA VATA

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Janu Sandhigata Vata is one among Vata Vyadhi, which predominantly affects elderly people, which can be co-relate to knee joint osteoarthritis. As of 2010, globally approximately 250 million people had Osteoarthritis of knee joint which is 3.6% of total population. In this study, Upanaha Swedana is given in the form of Bandana for 7 days to a group of 40 patients divided in to 2 group. Group A with Shatapushpadi Upanaha and Group B with Nirgundyadi Upanaha. Subjective parameters such as Shoola, Ability to climb up and down the stairs, Ability to squat and Stamba were considered. Objective parameters are Shotha, Degree of flexion, Crepitus, Thoda and Range of movements were considered. Group A shower better response to pain, ability to squat, swelling, tenderness and crepitus. While Group B showed better response to stiffness, range of movements and degree of flexion. Over all clinically, Group A (60%) showed better response than Group B (45%).

Keywords: Janu Sandhi Vata , Upanaha Sweda, Bandana, Nirgundyadi and Shatapushpadi Upanaha.

Registration Code: ABOP 1345



EFFECT OF SHODHANA IN OXIDATIVE STRESS WSR TO SERUM SUPEROXIDE DISMUTASE IN ATOPIC DERMATITIS A CASE SERIES

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Skin is exposed to air pollutants, ultraviolet rays, cosmetics etc which promote the production of free radicals. Incidence of Atopic Dermatitis has increased 2 to 3 fold in industrialized nations. Studies proved that increased oxidative stress is an important contributing factor in the pathogenesis of Atopic dermatitis. Among the antioxidant enzymes the Superoxide dismutase form the front line of defense against reactive oxygen species (ROS)-mediated injury. This case series reports that 3 patients with complaints of dermatitis were diagnosed with atopic dermatitis using Hanifin Rajka criteria. All the 3 patients were advised for shodhana (vamana or virechana) according to the dosha predominance following appropriate purvakarmas. Assessment criteria-SCORAD and fasting serum SOD enzyme activity before and after shodhana. There was decrease in SCORAD score in all the 3 patients. The serum SOD enzyme increased drastically after shodhana. In Ayurveda all skin diseases are categorized under "Kushtha". Shodhana Karmas are indicated in Bahudoshavastha like kushta. Through shodhana the accumulated malas in sukshma and sthula srotases are eliminated.. Dhatushiritvam, rogharanam, bala prasadam, varna prasadam are the benefits of shodhana. Thus biopurification itself shows symptomatic relief in patients without any internal medication. Preclinical studies showed encouraging results for the use of SOD as a human therapeutic agent in acute and chronic inflammatory conditions. However, research has not shown these antioxidant supplements as effective. In these cases without any supplementation the body has got stimulated for the production of antioxidants by itself through detoxification. Shodhana is also mentioned as a part of rtucharya in classics. Thus the result open a wide range of possibility for shodhana therapy for the prevention and treatment of many diseases associated with oxidative stress.

Keywords: Oxidative stress, Superoxide dismutase, Dermatitis, Shodhana

Registration Code: ABOP 1356



AYURVEDIC MANAGEMENT OF FIBROMYALGIA - A CASE REPORT

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Fibromyalgia (FM) syndrome is a musculoskeletal condition characterized by widespread musculoskeletal pain with many clinical presentations. Its prevalence is estimated at around 2% in the general population. Various pharmacological interventions are of little efficacy and its prognosis is also poor. Certain Panchakarma procedures and internal Ayurvedic medicines have been proved to be beneficial in the management of FM. A 56 year old female patient visited the department of panchakarma with complaints of pain at multiple joints, generalized muscular pain ,especially over the nape of neck, right arm, and right leg and fatigue. She also presented with depression, anxiety, sleeplessness. All these problems were gradually developed, progressive, and recurrent for the last 7 years. It was diagnosed as mamsagata vata and Panchakarma procedures such as udvartana dhanyamla pindasweda, sarvanga abhyanga, Bashpa swedana, and Basti were done followed by internal medicines. Assessment criteria was based on the scoring of FM Impact Questionnaire. Before starting treatment, the FIQ score was 65, indicating that the patient has been suffering from severe FM syndrome. After completion of treatment, the FIQ score was reduced to 39 and on follow up score was 14.Improvement was observed in physical impairment, difficulty in doing work, pain, fatigue, and stiffness. General condition improved markedly. Ayurvedic panchakarma treatment was found to be useful in the management of physical signs and symptoms of fibromyalgia. Further clinical trials are required on long term management of fibromyalgia syndrome with Ayurvedic treatment including psychological interventions.

Keywords: Fibromyalgia, Mamsagata vata, Panchakarma, Vata vyadhi

Registration Code: ABOP 1382



CLINICAL SIGNIFICANCE OF ERANDAMULADI NIRUHA VASTI IN GRIDHRASI AT DIFFERENT VASTI PRANIDHANA KALA

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Vasti plays a pivotal role in the management of Vatavyadi and is considered as Ardha Chikitsa. The action of Vasti may vary according to many reasons like the drugs selected, time of administration, skill of the person administering the Vasti, etc. Regarding the time of administration of Nirūha Vasti, it is said to be given in Prātah Kāla as well as in Madhyāhna Kāla. So, a need has been felt, to find out whether Nirūha Vasti Prasidhāna Kāla is significant while evaluating the effect of Vasti in a disease and does it have any influence on the assessment of Sasyak Nirūha Laksasas. Thus, the present study was planned to evaluate the effect of different Prasidhāna Kāla of Nirūha Vasti. Clinical trial registered under CTRI was conducted in Amrita School of Ayurveda. 30 patients satisfying inclusion criteria were randomly grouped into two groups consisting of 15 patients each. Erandamooladi Niruha Vasti was administered in Pratah and Madhyahna kala in respective group. Anuvāsana Vasti with Sahacharadi Thaila was administered soon after the lunch every day. Assessment was done on baseline, 5th day and follow up on 11th day for subjective and objective parameters. In Paired t Test and Wilcoxon Signed Rank Test, the results obtained were $p < 0.05$ except for extension ($p = 0.04$) and rotation ($p = 0.01$). The ideal time of administration of vasti is when there is predominance of vāta in kossa- best tackled with vasti, Pitta kāla- essential for absorption of vasti dravya, time when colonic motor activity is minimal, increased migrating motor complex activity and presence of Gastro Intestinal hormones like Ghrelin which stimulates enteric neurons.

Keywords: Erandamuladi Niruha Vasti, Vasti Pranidhana Kala, Gridhrasi, Sciatica, Colonic motor activity, Migrating motor complex.

Registration Code: ABOP 1388



ESTIMATION OF INFLAMMATORY BIOMARKER IL-6 IN VARICOSE VEIN AFTER SIRAVYADHA IN PERIODIC INTERVAL CASE SERIES

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Varicose veins are swollen, tortuous, and enlarged veins. Usually, they occur on the legs and feet. In Ayurveda, it may be correlated with Siragranthi. The accumulation of Rakta and vitiation of Vata in the Sira leads to dilation of veins and tortuosity. The commonest symptom is tired and aching sensation in the affected limb, particularly in the calf at the end of the day. There are studies showing significantly increased concentration of inflammatory biomarkers like IL-6 in varicose veins. Here in this study an observation is made to know the changes in values of IL-6 before and after Siravyadha. In the present case report, Ayurvedic management of four cases with lower limb varicose veins treated successfully in OP basis by two sittings of Siravyadha one on 1st day and second on the 15th day. Also, an attempt is made to observe the changes in inflammatory biomarker Interleukin-6 before and after the procedure. It was found that there is a reduction in value of IL-6 before and after Siravyadha. Along with that, signs and symptoms of varicosity reduced to a greater extent. The subjective parameters like pain and burning sensation also reduced markedly. Siravyadha is the treatment of choice prescribed by the classics for Sirajagranthi. It is considered Ardhachikitsa of Shalyatantra. Repeated Siravyadha brings down local shotha or congestion and this promotes proper circulation where the stasis is cleared off. All cases showed reduction in signs and symptoms. The procedure was carried out in OP basis and was cost effective too. Marked reduction in IL-6 value shows effectiveness of Siravyadha in varicose veins.

Keywords: Varicose veins, Siragranthi, Siravyadha, Inflammatory biomarker, Interleukin-6

Registration Code: ABOP 1439



EFFICACY OF AYURVEDIC MULTIMODAL TREATMENT IN SYSTEMIC LUPUS ERYTHEMATOSUS: A CASE REPORT

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Systemic lupus erythematosus (SLE) is a chronic autoimmune inflammatory disease with multisystem involvement. SLE is the disease with unknown etiology in which organs and cells undergo damage. Tissue pathology in SLE can demonstrate a variety of aberrant immunologic mechanisms, including immune complex formation, autoantibody formation, and immunologically mediated tissue injury. In this paper, a patient diagnosed as SLE, which was managed successfully by Ayurveda treatment was discussed. A 32 yr female old female patient visited OPD, with the complaints of joint pain, stiffness especially over the hands and legs, erythematous skin rashes over the face and swelling all over the body especially on feet and hands and face since 3 years. She was diagnosed as SLE from a higher medical centre with relevant investigations 3 years ago. And she was put on oral medications and steroids. As patient was not willing to continue with steroids any further, she alternatively opted for Ayurveda treatment. The condition was managed as per the principle of Vatarakta line of treatment. Virechana, Panchatikta Ksheer Basti and other external therapy have done with oral medication prescribed during and after the treatment. This treatment method was found effective in controlling progressive symptoms and improving sign and symptoms of the patient.

Keywords: Basti, SLE, Vatarakta, Virechana

Registration Code: ABOP 1455



CRITICAL ANALYSIS OF MADANAPHALA SAMSKARA BASED ON PHYTOCHEMICAL AND IMAGING TECHNIQUES

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Madanaphala (*Catunaregam spinosa*) is known as the best drug used for Vamana Karma. Prior to its administration certain processing methods are explained. The work hereby is an initiative to interpret the relevance of Madanaphala Samskara, based on the results of HPTLC, Optical and Scanning Electron Microscopy of the seeds of Madanaphala. Madanaphala Samskara was performed as explained in the Caraka Samhita. Few seeds were randomly picked after each stage and subjected to HPTLC and microscopic analyses. The changes observed were evaluated and thorough literature search was carried out in order to find suitable explanations. HPTLC results showed the presence of a prominent phytochemical in the pre-processed sample which was found to be lost after the Samskara. The presence of triterpenoid saponins was revealed in the sample and was backed by the available literature. The microscopic findings showed significant changes in the external morphology of the seed samples at different stages. The results were found to be complimentary. The results obtained may be indicative of the importance of Madanaphala Samskara prior to the administration of the same as Vamanaoshadhi. HPTLC results suggested the disappearance of a loop indicative of triterpenoid saponins after Samskara. The literature search throws light on the adverse effects caused by the interaction of the triterpenoid saponins with mucosal lining of the alimentary canal. The changes observed in the external surface of the seeds also contribute to the relevance of Samskara. Moreover, the methodology of Samskara itself simulates with the conventional methods of saponin separation from plant materials. Thus, the safety and efficacy of Madanaphala as the best drug for Vamana Karma could be attributed to the process of Madanaphala Samskara.

Keywords: Vamana, HPTLC, Scanning electron microscopy, Saponin, *Catunaregam spinosa*

Registration Code: ABOP 1459



AN EVIDENCE BASED CHROMATOGRAPHIC ANALYSIS ON BIOAVAILABILITY OF ANUVASANA BASTI

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Anal route of administration of drugs is being practised to achieve both local and systemic actions. Drug bioavailability, formulation retention, and drug release kinetics have all improved as a result of the creation and optimisation of rectal medication formulations. The anuvasana basti has been practised elsewhere due to its multidimensional actions. Till date only limited data is available regarding the bioavailability of basti dravya through rectal route. In this paper, an attempt has been made to create an evidence based therapeutic action of anuvasana basti Dravya through chromatographic techniques. GCMS profile of blood sample yields important biomolecules namely derivatives of benzene which was present in administered basti dravya which proves more absorption. The retention time for anuvasana basti mentioned in classics is three yamas preferably nine hours. For unravelling the mechanism of fatty acid dysregulation associated disorders and expanding the use of these fatty acids as clinical treatment indicators, accurate and effective analytical procedures are crucial. Drugs can partially bypass the liver following systemic absorption, which reduces the hepatic first-pass effect. Anuvasana basti is given to the patients, then blood is taken at regular intervals of 3 hours, 6 hours, and 9 hours on the zeroth and fifth days, respectively. Fatty acids that were present in the administered basti Dravya are examined in the blood sample. Thus, the therapeutic action of anuvasana basti is evident from the bioavailability of the dravya obtained from the GCMS analysis

Keywords: Anuvasana basti, GCMS analysis, Therapeutic action, Fatty acids, Basti

Registration Code: ABOP 1470



PRE AND POST TONGUE MICROBIOME ANALYSIS AFTER DEEPANA PACHANA IN DYSPEPSIA - A CASE SERIES

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In Ayurveda Tongue (Jihva) is considered as the site of Agni, most of the diseases are caused by Agnimandya and later on, it results in formation of Ama. When the Ama associates with Dosha it can be considered as Sama, production of Ama in the body is the cause of coated tongue. Tongue being the main diagnostic tool is the key site of examination in many diseases. Deepana and Pachana are the treatment modality which are used either as the Purvakarma before any Shodhana Chikitsa or adopted as the main treatment modality in many of the diseases. In either of the situations it is the Agni and Ama being corrected. The treatment modality of Deepana pachana is found very effective in numerous ailments, till date there is not much data available regarding the relationship between Deepana pachana and microbiota. In this case series, 5 individuals were selected who having dyspepsia, for them appropriate Deepana pachana aushadhis were given till obtained Samyak langhita lakshanas & pakva mala lakshanas, the samples from the coated tongue was collected and the microbial load before and after to the therapy were studied for understanding any change in microbial load. All the 5 cases showed significant reduction in microbial load with markable change in tongue coating also. Recent studies show the relevance of the microbiota as an indicator of both health and disease. Tongue coating microbiota are expected to become a new, easy, and non-invasive potential biological marker for metabolic homeostasis and may be used as a future diagnostic tool.

Keywords: Deepana pachana, Rookshana, Tongue microbiota, Oral microbiota, Jihvapareeksha

Registration Code: ABOP 1489



ROLE OF PANCHAKARMA IN THE MANAGEMENT OF GUTTATE PSORIASIS: A CASE REPORT

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Guttate psoriasis, one of several subtypes of psoriasis is characterized by small, red, drop-shaped lesions that appear on the skin. It often occurs suddenly and is frequently triggered by any bacterial or viral infections (commonly streptococcal infections), stress, injury to the skin, or certain medications. Kitibha Kushta is described as a type of skin disease characterized by the formation of raised, thickened, and scaly lesions on the skin. These lesions often resemble the appearance of a group of closely set papules or plaques. The pitta and kapha dosha involvement presents with Shyavatha, Khara Sparsha, Parushatha and kandu. Aim To find out the multi-modality treatment effect of snehapana, Shodhana, shamana in Kitibha kushta w.s.r to Guttate psoriasis Here is the case report of 22-year-old male patient complaints of itchy, red, and scaly papules over his trunk and on the dorsum of his foot for the past 6 months. He was treated on hospitalization with internal medications, external medications including snehapana, shodhana and shamana. Grading of the condition was done using PASI score assessment. The photographs were also taken before and after the treatment for assessment. After the completion of treatment, red scaly papules and itching reduced and after the follow up of 2 months reported with satisfactory outcomes in PASI score from 19.4 to 0 scorings. Kushta is a raktapradoshaja vikara with tridosha involvement presents with the lakshanas of the predominant dosha cured by repeated Shodhana only. Depending on the lakshana and dosha predominance, the treatment was planned with shodhana mainly Virechana followed by samsarjana krama and shamana chikitsa along with nidana parivarjana. Virechana is the best modality for kushta treatment. Symptomatic relief within two months of followup with no signs of relapse .

Keywords: Kitibha kushta, Guttate psoriasis, Panchakarma, Shodhana, virechana

Registration Code: ABOP 1500



CONCEPTUAL STUDY ON ROLE OF VIRECANA KARMA IN THE MANAGEMENT OF TAMAKA SHWASA

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Tamaka Shwasa is one of the five types of Shwasaroga. Tamaka Shvasa is a “Swatantra”Vyadhi having its own etiology, pathogenesis and management. The cardinal symptoms of Tamaka Shwasa includes Shwasa Krichhrata (dyspnoea), Kasa(cough), Pinasa(rhinitis), Ghurghurukam, Parshvashula .According to Ayurveda, Shvasaroga is a Kapha Vata Pradhana disease which originated from Pittasthana. Whenever there is obstruction of Pranavayu by Kapha Dosha, the vitiated Vayu gets Pratiloma Gati (reverse movement) to produce Shwasa Roga. Asthma is the chronic inflammatory disorder of the airway associated with increased hyper responsiveness, recurrent episode of wheezing shortness of breath, chest tightness and coughing particularly at night and early morning. The global prevalence of asthma is more than 300 million individuals and about a tenth of those are living in India. Acharaya Charaka and Vagbhata have described Virechana Karma in the management of Shwasa Roga. In Tamaka Shwasa, Kapha obstructs the passage of Vayu, the obstructed Vayu take the Pratiloma Gati. Virecana drugs having the quality of Vatanulomana, Usnaguna, Kaphavataghna property may be more beneficial in the condition of Shvasa. Virecana removes mainly Kapha and Pitta Dosha and makes Vata in Anuloma Gati. Thus this conceptual study was under taken to study the concepts of Tamaka Shvasa and role of Virechana Karma in Tamaka Shwasa

Keywords: Tamaka Shwasa, Virechana Karma, Kapha Dosha, Prana vayu, Pitta sthana.

Registration Code: ABOP 1528



A CLINICAL STUDY TO FIND OUT THE EFFICACY OF SHWADANSHTRA TAILA UTTAR BASTI IN MOOTRA VEGADHARANA VIKAR WITH SPECIAL REFERENCE TO CHRONIC RETENTION OF URINE

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MootraVega is one among thirteen types of natural physical impulses that should never be disregarded by anyone who wants to live a healthy life. In a sedentary lifestyle (AC Living/working culture), individuals prefer to drink excessive amounts of fluids (tea, coffee, water) and do less exercise with minimal & no sweating, which may result in increased micturition, but people strive to suppress the impulse to micturition. This recurring urine retention might lead to life-threatening complications interfering day to day activities. Hence this study was planned with objectives - To evaluate the efficacy of Shwadanshtra Taila Uttar Basti in the treatment of the Cardinal signs and symptoms of Mootra Vegadharana Vikar, namely Basti Shool, Mehana Shool, Mootrakrucchra, and Shiroruja and in terms of Quality of Life (ODI Scale). 15 patients from the OPD and IPDs of National Institute of Ayurveda, Jaipur were selected as per inclusion criteria and intervened with Shwadanshtra Taila (Acharya Susruta – Mootrakrucchra Vikara) Uttar Basti preceded with Shyamadi Niruha Basti with Putiyavanyadi Kalka. Treatment was done in three consecutive cycles with a total duration of 23 days. Assessment was done before and after treatment with the help of subjective parameters (symptom scoring, ODI scale). Statistical analysis was done using excel sheet, and Instat graph pad 3.1. Extremely significant results in Lakshanas of Mootra Vegadharana Vikar were obtained both clinically and statistically. ODI scale also showed significant results with a cumulative 43.75% of relief by the treatment. The drugs of Shwadanshtra Taila have Vata Kapha hara properties which are capable of performing Vata Samana, bringing an analgesic effect on patients. The majority of Basti's drugs contained Madhura Rasa, Snigdha Guna, Balya and Jeevaniyain nature, which may have helped to improve the functioning of the Quality-of-Life scale's everyday activities. Shwadanshtra Taila Uttar Basti is effective in the management of Mootra Vegadharana Vikar and improving the quality of life.

Keywords: Uttarabasti, Mootra Vega, Mootra Vegadharana Vikar, Shwadanshtra Taila
Registration Code: ABOP 1606



AYURVEDA IN THE MANAGEMENT OF AMYOTROPHIC LATERAL SCLEROSIS – A CASE REPORT

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Amyotrophic lateral sclerosis (ALS) is the most common motor neuron disease and it is characterized by selective death of upper and lower motor neurons causing muscle atrophy, weakness and spasticity. As it is a fatal neurodegenerative disease, we can slow down the progression of symptoms through treatment. The present report deals with a case of ALS which can be correlated to Kapha avrutha vyana vata. Current paper is a case report of 47 year old female patient presented with the complaints of weakness and wasting of bilateral lower limb (Rt>Lt) since 20 years and weakness of bilateral upper limb (Rt>Lt) since 10 years and was diagnosed with progressive ALS. Aim of the study is to introduce an alternative therapeutic modality through Ayurveda which help to improve quality of life and delay the progress of disease. Patient had been treated with specific panchakarma treatment modalities -Udwarthana , Acchasnehapana , Kukkudanda pinda sweda , Kayaseka , Mamsa pinda sweda , Musthadi Rajayapana vasti and specific samana and Rasayana oushadis. The response of the patient's condition to the treatment was assessed by ALSFRS -R Score. A substantial decrease in the intensity of symptoms was observed with a better quality of day to day activities. Thus, the treatment was found to be effective in managing the present ailment.

Keywords: Amyotrophic lateral sclerosis, Kaphaavrutha Vyana vata, Panchakarma

Registration Code: ABOP 1658



EFFECT OF WET CUPPING IN ANKYLOSING SPONDYLITIS: A CASE STUDY

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Ankylosing spondylitis (AS) is a chronic inflammatory disorder that primarily involves the sacroiliac joints and the axial skeleton. There is also a variable involvement of peripheral joints and articular structures. Gradually leads to limited chest expansion, limited neck motion, flattening of the lumbar spine (loss of lumbar curvature), and thoracic kyphosis. No satisfactory treatment is available in modern medicine for this disorder. AS can be correlated to clinical condition such as Asthi Majja Gata vata, mentioned in classical texts. Through panchakarma can reduce pain, inflammation, stiffness, and swelling in the joints. They can also nourish the bones and muscles, improve blood circulation and immunity. Cupping is a modified Raktamokshana procedure, which is practiced for pain reduction, decrease of inflammation, immunomodulation, and haematological adjustment. A 65-year-old male diagnosed with AS since the past 10 years was treated by wet cupping for two sittings. The disease activity was analyzed using Bath Ankylosing Spondylitis Disease Activity Index (BASDAI). Other quality of life parameters were also incorporated for the assessment. After wet cupping considerable improvement was recorded in subjective parameters, pain was decreased, stiffness was resolved, Spinal mobility was also improved. Considerable improvement was appreciated in the patient assessed by quality-of-life parameters. Cupping treatment seems to be promising in the management of AS without causing any adverse effects.

Keywords: Ankylosing Spondylitis, Wet Cupping, Ayurveda

Registration Code: ABOP 1664



AYURVEDIC MANAGEMENT OF PAKSHAGHATA WSR TO POST-STROKE APHASIA A CASE REPORT

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Pakshaghata is one of the Vaata Vyadhi among 80 Nanatmaj Vaata Vyadhi. In recent era Pakshaghata is very challenging medical issue and very large number of patients suffers with it. Vaak-Stambha is one of the symptoms of Pakshaghata and it is found very frequently in Pakshaghata patients. Stroke is the most common cause of severe disability. It is the most frequent clinical manifestation of disease of the cerebral blood vessels. Stroke occurring as a sequel of CVA is the third leading cause of death in developing countries after ischemic heart disease and cancer. Aphasia is one of the most common clinical features of functional impairment after a stroke. Approximately 21–40% of stroke patients sustain permanent aphasia, which progressively worsens one's quality of life and rehabilitation outcomes. Taking all the above facts into consideration, its poor prognosis and nature of indolence, through this study an attempt was made to find a measure that could help in restoring quality in life of patients. This study deals with a 39 years old male patient, already diagnosed case of ischaemic stroke based on CT Scan of Brain, presenting with right side hemiplegia with aphasia. The Ayurvedic diagnosis of Dakshina Pakshaghata was made and patient was treated with Mashabaladi Kwatha Nasapana for 14 days. Patient was assessed before treatment, after treatment and after 1 month of treatment using the National Institute of Health Stroke Scale (NIH-SS) and Western Aphasia Battery (WAB). Maximum improvement was noticed in facial palsy, sensory functions, motor arm functions, motor leg functions and language. There was significant improvement in speech in terms of fluency, comprehension, repetition and naming. Panchakarma plays a key role in the management of Pakshaghata w.s.r. to Post-Stroke Aphasia.

Keywords: Pakshaghata, Vaak-Stambha, Aphasia, Ischaemic stroke, Nasapana, Hemiplegia

Registration Code: ABOP 1771



ROLE OF VIRECHANA KARMA IN VICHARCHIKA

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Vicharchika is a type of ksudra kushta, having characteristic signs such as kandu, srava, Pidaka, and Shyava varna. This can be compared with Lichenification, lesion with characteristic features of skin thickening, hyperpigmentation, and exaggerated skin lines. In this case report a 60 year old male patient with discoloration and thickening of extremities of both the hands and legs since last 10 years associated with itching and oozing was unable to flex his fingers later on. The person had acute history of extreme cold exposure 15 years back with addiction of smoking. Assessment criteria used are P.A.S.I score, pruritic scale and DLQI with photographs. According to characteristic signs and symptoms, the disease has been diagnosed as vicharchika. The treatments were given after ascertaining the dosha, that was virechana karma following appropriate purvakarma. Virechana karma helped in regression of signs and symptoms of the disease without relapse of symptoms. P.A.S.I score, Pruritic scale and DLQI readings were remarkably reduced after the shodhana procedure. Pitta is the main vitiated dosha in this condition, which can be best treated by virechana karma, so firstly deepan pachana for improving the agni (metabolic fire), followed by snehapana for liquification of dosha from the particular site and virechana is performed for elimination of aggravated dosha, with best suited medicines for the alleviation of symptoms of the disease. In this case, itching and oozing was subsided with reduction in discoloration and thickness of skin. The person was able to completely flex his fingers. Virechana is considered best for treating skin diseases. Within in a short span of time person shows good response without reoccurrence of disease.

Keywords: Virechana, Vicharchika, Lichenification, Kshudrakushta

Registration Code: ABOP 1982



COMBINED EFFECT OF DADIMADI GHRITA ANUVASANA AND PICCHA BASTI IN GRAHANI WSR TO IBD - A CASE STUDY

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Grahani in ayurvedic terms refers to seat of agni, which help in the metabolism and digestion of food. Samana vata and pachaka pitta are associated with digestion and division of food into usable and waste components, thus helping in absorption and distribution of ahara rasa, after the digestion of food. A state of Mandagni, leads to improper digestion of ingested food which leads to pathological condition termed as grahani roga. The clinical features of grahani roga resemble with “ Irritable Bowel Disease”. IBD is a group of disorders that cause chronic inflammation in the intestines. IBD includes crohn’s disease and ulcerative colitis. Pancreatic exocrine insufficiency(pei), fecal calprotectin are the biochemical assays which can be used as aid in diagnosis of IBD, specifically chorn’s disease and ulcerative colitis and as an aid in differentiation of IBD from IBS. Treatment modalities are adopted to justify the situation and biochemical assays are reverted back. Treatment modalities adopted are dadimadi ghrita as anuvasana vasti and modified piccha vasti in kaala vasti pattern. Results are assessed before and after treatment with objective parameters like Bristol stool form scale, Dravya mala pravritti along with biochemical assay apart from subjective parameters such as pain abdomen, frequency of bowel evacuation and weight gain. The amount of calprotectin present in the feces is directly proportional to the amount of neutrophils within the gastrointestinal mucosa and can be used as an indirect marker for intestinal inflammation. Pancreatic exocrine insufficiency(pei) based on low fecal elastase 1 was associated with IBD. This paper deals with the way the disease IBD was successfully managed with dadimadi ghrita and modified piccha vasti and the way fecal calprotectin and fecal elastase were managed.

Keywords: Crohn’s disease, Ulcerative colitis, Bristol stool form scale, Fecal calprotectin, Pancreatic exocrine insufficiency, Fecal elastase

Registration Code: ABOP 2013



ADD ON EFFECT OF KOKILAKSHADI BASTI IN NON-RESPONSIVE CASE OF SYSTEMIC JUVENILE IDIOPATHIC ARTHRITIS STILLS DISEASE TO CONVENTIONAL TREATMENT: A CASE REPORT

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Systemic juvenile idiopathic arthritis is a childhood chronic arthritis that comprises a triad of daily fever, rash and arthritis. It is difficult to diagnose this disease because its symptoms resemble rheumatological diseases and skin conditions. In the conventional treatment, non-steroidal anti-inflammatory drugs, Disease-modifying antirheumatic drugs and Corticosteroids are the only treatment available for the management of Systemic juvenile idiopathic arthritis but their long-term usage causes side effects such as – thinning of skin, and osteoporosis, immunosuppression, growth suppression and mood swings, gastritis, making its usage difficult to the patient. Herein, we present a case of Systemic juvenile idiopathic arthritis that was treated with conventional treatment along with Ayurvedic interventions as a synergistic approach, not responsive to conventional medicine when given alone. After 2 months of treatment, there was remarkable improvement in parameters like physical activity, joint pain, fatigue, social interaction, mood & overall health of life which was assessed by QOL-RA. The hyperpigmented, maculopapular skin rashes over the back and chest region were also improved which was a characteristic feature of Systemic juvenile idiopathic arthritis. There was also improvement in symptoms like constipation and anorexia. The medicines that were prescribed orally were Amritarishtam, Drakshadi Kashyam, Shadanga Paniya, Sudarshan Ghana Vati. And the Basti prescribed was Kokilakshadi Nirooha Basti. The Potency of this plant, Kokilaksha as hematopoietic activity enhancer was noted. It can be concluded from this study, that for better management, the proposed Ayurveda treatment can be adopted.

Keywords: Ayurveda, Basti, Kokilaksha, Idiopathic Juvenile Arthritis, Panchakarma, Still's Disease

Registration Code: ABOP 2014



MANAGEMENT OF INDRALUPTA ALOPECIA AREATA BY JALOUKAVACHARANA AND SHAMANA AUSHADH : A CASE REPORT

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Hair are the most important and delicate parts of the body, that are may be called as for beauty standards. Whilst those hair on body or scalp get into the level of damage, the condition may additionally cause mental disturbance or despair. Alopecia areata (AA) is a condition resulting in localized, nonscarring hair loss. Patches are more common on the scalp without any scaling and inflammation. In Ayurveda texts, a comparable situation is noted in Kshudrarogas known as Indralupta that is related to deviated styles of Pitta which ends up in the ‘sanchaya of pitta’ (prakupita pitta) inside the scalp of that results in loss of hair in a specific sample. It is a single case study of a 24 -year-old female patient with a complaint of asymptomatic loss of hair at a single site over the scalp for 5 months. This case of Alopecia areata (Indralupta) was successfully treated with 7 sittings of Jalaukavacharana (leech therapy) for four and a half months and 3 months Ayurveda medication. The patch was immensely filled with lustrous black hairs at the end of the follow-up period. Hence, it can be concluded that Ayurveda provides a promising result in the patient of Indralupta through Jaloukavacharana and Shamana Aushadh. It can be a choice of treatment, keeping in mind its cost-effectiveness and successful management as compared to conservative treatment.

Keywords: Indralupta, Jaloukavacharana, leech therapy, Alopecia areata.

Registration Code: ABOP 2089



DEVELOPMENT OF SCALE FOR STANDARDIZED ASSESSMENT OF SNEHA JEERYAMANA AND SNEHA JEERNA LAKSHANA IN SHODHANANGA SNEHAPANA WSR TO GHRITAPANNA

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Shodhananga Snehapana is one of the pre-operative procedures for Shodhana, its clinical evaluation is to be done in terms of Jeeryamana and Jeerna Lakshana. The assessment of these Lakshana aids for fixation of dose for consecutive days of Snehapana and finally the effectiveness of the therapy. But these Lakshana are associated with subjectivity which leads ambiguity in assessment and eventual inappropriate administration of the therapy as a whole. Hence a scale developed with standardized questionnaire would serve the purpose of uniform measurement of subjective data. Parameters of Sneha Jeeryamana and Jeerna Lakshana were analyzed through reliable literary source to define the domain. Initial item pool consists 59 items, questionnaire was administered to pilot study with sample size 30 and data was collected through interview method at regular intervals of time through out the course of snehapana followed by statistical analysis. 52 items remained after pilot study which was administered in main sample with 100 subjects. Reliability and sample adequacy was assessed. Item reduction was done through principle component analysis and provisional scale was framed. The reliability co-efficient score obtained in pilot study for Sneha Jeeryamana Lakshana was 0.895 and for Sneha Jeerna Lakshana was 0.494 and 0.929 in main study for Sneha Jeeryamana Lakshana with KMO value 0.808, 0.490 for Sneha Jeerna Lakshana with KMO value 0.903. Bartlett's test showed significance. After factor extraction 25 items of Sneha Jeeryamana Lakshana were distributed under 6 factors, 19 items of Sneha Jeerna Lakshana were distributed under 8 factors. Items obtained after factor analysis showed good reliability score which indicates good inter-item relation. Among extracted factors few items were loaded under multiple factors which showed the relevance and the inter relation of items with particular domain. Items satisfactorily measure the construct Sneha Jeeryamana and Sneha Jeerna Lakshana.

Keywords: Ayurveda, Scale, Shodhananga Snehapana, Sneha Jeeryamana, Sneha Jeerna
Registration Code: ABOP 2103



A MANAGEMENT OF ANKYLOSING SPONDYLITIS THROUGH PANCHAKARMA: A CASE STUDY

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Ankylosing spondylitis, a common type of spondyloarthropathy, is a chronic inflammatory autoimmune disease that mainly affects spine joints, causing severe-chronic pain; in more advanced cases, it can cause spine fusion, which shows a strong association with genetic marker HLA-B27. Chronic back pain and progressive spinal stiffness are the most common features of this disease. A 29 yrs. an old female student of middle socioeconomic status presented with complaining of lower back pain and stiffness all over her body, she was unable to bend forwards and backward since 1 year, had mild pain in her neck, radiating to her right hand since one and a half month. She tested HLA B27 positive. The patient was a previously diagnosed case of Ankylosing Spondylitis, in Ayurveda it is correlated with Ashthimajjagat vata, which is considered under Vatvyadhi. The patient was treated on the line of management of Asthimajjagatavata with Panchatiktaksheer basti and Patrapinda Swedana for 16 days. Clinical assessment of the case was done using the Bath Ankylosing Spondylitis Disease Activity Index (BASDAI) and Schober's test showed substantial improvement. Basti karma and Swedana karma alleviate Vata predominant condition, improving the disease state without any adverse effect, so we can conclude Ayurvedic treatment can be good management in ankylosing spondylitis.

Keywords: Ankylosing spondylitis, Ashthimajjagatvata, Ayurveda, Panchakarma, Basti.

Registration Code: ABOP 2195



AYURVEDIC MANAGEMENT OF ANKYLOSING SPONDYLITIS: A CASE REPORT

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A nkylosing spondylitis (AS) is a rheumatic disease with various skeletal and extra skeletal manifestations. Modern science has very limited options to treat AS. So, the necessity of management through Ayurveda is very much essential. Methodology: A 23 yrs old male patient tested with HLA-B27 positive, diagnosed and treated in the lines of Ankylosing Spondylosis elsewhere, who was bed ridden for 8 months approached to OPD of Government Ayurvedic Hospital, Dept of Panchakarma, Hyderabad with symptoms of severe pain in lower back, bilateral swelling of shoulder and knee joints. He also complained that this swelling was associated with morning stiffness for more than 1 hour duration. Pain was severe during the morning & evening hours, subsiding in the middle of the day. Based on the clinical presentation and Ayurvedic parameters, the condition was diagnosed and treated as Amavata initially till Ama symptoms subsided, which was followed by Nirama chikista. A Criterion of assessment was based on BASDAI (Bath Ankylosing Spondylitis Activity Index), BASFI (Bath Ankylosing Spondylitis Functional Index), BASMI (Bath Ankylosing Spondylitis Index). The assessments were carried out before and after treatment also based on the videos representing the clinical improvement of the patient. The patient who could walk with great difficulty even with Analgesics, improved to such an extent that he could run after ayurvedic panchakarma therapy in a span of three months. Management of Ankylosing Spondylosis is possible with the assessment of AMA and NIRAMA avasta and treatment should be planned accordingly in terms of Ruksha & Snigda principles. Significance: This is an effort to show the brighter side of Ayurvedic interventions not just in alleviating the symptoms but also in improving the quality of life.

Keywords: Panchakarma, Amavata, Nirama avastha, BASDAI, BASFI, BASMI

Registration Code: ABOP 2304



EFFICACY OF AN AYURVEDIC INTERVENTION IN THE MANAGEMENT OF PALMOPLANTAR PSORIASIS WITH SPECIAL EMPHASIS ON SHEETA UPANAHA: A CASE STUDY

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Vipadika is one among the Kshudra Kushta. It features with Panipada sphutana, Teevavedana. Its symptoms can be correlated with palmoplantar psoriasis, which is a form of psoriasis and is chronic and recurring in nature that affects the palms and soles of the feet and is characterized by hyperkeratosis, fissures, erythema and occasionally inflammation and pustules. This disease not only affects person physically but also affects the mental and social health of the patient. Since there is no satisfactory treatment for psoriasis in conventional medicine. Ayurvedic treatment can provide promising results in this condition. A 65 years old male patient, known case of Palmoplantar psoriasis with recurrence, had visited the OPD of Panchakarma department with Scales and fissures over both palms and soles with Pain, Severe itching and burning sensation since 3months. After clinical examination and history of the patient he was advised, Deepana & Pachana, Shamana Snehapana and Seetha Upanaha as module of treatment. Results: After implementation of above treatment plan patient has become completely symptom free and there was no recurrence even after six months. Even though treatment principles such as Deepana, Pachana, Shamana Snehapana might have helped in the overall result, but it was Seetha Upanaha Chikitsa which appeared very significant in this present case. The contents of Sheeta upanaha used are Manjista, Chandana, Nimba, Usheera and Sariba. Palmoplantar Psoriasis (PPP) remains a difficult dermatologic disorder to treat, even in the age of biologics. We present a case of Palmo-plantar Psoriasis in which a patient has shown an excellent response by Panchakarma therapies proving the novelty of evidence.

Keywords: Panchakarma, Deepana, Pachana, Shamana snehapana, Seetha upanaha

Registration Code: ABOP 2310



YAPANA BASTI LIFE SPAN ENHANCER IN A PATIENT WITH CA ESOPHAGUS - A CASE STUDY

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Malignant cells multiply and divide uncontrollably in a variety of disorders known as Cancer. These cells form tumors which are cancerous growths. There is various treatment available for cancer, still Ayurveda plays significant role. Ayurvedic treatment can be used in conjunction with chemotherapy or radiation therapy as an adjuvant or co-therapy. In case of recurrence Ayurveda maintenance therapy will be helpful. A patient aged 78, had Carcinoma Penis and underwent partial penectomy (2013). In 2023 revealed with CA Gastro-esophageal junction. As he was not willing to go for Chemo/ radiation. So, he visited the OPD Panchakarma, Hyderabad. Based on the clinical presentation the case was diagnosed as 'Arbuda' and was treated with "Mustadi Yapana vasti" in three cycles over a period of four months. Results: After four months of therapy period, the patient was absolutely symptom free and PET-CT following Ayurveda therapy revealed significant improvement. The therapy with Mustadi yapana vasti did not produce any untoward effects and has been found to safe and effective in cancer patients. However, it is strongly recommended to include conventional Anti-cancer therapies for a better outcome. Ayurveda supports internal healing, boosts immunity, promotes general health balance and speeds up recovery. The key to curing cancer is early detection and improved screening. Classical approach of Panchakarma helps in relieving signs and symptoms as well as side effects of chemotherapy and Radiotherapy. It helps to increases the life span of individual and improves quality of life.

Keywords: Ayurveda, Panchakarma, Arbuda, PET-CT

Registration Code: ABOP 2326



A CASE STUDY OF SUCCESSFUL MANAGEMENT OF TRAUMAT QUADRIPLAGIA

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Spinal cord injury has been one of the most devastating traumas a man can experience and the worst victims are those suffering from Quadriplegia due to immobility and complete dependency on others with no definite cure in other contemporary medical science than holistic panchakarma therapies which is evidence-based treatment modality in neurological disorder such that complete recovery of the patient can be achieved. One such case is the present study Material and methods: a single case study A 40-year-old male patient who is a known alcoholic with no other comorbidities. After consuming alcohol fell on the ground after experiencing sudden weakness in the lower limbs, injured his neck, temporal region and got lacerated wounds. Admitted to the hospital complaining of weakness of bilateral lower limbs and incontinence of bowel and bladder. MRI cervical spine revealed contusion in c5- c6 level, herniation of c5-c6 disc and compressing c6 nerve root. Patient after consulting multiple neurologists with no obvious signs of recovery came to our hospital on a stretcher after a clinical assessment patient was observed to have Sama avastha and was subjected to Agni chikitsa. After attaining nirama avastha patient was subjected to vatahara and brumhana line of treatment Result: The spinal cord independence scale before treatment was 14 indicating a complete dependency was improved to 55 after treatment which indicate marked in dependency Conclusion: patient was bedridden before treatment now able to walk with support and initial incontinency was present after treatment bowel and bladder control is achieved

Keywords: Traumatic quadriplegia, Panchakarma, Agni Lepa and brumhana chikitsa

Registration Code: ABOP 2373



EXPLORING TRADITIONAL AYURVEDIC TREATMENT FOR ARDITA- A CASE REPORT

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Ardita is a condition that arises from excessive aggravation of Vata and results in deformity of the face. It is considered one among the eighty Naanatmaja Vata Vyadhi and its major symptoms can be correlated to Facial palsy. In the present study, a 60-year-old female patient approached Panchakarma OPD complaining of Weakness in the left side of the face, unable to chew on the left side, slurred speech, dribbling of saliva through the left side of the mouth while spitting, difficulty in blinking left eye for 1 ½ months. She was diagnosed with Ardita and managed through external therapy and internal medications for 14 days which included, Ksheeradhooma (Palpuka) and Nasya with Karpasastyadi taila, Talam (vennathalam), and Panasa Patra sveda along with intake of Gandharvahastadi kashayam, Punarnavadi kashayam, Dhanadanayanadi kashayam, Dhanwantaram gulika, and a special Churna indicated in Arogyaraksha kalpadrumam. The patient got major relief in all symptoms with appreciable changes suggesting the wide scope of Kerala Ayurvedic tradition in the management of Ardita.

Keywords: Nasya, Ksheeradhooma, Vennathalam, Plavila sveda

Registration Code: ABOP 2429



ROLE OF PANCHAKARMA IN POST COVID VACCINATION COMPLICATION - CEREBROVASCULAR ACCIDENT

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The potential threat of stroke as well as cerebrovascular complications, accompanied with COVID-19 infection and post-COVID vaccination has been widely reported worldwide. Many studies reported occasional though life-threatening cases of thrombosis associated with other complications. The thrombosis may be the result of a pathophysiological mechanism of vaccination similar to COVID-19 infection. The present case report describes the efficacy of the Ayurveda principles through Virechana and Nasya as the chief treatment modality followed by oral medications, In a 48-year-old male patient who was diagnosed with Cerebrovascular accident (CVA), Left ICA thrombosis after a course of COVID vaccination. The assessment was done based on the NIHSS score, the Hamilton depression scale and WHO quality of life scale. The results revealed significant improvement in symptoms such as difficulty in speech and hampered memory along with changes in visual acuity. The NIHSS score reduced to 2 from 7, the Hamilton depression score reduced to 4 from 16 and WHO-QOL also showed positive results with changes in all the domains. Hence we can conclude that CVA cases can be managed with the Ayurvedic principles of Vatavyadhi with the Panchakarma and oral medications with the changes in symptoms and upliftment in the quality of life of stroke survivors.

Keywords: Case report, Stroke, Thrombosis, COVID vaccination, Virechana, Nasya

Registration Code: ABOP2464



A CASE REPORT ON AYURVEDIC TREATMENT APPROACH ON POST-OPERATIVE URINARY INCONTINENCE

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Following a surgical procedure, postoperative urinary retention may present as suprapubic pain or discomfort, bladder spasm, and/or urine leaking combined with the inability to urinate. One of the most common causes is damage to the nerve that control the bladder. This can happen during the surgery itself or as a result of the anaesthesia used during the procedure. Other factors that can contribute to post operative urinary incontinence include: weakness in the pelvic floor muscles. I herein report a case of a 79-year-old male patient with a case of post operative urinary incontinence. The patient was apparently normal 3 years back, later he felt incomplete passage of urine for which he took allopathic medication. Following that he was instructed to do routine check-up. During which he found out prostate gland enlargement. For this the allopathy doctor suggested surgical correction. He also developed inguinal hernia the same time. So, the physician advised him to do operation for these two conditions on the same day. After the surgery, he developed loss of bladder control. To regain the bladder control since it significantly affects the quality of life, he came for ayurvedic management. Features of this case are discussed together with its implications and adhonabhi lepanam with paste of lata karanja in kushmanda swarasa, avagaha sweda, nirooha vasti, anuvasana vasti and avapeeda snehapana are planned due to its vata predominant nature. Assessment is noted after each treatment.

Keywords: Post operative, Urinary incontinence

Registration Code: ABOP2536



PREVENTIVE AND CURATIVE ASPECTS OF AYURVEDA IN OVERWEIGHT POLYCYSTIC OVARY SYNDROME: A CASE STUDY

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Women's health is necessary for human development. The most common metabolic and hormonal disturbances affecting women of reproductive age is Polycystic Ovary Syndrome (PCOS). It is characterized by menstrual abnormalities, polycystic ovaries, chronic anovulation, decreased fertility, and metabolic problems that may affect their overall health and appearance. WHO reported a prevalence of 8–13% worldwide, using Rotterdam criteria. Overweight is strongly associated with PCOS. The prevalence of obesity or overweight among PCOS ranges from 40 to 80% due to unhealthy dietary patterns and lifestyle changes. Management of PCOS should be done at the earliest to prevent complications such as metabolic syndrome, cardiovascular disease, and carcinomas of the ovary, breast, and endometrium. The only pharmacological treatment for PCOS is hormonal therapy, and prolonged usage will result in other metabolic disturbances. The surgical procedures are expensive and risky. An alternative therapy is needed to control disease progression without side effects. In Ayurvedic classics, Overweight PCOS cannot be specifically included under any disease. Its pathophysiology reveals the involvement of the three doshas, dhatus like rasa, raktha, medas and srotases including artavavavaha in the manifestation of clinical symptoms similar to Nashta arthava. In Sthoulya Chikitsa, Acharya Charaka mentions udvarthana and vasthi, along with pathya ahara, vihara, and aushadha. Here is a case report of a 24-year-old woman who presented with irregular menstruation, hair loss, and rapid weight gain. Ultrasonography showed bilateral PCOS. The treatment plan included deepana, pachana, udvarthana, sodhana with vasthi, and samana with internal medications. After 3 months of treatment, symptoms reduced markedly. Preventive and curative aspects of Ayurveda are found to be helpful in the management of Overweight PCOS and in improving quality of life.

Keywords: Polycystic ovary syndrome, Overweight, Nashtarthava, Udvarthana, Vasthi.

Registration Code: ABOP 2543



EFFECTIVENESS OF AVAPEEDA NASYA WITH PATHYAKSHADHATRYADI KASHAYA IN SINUS HEADACHE - A CASE SERIES

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Pathyākshadhātryādi kasāya is a widely practiced internal medication for different kinds of headaches. In Bhāvaprakāsa, its nasal administration is advised. Kashaya nasya is a type of Avapeeda nasya. Knowledge regarding kasāya nasya is not abundant, and its practice is also not widely observed. This case series shows the effectiveness of kasāya nasya (aqueous-based medicated decoction) in sinus headache. Headache attributed to rhino-sinusitis, commonly called sinus headache (SH), is one of the most prevalent secondary headaches. Sinus-related pain or headache is typically described as a “pressure-like” or “dull” sensation that is usually periorbital and bilateral. However, it can be unilateral with a deviated septum, middle or inferior turbinate hypertrophy, or unilateral sinus disease. In addition, sinus-related pain is typically associated with nasal obstruction or congestion, lasts for days at a time, and is usually not associated with nausea, vomiting, photophobia, or phonophobia. This study was conducted on 13 participants with sinus headache diagnosed from OPD of Salakyantra from our college, in whom nasya with Pathyakshadhatryadi Kashaya was given for 7 days with an interval of alternative days. Dose standardisation of kashaya was done prior to the study, and classical dosage was practiced in madhyama matra(6 bindu) and uthama matra(8 bindu).Which showed significant improvement in sinus headache symptoms without any adverse effects in 7 days. For pre and post-assessment, Headache Impact Test score and Rhinosinusitis Disability index were used. A statistically significant result was observed, hence the use of avapeeda nasya with Pathyakshadhatryadi kashaya is found to be effective in alleviating symptoms of sinus headache.

Keywords: Nasya, Pathyakshadhatryadi Kashaya, Sinus Headache, Sirasoola, Avapeeda nasya, RSDI, HIT

Registration Code: ABOP 2550



AYURVEDIC MANAGEMENT OF POST MENINGITIS NECK STIFFNESS- A CASE STUDY

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The infection of nervous system can affect sites like the meninges or the parenchyma of the brain and spinal cord. According to the cause of origin, they may be bacterial, viral, protozoal, helminthic, fungal or prion diseases. Meningitis or acute infection of the meninges presents with a characteristic combination of pyrexia, headache and meningism. Meningism consists of headache, photophobia and stiffness of neck, often accompanied by other signs of meningeal irritation including kernig's sign and Brudzinski's sign. Many bacteria can cause meningitis, but different organisms tend to affect different age groups. For example: group B streptococci commonly affects neonates while streptococcus pneumoniae affects pre-school child, older child and adults. Bacterial meningitis is usually secondary to a bacteraemic systemic illness, although infection may result from direct spread from an adjacent focus of infection in the ear, skull fracture or sinus. Pneumococcal meningitis is often associated with a very purulent CSF and a high mortality especially in older adults. Headache, drowsiness, fever and neck stiffness are the usual presenting features. In severe bacterial meningitis, the patient may be comatose and later there may be focal neurologic signs. This case study contains complete treatment details of a 71 year old male patient with a history of bacterial meningitis, who presented with neck stiffness and pain over cervical region and also impaired hearing. After initial deepana-pachana, external procedures like dhanyamla dhara, lepana, aaikkizhi and procedures focusing the head like shirolepa and takradhara were done. External application of vachalashunadi taila was done over head to improve the hearing ability. Regular assessment of movements of the cervical spine and hearing tests were done to know the improvement after each treatment.

Keywords: Meningitis, Kernig's sign, Brudzinski's sign, Neck stiffness

Registration Code: ABOP 2565



MANAGEMENT OF GRIDHASI BY USING AYURVEDIC PRINCIPLE -A CASE STUDY

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Gridhrasi is characterised by pain or discomfort connected to the sciatic nerve and is quite similar to Sciatica. In the working population, the prevalence of sciatica is 3.8%, while it is 7.9% in the nonworking population. Sciatica is not life threatening disease but its life affecting disease. Contemporary medicine has limitations giving short-term relief in pain or surgical intervention with side effect , so the purpose of this study was to access the efficacy of Ayurvedic management including Shodhana and Shamana Chikitsa in Gridhrasi . 1.Role of ayurvedic principle in management of ghridhasi . 2.To study ghridhasi in details . Single case study of a 37-year-old married man who had been visiting an R .A Podar Ayurvedic Hospital Having complaints of katishoola ,kati te Dakshin pad shoola and chimchimayan ,chakraman kashtata, kati te pad sanchari vedana (Rt) from 4 year.he had previously been diagnosed with a diffuse bulging of the L4-L5 intervertebral disc. He had one month of Panchakarma therapy, which included Abhyanaga Swedana, Patra Pinda Swedana, and yoga basti krama , matra basti ,arka patra agnikarma and waluka swedana in combination with Shamana Chikitsa. RESULTS: After a month, the patient's symptoms were assessed, and the outcomes were good. The patient's general quality of life had also greatly improved.: The management of ghridhasi by using ayurvedic principle reduces Gridhrasi symptoms significantly.

Keywords: Gridhasi, Yoga basti, Matra basti, Arka patra agnikarma, Sanchari vedana, Waluka swedana

Registration Code: ABOP 2569



EFFICACY OF AVAPEEDAKA SNEHAPANA WITH VATSYAMAYANTHAKA GRITHA IN THE MANAGEMENT OF VATASTEELA W S R TO BPH-A CASE STUDY

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Benign prostatic hyperplasia (BPH), also called prostate enlargement, is a noncancerous increase in size of the prostat gland. and the Symptoms include, Urgency, Hesitancy, Frequency, Nocturia, Terminal dribbling. These symptoms can be correlated to Vatasteela in our classics. these symptoms can affect the men with their day to day activities. Materials and Methods: a single case study. 50 year old male presented with complaints of difficulty in urination and dribbling of urine since 2 years associated with lower abdominal pain while passing urine, Poor urine stream, Increased frequency of urination and feeling of incomplete emptying of the bladder since 2 years. Pain starts in the early morning when patient tries to urinate and aggravates as he puts pressure to empty the bladder, Frequency of urination is more which is 4 – 5 times in the night and 8-10 times in the day irrespective of the amount of fluid intake. Initially Patient was treated with allopathic medicines and was diagnosed as BPH and advised for surgery, but the pt refused to undergo surgery. For further management patient came to our hospital and was admitted for the management of the same. After a clinical assessment pt was treated with deepana pachana with chitrakadi vati till attainment of nirama lakshana followed by Avapeedaka Snehapana with Vatsyamayanthaka gritha. Assessment and Symptoms were assessed with International prostate symptom scoring (I-PSS), before treatment it was 27 it comes down to 3 after treatment. Prostate size was assessed with USG abdomen and pelvis on 13-05 2023. Vatasteela is a disease caused due to obstruction in the passage of urine, by adopting the Avapeedaka Snehapana it will does the dosha shamana by squeezing the prakupita dosha by large quantity of sneha, there by it remove's the sanga and also does the Vatanulomana.

Keywords: Avapeedaka Snehapana, BPH, Vatasteela

Registration Code: ABOP 2599



A COMBINED EFFECT OF SHIRODHARA AND NASYA KARMA FOLLOWED BY KUKUTTANDA SWEDA IN THE MANAGEMENT OF BELLS PALSY ARDITA A CASE REPORT

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Ardita (bell's palsy) is considered as one among the eighty Vata Nanatmaja Vyadhi in Ayurveda. It can be correlated with the disease "Bell's palsy". Bell's palsy is due to paralysis of facial nerve. causes of Facial paralysis may be central lesions or peripheral lesions, while peripheral lesions are more common and about two-thirds of them are of the idiopathic variety so, Bell's palsy is defined as idiopathic peripheral facial palsy. A 38-year-old male patient approached the Panchkarma OPD presenting with complaints of deviated face towards left side, difficulty in closing left eye and difficulty in closing left side of mouth, who had these complaints for the past one month. He was previously clinically diagnosed as Bell's palsy and managed through Panchkarma for 7 days. The case was assessed with "Hartman and breckmann" assessment scale. The result showed significant improvement in motor factions and asymmetry of face. After the treatment, the "Hartman and breckmann" gradation improved from grade 4 to 1. Conclusion: This case report shows that Bell's palsy can be managed by Shirodhara and Nasya Karma followed by Kukuttanda Sweda.

Keywords: Ardita, Kukuttandanda Sweda, Nasyakarma, Shirodhara, Vatananamajavyadhi.

Registration Code: ABOP 2648



A HOLISTIC APPROACH OF PANCHAKARMA IN THE MANAGEMENT OF SHIRO-MARMAABHIGHATA- A CASE STUDY

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Abstract Ayurveda, the science of life, stands as one of the most ancient medical systems. Its distinctive focus lies predominantly in prevention rather than just cure. Among the exceptional and exclusive concepts within Ayurveda is the science of Marma. Marma points represent vital and delicate regions scattered throughout the body, encompassing the head, neck, trunk, and extremities. If these areas are injured called as Marmaghata, which are influenced by Tridosha, Triguna, Bhutatma, and Chetana dhatu, can lead to intense pain and may even be fatal, among other potential symptoms. The course of treatment is Abhyanga,swedana,Nasyakarma,Bastikarma,individualized according to the patient's unique symptomatology. Aim: To comprehend the effectiveness of the Panchakarma in the management Shiro-Marmaabhighata. A 40-year-old female patient came at the Panchakarma Parul Ayurveda Hospital's OPD on a stretcher in semi-consciousness state and pain and stiffness in upper and lower limbs and unable to hold neck was advised to be admitted in PK IPD with history of fell down on head at home and underwent Major Spinal Surgery at Allopathy Hospital, got discharge after 2 months. We advised admission in our Hospital at Panchakarma ward and the treatments advised Nasya Karma, Gudapichu, oral medicines and Physiotherapy. Gradually, patient better improvements like increased attention, reduced pain and started movements in her limbs. Later on after 1 month proper Bastikarma was administered at ward and after 2 months of imbolization we started external Snehana and Swedana procedures also. Patient able to stand without support and increase body strength after Panchakarma and also Improvement in neck holding. The current case study demonstrated the importance collective treatment protocol like Panchakarma treatments, internal Ayurvedic medicines and Physiotherapy exercises, in the management of Shiro-Marmaabhighata. Panchakarma can contribute to improve Bala praman of patient suffering from neurological and musculoskeletal disorder.

Keywords: Shiro-Marmaabhighata, Panchakarma, Nasya, YapnaBasti, Ayurvedic management.

Registration Code: ABOP 2654



IMPORTANCE OF VYAPATHS AND ITS MANAGEMENT IN PANCHAKARMA

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Panchakarma treatments are basically a bio cleansing regimen intended to eliminate the toxic elements from the body and thereby enhances immunity. It has preventive, promotive and curative action. Each Panchakarma procedures have to be done carefully after examining all the sameekshya bhavas. Acharyas have given detailed explanation about all the poorvakarmas, pradhana and paschat karmas with utmost care to avoid vyapaths. Acharya Susruta and Acharya Vridha Vagbhata mainly concentrated on detailing even minute things in the panchakarma procedures. Great care should be given during all the stages of Panchakarma therapy, otherwise vyapaths may occur and in the case of vyapath, they have to be logically taken care without delay. Takra prayoga, mootra prayoga, triphala, rooksha prayogas has to be done in case of snehapana vyapaths. In case of swedana apacharas, the vyapaths have to be managed accordingly with sheetopacharas. If there is moorcha after Shodhana therapy they can be managed with siddha makaradwaja, drakshadi kashaya, dhanwantaram gulika etc. In dehydration, Chinchaniya or nalikerajala can be given. Practically while doing vasti chances for complications are high and they have to be managed. Our Panchakarma procedures should not cause iatrogenic complications so proper knowledge about vyapaths and its management is necessary.

Keywords: Vyapath, Panchakarma, Shodhana

Registration Code: ABOP 2677



PANCHAKARMA THERAPY MODALITIES IN MOVEMENT DISORDERS –CLINICAL CONCEPTUAL PERSPECTIVE

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Movement disorders represent a complex and disabling entity characterized by a wide range of clinical symptoms which present as both hypokinetic and hyperkinetic movements. Most of the time, these are manifested due to a dysfunction in the basal ganglia motor circuit. Movements (gati) in the body are basically governed by the vata dosha. Ayurveda has described these movement disorders under vata vyadhis in terms like kampavata, akshepaka, Apatanaka, vepathu, tandavaroga and various avaranavatas. At the moment, there are no defined guidelines regarding the management of movement disorders, because of their heterogeneity. This paper encompasses the conceptual aspects, various treatment modalities explained in the samhitas along with clinical improvement with Panchakarma in certain variety of movement disorders. In this paper, we discuss few interesting cases of movement disorders like post stroke limb dystonia, Huntington's chorea which are effectively managed with ayurvedic principles. Parameters like involuntary movements, ADDS (Arm Dystonia Disability Scale), videographic evidence are taken for evaluation of the subjects. The principles used in treatment of these case study ranges from fundamental procedures like Murdhni tailas to trail-blazing nasya karma in high doses (upto 8 bindu) and special bastis like Tiritiya baladhya yavana basti, guduchyadhivatahara basti, etc. Subjects have shown significant improvement in their symptoms and quality of life by the end of treatment. The outcome of these therapies shows that treatment modalities hidden in Ayurvedic texts will have a definite success in the management of these disorders. The same principles may be implemented in other movement disorders as well in the long run. Now a days, patients of movement disorders are opting for Ayurvedic management to avoid the long term complications of Levodopa and other medications. Hence there is an absolute scope of research in wide varieties of Ayurvedic treatment options in movement disorders.

Keywords: Dystonia, Huntington's chorea, Murdhni tailas, Nasya karma, Vata vyadhi, Yapanabasti.

Registration Code: ABOP 2690



AN EFFECTIVE AYURVEDA MANAGEMENT OF SARVANGAVATA WSR TO GUILLAIN BARRE SYNDROME- A CASE REPORT

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Guillain-Barré Syndrome (GBS), a rare autoimmune disorder is characterized by the sudden onset of paralysis and muscle weakness. While immunoglobulin therapy and plasmapheresis have historically been the mainstays of traditional medical treatment for GBS, interest in complementary and alternative therapies like Ayurveda is developing. In this case study, an effective example of Ayurvedic treatment for a patient with GBS is shown. The usual GBS symptoms, such as ascending paralysis and sensory abnormalities, were present in a 43-year-old male patient. Following a complete Ayurvedic evaluation, the patient was identified as having Sarvangavata, an Ayurvedic illness that is quite similar to GBS. The recommended course of treatment was a combination of Panchakarma, herbal remedies, dietary changes, and lifestyle modifications. Regular examinations, such as clinical assessments showed a consistent recovery pattern in 6 months after discharge. This case study demonstrates the potential advantages of applying Ayurvedic theories and therapies to the treatment of Guillain-Barré syndrome. To confirm these results and clarify the mechanisms of action underlying Ayurvedic therapies, more study and clinical trials are required.

Keywords: Ayurveda, Panchakarma, Guillain Barre Syndrome, Sarvangavata

Registration Code: ABOP2826



MANAGEMENT OF SCIATICA THROUGH PANCHAKARMA A CASE STUDY GAYTRI

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Sciatica is a debilitating condition that is a result of the sciatic nerve root pathology. The sciatic nerve provides sensation to the posterior, lateral lower leg and the plantar aspect of the foot. It is an important distinction to know that most cases of sciatica result from an inflammatory condition leading to an irritation of the sciatic nerve. A 68yrs. an old female of middle socioeconomic status reported at National Institute of Ayurveda with complaint of low back pain, Pain radiating to left leg through the posterior aspect of thigh, calf muscle up to plantar surface of foot, difficulty in walking since one year and six months. The above-mentioned symptoms were consistent with sciatica, which in Ayurveda is correlated with Grudhrasi, which is considered under Vatvyadhi. The patient was treated according to the principle of Panchakarma on the line of management of Grudhrasi with Panchatiktaksheer Basti and Patrapinda Swedana for 16 days. Clinical assessment of the case was done using the VAS scale, straight leg raise test & lasegue sign which showed substantial improvement, and decreased inflammatory marker. Basti karma and Swedana karma alleviate Vata predominant condition, improving the disease state, so we can conclude Ayurvedic treatment can be good management in sciatica.

Keywords: Sciatica, Grudhrasi, Ayurveda, Panchakarma, Kala Basti.

Registration Code: ABOP2881



UTILIZING JYOTISHMATI TAILA FOR ANTIOXIDANT DELIVERY IN THE TREATMENT OF IDIOPATHIC PARKINSONS DISEASE VIA NASAL ADMINISTRATION: A CASE SERIES

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Parkinson's disease ranks as the second most prevalent neurodegenerative disorder, marked by progressive degeneration of dopaminergic neurons in the Substantia Nigra Pars Compacta (SNpc) within the midbrain, leading to a movement disorder. In Ayurveda, the brain is referred to as the "Uthamanga" or the supreme part, and it is postulated that medications administered nasally can effectively target the brain. Recent research underscores the promising role of antioxidant delivery in the management of neurodegenerative conditions, notably Parkinson's disease. Among these antioxidants, *Celastrus paniculatus*, commonly known as "Jyotishmati," is renowned for its multifaceted antioxidant properties. Studies have illuminated that intranasal delivery, can substantially enhance the brain's bioavailability of antiparkinson's drugs. An optimized intranasal microemulsion administration exhibited notable enhancements in various parameters, including body weight, locomotor activity, and grip strength. Furthermore, brain homogenates from the group receiving the optimized formulation displayed a significant reduction in levels of free radicals such as lipid peroxides and nitric oxide, accompanied by a marked increase in the reduced antioxidant glutathione. Building on this body of evidence, clinical trials were conducted using "Jyotishmati taila" in individuals with Idiopathic Parkinson's disease, revealing significant improvements. Remarkable changes were observed in both the cognitive and motor domains of the Unified Parkinson's Disease Rating Scale. Consequently, it can be inferred that intranasal administration of antioxidants via "Jyotishmati taila nasya" holds the potential to ameliorate the clinical presentation of the disease.

Keywords: Idiopathic Parkinsons Disease, Antioxidants, Jyotishmati taila

Registration Code: ABOP 2913



PATIENT-CENTERED REHABILITATION THE INTEGRATION OF PANCHAKARMA PRACTICES

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Holistic methods have gained importance in patient-centered care delivery, and the rehabilitative journey is no exception. Panchakarma, an integrative part of the traditional health system, has paved the way for incorporating this approach into the rehabilitation process. Panchakarma encompasses a group of purificatory and rehabilitative therapies pertinent to accelerating recovery. This article explores the integration of Panchakarma within rehabilitation, focusing on optimizing the recovery of the patients with an eye on psychological and emotional aspects. A comprehensive review of the literature was conducted to evaluate the principles and practices of Panchakarma and its alignment with the goals of patient-centered rehabilitation. Case studies and clinical experiences were analysed to assess the impact of Panchakarma on the overall well-being and recovery of patients. It allows individuals to actively participate in their healing journey, contributing to a sense of empowerment and self-care. Panchakarma practices, including personalized dietary recommendations, herbal therapies, and rejuvenating treatments, can be tailored to the specific needs of rehabilitation patients. These therapies can help mitigate rehabilitation's physical and psychological stress, ultimately promoting a more comprehensive and balanced recovery process. Integrating Panchakarma practices into patient-centered rehabilitation represents a promising avenue for optimizing the quality of care and patient outcomes. It underscores the importance of embracing the ancient wisdom of Ayurveda in modern healthcare, fostering a more profound sense of well-being and empowerment among individuals on their path to recovery. This article advocates for further research and exploration of Panchakarma within patient-centered rehabilitative medicine.

Keywords: Panchakarma, Rehabilitation, Ayurveda, Holistic.

Registration Code: ABOP 2923



A CASE STUDY TO ANALYSE THE EFFECT OF DASHAMOOLA- KSHARA BASTI IN UDAVARTHA

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Udavarta (reverse movement of Vata) is one of the most common and surprisingly most neglected and misinterpreted clinical conditions. The concept of Udavarta takes various stances - sometimes as a Nidana (aetiology), sometimes as an event of Samprapti (pathogenesis) and also as a Vyadhi (disease). It is defined as the obstruction of Vata Dosha in its path by the suppression of any of the natural urges of our body. The main factors leading to Udavarta include suppression of urges like Vata, Mutra, Jrimbha, Asru, Kshvathu, Udgara, Vamana and Indriya. Adhyasana, and Viruddhasana have become a routine, leading to disturbed Agni either in the form of Mandagni or Vishamagni and Prakupita Apana Vata leads to the disease Udavarta. The present study is to analyse the vathahara property of Dasamoola kshara basti in the case of Udavartha. Dashamoolakshara Basti in Yoga Basti pattern for the first 8 days is performed to analyse its efficacy in Udavartha and found markable relief. Thus, here Kshara Basti is selected for the present study as Samshodhana process which corrects all of the above condition

Keywords: Udavartha, Dasamoolakshara Basti, Yoga Basti, Vathahara

Registration Code: ABOP 2977



MANAGEMENT OF VASCULITIS THROUGH AYURVEDA - A CASE REPORT

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Vasculitis is a chronic inflammation in which blood vessels are either narrowed or occluded resulting in necrosis. Because of multi vessel involvement, it has the tendency to affect multiple organs. The most commonly affected areas are joints where joint pain and swelling are seen. Vasculitis has a peak incidence of 6/100,000 in those aged 65 to 74 years. Contemporary medicines such as corticosteroids has severe side effects on long term use. A 52 years old female, K/C/O Diabetes Mellitus and Hypertension under medication came with the complains of reddish rashes seen in anterior region of legs bilaterally associated with numbness, swelling and mild pain in bilateral knee and ankle joints also present since 5 months. She was diagnosed as having vasculitis which can be correlated with Kaphadika Vatarakta. She was administered with Shamana Oushadhi (internal medicines) and a course of Panchakarma treatment which includes Pinda Taila Abhyangam, Jatamayadi Kashaya Pariseka and Kalavasti with Balaguduchyadi Taila and Mahatiktaka Ghrita for Anuvasana Vasti and a combination of Manjishtadi Kashayam for Niruha Vasti. Patient was observed for symptomatic improvements based on questionnaire over graded signs and symptoms. Results: Patient responded well after the course of treatment. Redness, swelling and pain reduced completely. Vasculitis could be treated and managed by adopting Ayurvedic medication and Panchakarma procedures with satisfactory results by improving the quality of life of the patient.

Keywords: Vasculitis, Kaphaja Vatarakta, Kalavasti

Registration Code: ABOP 3003



EFFECTIVE ROLE OF AYURVEDIC FORMULATION IN MANAGEMENT OF KHANJA FOOT DROP CASE REPORT

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Foot drop is an incapacitating condition that is characterised by the damage of the Common Peroneal Nerve (CPN), known as Compressive Neuropathy with prevalence rate of 71% to 83%. Causative factors of foot drop are Nerve Compression, Nerve injury, Neurological conditions, Muscle or Nerve Disorders, Diabetes, Spinal cord injury, Tumor, Medications, Infections, Compression garments. In Ayurveda, foot drop can be correlated with Khanja characterised by Kampate gamnarambhe (Trembling of legs at the commencement of walking), Kalayakhanja (manifesting limping), Muktasandhi (loosening of joints). Khanja comes under 80 types of Nanatamaj vyadhi. Khanja- Vayu situated in Kati i.e, in lumbo sacral region of spinal cord produces the loss of function in one leg. Basti Karma is such a treatment that is applicable in all vatavyadhi. In this case report, we present a 61 years old female patient who experienced a gradual onset of foot drop following spinal surgery along with symptoms: Shoola(pain), Daha(burning sensation) in left foot, difficulty in dorsiflexion. Our objective is to emphasize the importance of acknowledging the development of CPN palsy over time as a distinct clinical condition, enabling earlier intervention.. There is much limitations for wide acceptance of surgical treatment presently available for this ailment in contemporary science due to fear it. By taking into consideration more prevalence rate of Khanja, there is a great need to find an effective remedy. Patient was treated with Pachakarma Procedures like Abhyanga, Avagha swedan, Balamoola Yapan Basti in Kala Krama, Upnaha along with internal medications and Physiotherapy for 15 days. Results - The patient was treated with Panchakarma Procedures for a period of 15 days. Patient got improvement in Planter flexion, Dorsi flexion, Inversion & eversion, Numbness, Burning sensation, babinski sign(-) in left foot by Pachakarma intervention.

Keywords: Foot drop, Vatavyadhi, Khanjata, Parapalagia, Panchakarma, Shodhan basti

Registration Code: ABOP 3005



MANAGEMENT OF FIBROMYALGIA A PANCHAKARMA APPROACH-SINGLE CASE STUDY

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Fibromyalgia is a disease in which it affects more commonly in women. Along with musculoskeletal symptoms like pain and tenderness of joints and muscles, symptoms like fatigue, depression, and sleep disturbances, are also present in this specific disease. There are no biomarkers for the condition. Clinicians should rely on the symptoms to understand the disease's complexities. In Ayurveda, the lakshanas of fibromyalgia can be related to the lakshanas of mamsa gata vata. Its management includes virechana and Nirooha Vasti. In this study 45, an old female patient with a known case of dyslipidemia presents our OPD with severe pain all over the body, fatigue, sleeplessness, reduced quality of life, and suicidal tendencies (a kind of depressive mood). The patient consulted an allopathic physician earlier and was diagnosed with fibromyalgia and she has been taking Amitriptyline for the past 2 years. The patient was assessed by using the fibromyalgia impact questionnaire outcome scale before and after the treatment. There is no permanent cure for fibromyalgia. Its symptoms can be managed by adequate therapies. Through this study, we can go through the detailed knowledge of fibromyalgia and possible management of fibromyalgia through the ayurvedic method by using panchakarma chikitsa and other keraleeya visisha chikiTsa.

Keywords: Fibromyalgia, Mamsagata Vata, Panchakarma

Registration Code: ABOP 3034



A COMPARATIVE STUDY TO EVALUATE THE EFFICACY OF UTSADANA WITH UDWARTHANA IN STHOULYA

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Udwardhana is one among the Rookshana procedure and has effects like Vataharatva and Kapha-MedoVilayanatva resulting in Anga-Sthireekarana and TwakPrasadana. Ayurveda explained Sthoulya as a Medoroga with a predominant KaphaDosha vitiation and hence Udwardhana is one among the proven treatment modalities of Sthoulya or Obesity. The Sthoulya patients generally being Sukumara in nature, Udwardhana may have a tendency to cause skin abrasions, rashes and irritations. So a modified Utsadana (explained as a type of Udwardhana) which may be more skin compatible than Udwardhana was considered. Therefore this study was done for comparing the procedures Utsadana with Udwardhana and its efficacy in Sthoulya. Forty patients of Sthoulya satisfying inclusion criteria were divided into two groups. Udwardhana with Kolakulathadi Choorna was done in Group A and Utsadana with Kolakulathadi Choorna and Dhanyamla was done in Group B. The procedure was done for fourteen days in both and assessments were done using objective parameters (BMI, Chest, waist and hip circumference, waist to hip ratio, limb circumferences, Skin-fold measurements etc) and was statistically analyzed by Student T test. Statistical analysis revealed statistically significant improvement in all the objective parameters in both groups. This shows Utsadana also has a significant effect in reducing Sthoulya. Clinically Utsadana was found to have multidimensional effects, better skin compatibility and was convenient for dust allergy and asthmatic patients. On comparing the groups, both the treatment modalities were found statistically equally effective in Sthoulya. Sustained effect was observed clearly in both groups up to first follow up, but slight changes were seen up to second follow up. In some participants who had obesity related-to other illness, effect of treatment faded quickly than other participants. Results of this study showed that Utsadana and Udwardhana has equal effects in reducing the body measurements in Sthoulya

Keywords: Utsadana, Udwardhana, Sthoulya, Skin fold measurements

Registration Code: ABOP 3148

EFFECT OF NASAL AND RECTAL ADMINISTRATION OF PRASARINI OIL IN PATIENTS OF CERVICAL SPONDYLOSIS A RANDOMIZED OPEN-LABEL PARALLEL-GROUP CLINICAL TRIAL

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An open-label, parallel-group randomized, clinical study aimed to evaluate the effect of nasal instillation (Nasya) and rectal administration (Matra Basti) of Prasarini oil in the management of Cervical Spondylosis (CS). Sixty clinically diagnosed patients of CS were randomly divided into the Nasya Group and Matra Basti Group with 30 patients in each group. In the Nasya group, Nasya was administered for 14 consecutive days in a dose of 0.5 ml per nostril with Prasarini Taila while in Matra Basti group, Matra Basti in the dose of 72 ml was given for 14 consecutive days. The primary outcome was the pain assessed on the visual analog scale (VAS). The secondary outcome was the cervical range of movement (CROM). Adverse events (AEs) were also evaluated for safety analysis. This clinical trial was prospectively registered in Clinical trial registry of India. The mean age of the participants was 40.56 years. The level of statistical significance was set as $p < 0.05$. Both groups showed significant changes in pain and CROM after treatment. Both Nasya and Matra Basti groups effectively increased CROM and reduced pain. The effects were significantly more in Nasya group. No AEs related to treatment were reported in either group. Both therapeutic modalities demonstrated analgesic efficacy and improved CROM in patients with CS. However, the Nasya group was more effective. This demonstrates that Nasal administration of medicated oil is more effective than rectal administration in the management of CS.

Keywords: Ayurveda, Panchakarma, Basti Karma, Nasya Karma

Registration Code: ABPO 1188



AYURVEDA IN THE MANAGEMENT OF AVASCULAR NECROSIS OF FEMORAL HEAD: A CASE REPORT

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Avascular necrosis (AVN) is defined as cellular death of bone components due to interruption of the blood supply. The bone structures then collapse, resulting in pain, loss of joint function and long-term joint damage. Treatment goals for AVN are to improve the joint, stop the bone damage, and ease pain. In modern science treatment includes NSAIDS, core decompression, bone grafting and total joint arthroplasty which have their own complications, high cost and prognosis is also very poor. In Ayurveda AVN can be correlated to Asthi Majja gatha vata. Raktavaha Srotorodha becomes prime reason resulting in Asthi Dhatu Kshaya in the hip joint. Current paper is a case report of 32year old female patient presented with the complaints of severe bilateral hip joint pain (right>left) associated with difficulty in walking since 10 months and was diagnosed with bilateral femoral head avascular necrosis- stage 2. Aim of study is to introduce an alternative therapeutic modality through Ayurveda which help to reduce pain, improve quality of life and prevent further damage of bone which is cost effective as well. Patient had been treated with Kashaya Dhara, lepam, Aavikizhi, Snehapana, Abhyanga and Ushma sweda, Virechana, Patrapindasweda, Adhakaya thaila dhara , Ksheera vasti and specific samana oushadhis. There was significant improvement in the symptoms which was assessed using relevant tools like VAS score for pain, goniometer for range of movement and Harris Hip score for assessment of activities. AVN is an orthopedic condition that poses a challenge in front of whole medical fraternity owing to the impeding of routine activities produced. The present case study documents that panchakarma procedures and samana oushadhis can be effective in AVN and improve the quality of life of patient.

Keywords: Avascular necrosis, Asthi-majjagatavata, Ayurveda, Panchakarma

Registration Code: ABPO 1280



CONTEMPORARY ENVISION TOWARDS SAM SARJANA KRAMA - A REVIEW ARTICLE

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Samsarjana krama is a gradual dietic pattern given to the person who has undergone Shodhana, who has agnimandya etc, but considering the broad spectrum as to where it can be implemented, samsarjana krama should not be just restricted to post-shodhana karma. As the field of Ayurveda has grown exponentially in the past few decades, the demands have also increased which has led to various modifications. Considering the basic principles remain unfazed, the modifications can be well settled. Samsarjana krama should always be prescribed after proper assessment of Dosha, Agni, Desha, Kala, Satwa, Satmya, etc. in order to get maximum benefit out of it.

Keywords: Samsarjana krama, Diet, Shodhana, Ahara Kalpana

Registration Code: ABPO 1296



CONCEPTUAL STUDY ON SCOPE OF PALLIATIVE CARE IN CANCER THROUGH PANCHAKARMA

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Palliative care is a treatment that seeks to relieve suffering in patients with cancer which is a measure illness and a leading cause of death worldwide. According to WHO, Palliative care is an approach that improves the quality of life of patients and their family who are facing problems associated with life threatening illness. The goal of this therapy is to improve the quality of life and is focused on providing relief to the patients from pain, troublesome symptoms, physical stress and mental stress due to the serious illness. In Modern medicine, the line of treatment adopted for cancer is chemotherapy and radiotherapy which are highly proved to have side effects those most commonly include nausea, vomiting, diarrhoea, anorexia, fatigue, sleep disturbances, constipation etc. These arrays of side effects have a devastating effect on the quality of life of cancer survivors. Ayurvedic principle have an immense contribution in various chronic diseases for betterment of quality of life. Here, panchakarma therapies were reviewed in the context of their applicability in palliative care in cancer to improve quality of life.

Keywords: Panchakarma, Palliative care in cancer

Registration Code: ABPO 1330



ROLE OF NAVAKARSHIKA BASTI IN VATARAKTA MANAGEMENT-A CASE REPORT

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According to Ayurveda, Vatarakta is one among the nanatmaja vatavyadhi, where the aggravated vata is blocked by vitiated rakta and leads to further aggravation of Vata. Thus, aggravated Vata vitiates whole Rakta producing complex effects leading to the condition vatarakta. Vatarakta can be correlated to gouty arthritis which causes the swelling and pain in joints. In this case the effects on administration of Navakarshika basti in the management of gouty arthritis is discussed. A 46-year-old male patient came to OPD with pain and mild swelling in fingers of left hand along with stiffness since 2 months. Pain starts at night and gradually aggravates in the morning hours which lasts less than 30 minutes and Patient is unable to fold the fingers of left hand more on little finger. The case was diagnosed as vatarakta and patient was admitted 1 week after the administration of amapacana drugs. As there is a vitiation of vata and rakta, the treatment adopted was Navakarshika basti in a modified yoga basti pattern, since basti is the prime treatment modality in vatarakta. There was symptomatic relief seen in the patients from the third day of treatment. The pain, redness, swelling, and temperature subsided by the end of treatment. The patient was able to fold the fingers properly. Blood reports after treatment shows a drastic drop in uric acid and others. Navakarshika basti has both vata and pitta hara action. The drugs in the basti are tikta rasa pradhana as well as srothoshodhana. The action of basti not only limits in the colon, also on various systems. The basti with these drugs are highly effective in the management of pitta or rakta associated vata conditions.

Keywords: Vatarakta, Gout, Modified yoga basti,

Registration Code: ABPO 1370



REVIEW OF THE ROLE OF PANCHAKARMA IN MULTIPLE SCLEROSIS

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Multiple sclerosis is a chronic autoimmune, inflammatory neurological illness that affects the central nervous system (CNS). MS targets myelinated axons in the CNS, damaging myelin and axons to variable degrees, resulting in focal areas of damage, axon injury, axon transection, neurodegeneration, and eventual scar or plaque formation. MS has a highly variable and unpredictable course. However, this disease is classified as 'vatavyadhi' in Ayurveda. Ayurvedic interventions include Shodhana chikitsa and shamana chikitsa along with Rasayana which helps to detox and normalize vitiated Dosha. In this paper, literature review is done on MS through Ayurvedic perspective focussing on samprapti and its management. Literature search was done through data bases like PubMed, Scopus, Ayush Dhara portal, Google scholar and classical Ayurveda literature. -Multiple Sclerosis is a potentially disabling disease of the brain and spinal cord. In MS, medications such as steroids, glucocorticoids are recommended; however, side effects such as fluid retention, potassium loss, weight gain, and hepatotoxicity have been reported. Though there is no definitive cure, medication may alleviate symptoms and prevent the further prognosis. The concept of autoimmunity can be understood via the lens of ama, which leads to avarana and, later, dhatu kshaya. Hence, based on the nidana, avastha and lakshana manifested, shamana and shodhana chikitsa along with rasayana has to be employed. Among Shodhana vasti plays a major role in controlling vata. **CONCLUSION**-MS being an auto immune disorder, a comprehensive ayurveda intervention helps in mitigating the symptoms of MS and improve the quality of life of the patients. It may also help in delaying the progression of the disease.

Keywords: Multiple Sclerosis, Ama, Vatavyadhi, Dhatukshaya, Margasyaavarana

Registration Code: ABPO 1376



AYURVEDIC INTERVENTION IN THE MANAGEMENT OF OBESITY ASSOCIATED PROGRESSIVE LIVER DYSFUNCTION A CASE REPORT

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Obesity, which is a public health problem in many areas of the world, where increased values of BMI and waist circumference are not only associated with the presence of NAFLD, but also with an increased risk of liver disease progression. In Ayurveda, both sthoulya and yakritvikara is a satarpanotha janya vyadhi, where shodhana is the best choice. The increase in the prevalence and severity of NAFLD has been linked with the rising trends in obesity. A 30-year-old male patient complains of overweight since many years and irregular bowel and appetite and occasional indigestion since 3 months. The patient was weighing 131 kg with a BMI of 40kg/m². Liver function test showed an elevated SGPT and SGOT with values 144 U/L and 84 U/L respectively. Rooksha udwartanam was given before snehapana. Moorchita tila taila was used for Snehapana in an escalating dose. Then vamana karma was performed with samsarjana karma as paschat karma. After samsarjana, lekhana vasti was given along with utsadana karma, and internal medicines. The clinical outcome was reduction in 9 kg of body weight and reduction in the levels of SGPT and SGOT values after 15 days of treatment. Here the action of vamana karma and lekhana vasti acted systemically in the fat metabolism and in reducing the liver dysfunction.

Keywords: Shodhana, Vamana, Lekhana vasti, Obesity, Liver dysfunction, NAFLD

Registration Code: ABPO 1431



RELEVANCE OF RITU SHODANA IN ENVIRONMENTAL TOXICITY

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The basic principle followed in the Ayurvedic system of medicine is Swasthasyashya Swasthya Rakshanam, which means to maintain the health of the healthy, rather than Aturasya Vikara Prashamanam, means to cure the diseases of the diseased. In Ayurveda, environmental toxicity is explained as Janapadodhwamsa. Four main factors are explained under Janapadodhwamsa - Vayu (air), Jala (water), Desha (land), and Kaala (season) and these become more dangerous in the following order. The distribution of infectious ailment includes complex social and demographic factors. Global climate change is a phenomenon that is now taken into consideration strongly associated with health and hazards. Shodhana is a form of purifying therapy that rids the body of aggravating Doshas. Toxins are removed during Shodhana therapy, which also balances the Dosha. Panchakarma is described as a crucial Shodhana therapy that not only aids in maintaining general health but also helps in preventing and treating the harmful effects of numerous diseases. To achieve a healthy bodily and mental status, Panchakarma in accordance to particular Ritu is to be followed. Ayurveda has depicted seasonal bio purification to acclimatize seasonal enforcement easily without altering body homeostasis. Literature search was done in Ayurveda Samhitas, PubMed, Scopus. The bioaccumulation of environmental toxicities lead to health hazards for human beings. Environmental pollution and toxicities explained under the heading of janapadodhwamsa are managed through panchakarma Sadvritta and achararasayana. The gross diversity in climate change lead to imbalance of doshas in human body which can be prevented by adopting various treatment modalities of Ayurveda and therefore increasing the Vyadikshamathwa. Ritu Shodhana treats skin conditions, controls immunological disturbances, lowers disease morbidity, prevents lifestyle problems, and maintains hormonal balance. Ritu Shodhana contributes to Swastya rakshana and Vikara prashamana. The impacts of accumulated environmental pollutants can also be lessened by Ritu Shodhana.

Keywords: Ritu shodana, Panchakarma, Bio purification

Registration Code: ABPO 1475



AYURVEDA IN THE MANAGEMENT OF SCIATICA WITH SODHANANGA SNEHAPANAM FOLLOWED BY VIRECHANA AS SPECIFIC PANCHAKARMA TREATMENT: A CASE REPORT

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Sciatica is a common yet debilitating condition characterised by pain radiating along the path of sciatic nerve. In addition to pain sciatica also produce symptoms like paresthesia, muscle weakness, sensory changes, difficulty in walking, and more importantly low back ache. In modern medicine the treatment include NSAID, Epidural steroid injection and surgical management which have their own complication, high cost, and prognosis also very poor. In ayurveda Sciatica can be correlated to Gridhrasi based on symptoms like sthambha, ruk and toda of sphik, kati prushta, uru, janu along with muhu spandanam and Sakthi uksepa nirgrahanam. Current paper is a case report of 44 year old female patient presented with complaints of severe low back ache radiating to lower limb (right>left) along with edema since two weeks and was diagnosed as sciatica with MRI having L3-L4, L4-L5 and L5-S1 disc prolapse. Aim of the study is to introduce an alternative therapeutic modality through ayurveda which help to reduce radiating pain and difficulty in walking thereby improving the quality of life. Patient had been treated with specific panchakarma treatment like Snehapana with Sahacharadi taila mezhukupakam followed by Virechana with Nirgundi Eranda as main panchakarma treatment. There was a significant improvement in symptoms which was assessed by relevant tools like VAS Score, SLR test, Oswestry Disability index of low back ache and range of movement by goniometric examination. The present case study documents that the panchakarma procedure especially Snehapana followed by Virechana is very effective in sciatica by reducing symptoms and thereby improving the quality of life.

Keywords: Sciatica, Gridhrasi, Sodhananga Taila Snehapanam, Virechanam, Panchakarma

Registration Code: ABPO 1490



OSTEONECROSIS: A CASE STUDY ON PANCHAKARMA PLATFORM

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Avascular Necrosis (AVN), also called Osteonecrosis of the femoral head occurs due to interruption in blood supply to femoral head causing bone death. The condition is idiopathic or due to any pathology leading to complications like collapse of femoral head causing secondary osteoarthritis. Patients are often asymptomatic in early stages and as the stage progresses patients will report pain in groin and hip during standing or walking. On clinical examination restriction of hip movement and limb shortening are noted. In Ayurveda, line of treatment followed are Avarana Vata chikitsa, vataraktha chikitsa, srotorodhahara chikitsa, srotovivarana chikitsa, dhatukshaya chikitsa, asthikshaya chikitsa, dhatudushi chikitsa. Rasa-raktha prasadana type of oushadis are mainly adopted. Panchakarma procedures like Abhyanga, Dhara, Dhanyamladhara, Tailadhara, Pichu, Virechana, Anuvasana Vasti, Kashaya vasti have significant role in treating AVN. A case study was conducted in patient of age 55/M with Grade IV AVN in right leg and Grade III AVN in left leg. Three months of internal medicines along with 2 weeks of Panchakarma chikitsa including Sodhana and Samana karmas were administered. Panchakarma adopted here are Abhyanga, Pichu, Nadisweda, Matravasti, niruha vasti, Pizhichil. The clinical condition was assessed and recorded before and after the Bahyakarma. The change in the grading was noticed in the MRI report before and after treatment. Transition of grade IV AVN to grade III in right leg and grade III to grade 0 in left leg was observed. AVN is common in men aged 35-45 year old and is bilateral in about 50% of the patients. Management of AVN through panchakarma provides significant relief and improves quality of life. The details of the case will be elaborated in the paper.

Keywords: Avn, Panchakarma, Pizhichil

Registration Code: ABPO 1520



EFFECT OF SAMANA SNEHAPANA WITH SAHACHARADI TAILA IN COMPARISON TO DHANWANTARAM TAILA IN THE MANAGEMENT OF OSTEOARTHRITIS OF KNEE JOINT

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Osteoarthritis of knee joint is a common progressive multifactorial joint disease and is characterized by chronic pain and functional disability. OA is the second most common rheumatologic problem of 22% to 39% in India. In Ayurveda OA knee may be well considered as Sandhigata vata a type of VataVyadhi affecting the sandhi. As vata is predominantly vitiated, Snehanam is one of the effective treatment to treat vitiated vata. Samana snehapana could be very effective treatment modality. The objectives of this study was to compare the effect of samana snehapana with Sahacharadi taila and Dhanwantaram taila in the management of OA knee. The study is comparative clinical trial with control group. Method and materials: Participants of both sex, aged 40 – 60 years registered in OPD and IPD of Government Ayurveda college Panchakarma Hospital, Trivandrum satisfying the inclusion criteria were selected. A total of 32 participants were selected for the study and they were subjected to consecutive sampling, divided in to 2 groups (Group A and Group B). In Group A Sahacharadi taila as samana snehapana were given for 14 days and Group B, Dhanwantaram taila as samana snehapana were given for 14 days. Both the groups were assessed before and after the intervention on 0th day, 6th day, after treatment on 20th day, followup on 35th day and 65th day using WOMAC Osteoarthritis index and TUG test. The result were analysed statistically by using Tukey's multiple comparison test, Repeated ANOVA. Pain, stiffness, physical function and Tug test showed statistically significant improvement within Group A and Group B. Between Group A and Group B, the statistical analysis showed that, there is no significant difference in reducing the pain, stiffness, physical function and Tug test.

Keywords: Osteoarthritis, Sandhigata vata, Samana snehapana, Sahacharadi taila, Dhanwantaram taila

Registration Code: ABPO 1551



AYURVEDA IN THE MANAGEMENT OF RHEMATOID ARTHRITIS - A CASE STUDY

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Rheumatoid arthritis is the most common persistent inflammatory arthritis characterized by symmetric polyarthritis and it's having destructive nature of varying extent. It causes pain, swelling, redness, stiffness and limits the functions of the small and large synovial joints, eventually result in bone erosion and deformity. Medical management mainly focus on symptomatic relief of the condition by using NSAIDS & DMARDS. System corticosteroids and immune suppressant drugs are having negative impact on bone mass. In Ayurveda vatarakta can be correlated with Rheumatoid Arthritis. Vatarakta is a vatavyadhi with an avarana pathology, both vata and rakta have the capacity to spread all over the body by virtue of their property like sookshmatva (minutness) saratwa (mobility) and dravatwa (fluidity). While circulating through the body the vitiated vata will be entrapped by the aggravated rakta leading to more and more vitiation of vata and it again deteriorate rakta dhatu. When they reach asthi sandhi, they get accumulated there and produce pathological changes. The current paper is a case report of 35 year old female patient presented with pain and swelling of major and minor joints with, difficulty in walking since 2 years. This paper intend to explore the efficacy of a selected samana and panchakarma protocol in reducing the symptomatology of RA using Ayurvedic parameters. At the end of treatment course there was significant improvement in the symptoms which was assessed using variations in VAS score& ESR CRP & RA Factor.

Keywords: Rheumatoid arthritis, Vatarakta , Panchakarma,

Registration Code: ABPO 1627



STROKE MANAGEMENT THROUGH KERALEEYA PANCHAKARMA A CASE STUDY

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Globally, one in four people over the age of 25 will have a stroke in their lifetime. The World Stroke Organization's president, Sheila Martins, MD, made the report's announcement during the World Stroke Conference in Toronto on October 10. The Commission states in the report that the global burden of stroke is "huge." After neonatal diseases and ischemic heart disease, stroke was the third greatest cause of disability in 2020, accounting for 143 million disability-adjusted life years. It was responsible for 6.6 million deaths. Another major factor contributing to depression and dementia is stroke. Pakshaghata The term is related to stroke in Ayurveda. The present study is a case report on the treatment of a stroke in a 65-year-old male patient who had major symptoms of weakness in his right upper and lower limb, slurred speech, and a face deviated to the right side. Based on his clinical symptoms and a brain CT scan, he was diagnosis with stroke. This case treated with Ayurveda medications was found to be effective in providing relief in chief complaints and improving the overall health of the patient. The treatment protocol included both internal and external medication, especially Keraleeya panchakarma procedures such as abhyanga, talam, patrapottali sweda, shastika pinda sweda, shiropichu, pizhinjuthadaval Sneha Vasti, and Shirodharam. Before treatment, mRS was 3, the NIH-Stroke Scale was 17, and the Barthel index scale was 15, and after treatment, mRS was 1, the NIH-Stroke Scale was 4, and the Barthel index scale was 75, providing symptomatic relief too. This reveals that Ayurveda treatment modalities can play a significant role in the treatment of stroke (Pakshaghata).

Keywords: Abhyanga, Talam, Patrapottali sweda shastika, Pinda sweda, Shiropichu, pizhinjuthadaval Sneha Vasti and Shirodharam, Pakshaghata

Registration Code: ABPO 1686



IMPLEMENTATION OF STANDARDIZATION PROTOCOLS IN PANCHAKARMA PROCEDURES A PRACTICAL EXAMINATION

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Panchakarma holds a pivotal role in Ayurvedic therapy, serving as both a preventive measure and curative approach for various diseases. The improper use of Panchakarma may yield adverse effects, prompting Ayurveda to recommend various stringent parameters for its application. These parameters must be meticulously standardized to ensure maximum benefits while minimizing any potential harm. Ayurveda underscores the significance of standardization in averting Atiyoga and Ayoga, and in executing a systematic, predetermined protocol. The discrepancy in results of Panchakarma procedures raises concerns about safety and uniformity, making the standardization of these procedures an urgent necessity. In the current landscape of accreditation, standardization is an essential requirement. This study endeavors to explore the research potential in the standardization of Panchakarma procedures, with the objective of enhancing and ensuring uniform Panchakarma practices everywhere, ultimately guaranteeing maximum safety and consistent efficacy and to quantify the impact of standardization on outcomes, patient safety, and practitioner training. A comprehensive review of existing Panchakarma protocols, international guidelines, and recommendations from Ayurvedic experts. The standardization of Panchakarma encompasses aspects such as dosage schedules, procedural protocols, medicament dosages, and the evaluation of therapeutic effects. The standardization process should be conducted in stages, covering Purva karma, Pradhan karma, and Pashat Karma, in order to maximize the therapeutic benefits. High patient satisfaction rates with standardized Panchakarma treatments, emphasizing the importance of predictability and reliability in healthcare. The need for standardization methodology is pressing to achieve both complete safety and maximum efficacy. The standardization of Panchakarma provides a safe and effective procedural protocol. Following clinical studies, a standardized approach to Panchakarma may serve as the benchmark for further utilization and uniform application. Standardization is the process of developing and implementing technical standards, which can also promote the commoditization of formerly custom processes. Ultimately, standardization can enhance the acceptability and utilization of Panchakarma on a global scale.

Keywords: Standardization, Panchakarma, Purva Karma, Pradhana Karma, Paschat Karma

Registration Code: ABPO 1743



A CASE STUDY ON EFFECT OF MATRA VASTI WITH SAHACHARADI TAILA AND JAMBIRA PINDA SWEDA IN LOWBACK PAIN WSR TO GRIDHRASI

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Severe low back pain where the pain emanates from the lumbar region and then radiates along thigh region, to the toes of one or both the lower limbs named as sciatica is one of the commonest disorder which creates disability in society today. It is the most frequent reason for a surgical procedure and it is estimated that most of the population underwent it will have some type of back related pain or other complications in their lifetime. Sciatica does not only cause pain but causes difficulty in walking as well and impacts the quality of life in a negative manner. Gridhrasi Roga can be correlated on the basis of symptoms experienced, as sciatica. It is described as one among the Vataja Nanatmaja Vyadhi. Matra basti, one of the Panchakarma procedure is a niraabada , anapayi pramana basti which is done with sahacharadi taila from Caraka samhita, helps in alleviating vata thereby reducing the pain and disability. Jambira pinda sweda is one of the modified sankara sweda. Sweda karma is indicated in gridhrasi. The present study was aimed at establishing clinically the effect of Matra Basti with Sahacharadi taila and Jambira pinda Sweda in the management of Gridhrasi. The subjective parameters like Pratyātma laksāya of gadhrasi and Sciatica /IVDP symptoms as well as Visual analogue scale and Oswestry Low Back Pain disability questionnaire (ODI) will be documented and used to assess the disability as well as the effect of the treatment. Objective parameters like Straight Leg Raising Test, Bowstring sign, Schober's test, Bragard's sign also will be documented and evaluated.

Keywords: Panchakarma, Gridhrasi, Matrabasti, Sciatica, Sahacharadi Taila, Jambira Pinda sweda

Registration Code: ABPO1765



EXPLORING THE PROSPECT OF AYURVEDA IN THE MANAGEMENT OF HUNTINGTONS DISEASE - AN INHERITED DISEASE

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Huntington's disease (HD) is known to be a neurodegenerative, autosomal dominant disorder characterized by involuntary choreatic movements with cognitive and behavioral disturbance. A recent increment in the prevalence of HD is becoming a concern for the entire medical fraternity. A disease can be unnamed but still be well understood on the basis of its etiological factors, its manifestation, and the current expression of the disease. To explore the prospect of Ayurvedic nidana and cikitsa in the management of Anukta vyadhi like Huntington's disease. Available data regarding the management of HD was collected from texts and electronic media. A systemic arrangement of Ayurvedic prospects regarding diagnostic and therapeutic aspects are discussed on the basis of textual references, previously published case reports, and the experiences of treated cases of HD. Summary – HD cannot be correlated to one disease mentioned in Ayurveda but can be considered under the umbrella of diseases – Jwara, Aakshepaka, Unmada, Tandava roga, and Shosha. Ayurveda can play a crucial role in all 3 stages of the disease i.e., in the premanifest gene-positive stage, transition stage, and clinical stage with clear manifestation of signs. Primary treatment protocol can be structured on the basis of assessment of the pre-dominantly affected domain of the disease. Various pharmacological and procedural interventions like Panchakarma, Rasayana therapies, and other non-pharmacological interventions like genetic counselling and Yoga protocol have been instrumental in ameliorating the disease condition. Inherited diseases have always been an area where an interdisciplinary approach helps in improving the quality of life of individuals and caretakers. This paper aims at a better understanding of Huntington's disease and to provide a novel protocol for the management of each stage of HD.

Keywords: Huntington's disease, Anukta vyadhi, Panchakarma, Rasayana

Registration Code: ABPO 1778



THE SUCCESSFUL MANAGEMENT OF EK KUSTHA PSORIASIS THROUGH AYURVEDA A SINGLE CASE STUDY

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Ek kushtha is a kind of Kshudra kushtha that is described in Ayurveda. It is occurring mainly due to the imbalance of Vata and Kapha Doshas. The signs and symptoms of Ek kushtha described in Ayurvedic texts are similar with Psoriasis. Ek kushtha (Psoriasis) is a long lasting autoimmune and chronic, non-infectious, inflammatory skin condition that characterized by well defined erythematous, sharply demarcated papules and rounded plaques with silvery scale. These plaques often occur on extensor surface and scalp. This disease not only affects the patient physically, but also impacts their mental and social health of patient. Modern medicine treats Psoriasis with PUVA and corticosteroids etc. But all those treatment are associated with several adverse effects. Ayurveda has unique approach provides long-term outcomes and a higher quality of life to patients through its basic principles i.e. Shodhana karma (detoxification therapy) and Shamana chikitsa (palliative treatment). To assess the efficacy of Ayurveda treatment in the management of Ek kushtha. The present case report is of A 38 years old male patient with complaints of large round erythematous scaly patches over trunk, both hands, both legs and head and also severe itching and dryness over affected lesions since 8 years. He was diagnosed with Ek kushtha and There was no significant past history of any other chronic illness. Patient was admitted in Panchakarma IPD and managed with Vamana (emesis) and Virechana (therapeutic purgation) therapies followed by Shaman Chikitsa (palliative treatment). PASI (Psoriatic assessment severity Score) score improved significantly from 62.8 to 1.2 and DLQI (Dermatological Life Quality Index) improved from 24 to 1. Conclusion: An Ayurveda treatment adopted in the management of Ek kushtha is promising.

Keywords: Ek kushtha, Psoriasis, Ayurveda, Shodhana, Vamana, Virechana.

Registration Code: ABPO1794



ROLE OF PANCHAKARMA IN THE MANAGEMENT OF POST COVID-19

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The COVID-19 pandemic in India is a part of the worldwide pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Most people who develop COVID-19 fully recover, but current evidence suggests approximately 10-20% of people experience a variety of mild and long-term effects after they recover from their initial illness. Post COVID-19 condition occurs in individuals with a history of probable or confirmed SARS CoV-2 infection, usually 3 months from the onset of COVID-19 with symptoms and that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunction but also others and generally have an impact on everyday functioning. Symptoms may also fluctuate or relapse over time. In Ayurveda, Charaka mentioned about epidemic diseases in 'Janapadodhwamsaniyam vimanam'. Acharya explained Panchakarma as one of the best line of treatment of epidemic diseases. COVID-19 shows similar clinical symptoms with vata-kapha-jannaipatajajvara lakshanas and post-COVID syndrome shows similarity with jeerna jwara and punaravarthaka jwara, both having dourbalyatha in dhathus. Concept of agnimandya and leena dosha also plays an important role in the persistence of initial illness. So, after deepana, pachana, snehana, and swedana, dosha should be expelled from the nearest route at a proper time according to the strength of roga and rogi. It is necessary to adopt panchakarma therapies according to dinacharya and rithucharya for attaining control, prevention, improving the strength and immunity from further complications of COVID-19.

Keywords: Post COVID-19, Panchakarma, Dinacharya, Ritucharya.

Registration Code: ABPO 1814



SCOPE OF AYURVEDA IN MANAGEMENT OF INFERTILITY WSR PANCHAKARMA

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Vandhyatva (infertility) is a failure to conceive or give birth or experiencing Garbhastrava or Garbhapata. Disturbed lifestyle, usage of contraceptives, stress, genetic problems, alcohol consumption and smoking addiction increases such cases day by day. According to Ayurveda, successful conception depends upon Rutu, Kshetra, Ambu and Beeja. As per Contemporary science, Infertility is a Condition described as being unable to conceive despite unprotected sex between male and female for the duration of one year or more. Among partner's Male and female or both can be cause for Infertility. Many physical and Emotional factors can cause Infertility. Reproduction is a simple and natural experience for most of couples. Male infertility is diagnosed after testing of both partners. Acharya Charaka and Vagbhata have referred Vandhya as result of "PRADUSTA GARBA BHAGA" of Shonita. Acharya Susurtha, Madhavakara, Bhavamishra have quoted Vandhya as "VIMSATI YONIVYAPAD". Acharya Kashyapa mentioned Vandyatva as disorder of Vata. Main cause of any abnormal functions in body is Agnimandya and Tridosha dusti. Main treatment principles of Vandyatva includes Agni Deepana, Ama Pachana, Vatanulomana and Shodhana. Shodhana is achieved by Panchakarma procedures. Panchakarma therapies are helpful in doing Deha Shuddi, Garbha Stapanana Sroto Shuddi, Dhatuposhana, Kshetra Shuddi and Balancing the hormone to build the healthy conception. Panchakarma acts at root level can bring back derivations of hormonal mechanical system back to normalacy. Among all the therapies Basti is more use in practice, Specially Uttarakbasti in female infertility.

Keywords: Vandyatva, Shodana, Panchakarma

Registration Code: ABPO 1816



SHIRODHARA- A STRESS UNWINDING PREVENTIVE THERAPY

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The unforgiving pace and complexity of modern life has greatly challenged our ability to live healthier in the present moment. Industrialisation, globalisation, and competition in each sector lead to emotional stress and strain in life which is dangerous at the physical and mental levels. Such frustration and worry lead to stress which adversely affects our physical, social, mental, and spiritual health too. Dinacharya (daily regimen) and Ritucharya (seasonal regimen), Dharaniya vegas (urges which are to be restrained), Achara Rasayana (rejuvenating regimens), are important promotive aspects mentioned in classical text which are to be followed for maintenance of this equilibrium. But we have one therapy of panchakarma which works miracle for stress management i.e. SHIRODHARA To determine the feasibility of shirodhara, Ayurvedic oil dripping therapy, for stress management and also to investigate the therapeutic usefulness of Shirodhara for stress using standardised outcome measures. Shirodhara is derived from a Sanskrit word, meaning “Shiro” as head and “Dhara” as flow. Medicated oil stream is poured on forehead preferably from a copper pot or earthen pot from a specific height. It is to be done for about 45-55 minutes for at least duration of 7days and can be extended upto 11days for best effects. Results In the era of no work life balance stress and anxiety has become part and parcel so using shirodhara as a preventive medicine for duration of at least 7 days is effective in reducing stress or anxiety without any oral medications. Shirodhara is an important healing technique of Ayurveda that has neuro-immuno-physio-psychological effects on the human body that calms the nerves around the head which enhance blood circulation in the brain. It showed appropriate responsiveness to the stress system.

Keywords: Ayurveda, Stress, Shirodhara

Registration Code: ABPO 1877



A BIRDS EYE VIEW ON PANCHAKARMA PRACTICE IN SWATHA

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Our body is like a vehicle. We are servicing the vehicle time to time for continuity and better performance. Hence we should service our body like a vehicle using Panchakarma. Ayurveda has ability to manage many chronic diseases. The specialty of these treatments is not only indicated in diseased person but also healthy individual as preventive aspects. In age of competition and industrialization risk of Lifestyle Disorders is increased. It causing a greater number of mortality and morbidity. Various factors are responsible for this situation like Professional work load, Environmental pollution, Dietary indiscipline and Lack of exercise. The guidelines to perform various Panchakarma procedures have been laid down and revised at various points of time in Brihatrayi, Laghutrayi, Then by various new authors in Panchakarma compilation text books, later on in NABH and CCRAS SOPs guidelines. It is our duty as Ayurveda practitioners to make sure the Panchakarma practices do not deviate from these norms. To study the review of Panchakarma and Allied therapies as a Promotive and Preventive measure in Swastha. Literatures will be reviewed from Classical textbooks, Contemporary textbooks and Published articles: Success of Panchakarma is dependent on properly performed Purva, Pradhana, Paschat karma and 4 Chatushpadas. Panchakarma is one of the most emerging parts of Ayurveda as it plays a very important role in the effective management of lifestyle disorders which are on increase at a high rate. Administration of Panchakarma without deviating from the general guidelines mentioned in classics is possible with the help of the 4 Chatushpadas. So need of the hour is to practice Panchakarma procedures by following all the standard guidelines and Standard operating procedures with the possible sources and facilities available without compromising the basic principles explained in our Samhitas. This ensures Patient Safety and Physician Safety.

Keywords: Panchakarma, Swastha, Preventive, Promotive, Lifestyle disorders.

Registration Code: ABPO 1980



AN INDEPTH REVIEW OF BASTHY KARMA

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As nature transitions seasons and exhibits change, Ayurveda recommends cleansing and rejuvenation to help the body adapt. There is no system in the body that is not touched by vata, and vata alone is responsible for more that 55% of the diseases. Panchakarma is a treatment program for the body, mind and consciousness, that cleanses and rejuvenates. Amongst them Basthi are important modalities of Panchakarma and is so highly revered that the benefit received from basti is equal to the cumulative benefit of the other four processes in panchakarma. The Function of vata is to control the flow of the blood, Breathing, Elimination of waste, giving rise to the thoughts across the brain, beating of the heart etc. “Basti vata haranam Shreshtatam” -Basti is considered as the main treatment for the Vata Dosha. It is the most important shodhana karma in all Manovikara Basti remove toxins from body, reduce effects of morbid Doshas, impart lightness in body, promotes graceful aging process, luster and a healthy glow .The drugs used for basti purposes possessing unique properties.

Keywords: Basthy, Ayurveda, Panchakarma, Vata dosha

Registration Code: ABPO 1985



CREDIBILITY OF SHIRODHARA IN MANAGEMENT OF ANXIETY AND STRESS DISORDERS

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Shirodhara (subtype of Murdhni Taila) is a traditional and well established Ayurveda practice that involves gently and consistently dripping medicinal oil or other liquids on the forehead in a continuous stream at a certain height. This technique generates a relaxed level of consciousness, resulting in a dynamic psycho-somatic equilibrium. This process results in a general sense of well being, mental clarity and understanding. Methods: Various Ayurvedic Samhita, Pubmed articles, references textbooks and internet resources were studied. The Ayurvedic literature go into depth on the origin, pathology and management of Anxiety & Stress Disorders. Result: Shirodhara cleanses the mind, relieves anxiety, headache and increases awareness. It relaxes the nerves and acts on the forehead. It also improves blood circulation in the brain which aids in the management of Anxiety & Stress and soothes the mind and body. Discussion: Shirodhara is based on the notion of energizing the mind and releasing essence in the body. It is a purifying and renewing therapy that is used to remove toxins and mental tiredness as well as to relieve stress and other CNS disorders. Shirodhara is a standardized Panchkarma procedure that induces a state of alert tranquillity comparable to the relaxation response found during meditation. Therapeutic advantages in anxiety neurosis, and stress aggravation may be mediated by Shirodhara.

Keywords: Ayurveda, Murdhni Taila, Panchakarma, Shirodhara, Stress, Anxiety

Registration Code: ABPO 2250



EFFICACY OF RAKTAMOKSHANA BY JALAUKAVACHARANA IN THE MANAGEMENT OF KHALITYA WSR TO HAIRFALL

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Raktamokshana is meant for the elimination of rakta. Apart from different Panchkarma procedure raktamokshana is also one of main shodhana chikitsa. It is the procedure of letting out of the blood from body parts in a measured way. Jalaukavacharana comes under Asastravisravana. Hairfall termed as khalitya in Ayurveda. In Ayurveda it is mentioned under Shiroroga and Kshudraroga. In recent years there has been increase in the incidence of hair problems in the tropical and developing countries like India due to various factors like pollution, stress, chemical treatments and medications etc. In Ayurveda, treatment of khalitya is shodhan in Panchakarma like Virechana, Raktamokshan are helpful. Relevant literature is referred in samhitas, sangraha granthas and contemporary literature, internet sources were studied. Khalitya is mainly caused by vitiated pitta dosha and Jalaukavacharana is done for removal of vitiated pitta dosha and impurities, toxins from the body through blood. It increases blood circulation around the area result in growth of new hairs. Jalaukavacharana is an Ayurvedic para surgical procedure mentioned in Susruta samhita. Jalauka is mostly pittaghna and madhura in nature. Globally, Jalaukavacharan gained popularity due to its therapeutic benefits. Saliva of Leech contains various biologically active compounds such as analgesic, anti-inflammatory, anaesthetic and antioxidative properties. Jalaukavacharana is more convenient and easy para surgical procedure which eliminates the toxins from the blood stream. It is the best alternative therapy which can be apply for the treatment of Khalitya. It is relatively easy to learn and reduce the complication arising from the excessive use of synthetic drugs.

Keywords: Ayurveda, Panchakarma, Raktamokshana Jalaukavacharana, Khalitya, Hairfall

Registration Code: ABPO 2327



EXPLORING TREATMENT PROCEDURES FROM TRADITIONAL PRACTICES

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Kerala has unique traditional methods of treatment for various diseases. Treatments that were once so highly effective are now becoming extinct due to lack of orientation to texts, lack of experiences and uncertainty in their efficacy. Vennathalam (Thala using Navaneetha), Plavila sveda (Panasapatra sveda), Malarkuzhampu, oothu chikitsa are some of them. We could find many peculiar procedures in traditional textbooks like Arogyaraksakalpadruma, Yogamrutham, Chikitsa Manjari, Vaidyamanorama, Prayoga samuchaya etc. Some of these procedures are also modified based on their tradition and logic like shashtika sali pinda sveda is modified as sataila shashtika shali pinda sveda in Ashtavaidya tradition to limits its sheetha guna. Unfortunately, the details of many procedures are inaccessible. Many such valuable practices found in Kerala Ayurvedic texts are in need of being brought to light in today's society. These external procedures may have a role in managing the internal pathology. So, the novel ideas should be explored through more research. This presentation aims to enlighten few such procedures along with possible case reports or experience mentioned in authentic literatures. This hidden knowledge should be unravelled for the optimized utilization of resources and practices, aiming to the betterment of humanity.

Keywords: Kerala ayurveda, Vennathalam, Panasa patra sveda, External therapy

Registration Code: ABPO 2407



COMPARISON OF NASYA DONE WITH JYOTISHMATI TAILA AND MULAKADI TAILA IN IDIOPATHIC PARKINSONS DISEASE: A CASE SERIES

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Nasya is a unique panchakarma therapy for all doṣās pertaining to head. It is indicated for a spectrum of multisystem pathologies. Idiopathic Parkinson's disease is the second most common neurodegenerative disease. It is characterised by the loss of pigmented dopaminergic cells of the zona compacta of substantia nigra. The exact cause of the disease still remains unknown. At present no treatment is available to prevent the disease progression. Levodopa is the most effective drug in the current scenario which is said to have long term complications and side effects. The drug jyotiśmatī is mentioned in sirovirechana gana and possess proven antioxidant activity. Several animal studies have shown its effectiveness in the management of Parkinson's disease. Nasya was done using Jyotishmati taila in a group of three participants, and a separate group of three participants received Nasya with Mulakadi taila. Subsequently, a comparative analysis was carried out, revealing that both Nasya treatments demonstrated effectiveness in specific domains. Both are effective in improving the cognitive and motor symptoms in the UPDRS. Across all cognitive domains evaluated in the UPDRS, as well as in motor domains, including tasks like turning in bed, finger taps, and leg agility, Nasya using Jyotishmati taila demonstrated better results. However, in the domains of salivation and bradykinesia, comparative analysis revealed that Nasya with Mulakadi taila yielded more favorable results.

Keywords: Nasya, Idiopathic Parkinsons Disease, Jyotishmati taila, Mulakadi taila, UPDRS

Registration Code: ABPO 2728



SCOPE OF PANCHAKARMA IN ONCOLOGY

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Cancer is one of the most dreaded diseases. Multidisciplinary scientific investigations are making best efforts to combat this disease, but the sure-shot, perfect cure is yet to be brought into world medicine. An integrated approach is needed to manage cancer using the growing body of knowledge gained through scientific developments. Descriptions of many diseases in Ayurveda resembles with features of cancer of which, Arbuda having close proximity to it. But the horridness of cancer does not match with the reference of arbuda mentioned in the classics. It is also not included under the list of mahagada explained in classics. Considering the above factors it is necessary to explain cancer in ayurveda with a distinct samprapti and to formulate an effective treatment strategy . Ayurveda is supposed to add a step on to the curative aspects of cancers. Panchakarma helps to break the pathophysiology by expelling dosha from its prime sites and thus also hinder the recurrence of disease. Recent studies show the integrated approach of Cancer treatment is effective to improve quality of life and survival rate. Ayurvedic treatment, healthy diet, lifestyle modification and mind-body treatment are beneficial for Cancer patients to combat with disease.. This presentation is an attempt to reveal the scope of panchakarma in the practice of oncology.

Keywords: Cancer, Ayurveda, Arbuda,

Registration Code: ABPO 2430



DECIPHERING THE PROBABLE MODE OF ACTIONS OF VASTI

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Due to the multi-systemic indications, vasti is considered as the prime among sodhana chikithsa. Vata - the only yogavahi dosha among tridoshas can be effectively pacified through vasti administered at its abode. So that it can halt the pathogenesis of all other doshas and raktha. This is a humble attempt to have an understanding of vasti and its various aspects using modern physiology. Even though the action of vasti is mentioned as achinthyaveerya prabhava-the probable and possible ways of action of vasti will also be encountered. Recent studies on the Vagus nerve are pointing to the fact that irritation to the vagus nerve can result in a wide spectrum of disease manifestations. So the probable action of vasti over the vagus nerve, the prime CNS- ENS linker needs to be explored more. Other possible mechanisms of action of vasti such as regulation of serotonin level or stimulation of the GEP Endocrine system etc also pave way for unexplored areas of research. Nowadays extensive research are going on focusing on the Enteric nervous system and Gut microbiota and its role in the maintenance of homogeneity and pathogenicity of almost all bodily systems. Finally the latest concept of system biology is also saying that all the body molecules are interrelated. So vasti, by a virtue of its action on GIT can have action over all other systems and thereby recovering the internal homeostasis. Moreover, it's an attempt to check whether the saying 'Half of the therapeutics is vasti' is still relevant or not.

Keywords: Vasti, Gut brain, Gut microbiota, GEP Endocrine system, System biology

Registration Code: ABPO 2470



GHRITA KALPANA CURRENT ISSUES POSSIBLE ALTERNATIVES

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Ghritha kalpana has an inevitable role in ayurvedic treatment modality. Ghritha used in ancient times was from animals raised organically. Acharya has mentioned ghritha kalpana based on attributes shown at that respective time. Nowadays animals are kept away from their habitat and fed on artificial feeds. The quality of milk and milk products from these animals is a matter of concern. Increased rate of adulteration, mixing of various kinds of milk together, different methods of preparation, and biomagnifications all these factors are all affecting the safety of ghritha. Ghritha kalpana used in current practice may not be equivalent to that explained in our classics. there is an increased demand for dairy products, and ghee obtained in the market or industries does not possess the expected attributes, hence there may be a chance to develop some unintended drug events and the absence of expected results while performing snehapana. In case of unavailability of genuine products, another alternative for ghritha can be adopted. One such alternative for ghritha was found in the book “Bhojana Kutuhalam”. Among the 6 yoga explained in the book, one yoga is devoid of any bovine product. Hence, this yoga was selected and prepared in the kitchen of Panchakarma department of VPSV Ayurveda College Hospital, kottakkal. HPTLC was done at CMPR and QC laboratory kottakkal. Phytochemical analysis was done at R and D Arya Vaidya Sala, Kottakkal. Here is an attempt to find out a healthy alternative in light of classical references and modern research findings.

Keywords: Artificial Ghritha, Sneha Kalpana, Bhojana Kutuhalam, Phytochemical analysis, HPTLC, Ghee

Registration Code: ABPO 2545



EFFECT OF VIRECHANOTTARA UTTARA BASTI AND AVAPEEDAKA SNEHAPANA IN MUTRAMARGA SANKOCHA WSR TO URETHRAL STRICTURE- A CASE STUDY

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Urethral stricture is a consequence with some kind of obstructive uropathy, mechanical or functional related to either upper or lower urinary tract resulting in either partial or complete retention of urine as well as oliguria or anuria. This condition is characterised by obstructed urinary flow, straining, dribbling and prolonged micturition. Pathologically the urethra becomes narrowed by fibrotic tissue which hampers excretion of urine. In modern science, the suggested treatment is urethral dilatation besides surgical treatment, which may cause bleeding, false passage and fistula formation. The surgical intervention like urethroplasty also carries high risk of recurrence. Hence virechana yukta uttarabasti and avapeedaka snehapana has been selected as traditional medical protocol to conquer the situation. Methodology- Treatment protocol adopted is virechana followed by uttarabasti and later avapeedaka snehapana as shaman snehapana Results- significant change in the structural as well as functional aspect in relation to urethral stricture were observed after the course of the treatment. Results are assessed with subjective parameters like pain, burning micturition, dysuria and objective parameters like incomplete emptying, frequency, weak stream, dribbling and straining along with retrograde urethrogram before and after treatment. Traditional medical protocol hence selected is effective for the case.

Keywords: Obstructive uropathy, Urine retention, Urethral dilatation, Uretroplasty, Shamana snehapana, retrograde urethrogram

Registration Code: ABPO 2572



THE ROLE OF AYURVEDA TREATMENT PROTOCOL IN MANAGING OBESITY- A CASE STUDY

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The 2023 atlas published by the World Obesity Federation highlights the escalating global burden of obesity, with predictions that over 4 billion people, approximately 51% of the world's population, will be classified as overweight or obese. Introduction- This case study features a twenty-four-year-old female who led a sedentary lifestyle and experienced a disrupted sleep pattern. She presented with an abrupt and abnormal increase in body weight, accompanied by symptoms of fatigue, heaviness, and incomplete bowel evacuation. With all these complaints, patient was admitted at All India Institute of Ayurveda Hospital in Delhi, India. Clinical examination revealed a high body mass index (BMI = 50.3kg/m²) and a diagnosis of grade 3 obesity. Intervention The patient received a 14-day Ayurveda treatment regimen, which included Tailapana, Lekhana basti, and Virechan karma. Outcome -Throughout the treatment, the patient's signs and symptoms, along with anthropometric measurements and hematological parameters, were closely monitored. After completing the treatment protocol, the patient exhibited significant improvements, with her body weight decreasing from 132 to 121 kgs, as well as enhanced quality of life. These positive results suggest that the described approach may hold promise as an effective intervention for obesity management. The study exhibits the potential role of sesame oil consumption in managing obesity, leading to a positive impact on body weight and overall health. These findings need further exploration and consideration for broader adoption in obesity management. Keywords: Obesity, Tailapana, Sesame oil, Lekhana Basti, Virechana, Ayurveda

Keywords: Obesity, Tailapana, Sesame oil, Lekhana basti, Virechana, Ayurveda

Registration Code: ABPO 2653



PAKSHAGHATA MANAGEMENT WITH AYURVEDIC PROTOCOL: A CASE STUDY

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Pakshaghata is one of the major neurological disorders manifested as inability to move the group of muscles of either left or right side of the body. Pakshaghata can be correlated with Hemiplegia which is usually the sequel of cerebro-vascular disorders or stroke. Stroke is defined as sudden onset of neurologic deficit from vascular mechanism 85% is ischemic and 15% are primary haemorrhages. Charaka included it in the classification of Nanatmaja Vyadhi due to predominance of Vata Dosha. The disease affects the Madhyama Roga Marga and disrupts the functions of Sira, Snayu, Kandara etc. The management of Pakshaghata being reported in this paper is a case of Acute Ischemic stroke and was treated with Panchakarma therapy, which included Utasadan for 3-4 days followed by Abhyanga, Nadi Swedana, Nasya, Mustadi Yapana Basti along with Internal Medicine for 25 days. Patient was came for follow up after 15 days. After treatment patient got significant relief in her symptoms and increases quality of life.: A 54 years old female patient came with C/O Unable to stand and walk without support and pain and weakness in left half of body along with mild sensation loss over left lower limb since 3-4 months. Initially Utasadan is advice with Mrudu Nadi Swedana, then Abhyanga, Swedana, Nasya and Basti Karma. On Admission, patient was wheelchair bound, and at the time of discharge patient went by walking herself without support. Muscle tone was Hyper tone on admission and significantly improved to normal tone on discharge. Muscle power of left upper limb was improved from 1/5 to 3/5 and left lower limb was 2/5 and 4/5. The Present case study revealed that among all Ayurvedic treatment, Panchakarma with Physiotherapy gives significant relief in symptoms and helps in rapidly normalize bodily functions.

Keywords: Pakshaghata, Panchakarma, Mustadi Yapana Basti, Utasadana.

Registration Code: ABPO 2672



MANAGEMENT OF UDUMBARA KUSHTA THROUGH AYURVEDA: A CASE REPORT

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The concept of Kushta, according to Ayurveda, includes a wide spectra of skin disorders. It is mentioned as a Mahagada and Deergharoga, thus highlighting its importance and difficulty in treating. It is a Raktapradoshaja Vyadhi mainly involving the Sapta Dravya Sangraha – the three Doshas: Vata, Pitta, Kapha and four Dushyas: Twacha, Mansa, Shonita and Lasika. Based on variability in these elements, Kushta can be classified into innumerable types. But mainly, it is classified into Mahakushthas and Kshudra Kushthas. Udumbara Kushtha is a Pittapradhana variety of Mahakushtha. According to classical texts, it is characterized by Tamravarni i.e., copper coloured skin lesions covered with coppery and rough hair, having plenty of pus, blood and Lasika (fluid) discharge. It is accompanied with myriad other symptoms such as Kandu (itching), Kotha (sloughing), Daha (burning sensation), etc. The highlighting characteristic to be observed is its acute manifestation and fast progression, unlike many skin disorders that progress gradually. Present case report is of a 29-year-old male with K/C/O Asthma. He presented with symptoms resembling classical Udumbara Kushtha such as above-mentioned lesions and oedema, mainly on the neck, back and upper limbs accompanied by severe burning sensations, foul smelling discharge of pus and fluids from the lesions since 1 year. Ayurvedic treatment administered to him included Shodhana Chikitsa such as Vamana, Virechana and Raktamokshana along with Shamana Chikitsa. Various Pathyas were also advised including mainly Nidanparivarjan. Significant improvement in all symptoms was observed and documented during and after treatment.

Keywords: Udumbara Kushtha, Ayurveda, Shodhana

Registration Code: ABPO 2681



APPLICATION OF PRINCIPLES OF RUKSHANA SNEHANA IN MANYASTAMBHA WSR TO CERVICAL SPONDYLOSIS A CASE STUDY

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Manyastambha (cervical spondylosis) is one among the 80 types of vataja nanatmaja vyadhis. In manyastambha the back of the neck becomes stiff or rigid and the movements of the neck are impaired. Along with vata, kapha also gets associated in manyastambha. Cervical spondylosis, also known as arthritis of the neck, which affects the joints and discs of cervical vertebrae. Ruk(pain) and stambha(stiffness) in the neck region are the cardinal features of manyastambha. 30 year old male patient with chief complaints of pain, stiffness in the back of neck region, difficulty in movement of neck got admitted in GAH ,Erragadda, hyderabad. The X ray of the patient was clearly indicative of straightening of the Cervical Spine, demonstrating the involvement of Kapha dosha in the form of Stambha and Gourava and Vata dosha in the form of pain. Therefore in principle, Anti Kapha-Vata measures were chosen as principle of therapy by administering Valuka sweda, Vaitarana vasti and Nasya karma. Purpose of the study: The vitiated vata gets lodged in kaphasthana thus involving kaphadosa in pathophysiology of manyastambha. According to Acharya Susruta, vata-slesma hara chikitsa, in the form of Ruksa sweda and Nasya are indicated in treatment of manyastambha. Methods: Valuka sweda and matra vasti with brhat saindhavadi taila for 7 days, Gomutra vaitarana vasti for 5 days, Nasya karma with prasarani taila in a dose of 36 drops in each nostril. Results: The patient got marked improvement in pain(90%),stiffness(90%),got (95%) relief in range of movement, which is also supported by radiological changes.: Application of Principles of Rukshana & Snehana seems more appropriate and significant in the management of Cervical spondylosis. The study shows new approach to the management of Cervical Spondylosis.

Keywords: Valuka sweda, Matra vasti, Vaitarana vasti, Nasyaruk, Stambha

Registration Code: ABPO 2687



PANCHAKARMA IN POST TRAUMATIC BONE AND JOINT DISORDERS

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Post traumatic conditions of bone and joint include –Fractures, Mal union ,Non-union ,dislocation of the joint, ligament injuries.These injuries are acutely managed with casts and surgical intervention ,but they partially succeed in restoring the normal range of movements. Post-surgical physiotherapy also has its own limitations. Sometimes even after successful surgical intervention, symptoms like pain, swelling and stiffness may still persist. All these conditions result in stiffness leading to restriction of movements. Ayurveda has covered all these aspects under the heading of Bhagna .Bhagna means breach/break in the continuity of the bone. Acharya susruta was the first to describe about fractures and their management in sushruta samhitha. The main aim in the treatment of bhagna is to maintain the normal structure and function of the asthidhatu which can be established by adopting Ayurvedic principles. In the upcoming paper, we will be discussing a case of chronic ACL tear in a 48 year old female, who is not willing to undergo surgical intervention is effectively managed with panchakarma procedures. Parameters of assessment included X-ray, MRI,pain,range of movements, joint stability, and gait. The Principle of treatment followed was Upanaha, Basti and Seka with Nyagrodadhi Gana dravyas. Total duration of therapy was 45 days. The overall improvement is seen in the stability and functioning of the knee joint. Pain & Stiffness was reduced and there is a significant improvement in gait. In the management of post traumatic ligament injuries of Knee joint, the primary goal of the treatment is to improve the symptoms and bring a satisfactory functional improvement. In many cases with partial tear of Knee joint ligaments, in whom surgery is not a preferred option, Nyagrodhadhi Kashaya basti, seka and Upanaha could be a safer treatment alternatives to improve their quality of life.

Keywords: ACL tear, Bhagna, Fracture, Nyagrodhadhi kashaya basti, Parisekha, Upanaha.

Registration Code: ABPO 2389



EFFICACY OF VIRECHANA KARMA ERANDA MULADI KASHAYA VASTI AND SHEETA UPANAHA IN THE MANAGEMENT OF GOUTY ARTHRITIS: A CASE STUDY

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Vatarakta is a disease characterized by the abnormality of RaktaDhatu due to morbidity of VataDoshha . It is a metabolic disorder where pain is predominant symptom which disturbs day-to-day life of the patients. Vatarakta is comparable to the Gouty arthritis in its symptomatology. The primary joint which is affected in Vatarakta is joints of the foot (Padayor-mulamastaya). Even Gouty arthritis is characterized by its manifestation in the big toe. Vatahara, Pittahara and Raktahara measures are the principles of management of Vatarakta. The paper deals with a single case study of a 30 year male patient, suffering from Gouty arthritis with increased Uric acid levels and with a severe pain in Joints of foot and bog toe. The patient was treated based on the principles of Vatarakta which not only reduced symptoms but also normalised Uric acid levels. Methods:- Therapy given was Virechana karma which was followed by Eranda muladi Kashaya vasti. The patient was also treated with Sheeta Upanaha for a period of 15 days. Pain, Stiffness, CRP, ESR, Serum Uric acid were assessed before & after treatment. Total study period was 30 days; it was observed that more than 90% of his symptoms disappeared after therapy. There is drastic reduction in Uric acid levels from 9.7 to less than 7. Virechana and Vasti karma happens to be core principles of treatment of Vatarakta. But addition of Sheeta Upanaha as a local measure reduced both symptoms and Uric acid levels in a very short duration.

Keywords: Vatarakta, Virechana karma, Eranda muladi Kashaya vasti

Registration Code: ABPO 2693



AYURVEDA AND PANCHAKARMA MEASURING THE EFFECTS OF A HOLISTIC HEALTH INTERVENTION

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Ayurveda the ancient science of life is a unique system of medicine with panchakarma as one of the main elements. It's an imperial part of Samsodhana chikitsa and attracted people world wide as an exclusive treatment for chronic, acute diseases, degenerative diseases and auto immune disorders . It is the internal purification of the body through the nearest possible route which helps the body to keep tridoshas, dhatus and malas in equilibrium. It mainly deals with five pradhanakarma as well as poorva karma and paschat karma . Five panchakarma are Vamana, Virechana Nasyam, niruha vasti and anuvasana vasti. And Acharya susurutha has included rakta mokshana as fifth karma . Around 15 patients with different diseases were given various panchakarma treatment according to the disease and significant result were noted at the end of procedure.. As diseases are the destroyers of health ,well being and life , panchakarma plays a vital role in preservation, conservation and maintenance of health, As a long healthy life is the wish of every person panchakarma us indeed a gateway to health So it is the duty of each vaidya to spread awareness about this bio cleansing procedure as it's unique in its own way..

Keywords: Panchakarma, Samsodhana chikitsa, Vamana virechana, Nasta, Vasti raktamoksha.

Registration Code: ABPO 2713



A CASE STUDY TO ANALYSE THE EFFECT OF MANJISTADI KSHARA BASTI IN SIRA GRANDHI

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“**V**aricose Veins”. Varicose veins are more likely to develop in the lower limbs of human beings because of their erect posture. A common form of peripheral vascular disease results in blockage of venous circulation that removes the impure blood from the lower extremities. According to Ayurvedic scriptures, Sirajagranthi and Varicose vein can be co-related. Vayu enters the Siraas due to a result of Vataprakopakanidanas such as excessive physical efforts and straining, apatyahara vihara, which results in Sampeedana, Sankocha and Vishoshana as well as the formation of Granthi in Sira. The vitiated rakta, pitta dosha, and vata alone or vata and Kapha are vitiated in the site of affliction. In such conditions, a Basti formulated as Kaphaghna Basti with drugs acting on Vatarakta like Laghu Manjistadi Kashaya is the best choice. The patient was treated with virechana & manjistadi niruha basti (first three kshaara basti and alternate matra basti) followed by shamana oushadhi. Varicose veins are a problematic disorder of today’s lifestyle, which doesn’t have a permanent solution. In this case, the treatment protocol has given significant relief in signs & symptoms compared to all available techniques.

Keywords: Manjistadi Kshara Basti, Sira grandhi, Varicose veins, Peripheral vascular diseases.

Registration Code: ABPO 2716



AYURVEDA AND PANCHAKARMA MEASURING THE EFFECTS OF A HOLISTIC HEALTH INTERVENTION

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Ayurveda, the traditional medical system of India, is understudied in western contexts. Using data gathered from an Ayurvedic treatment program, this study examined the role of psychosocial factors in the process of behavior change and the salutogenic process. This observational study examined associations with participation in the 5-day Ayurvedic cleansing retreat program, Panchakarma. Quality of life, psychosocial, and behavior change measurements were measured longitudinally on 20 female participants. Measurements were taken before the start of the program, immediately after the program, and 3 months post program. The program did not significantly improve quality of life. Significant improvements were found in self-efficacy towards using Ayurveda to improve health and reported positive health behaviors. In addition, perceived social support and depression showed significant improvements 3 months post program after the subjects had returned to their home context. As a program of behavior change, our preliminary results suggest that the complex intervention Panchakarma may be effective in assisting one's expected and reported adherence to new and healthier behavior patterns.

Keywords: Ayurveda, Health behavior change, Complex medical system

Registration Code: ABPO 2717



A CASE REPORT ON TUBAL BLOCKAGE WITH UTTARA BASTI INTERVENTION

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Infertility is a condition which affects the psychological as well as physiological well-being of a woman and her family. Among the causes of female infertility, the most common cause is considered to be the tubal factor. In ayurveda, fallopian tubes are correlated to the artavavaha srotas and its block is compared with the sanga srotodushti of this srotas. In this case report, a patient with primary infertility since 6 years was diagnosed with right tubal blockage. After undergoing sadyovirechana, a course of dashamoola ksheera niruha basti, yoni prakshalana with dashamoola kwatha and mahanarayan taila utara basti was done for 3 consecutive days. During this duration, oral medicines were also prescribed - maharasnadi kwatha, pushpadhanwa rasa and ashokarishta. After a month, repeat HSG showed bilateral spillage. She underwent donor sperm IUI as her husband was diagnosed with azoospermia and later on conceived. Ayurvedic interventions like niruha basti, utara basti and yoni prakshalana along with internal medicines were found effective in the management of infertility due to tubal blockage.

Keywords: Tubal blockage, Uttara basti, Niruha basti, Mahanarayan taila, Dashamoola ksheera basti

Registration Code: ABPO 2872



EFFICACY OF AGNILEPA IN AMAVATA

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A mavata is a painful condition which is formed due to the vitiation of Vata dosha and Accumulation of Ama. It initially manifest as gut disorder with common symptoms of anorexia as well as indigestion. Later on, it affects all the tissues mainly the bones, joints and muscles are affected. Multiple joints are affected. The prognosis of the disease is incurable but the symptoms of the condition can be managed. Early diagnosis of the disease can slow down the progression of the disease. This disease can be compared to Rheumatoid arthritis according to modern science. Rheumatic Arthritis is an auto immune disorder which affects the joints which causes pain, swelling and warmth. The prevalence is more in women than in men. Ama Pachana leads to the reduction in Apakva Annarasa there by resulting in the proper synthesis of substances required for the body. The reduction in the pain, swelling, stiffness and tenderness of the affected joints are due to the Vedana Sthapaka, Shothahara and Vata Kapha Shamana properties of the drugs used in Agni Lepa. Hence Agni lepam is a good choice and can be employed locally or full body of the patients diagnosed of Amavata. Methodology:- A 56 year old female patient came to the ipd with the complaints of pain over lower limb along with stiffness of soon after waking up in the morning. Also has difficulty to stand on her own after sitting for sometimes since 7 yrs. Biochemistry reports shows CRP-5.9 mg/dl, ASO TITRE- 139.4, RA-129.5. Patient was managed with Agni Lepa, Aushada, Ahara and other therapeutic procededures. At the time of discharge the patient has improved in her condition and was discharged with normal and stable vitals. Complete cure of the disease is difficult, but with ayurvedic principles it can be managed and the progression can be slowed down.

Keywords: Agni lepa, Amavata, Apakva annarasa, Shothahara, Vata kapha shamana, Vedana sthapaka,

Registration Code: ABPO 2947



PANCHAKARMA IN AYURVEDA

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Everybody strives for quality life rather than just number of years without good health. An unhealthy lifestyle has contributed a lot in the manifestation and exacerbation of different disorders. Ayurveda has rightly emphasized that health is not only the state of not having disease but, it is the state of normalcy of Dosha, Dhatu, Agni, Malakriya along with blissful state of Mind, Soul and Senses. Ayurveda also gives utmost importance for prevention and cure of diseases, wherein Panchakarma plays a vital role. Dosha will get vitiated daily and seasonally whenever favorable condition arises. When an individual indulges in Aahara and Vihara which vitiates a particular Dosha, in its aggravated stage it may produce respective disorders. So, Panchakarma becomes mandatory choice in order to eliminate the same and maintain the healthy status. Oral administration of drugs after Panchakarma plays an incredible role in multi-dimensional approach towards health. Benefits of Panchakarma are holistic in the life of a human being.

Keywords: Panchakarma, Bio-purification, Detoxification, Health and Shodhana.

Registration Code: ABPO 2962



A CONCEPTUAL STUDY TO ANALYSE THE EFFECT OF MANJISTADI KSHARA BASTI IN THROMBOANGITIS OBLITERANS

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Thromboangitis Obliterans (TAO) is a non-atherosclerotic inflammatory disorder of unknown aetiology that affects small and medium-sized vessels of the extremities and has a strong association with smoking. It is noticed by the presence of distal-extremity ischemia indicated by claudication, pain at rest, ischemic ulcers or gangrene. In the management of TAO various drugs like Analgesics, Vasodilators, and Anticoagulants have been tried with questionable value which have drawbacks like bleeding tendencies, systemic adverse effects and most of the time the disease ends up with major or minor amputations. Hence in TAO, a holistic, natural mode of management under the Vatarakta line of treatment is to be adopted. Even though Vatarakta management encompasses a wide range of treatment modalities; Basti is exemplarily useful especially manjistadi kshara basti.

Keywords: Thromboangitis Obliterans, Manjistadi Kshara Basti, Vatharaktha.

Registration Code: ABPO 2975



A CONCEPTUAL STUDY ON THE SCOPE OF YAPANA VASTI TO MEET THE EMERGING CHALLENGES IN HEALTH CARE

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To prove the concept of yapana vasti in meeting the emerging challenges of health care of people in present era.: literature review of samhitas, research articles and analysing the principles of yapana vasti The yapana vasti is suitable to all types of persons of all ages and sex as preventive, curative and promotive with out following any restrictions in diet and activities. As there is no restrictions to follow before or after taking yapanavasti , few types of yapana vastis can be administer at OPD level. It is a type of best modification of niruhavasti with mutiple therapeutic benefits. So yapanavasti can be considered as an ideal therapeutic procedure for meeting the emerging challenges in health care system.

Keywords: Yapanavasti, Niruha vasti, Pariharakala, Sarva kalam deya.

Registration Code: ABPO 3011



PRASOOTHITANTRA & STRIROGA





INTEGRATING AYURVEDA AND YOGA FOR HOLISTIC MENOPAUSAL WELLNESS IN BRAZIL A COMPREHENSIVE APPROACH

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Menopause is a significant life stage for women, signifying the end of reproductive years and the onset of various physiological and psychological changes. Specially in the west (Brazil), women are living more, working more, enjoying life more, and because of this, having a significant life and strong health is essential for them. This work is based in my experience, as a Brazilian Ayurveda doctor and yoga teacher, living in India and treating more than 150 Brazilian women in menopausal age. Ayurveda, an ancient Indian system of medicine, and Yoga, a mind-body practice, offer valuable approaches to managing menopausal symptoms and promoting overall well-being. This research explores the integration of Ayurveda and Yoga, emphasizing lifestyle modifications and treatment strategies tailored to the unique needs of menopausal women. By combining Ayurvedic principles, personalized diet, herbal therapies, and Yoga practices, a holistic approach is presented to enhance health and happiness during the menopausal transition. The paper delves into how these time-tested practices can empower women, bridging cultures and offering a promising avenue for menopausal wellness. The study also investigates the cultural adaptation of this approach for presentation in India, acknowledging the unique cultural backgrounds of both Brazil and India, mixing the two countries' culture to an integrative wellness for women. Western culture gives women freedom to be whatever they want. For this, specially in the last stage of life (menopause and after), they need to learn from India, Ayurveda and Yoga, how to remain healthy, connected to the divine energy and in a pure state of mind for enjoying life.

Keywords: Menopause, Women health, Ayurveda in the west, Yoga for women

Registration Code: ABOP 1146



CLINICAL STUDY TO EVALUATE THE EFFICACY OF LOCAL APPLICATION OF SUKUMARA GHRITHA IN MANAGING THE SYMPTOMS OF VULVOVAGINAL ATROPHY IN POSTMENOPAUSAL WOMEN

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Vulvovaginal atrophy (VA) is a common condition in Peri and Postmenopausal women with an incidence of upto 50%. Ayurveda considers perimenopausal age as Vata predominant stage. Sukumara ghritha is Vatha kapha hara, brimhana and balya. By its sookshma guna, it gets absorbed easily by the vaginal mucosa. Hence this study was conducted to evaluate the effect of local vaginal application of sukumara ghritha in management of signs and symptoms of vulvo vaginal atrophy in peri menopausal women. A total 10 post-menopausal women aged 45-65 yrs with at least one of VA symptoms such as vaginal dryness, vaginal or genital itching, dyspareunia etc were selected. Yoni purana with sukumara ghritha was done consecutively for 7 days months for 3 months. They were advised to keep a yonipichu with sukumara ghritha at external meatus during remaining days. Vaginal PH, Vaginal health score (VHS), Vaginal maturation index (VMI) was used as efficacy end points and assessed at baseline 4th week and 2 weeks after the drug withdrawal. There was significant relief for the complaints such as vaginal dryness itching and burning at the end of study period. Vaginal PH, Vaginal maturation index and Vaginal health score also showed considerable improvement. Local application of Sukumara ghritha provide symptomatic relief for post-menopausal women suffering from vulvo vaginal atrophy. May be considered as an effective non hormonal intervention which is convenient and affordable.

Keywords: Ayurveda, Sukumara Ghritha, Vulvovaginal Atrophy, Yoni purana, Yonipichu
Registration Code: ABOP 1160



UTILITY OF AVAPEEDAKA SNEHAPANA AS OVULATION INDUCTION IN FEMALE INFERTILITY TIME TO LOOK BEYOND

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Anovulation remains commonest cause for female infertility. Amongst the cause Polycystic ovaries with HPO dysfunction tops the list. Current management are augmenting follicular growth and inducing ovulation using drugs like Oestrogen receptor blockers, Gonadotropins, HCG etc. with some undesirable effects like Uncontrolled stimulation, suboptimal endometrium, worsening PCOS, follicular depletions. The Ayurveda management are challenging as evidences against it are still lacking with poor predictability of results except for some sporadic results. Avapeedaka snehapana as Apana anulomana and Artava nishkramana can be a better ovulation induction method in Ayurveda hence reviewing its application as ovulation induction method in Ayurveda needs to be explored. The Avapeedaka snehapana literature is thoroughly searched in classical text, and through published works. The searched literature was analysed using the contextual meaning, oushadakala, matra, dravya, veerya, karma and the available evidences to derive its role in ovulation induction. The responses recorded like Vrsya (Steroidogenesis), Anulomana (Initiation of ovulation / Menstruation), and the role in restoring the disturbed Vega (Involuntary visceral responses) were relatable to avapeedaka snehapana and this particular treatment is specific for disorders of pelvic area (mutra/pureesha/Shukla and artava). Discussion: The Vrsya and anulomana response of avapeedaka snehapana likely to simulate the preovulatory LH surge and the act of ovulation. Well directed midcycle Avapeedaka snehapana with Phalasarpi may be helpful as Ovulation induction in anovulatory conditions presenting with Infertility.

Keywords: Ovulation induction, Folliculogenesis, Avapeedaka snehapana, Ayurveda treatment,

Registration Code: ABOP 1165



YONIBHRANSHA WEAK PELVIC FLOOR MUSCLE STRENGTH MEASURED BY PERINEOMETER A CASE STUDY

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Term Yoni as Tryavarta yoni ,a genital tract which includes uterus, cervix,vagina& Bhransh means Prolapse .Yonibhransha is a common condition in which uterus slips down into or protrudes out of vagina.Yoni bhransha represents as a symptom of Prasamsini, Vatala, Phalini and Mahayoni yonivyapada by different acharyas in vrihattraai of ayurveda. In ayurveda general causes are mithyachar, pradustartava, beeja dosha and daiva. Its specific cause is Dukha Prasava(Dystocia)excessive straining during second stage of labor . Anatomically it happens due to weakness of pelvic floor muscles(PFM) and uterine ligaments which provide support for the uterus to maintain its normal position .Its prevelence is more than 50%f all gynecological condition. According to recent reports 40% of women between 45 and 85 years age have pelvic organ prolapse(POP) on examination but only 12% are symptomatic. The prevalence of symptomatic and anatomical uterine prolapse was 6.6% (28) and 5.9% (25), respectively(1.2). So this case study will help the clinician to know the relationship between degree of uterine prolapse and strength of pelvic floor muscles before and after the ayurvedic treatment and follow up of three months. . To find out the relationship between degree of uterine prolapse and strength of pelvic floor muscles with the help of perineometer and this help in better treating yonibhransh. . A detailed performa regarding the subject will be carried out. Detailed history of female individuals will be taken according to the performa specially prepared for this purpose. Pelvic floor strength will be measure by perineometer before and after a general gynecological treatment. .There was marked improvement found in the symptoms and increased strength of pelvic floor muscles measured by perineometer.

Keywords: Prasamsini yonivyapada,Vatala yonivyapada, Phalini yonivyapada, Maha yonivyapada,

Registration Code: ABOP 1169



ROLE OF VAMANA THERAPEUTIC EMESIS IN THE MANAGEMENT OF FEMALE INFERTILITY DUE TO PCOS-A CASE REPORT

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PCOS, by the nature of the disease, adversely influences the fertility and reproductive health of the affected women. The exact etiology of this syndrome remains elusive and is now considered to be multifactorial, with a strong genetic component. Anovulation or oligo-ovulation manifests as oligomenorrhoea or amenorrhoea in 70% of woman with PCOS. This is a case report of women of 26 years of age with primary infertility who has conceived after Sodhana and samana therapy Case report:- A 26 year old married woman reported at Prasutitantra and Streeroga outpatient department (OPD) of Ahalia ayurveda medical college, Palakkad with the complaint of inability to give birth to a viable child even after 3 years of unprotected married life. She was also complaining of irregular menstrual cycles since 2.5 years. The case was diagnosed as PCOS by sonological and clinical evidence and underwent IUI twice along with ovulation induction but no result was found. Her 31 years old husband's semen analysis was also within normal limits. Eventually, IVF was advised and the couple was reluctant for that. Results: She had got two regular cycles after vamana and got conceived. She uneventfully continued her pregnancy till term and delivered a male baby of 2.9 kg Discussion:-The systematic approach with Ayurvedic principles is useful in managing infertility as an effective, natural, safe, and cost-effective method. If there is indication it is better to do appropriate sodhanachikithsa (Purification therapy) for better result. Conclusion:-From this case study itself, it is evident that the systematic approach with Ayurvedic principles are useful in managing infertility as an effective, natural, safe, and cost-effective method. But this is merely a case report and further studies with proper research design are necessary for scientific validation.

Keywords: Infertility, PCOS, Ayurvedic treatment, Sodhana chikithsa

Registration Code: ABOP 1186



AYURVEDIC MANAGEMENT OF MALE INFERTILITY WITH SPECIAL REFERENCE TO VARICOCELE AND CRYPTOZOOSPERMIA - A CASE REPORT

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A 37years old male with 7years of married life diagnosed with male infertility due to bilateral minimally dilated veins without reflux (Varicocele), Cryptozoospermia (kshina shukra), and wife aged 25 years with regular, ovulatory cycles and with apparently no reproductive issues. There is a history of excessive travel in two-wheeler 45kms/day in the past 10 years which might have caused impairment of testicular thermoregulation due to disruption of pampiniform venous plexus heat regulation mechanism resulted in varicocele (vrshana siragranthi) which in turn leads to cryptozoospermia, consequently infertility. Pathology involves vikrutha vata, pitta, dhatwagni mandhya, shukravaha srotorodha leads to decreased sperm count, motility, active cells and increased dead cells. Ayurvedic management involves rectifying the cause through Deepana pachana with pippalyasavam, acchapanam with mahakalyanaka ghrtam, koshta shuddhi with gandharvahasta eranda taila, shamana with mahakalyanaka ghrtam, spermakot tablet, nitya virechana with Gandharvahasta eranda tailam, vrshana pichu with Dhanwantara tailam as well as adopting lifestyle changes such as avoiding long travel in two-wheeler, switching to healthy diet, proper sleep gives positive outcome in this case. To evaluate the effect of ayurvedic treatment modality in male infertility caused due to varicocele and cryptozoospermia The patient was diagnosed as having male infertility due to varicocele by performing comprehensive examinations including a detailed history, semen analysis, doppler scrotum. Follow up showed marked improvement in seminal parameters in terms of sperm count, motility, active cells and his wife conceived during 2nd month of treatment. The present case signifies the promising scope of traditional Ayurvedic treatment in male infertility disorders. By addressing simple lifestyle factors, rectifying the underlying pathology and providing vajikarana remedies offered in the Ayurvedic texts, the Ayurvedic practitioners can help male clients optimize their fertility.

Keywords: Faulty lifestyle, Pampiniform venous plexus, Vrshana siragranthi, Testicular thermoregulation, Kshina shukra, Vajikarana chikitsa

Registration Code: ABOP 1212



AYURVEDIC REJUVENATION OF FETAL CARDIAC HEALTH A REMARKABLE PREGNANCY TURN AROUND

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Ayurveda physiology is based on tridosha principle vata-pitha-kapha, the technical term given to the three-dimensional functional physiology of human being. Character and development of garbha is determined by the excellence of matru – pitru beeja and garbashaya. Thereafter Garbini paricharya (both physical and mental) determines the dosha swabhava, dathu pushti as well as mano vikara and mano vikara of the garbha. Here, this abstract is meant to bring forth the utility of Ayurveda physiology in maternal and fetal health in the present era. Methodology Here I present a case where the tridosha sidhantha when applied clinically restored the life and health of the fetus which was indicated for MTP. A 25-year-old primi gravida with LMP on 20/2/21 was diagnosed of reduced fetal heart rate on 03/07/21 and was indicated MTP by two super speciality centres. She approached Ayurveda as an alternative medicine and took Sthiradi ksheera kashaya for 21 days following the advice of an expert Ayurveda physician. Result Consequent Fetal ECHO showed a remarkable improvement in the fetal heart rate which re established her desire to continue the pregnancy with Ayurvedic care and delivered a healthy child on 18/11/2021. Discussion In this case, reduced fetal heart rate can be diagnosed as vata vridhi leading to dathu kshaya and mano dourbalya which is corrected by intake of sthiradi gana ksheera kashaya and practising garbini charya. Thus, restoring the ayurveda physiology not only restored the life of fetus, rather mark the misdiagnosis based on modern radiological parameters.

Keywords: Ayurveda physiology, Tridosha, Mano dourbalya, Fetal heartrate, Misdiagnosis

Registration Code: ABOP 1222



A CASE STUDY OF SHUKRA KSHAYA WITH SPECIAL REFERENCE TO OLIGOASTHENOZOOSPERMIA

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Infertility is a disease of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse. Infertility is estimated to affect between 8 and 12% of reproductive-aged couples (60–80 million couples) worldwide. Between 15 and 20 million (25%) are in India alone. A significant cause of male infertility is oligoasthenospermia, a term encompassing both oligospermia and asthenozoospermia. Clinically, it is primarily identified by reduced sperm concentration and motility. The prevalence of oligoasthenozoospermia among men has increased globally annually by 10-15% under the influence of numerous harmful factors, such as environmental pollution, mental stress, and unhealthy lifestyles. The drawbacks of the current treatments include their increased price, ambiguous clinical effectiveness, and side effects. In Ayurveda there is no direct correlation of oligoasthenospermia_ but it can be correlated with Ksheena shukra (~ diminution of semen) or Shukra kshaya (~ Depletion of semen). It is a Vatapaitika Pradhana Shukra Dosha (~ Predominant of Vata Pitta Dosha). This is a case report of 36-year-old and 40-year-old patients complaining of infertility due to oligoasthenospermia. After 98 days of treatment, there is a significant increase in sperm concentration, rapid progressive motility, and a decrease in nonprogressive motility, and immotility in both. After 1 month of follow-up, the values were maintained and both of their partners achieved pregnancy. This case study highlights the role of Vajeeakarana aushadha (~Aphrodisiac medicine) in the management of Oligoasthenospermia.

Keywords: Ksheena shukra, Vajeeakarana, Shukra dosha

Registration Code: ABOP 1405



EFFICACY AND SAFETY OF ASTHIPOSHAK TABLETS IN PREMENSTRUAL SYNDROME AN OPEN-LABEL EXPLORATORY CLINICAL TRIAL

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About 14.3% to 74.4% of Indian women of reproductive age are reported to suffer from Premenstrual Syndrome (PMS) which can impair their quality of life. Pharmacological therapies (NSAIDs, anti-depressants, etc.), non-pharmacological therapies (behavioral therapies, exercise, etc.), and even calcium supplementation are reported to be beneficial in PMS management. The side effects of some conventional medications are reported. This study was conducted to evaluate the clinical efficacy and safety of Asthiposhak Tablets, a natural calcium-containing Ayurved formulation in PMS. Methodology: In this open-label, exploratory clinical study, women aged between 18 and 40 years with PMS, with a minimum Premenstrual Tension Syndrome-Observer Rating Scale (PMTS-O) score of ≥ 10 and a PMTS Visual Analog Scale (VAS) score of ≥ 1 , were administered 2 tablets of Asthiposhak twice daily for 60 days. They were evaluated by PMTS-O, PMTS Self-Rating (PMTS-SR) Scale and PMTS-VAS scores on 4 visits scheduled 5-7 days after the subsequent menstrual phase every 30 ± 7 days. Hemogram, serum calcium and urine analysis were done on the first and final visits. Data were analyzed statistically using paired-t test and Wilcoxon signed rank test, and p

Keywords: Ayurved, PMS, Kukkutanda Tvak Bhasma, PMTS, WaLIDD, VAS

Registration Code: ABOP 1434



PRE CONCEPTIONAL CARE A PRE-REQUISITE TO REPRODUCTIVE HEALTH

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Person without a child is like a tree yielding neither shelter nor fruits (Charaka). A normal physiological event as reproduction, which is solely aimed at preservation of the species requires meticulous planning so that the offspring carries the best of genetic traits. Thus, preconceptional care emerges as an integrated and discrete care rather than a general approach with a focus on shukra, artava, ashaya, atma and kaala sampat (the 6 prerequisites), which improves parental health by multiple folds. Practice of rajaswala-charya, brahma-charya, & shodhana karma with due consideration of the vayah-aahara-vihaara and vichara of each partner during the preconceptional, prenatal and natal periods ensure saumanasya of a woman suitable for garbhadhāra. Child thus born is called a satputra with attributes like roopavan, satwavan, chirayusha and r nasya mokthāra. Preconceptional care also reduces child and maternal mortality to significant levels. With counselling, nutritive and emotional supports, detailed family and medical history (infections in particular), socio-environmental factors and necessary clinical and laboratory examinations for each parent, the couple can plan a healthy and fruitful period of pregnancy, thereby avoiding unplanned pregnancies and minimizing birth defects which are often troublesome for the couple and also the child. However, preconceptional care doesn't reach people of all statuses. Susruta emphasises the role of a vaidya in guiding the prospective parents throughout the garbhādāna-charya indicating the responsibility of the vaidya in volunteering the process. As most of the couples lack awareness regarding the importance of preconceptional period, it is a must for us to bring about a foundation in this sector. Current study explores the concepts of preconceptional care mentioned in our scriptures and its relevance in modern era by means of a critical review. It also looks into the advancement in preconceptional care and the need of its implementation for a good cause.

Keywords: Garbhādāna-charya, Satputra, Saumanasya, Rajaswala-charya

Registration Code: ABOP 1457



IMMUNOMODULATORY EFFECTS OF HUMAN BREAST MILK

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For a newborn child, sthanya is the most important source of nourishment. Sthanya is jeevana, brumhana and satmya. Exclusive breastfeeding of the infant is advised during the first six months. This helps in achieving optimal growth and provides immunoprotection. The concentration of components in breast milk is said to alter according to the age and development of the infant. The immune factors included in human milk are IgA, IgG, free fatty acids, monoglycerides, proteins such as lactoferrin and lactalbumin, immunomodulators such as cytokines, nucleic acids, and antioxidants. The composition of breast milk can change over time to meet the evolving needs of the growing infant. Many studies have shown that nursing infants are less vulnerable to infection during their first months of life. Breast milk's immunomodulatory effects are not limited to protecting against infection. It also plays an important role in promoting the development of the infant's immune system, reducing the risk of allergic diseases, and promoting long-term immune memory. Human breast milk components function as prebiotics, exerting a protective role against certain neonatal pathologies and having a role in preventing neonatal necrotizing enterocolitis by influencing gut microbiota composition. It also programs the immune system thereby reducing certain allergies and autoimmune diseases. The hormones and growth factors present in breast milk help regulate the infant's endocrine system and support overall growth and development. The latest studies suggest that breast milk may contain stem cells, which could play a role in tissue repair and immunomodulation. This paper discusses the protective and immunomodulatory effects of human breast milk.

Keywords: Sthanya, Breast milk, Immunomodulation, Maternal health

Registration Code: ABOP 1504



AN AYURVEDIC HEALTHY MINDFUL EATING PROTOCOL TO IMPROVE GUT MICROBIOTA BRAIN AXIS IN PREGNANCY MOOD DISORDERS

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Pregnancy is portrayed as a phase of immense joy, which is not a reality for most pregnant women. As a part of maternal adaptation there is a alteration in maternal metabolism in pregnancy. The inflammatory and immune changes in pregnancy is unique in nature and can alter maternal gut function and bacterial composition. The human gut has the second highest concentration of neurons after the brain. Anxiety and depression in pregnancy are closely linked to gut microbiome dysbiosis. Mindful eating is a term that indicates the way of paying attention to the diet, on purpose, moment by moment without judgement. Various clinical studies proved the efficacy of Ayurvedic nootropics, prebiotics, and probiotics in the regulation of the gut-brain axis. This research proposal aims to incorporate Ayurvedic nootropics that rejuvenate the mind, including certain aspects of garbhini paricharya and meditation in normalizing gut microbiome and reducing anxiety and depression in pregnancy. This is a 30-day single-blind, prospective randomized controlled trial in which 36 primiparous pregnant women were assigned to either the intervention group (n = 18) or the control group (n = 18) via randomized block assignment. The gut microbiome is evaluated by profiling fecal communities with 16S rRNA profiling. The depression, and anxiety symptoms of all participants before and after the intervention were evaluated by the validated questionnaires of the Hamilton Anxiety Scale (HAMA), and Hamilton Depression Scale (HAMD). **RESULT** The proposed protocol can be effective in the regulation of gut microbiota brain axis and in reducing pregnancy mood disorders.. The transmission of a healthy microbiome is essential for optimal neurodevelopment, and the mother is the main source of early postnatal microbiome seeding for the offspring. Hence by adopting the proposed protocol pregnancy period can be more joyful with optimal health of both mother and offspring.

Keywords: Psychobiotics, Ayurvedic nootropics, Meditation, Gut-brain-axis, Gut microbiome dysbiosis

Registration Code: ABOP 1529



NEED OF RESEARCH ON STHANIKA CHIKITSA AND ITS INFLUENCE ON HEALTHY VAGINAL MICROBIOTA A CRITICAL REVIEW OF THE LITERATURE

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The vagina is the organ that profoundly affects women's reproductive health. The vaginal health is critically determined by the vaginal microbiota. This dynamic ecosystem serves as a natural defense mechanism, preventing the overgrowth of harmful pathogens, and thus maintaining reproductive health. Vaginal dysbiosis and associated infections affect women, especially those of reproductive age, and are the most common reason for women to seek medical attention. Purpose: To analyze and establish the need for research on Sthanika chikitsa and its influence on healthy vaginal microbiota. Systematic review of research publications in databases. Management of vaginal dysbiosis and associated infections using Antibiotics or Antimicrobial drugs are unfortunately not optimal and may also disrupt the natural healthy vaginal microbiota. Hence rigorous research should be undertaken to discover and identify treatment modalities that can simultaneously balance the vaginal microbiota and maintain a healthy vaginal environment. Sthanika chikitsa mentioned in Ayurveda for the management of Yonivyapat is an attractive alternative to achieve both the local and systemic effects. But it lacks the research background on how it influences the vaginal microbiota. Conclusion: Sufficient research work is needed focusing on the impact of alterations in vaginal microbiota with Ayurvedic local treatment modalities using various drugs mentioned for the management of Yonivyapats. Scientific validation is essential for better acceptance of any treatment modality, including Ayurveda. As Ayurveda is gaining more global acceptance and recognition, the need for advanced research also becomes important. In recent years, contemporary medical research has emphasized the role of vaginal microbiota in reproductive health. This study discusses the need for research on sthanika chikitsa and its influence on healthy vaginal microbiota.

Keywords: Sthanika chikitsa, Vaginal microbiota, Reproductive health, Dysbiosis

Registration Code: ABOP 1607



ROLE OF PRECONCEPTIONAL CARE IN AYURVEDA-A CASE REPORT OF UNEXPLAINED INFERTILITY

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Achievement and continuation of a healthy pregnancy is becoming a challenging issue in current era. Infertility is an alarming health issue with significant socioeconomic and health implications on both individuals and society. Unexplained infertility refers to a condition where all standard investigations of infertility are normal. Ayurveda emphasizes some basic life style modifications and medications that must be followed in order to achieve and sustain pregnancy. This case report depicts the importance of preconceptional care especially by Shodhana process for healthy gametes, proper implantation, healthy pregnancy and delivery of progeny. This is a case report of a couple who had inability to conceive even after 5 years of unprotected sexual life. After 2 years of married life, they consulted an allopathic hospital and female partner underwent diagnostic laparoscopy twice and no abnormalities were detected. The seminal parameters of male partner were also found to be normal. They underwent 3 IUI and 2 IVF. The male partner underwent a circumcision surgery due to recurrent urinary tract infections. He was diagnosed with diabetes mellitus and dyslipidemia, was under ayurvedic medication. All the haematological, biochemical reports and semen analysis being normal, there were no major contributing reasons for not having a conception. Unexplained factors contribute to 10-30% in infertility cases. Pre-conceptional care as described in Ayurvedic texts, mainly shodhana were done to the couple after proper poorvakarmas of sneha-swedas. The couple conceived naturally after 2 months of follow up and delivered a healthy baby girl normally with an uneventful antenatal period. Pre-conceptional ayurvedic interventions like Shodhana can be helpful in managing unexplained infertility, for begetting a healthy pregnancy and safe delivery.

Keywords: Pre-conceptional Care, Shodhana, Unexplained infertility

Registration Code: ABOP 1621



AN AYURVEDIC MANAGEMENT OF PREMENSTRUAL SYNDROME - A CASE STUDY

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Overall health during their reproductive years. It's a regular uterine bleeding cycle lasting 3-5 days in a 21-35 day pattern, with most women able to carry on with daily activities. However, 20–30% experience Premenstrual syndrome, and 3–8% have severe symptoms of PMS. PMS is a recurrent psychological or somatic symptom or both, not caused by organic disease, occurring specifically in the luteal phase of the menstrual cycle and resolving by the end of menstruation. The symptoms must be severe enough to disrupt normal functioning, quality of life, interpersonal relationships. Premenstrual dysphoric disorder (PMDD) is the most severe form of PMS. A 22-year-old female patient reported to OPD with complaints of irritability, angry outbursts, mood swings, confusion, crying (sudden tearfulness), incomplete bowel evacuation, back pain, and bloating 5-7 days prior to menstruation since 2 years, which resolves with the onset of menstruation. Based on history, presenting symptoms, and ACOG criteria, the case was diagnosed as Premenstrual Syndrome and its severity was measured using the PMS scale. The protocol for treatment planned was internal administration of Saptasaram Kashaya Churna and Hinguvachadi tab for 3 months, and Abhayaristam and Dhanwantaram Gulika were administered 2-3 days prior to menstruation for 3 months, along with proper Rajaswalacharya. Yogasana like Pavanamuktasana and pranayama were advised. After completion of treatment, there was marked improvement in both affective and somatic-related symptoms before menstruation. Apana vayu anulomanata and agni deepana was the basis for treatment. The treatment was based on addressing severe mandagni and apana vayu vaigunya in an individual, which, when corrected, led to an improvement in the symptoms of Premenstrual syndrome. Conclusion: Agni and Apana vayu can be corrected prior to menstruation by providing enough anulomana to reduce the symptoms of PMS.

Keywords: Saptasaram Kashaya Churna, Hinguvachadi, Abhayaristam, Dhanwantharam Gulika, Rajaswalacharya

Registration Code: ABOP 1626



ROLE OF RAJASVALACHARYA IN MAINTANENCE OF FEMALE REPRODUCTIVE HEALTH AND PREVENTION OF MENSTRUAL DISORDERS

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Female is empowered with the ability to reproduce, nurture and celebrate the motherhood between the period of puberty and menopause. This period of a woman's life is eminent, thus any variations in the physiology of female reproductive system will affect the physical and psychological health of her resulting in variation of reproductive health in all aspects of physical, emotional, behavioral and social dimension. In this phase, the base of the healthy reproductive life depends on the hygiene and the practices to be followed during menstruation. Here's where Ayurveda comes to rescue. The regimen to be followed during the bleeding phase of menstrual cycle is been described in classics as "Rajasvalacharya", emphasizing its effect in multiple prospective including pubertal development, reproduction, pregnancy, healthy offspring, method of contraception and acts as preventive as well as curative measure in conditions like Pre Menstrual Syndrome(PMS). Significance: Practicing rajasvalacharya promotes reproductive health by surpassing and relieving the emotional turmoil, physical weakness and maintains hormonal balance. Conclusion: A woman facing physical and emotional disturbance during menstruation should not be ignored as it directly impacts on the reproductive health resulting in clinical conditions like Arthava dushti, Yoni vyapad and other vyadhi described in classics. Thus practicing Rajasvalacharya as a regimen tool is an approach to attain the Prayojana- स्वास्थयस्य स्वास्थय रक्षणम्।

Keywords: Rajavalacharya, Arthava dushti and Yoni vyapad, Ayurveda prayojana.

Registration Code: ABOP 1684



IMPACT OF THE ARDHAMANDALAM ARAMANDI PRACTICE ON NORMAL LABOUR AMONG CLASSICAL BHARANATYAM DANCERS

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“Aramandi” or “Ardhamandalam” is a key posture in classical dance like Bharatanatyam, Mohiniattam, and Odissi. It enhances hip flexor flexibility, strengthens the pelvic floor, thigh adductors, and core muscles. Practicing classical dance during pregnancy offers physical and psychological benefits, potentially aiding labor by shortening the first and second stages. Ayurveda being life science believes in holistic approach towards the condition like pregnancy. Tackling the Apanavata is the key factor for easy labour. This posture of aramandi helps in maintaining this vata, thereby facilitating the normal labour. The aim of this study is to evaluate the effectiveness of classical dance practices, particularly “Aramandi,” in facilitating the delivery process during childbirth. This research employed a prospective, observational study design to assess the impact of classical dance, specifically the “Aramandi” posture, on the process of childbirth. The study involved 18 and 50yrs, 30 classical dancers practicing Bharatanatyam for more than 5 years, who have delivered a child was considered for this survey study. A questionnaire was sent in google form format and subjects were asked to fill it. Snow ball sampling technique was adopted for the sample collection. There was a positive impact of the Aramandi in overall study. Regular practicing of the position had a positive impact in facilitating the labour. : This research aimed to evaluate the impact of classical dance practices, with a focus on the “Aramandi” posture, on childbirth. Data collection and analysis are ongoing, and the findings will shed light on the potential benefits of incorporating classical dance into prenatal care for facilitating the delivery process.

Keywords: Sukhaprasava, Apanavata, Core strengthening, Pelvic floor strengthening, garbha, Garbhini.

Registration Code: ABOP 1769



AYURVEDIC APPROACH TO MENSTRUAL PAIN MANAGEMENT A COMPARATIVE STUDY WITH OVER-THE-COUNTER MEDICATIONS

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Ayurvedic Approach to Menstrual Pain Management: A Comparative Study with Over-the-Counter Medications Purpose of Study: This study aimed to compare the effectiveness of Ayurvedic remedies and over-the-counter medications in managing menstrual pain, providing valuable insights into alternative, natural approaches for menstrual pain relief. A randomized controlled trial was conducted involving women experiencing menstrual pain. Participants were divided into two groups: one group received Ayurvedic remedies, including Ayurvedic medicines and dietary modifications, while the other group used over-the-counter pain medications commonly available in pharmacies. Pain intensity and duration were monitored using a standardized pain scale over the course of three menstrual cycles. Summary of The study revealed that participants in the Ayurvedic remedies group reported a significant reduction in pain intensity and duration compared to those using over-the-counter medications. The Ayurvedic approach not only provided effective pain relief but also showed fewer instances of side effects, indicating its potential as a safe and natural alternative for menstrual pain management. The findings of this study highlight the efficacy of Ayurvedic remedies in alleviating menstrual pain, offering a viable alternative to conventional over-the-counter medications. The holistic approach of Ayurveda, encompassing herbal interventions and dietary modifications, addresses the root causes of menstrual pain, providing sustainable and natural relief for women. Significance/Contributions of the Study: This research contributes to the growing body of evidence supporting Ayurvedic practices in women's health. By demonstrating the effectiveness of Ayurvedic remedies in managing menstrual pain, this study offers women accessible and natural methods to alleviate discomfort during menstruation. Furthermore, the study emphasizes the importance of exploring traditional and holistic approaches in modern healthcare, promoting the integration of natural remedies into mainstream medical practices.

Keywords: Menstrual pain, Ayurvedic remedies, Over-the-counter medications, Pain management, Women's health, Alternative medicine.

Registration Code: ABOP 1861



EFFECT OF ORAL ADMINISTRATION OF NIRGUNDYADI KASHAYA AND VAGINAL ADMINISTRATION OF GUGGULU MARICHADI TAILA IN ABNORMAL VAGINAL DISCHARGE AND PRURITUS VULVAE: A PILOT STUDY

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One of the most frequent complaints that gynaec practitioners come across are abnormal vaginal discharge and pruritus vulvae, often a result of vulvovaginitis. Major causes are Trichomoniasis and Vulvovaginal Candidiasis. Similar features are seen in Shlaishmiki. The clinical features include– Pandu, Pichila, Sheeta sraava, Kandu and Alpavedana / Avedana. Purpose of the study: Evaluate the combined effect of oral administration of Nirgundyadi Kashaya and vaginal administration of Guggulu Marichadi taila in abnormal vaginal discharge and pruritus vulvae. The study design is interventional pre and post with a sample size of 34. Women aged 25 - 45 years, having complaints of vulvar itching with abnormal vaginal discharge will be taken for the study. Sampling method will be consecutive sampling. The assessment parameters include Likert scale for pruritus vulvae and abnormal vaginal discharge and Vaginal swab culture. Nirgundyadi Kashaya will be given for a period of 30 days and Yoni poorana (a form of vaginal administration) with Guggulu Marichadi taila will be done for 7 consecutive days in the follicular phase. Assessment will be done on the 0th day and 31st day. Follow up will be done on the 61st day. All the necessary investigations required will be done in the study setting and in an NABL accredited laboratory. The pilot study aimed to evaluate the effect of Nirgundyadi kashaya and Guggulu Marichadi taila in abnormal vaginal discharge and pruritus vulvae scientifically showed significant changes. Abnormal vaginal discharge and pruritus vulvae was found to be reduced/subsided. Vaginal swab culture showed reduced/absence of pathogens. This proved the necessity and feasibility of the study on a large sample as it helps in reducing abnormal vaginal discharge and pruritus vulvae

Keywords: Shlaishmiki, Trichomonas vaginitis, Vulvovaginal candidiasis, Likert scale

Registration Code: ABOP 1924



A PILOT STUDY ON EFFECT OF SAPTHASARAM KASHAYA AND NATAVARTHAKINYADI THAILA YONIPICHU IN CONGESTIVE DYSMENORRHEA

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Dysmenorrhea, means painful menstruation which has a major impact on women's quality of life, work productivity and health care utilizations. Its prevalence varies between 16% and 91% in women of reproductive age, with severe pain in 2-29%. Dysmenorrhea is of two types: Primary and Secondary, among them Secondary/ Congestive Dysmenorrhea occurs in association with pelvic pathologies is usually dull and deep seated pain in the pelvis which shows features more likely as that of Vatiki yonivyapath. Apana Vata Vaigunya is the reason for most of the yonivyapat and for its cure apanavata anulomana is the foremost treatment needed. Sapthasaram Kashaya mentioned in Chikitsa Manjari is indicated in ruja of yoni, hrith, kukshi, prushta and sroni and Natavarthakinyadi thaila mentioned in Ashtangahridayam Uttarasthanam Guhyarogapradishedam indicated for pichu dharanam in yoniruja were selected for the study as the drugs mentioned in both formulations have Vatanulomana and Soolahara properties. A small sample of 5 subjects had been selected based on inclusion and exclusion criteria for the pre and post study. The intervention was oral administration of 48 ml of Sapthasaram kashaya twice daily before food for 60 days and Natavarthakinyadi thaila yonipichu for 7 days for 2 consecutive menstrual cycles and follow up for the next cycle. During 4th day of menstruation, pain had been assessed using Visual Analogue Scale and Verbal Descriptive Scale. This pilot study which was an effort to scientifically evaluate the effect of Sapthasaram Kashaya and Natavarthakinyadi Thaila Yonipichu in the management of pain in Congestive Dysmenorrhea showed a significant change in VAS Score in pain. Thus proved the necessity and feasibility of the study on a large sample as it helps in reducing pain and helps in improving the reproductive health of women.

Keywords: Streeroga, Vatiki Yonivyapat, Reproductive health

Registration Code: ABOP 1929



AYURVEDIC TREATMENT REGIME OF OVARIAN HEMORRHAGIC CYST: A CASE REPORT

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In this present case study, an 29 years old woman patient consulted to the Ayurvedic Outpatient department (OPD) of M.M.M. Govt. Ayurved College & Hospital , Udaipur with the complain of pain in lower abdomen, Irregular menses and generalized weakness . She was advised for ultrasonography (USG) and finding suggested a left ovarian haemorrhagic cyst measuring 38 × 34 mm. She was supposed to be treated with traditional ayurvedic formulations; the case was treated for three months with a combination of different traditional Ayurvedic drugs, with the goal of relieving symptoms and dissolving the ovarian cyst. This patient was treated with traditional Ayurvedic formulations like syrup Evecare forte, Kanchnar guggulu, Dashmoola kwatha, Panchkol choorna, Punarnava mandoor, Balsudha, Yavkshara. Only traditional Ayurvedic medicines were used during the course of the treatment. Patient's condition was assessed through USG after three months of treatment for ovarian cyst which was completely relieved. Therefore this study was conducted to evaluate one of the treatment regimens for ovarian cyst.

Keywords: Ovarian cyst, Haemorrhagic, Treatment regime, Ayurveda.

Registration Code: ABOP 1947



AYURVEDIC MANAGEMENT OF VATIKI YONIVYAPAT-A CASE REPORT

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Apanavata vaigunya is the main cause of pain associated with menstrual cycle. Acharyas mentioned it under vatiki yonivyapat among vimshati yonirogas. The characteristics of vatiki is mentioned as "Vathala karkkasa sthabda soolanisthoda peeditha". These symptoms can be correlated with congestive dysmenorrhea. Dysmenorrhea literally means difficult menstrual flow which implies painful menstruation. Ovarian cysts are one such condition causing varying degrees of pain during menstrual cycles. A 29 years married women came to OPD with severe lower abdominal pain during menstruation since 4 months and occasional pain over left side of abdomen. She also complaints of severe constipation and low back ache for almost 6 months. On USG she was diagnosed with left adnexal haemorrhagic cyst measuring 4.7 x 3.8 x 4.9cm. Internally Saptasaram Kashaya given for 3 months. Abhyangam with Dhanwantharam tailam and avagaham in Dasamoola kwatha done prior to matravasthi with Dhanwantharam mezhuk pakam. The procedure was done for 7 days, 15 days prior to menstruation. After 3 months of medication the patient had significant relief from painful menstruation and no cyst was seen on further USG. She also had considerable relief from associated symptoms. Viguna apanavata causes yonivyapath. Saptasaram kashayam is effective in severe pain in yoni, kukshi, prishta and sroni. The selected treatment modalities abhyangam, avagaham and matravasthi is highly beneficial in correcting apanavata vaigunya. The present case signifies the scope of Ayurveda in the management of vatiki yonivyapat with the combined effect of Saptasaram Kashaya and selected Ayurvedic treatment modalities.

Keywords: Congestive dysmenorrhea, Haemorrhagic cyst

Registration Code: ABOP 1948



AYURVEDIC MANAGEMENT OF ENDOMETRIAL HYPERPLASIA - A CASE REPORT

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Endometrial hyperplasia is a condition where the lining of uterus becomes unusually thick causing heavy or abnormal uterine bleeding. The main cause of endometrial hyperplasia is unopposed estrogenic stimulation of the endometrial tissue with a relative deficiency of the counterbalancing effects of progesterone. Women who are perimenopausal or menopausal are more likely to have endometrial hyperplasia. It is not cancerous but in certain women, atypical endometrial hyperplasia raises the risk of endometrial cancer. The treatment is mainly done by hormone therapy, especially by progesterone. In Ayurveda, the condition named Asrigdhara is associated with heavy menstrual bleeding. A 33 year old lady attended OPD with complaints of heavy menstrual bleeding associated with severe abdominal cramps and pelvic pain for the last 2 years. On USG, she was detected to have thickened endometrium and adenomyosis. The medicines given were Musalikhadiradi Kashaya, Pradarantaka rasa, Lodrasava, Pravala pisti, Chandraprabha Gulika and Guggulupanchapala churna. After 3 months of management, the patient got regular menstrual cycles with reduced number of pads from 10 – 15/day to 5/day. Severe abdominal cramps and pelvic pain during periods got reduced. Endometrial thickness reduced from 23.8 mm to 6.4 mm. Based on the symptoms kati, vankshana, parshwa, prishta, shroni vedana and ghana tantu yukta srava, it can be correlated to vata kaphaja asrigdhara. Raktastambhana, amapachana, vatakapha samana and srotosodhana are the major treatment principles adopted here. The patient had repeated episodes of bleeding with severe dysmenorrhea and pelvic pain. The allopathic doctor advised hysterectomy but she was not willing for that. Hence appropriate ayurvedic management for asrigdhara with due consideration to doshas can be effective in conditions like endometrial hyperplasia. The present case signifies the scope of ayurveda in the management of endometrial hyperplasia.

Keywords: Endometrial hyperplasia, Vatakaphaja Asrigdhara

Registration Code: ABOP 1972



EXPLORING THE IMPACT OF VEGADHARANA ON WOMENS HEALTH: A CONCEPTUAL STUDY

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Swastya is the balanced state and proper functioning of dosha, agni, dhatu, and Smala along with the pleasant state of atma, indriya, and manas. Ayurveda primarily emphasizes preserving the well-being of the healthy and eliminating diseases among the afflicted. Vegadharana and vega udheerana are considered the main causes of disease. In the context of yoni vyapat such as paripluta, upapluta, udavarta, and sushka, vegadharana is cited as one of the contributing factors. In the modern context, a topic analogous to adharaneeya vega is the allostatic load explained by Mc Ewen and Stellar in 1993. The objective of this conceptual study is to compile references related to adharaneeya vega from classical textbooks, articles, and web sources and to analyze the importance of vegas in maintaining women's health. The human body naturally eliminates toxins through urges, when these urges are suppressed, toxins stay in the body leading to various health issues. Women busy with household activities and busy schedules suppress the urges to avoid social embarrassment. Research suggests that chronic suppression of natural urges causes reverse peristalsis, obstruction in the channels, hormonal imbalance, and ultimately new diseases. Understanding and managing adharaneeya vega is an extremely important subject in preventing and treating diseases as nidana parivarjanam is the first line of treatment for any disease.

Keywords: Adharaneeya vega, Natural urge, Allostatic load, Yoni vyapath

Registration Code: ABOP 2076



AYURVEDIC MANAGEMENT OF GARBHINI CHARDI - A CASE REPORT

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Garbhini chardi, a vyaktha garbha lakshana is one among the 8 garbhopadravas mentioned in Harita samhita. Acharya Sushruta says 'naaryaascha aasanna satva', 'douhrda' as the nidana for chardi. It can be correlated to Emesis Gravidarum, a common obstetric problem seen at 1st trimester in about 80% of pregnant woman. If left untreated, can lead to severe condition of Hyper emesis Gravidarum. Materials and Methods: A 21 year old primi with gestational age of 7weeks 4 days complaining of increased vomiting, morning sickness, fatigue associated with constipation came to OPD of PNNM Ayurveda college, Cheruthuruthy. Patient was advised for internal medication and to adopt Pathya ahara. Result: After 4 days her frequency of vomiting reduced and she was advised to continue the medicines and diet. After 10 days became only occasional vomiting and she relieved constipation, general weakness. Conclusion: Emesis gravidarum occurs due to altered hormonal and immunological states. Here the management of Garbhini chardi was done successfully by Ayurvedic internal medicines and Pathyaahara.

Keywords: Emesis Gravidarum, Hyper emesis Gravidarum, Pathya ahara

Registration Code: ABOP 2099



ASSOCIATION BETWEEN THE PATTERN OF MENSTRUAL CYCLE AND DIFFERENT DEHAPRAKRITI IN YOUNG FEMALE ADULTS - A CROSS-SECTIONAL STUDY

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Menstruation is one of the important indicators of reproductive health. Therefore, to improve women's reproductive health in puberty and early adulthood, it is necessary to investigate menstrual health and symptoms. The Prakriti of an individual is formed by the dominance of Dosha at the time of fertilization. Understanding the menstrual cycle in relation to Prakriti may help in early diagnosis of reproductive problems and give guidance for maintaining a healthy lifestyle according to their Prakriti from menarche. Aim and objectives: To find out the association between the pattern of menstrual cycle and different Dehaprakriti. To assess the prevalence of the symptoms of premenstrual syndrome and the relation of PMS symptoms with different Dehaprakriti. A cross-sectional study was conducted on 100 healthy young female adults of Ayurveda students in ITRA, Jamnagar. The participants were screened as per the inclusion and exclusion criteria. Menstrual cycle and premenstrual syndrome were evaluated by using a standardized menstrual cycle assessment questionnaire and PMS scale respectively. Different Dehaprakriti were assessed according to the CCRAS Prakriti assessment scale. There is a significant association between different Dehaprakriti and the menstrual pattern. The irregular menstrual pattern was seen more in Vata-predominant Prakriti (44%) and dysmenorrhoea was seen more in Pitta (41%) and Vata (33%) - predominant Prakriti. The prevalence of PMS is 84%. It was observed that there was a relation between each PMS symptom and Prakriti. Discussion: The woman's health is greatly dependent on normal cyclic menstrual pattern which is influenced by many factors like Prakriti, Kaala, etc. There is an association of menstrual cycle pattern (Frequency, duration, interval, and PMS Symptoms) with Dehaprakriti found in this study. Conclusion: Understanding the association menstrual cycle and Prakriti of women helps to choose a specific diet and regimen for a healthy reproductive life.

Keywords: Menstrual cycle, Dehaprakriti, Premenstrual Syndrome (PMS)

Registration Code: ABOP 2106



A REVIEW ON THE CONCEPT OF POSTPARTUM DEPRESSION IN AYURVEDA

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Postpartum Depression- the last straw that breaks the camel's back. For a woman who is under sudden hormonal, physical, emotional and social changes after having a baby, depression could be a blow on her mental health. Postpartum depression is a disabling but treatable mood disorder that represents one of the most common complications of child bearing with a global prevalence of 17.7%. It can be defined as an episode of non-psychotic depression according to the standard diagnostic criteria, with onset within 1 year of childbirth. Major symptoms include depressed mood to a degree that is definitely abnormal for the individual, present for most of the day and almost every day, largely uninfluenced by circumstances, and sustained for at least 2 weeks, loss of interest or pleasure in activities those are normally pleasurable and reduced energy or increased fatiguability. Eventhough there is no direct co-relation for Postpartum Depression in Ayurveda, it is basically a condition which affects the Manovahasrothas. Kashyapa in Sutikopakramaniya Adhyaya mentions Unmada as one among the 64 sutikarogas. Most of the symptoms of postpartum depression have similarities to Sannipathika unmada, with predominance of kapha. Caraka in Nidana Sthana mentions, people with disturbed or annoyed mind as vulnerable to Unmada. A postpartum woman has more chances of this mental state due to the sudden hormonal fluctuations and changes in her normal life after having a baby. A review on the ayurvedic aspects of Postpartum Depression may widen the scope of further research on maternal health.

Keywords: Postpartum depression, Ayurveda, Sutika, Unmada, Maternal Health

Registration Code: ABOP 2116



AYURVEDA MANAGEMENT OF INFERTILITY ASSOCIATED WITH POLYCYSTIC OVARIAN SYNDROME AND HYPOTHYROIDISM A CASE REPORT

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Owing to stress, sedentary lifestyle and changes in diet pattern, there is an increase in the surge of lifestyle and metabolic disorders, among which polycystic ovarian syndrome (PCOS) is the most common endocrine disorder affecting the reproductive aged women. The prevalence of infertility in women with PCOS varies between 70 and 80% which sometimes associated with other clinical conditions that adversely affect fertility like hypothyroidism. Considering this high prevalence rate, a cost-effective treatment with less side effects that can also be availed by every kind of patient is necessary. This case report is about a 37-year-old married woman with complaints of failure to conceive for 15 years. She was married for 16 years and conceived after 6 months of marriage, but dilatation and evacuation (D&E) was performed after 2 and half months of pregnancy due to absence of cardiac activity. She was already diagnosed with hypothyroidism and has been taking Tab Thyronorm 25mcg while she made her visit to the OPD. After detailed clinical examination and various investigations, she was diagnosed as a case of secondary infertility with PCOS and hypothyroidism. She was treated with both Sodhana and Samana Chikitsa. The primary outcome measure was to evaluate the effect of treatment in infertility, and the secondary outcome measure was to assess its effect in associated conditions like irregular menses and anovulation. The patient conceived after treatment, and also aided to the regulation of menstrual cycles and caused ovulation in chronic anovulatory cycles. Here the selected Ayurveda modalities showed significant results and further authentication of results with weighty sample sizes may be taken up.

Keywords: Infertility management, Metabolic disorders, Polycystic Ovarian Syndrome, Sodhana Chikitsa, Samana Chikitsa,

Registration Code: ABOP 2158



UTTARABASTI BEFORE ART

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To become parents is the most desirable goal of a married couple. Infertility is the inability to conceive within one year of regular unprotected intercourse. The causes may be structural and functional abnormalities of male and female reproductive system, psychology of the couple, immunological and sometimes unexplained causes may be there. In Ayurveda infertility has been described under Vandhyatva. Four factors that are responsible for healthy conception are Ritu, Kshetra, Ambu, Beeja. Any abnormalities of any of these factors leads to Vandhyatva or habitual abortion. Contemporary science has treatment options like hormonal medicine, Assisted Reproductive Technique. Whereas Ayurveda has Nidana parivarjana, Pathya, Samshamana and Samshodhana chikitsa. Since there's no manifestation of any Yoni vyapads without involvement of vata dosha and basti is considered to be the best treatment for vata rogas, Uttarabasti is considered as a treatment of choice for Vandhyatva. It corrects vata dosha also improves the general health status of an individual and prepares the body for healthy conception. A holistic approach of giving Uttarabasti before ART yields better results of ART. It helps to balance and restore the reproductive health and fosters the journey towards parenthood. To acknowledge the benefits of integrated approach to the case of Vandhyatva. Literature will be reviewed form classical textbooks, Contemporary textbooks, e-books and published articles. Even after having all the required parameters checked, sometimes conception fails to occur. Such unexplained infertility is challenging to address. It requires integrated approach. Uttarabasti before ART can be followed where Uttarabasti does yoni shodhana, improves the quality of uterine lining, regulates the hormonal imbalance thus prepares the kshetra for conception and enhances the chances of positive outcome of ART. An integrated approach of Uttarabasti and ART can be a ray of hope for infertility patients.

Keywords: Uttarabasti, ART, Integrated approach, Vandhyatva

Registration Code: ABOP 2159



ROLE OF AYURVEDA IN THE MANAGEMENT OF ABERRANT FOLLICULOGENESIS - A CASE STUDY ON STREE VANDYATHWA

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Stree vandyathwa has emerged as a significant disorder, primarily influenced by the stresses of the modern world, insufficient consumption of wholesome organic foods, and the evolving lifestyle patterns. Aberrant growth of early preantral follicles may also contribute to the mechanism of anovulation. This narrative presents a case study of a thirty-four-year-old female patient with married life of eight years diagnosed with bilateral polycystic ovaries. Despite undergoing conventional treatments, including hormonal therapy, their attempts were unsuccessful. The treatment strategy employed includes sodhana chikitsa and shamana chikitsa which are known to have drastic impact on folliculogenesis. Notably, the outcome of this Ayurvedic intervention was the successful conception of the patient within just ten months of treatment. The timeless wisdom of ancient Ayurvedic scholar Sushruta continues to hold relevance today. His delineation of the four crucial factors for conception remains as imperative as it was in the past. Among these factors, the health of the ovum stands out, and disruptions in Vata and Kapha Dosha often manifest as issues in ovulatory function. Infertility due to anovulation has become a major concern among individuals of reproductive age in the current generation, largely due to unfavourable lifestyle shifts. A notable portion of couples seeking help at fertility clinics grapple with infertility caused by improper follicular development. In a remarkable 90% of these cases, Polycystic Ovary Syndrome (PCOS) stands as the predominant culprit. With the basic Ayurvedic sodhana and shamana chikitsa, the dosha vaigunya can be corrected, thereby regularising the normal physiology resulting in conception.

Keywords: Aberrant folliculogenesis, Stree vandyathwa, Sodhana chikitsa, Shamana chikitsa

Registration Code: ABOP 2224



COMBINED MALE AND FEMALE INFERTILITY - AN AYURVEDIC APPROACH

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Infertility is a disease of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse. Male infertility is responsible for 20-30% of infertility cases while 20-35% are due to female infertility and 25-40% are due to combined problems in both parts. Usually in clinical practice, emphasizing on combined factors during treatment, will often be fruitful. In ayurvedic intervention, conception after addressing this combined factor, by improving the quality of stree and purusha beeja will help in begetting a healthy progeny. This is a case report of such a couple who were not been able to conceive since 4 yrs. The wife has oligomenorrhea and anovulatory cycles and was diagnosed with PCOS. The husband had asthenozoospermia with aggregation hypospermia and pyospermia. They underwent conventional treatments of primary infertility including hormonal therapy and IUI and all were unsuccessful. Based on treatment of nashtartava and sukradushti, samana and sodhana procedures were adopted. Result The outcome of the Ayurvedic intervention was conception of the patient and delivery of a healthy baby. Addressing a case of infertility in combination of both male and female factors can give better and desired results within a short span of time.

Keywords: Infertility, Sukradushti, Nashtartava, Combined factor

Registration Code: ABOP 2247



AYURVEDA AND EUGENICS

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Eugenics refers to the possibility of improving the human race by selective breeding or other forms of genetic manipulation. Genetic predisposition or genetic susceptibility, is the inherent likelihood or increased risk of an individual developing a particular trait, condition, or disease based on their genetic makeup due to specific genetic variations or mutations in an individual's DNA. Epigenetic modifications like diet, lifestyle choices, environmental factors, and preventive measures can all play a significant role in mitigating the risk associated with genetic predisposition by influencing the expression of certain genes and traits within the existing genetic makeup of an individual. Advances in genetics have led to the development of Nutritional Genomics and personalized medicine, where an individual's genetic information can be used to tailor medical treatments and interventions and to personalize dietary recommendations and lifestyle factors to their unique genetic profile. The concept of the "developmental origin of adult diseases" is a field of scientific research that explores how adverse experiences or exposures during early life, particularly during prenatal and early postnatal development, can have a lasting impact on an individual's health and increase the risk of chronic diseases in adulthood. Poor maternal nutritional status, maternal body composition, metabolism, and placental nutrient supply can negatively or positively influence fetal development and have been strictly related to adverse pregnancy outcomes and expression of fetal genetic potential. According to Ayurveda, the Garbha (fetus) is the culmination of various factors: maternal, paternal, mental, dietary, and factors agreeable to the body and soul, and "Supraja" is a healthy, happy child with superior intellect, strong immunity, and sound moral conduct. The practice of Ayurvedic lifestyle, pre-conceptional care, garbhadana samskara, pregnancy care, and postpartum care from the beginning offers excellent prospects for ensuring not only the mother's wellbeing but also the well-being of future generations.

Keywords:: Eugenics, Epigenetic, Pre conceptional Care, Ayurveda, Garbhadana samskara

Registration Code: ABOP 2321



A PILOT STUDY ON AYURVEDIC MANAGEMENT OF GENITOURINARY SYNDROME OF MENOPAUSE

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Genitourinary syndrome of menopause is a chronic progressive and the most distressing medical condition commonly seen in the majority of menopausal women due to the lack of oestrogen which adversely affects the quality of life of women. Many millions of postmenopausal women continue to suffer in silence from symptoms resulting from estrogen-deficient atrophy of the vulva, vagina and urinary tract. Genitourinary syndrome of menopause (GSM) is characterized by genital symptoms such as dryness, burning, irritation and soreness of the vagina, sexual symptoms such as dyspareunia and other sexual dysfunctions and urinary symptoms such as dysuria, urinary frequency, incontinence and recurrent urinary tract infections. Most of the conventional methods of treatment which include estrogen replacement therapy, lubricants and vaginal flora regulators are also widely used in clinical practice. However, the safety of hormone replacement therapy remains controversial. Vaginal lubricants adversely affect vaginal epithelial cells and flora, Hence the conventional treatments have potentially harmful effects, hence a large number of women are seeking ayurvedic treatment. A clinical study was conducted to evaluate the effect of Amruthadiksheera kashayapana and Panchavalkala taila Yonipichu in the genitourinary syndrome of menopause. Pilot study was done for a duration of two months in Menopausal women 40 to 60 of age with symptoms of vaginal dryness, burning sensation in the vagina, dyspareunia, dysuria, urinary frequency and incontinence was taken for the study. The results revealed significant improvement in symptoms. Assessment was done using Urogenital subscale of the menopause rating scale, vaginal pH and maturation index. Study concludes effectiveness of ayurvedic management in genitourinary syndrome of menopause.

Keywords: Menopausal health, Genitourinary Syndrome of Menopause, Vaginal dryness, Panchavalkala taila, Amruthadi ksheerakashaya

Registration Code: ABOP 2322



AYURVEDIC MATERNAL CARE PRACTICES IN THE PUBLIC HEALTH SYSTEM CURRENT SCENARIO FUTURE INSIGHTS

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Maternal health is one of the core areas of the public health care system. Maternal health refers to women's health during pregnancy, childbirth, and the postnatal period. Although much progress has been made in improving maternal health in the past two decades the goals are still far due to gaps in knowledge, policies, availability of resources, and access to health services. This article aims to explore the role of Ayurveda in maternal health and figure out the possible challenges and solutions in mainstreaming it in the existing public health system. We studied the existing scenario of Ayurveda institutes offering post-graduation or diploma courses in Stree Roga and Prasuti Tantra (SRPT) and the research work done in the area. Conclusions of qualitative studies on the integration of AYUSH into the public health system were compiled and interpreted to find out the challenges. Results: About 71 Ayurveda colleges are conducting PG in SRPT with 375 seats and 4 colleges have 15 seats for diploma courses. Much clinical research has been done in Ayurveda focusing on preconception care, antenatal and postnatal care, and managing various ailments in pregnancy with approximately 3994 studies available on Ayush Research Portal. However, we found no active initiatives or programs utilizing Ayurveda maternal health practices in integration with public health. Most of the studies suggest that a comprehensive and multi-sectorial approach is needed to attain the goals of maternal health at multiple community levels. Qualitative studies must be conducted among Policymakers, stakeholders, and at the community level to assess and address the challenges in the area. Intramural and extramural capacity-building programs for Ayurveda SRPT experts need to be conducted, and the strengths of Ayurveda maternal health care (Garbha samskara, Garbhini paricharya, and Sutika paricharya) should be utilized at a broader scale.

Keywords: Prasuti tantra, Garbhadhana samskara, Garbhini paricharya, Sutika Paricharya, integration scope, review

Registration Code: ABOP 2375



AYURVEDIC MANAGEMENT OF PRIMARY RECURRENT PREGNANCY LOSS PUTRAGHNI : A CASE STUDY

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Every human being has the right to enjoyment of the highest attainable standard of physical & mental health. Incidence of infertility is increasing day by day all over the world. According to WHO 10-15% of world population is suffering with infertility. Infertility is defined as failing to achieve pregnancy within 12 months of unprotected intercourse. In Ayurveda, also causes and clinical features of infertility are also described. Even though, we can sum up the causes of infertility under the four term classification of Susruta, Ritu-Kshetra-Ambu-Beeja are the main factors which are responsible for successful pregnancy outcome.. Main clinical findings:A married female patient of 39years old came to OPD with chief complaints of anxious to conceive with h/o Recurrent pregnancy loss for 3 times and in which 2 were IVF during the last 11years. Her menstrual cycle was regular with duration of 3 days and an interval of 24-26 days with scanty flow and her husband investigations were normal and previously she took ovulation induction and IVF treatments, which was futile due to poor endometrial receptivity. Intervention:patient underwent Snehana, Panchakarma therapies along with internal medications. The female was treated with Snehapana with Sukumara ghrita, Madhutailika Yapana vasti, Bala taila Uttaravasti and internal medicine were Pushpadhanwa ras, Bhrngaraja asav, Aswangandha churna and Swarna bhasma. Along with these advised yoga and pathya-ahara-vihara. outcome:after 3 months of treatment patient conceived and delivered a male baby. We have a great scope in infertility management without any complications like OHSS, Hormonal imbalances and clearly depict the importance garbhadhanavidhi before planning pregnancy for healthy child.

Keywords: RPL,Panchakarma,uttaravasti,sukumara ghrita

Registration Code: ABOP 2390



AYURVEDIC PERSPECTIVE ON PREGNANCY INDUCED HYPERTENSION

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During pregnancy there is progressive anatomical, physiological and biochemical change not only confined to the genital organs but also to all systems of the body. This is principally a phenomenon of maternal adaptation to the increasing demands of the growing fetus. Most pregnancy related changes are prompted by the fetus and placenta. Hypertensive disorders remain among the most significant problems in obstetrics. These disorders complicate 5 to 10 percent of all pregnancies and contributes greatly to maternal morbidity and mortality rates. There is no direct reference of pregnancy-induced hypertension in ayurvedic classics, but the manifested symptoms can be explained within the purview of ayurveda like garbhni shotha, garbhini akshepaka and jarayu dosha which are some of the vyadhis which have similar symptoms observed in Pregnancy induced hypertension and its complications. Pregnancy Induced Hypertension when not managed appropriately may lead to impaired fetal growth, pre term labour and other obstetric complications. Hence it is important to diagnose and treat hypertension in pregnancy with utmost care and vigilance. A comprehensive review of Ayurvedic literature will be done to explore the samprapti and chikitsa sidhantha of PIH. Literatures will be reviewed from classical textbooks, contemporary textbooks, e-books and published articles along with clinical presentations of PIH patients. Of Hypertensive disorders, the pre-eclampsia syndrome, either alone or superimposed on chronic hypertension, is the most dangerous. Susruta clearly explains that if disease/disorder is intolerable, then pregnancy should be terminated. He further adds that before the condition of a pregnant woman deteriorates one must take action in prāptakāla. Hence it is important to understand the pathogenesis and clinical picture of PIH in order to take necessary precautions to prevent the disease and do timely management to avoid complications. Understand the pathophysiology and complications of PIH and review ayurvedic literature for treatment modalities.

Keywords: Pregnancy Induced hypertension, Garbhini vyadhi, Aparā dushti, Garbha vyapad,

Registration Code: ABOP 2461



ENDOMETRIOSIS - AN AYURVEDIC APPROACH

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Purpose of study: Endometriosis is one of a chronic and debilitating condition which affects one among ten women. It has become a public health concern affecting 247 million women globally and about 42 million women in India. The symptomatic presentation of the disease resembles that of conditions like Vatiki, Udavarta, Pariplutha etc. Currently there is no permanent cure for this condition. In Ayurveda a multidimensional approach can be adopted to manage the condition to some extent. Methodology: The methodology involves a comprehensive review of text books, search engines like Pubmed, Google scholar etc , interactions with Ayurvedic practitioners and patients and the analysis of Ayurvedic treatment protocols used in the management of endometriosis. Summary of findings: The aharaja (dietary factors) and viharaja nidanas (life style factors) play a significant role in the manifestation of endometriosis. The unique concept of vegadharana (suppression of natural urges) in Ayurveda has a vivid evidence of disease pathogenesis in endometriosis. The adoption of treatment modalities like Shodhana (purificatory procedures) Samana (pacifying treatment) and improving the vyadhikshamatva (immunity enhancing measures) have given significant results which opens a vast discussion upon the topic. Conclusion : The associated morbidities lead to deteriorate the quality of life and social performance of the women. Even though the diagnosis of disease is confirmed by laproscopic methods the cardinal features need not always relate with the severity of endometriosis. It is never to be appreciated to go for a long term hormonal treatment approach as it may lead to undesired effect and hence the possibility of Ayurveda in the management of endometriosis has to be utilised.

Keywords: Endometriosis, Vatiki, Udavarta, Shodhana, Samana.

Registration Code: ABOP 2469



PRECONCEPTION CARE IN DIMINISHING OVARIAN RESERVE SCOPE OF AYURVEDA

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Diminishing ovarian reserve (DOR) is defined as a decrease in the number and/or quality of oocytes in the ovary, which is accompanied by a decline in reproductive potential and is associated with abnormal ovarian reserve markers such as S.AMH value and Antral Follicular Count. Nowadays 10-30% of female infertility is due to DOR. Recent study conducted by American society for reproductive medicine (ASRM) on patients with DOR showed fewer promising results for pregnancy. DOR is influenced by aging, genetics, and the environment. With females entering the workforce and pursuing a higher educational degree, all these social and economic issues lead to postpone the time of having their first child to an advanced age. Identification and timely intervention of DOR is important as, such women have a lower pregnancy rate and higher pregnancy loss compared to age matched controls with normal ovarian reserve. In current conservative management, treatment options are limited, includes, adjuvant therapy with Luteinizing hormone, Dehydroepiandrosterone (DHEA) and Growth hormones. Majority of women have to undergo procedures like In Vitro fertilization (IVF) which may require repeatedly trials, adversely affect women health, highly expensive and even with low success rates. Ayurveda offers immense possibilities not only for the preservation of fertility status but also for the prevention of diverse spectrum of health problems. DOR can be closely correlated to Dhatukshaya vandhya, explained in Harita Samhitha considering the etiology, symptoms and management. As per Ayurveda, conception depends upon the normal functioning of factors like Ritu (normal ovulation), Kshetra (healthy reproductive system), Ambu (proper nutrition) and Beeja (healthy ovum and sperm). Ayurvedic Preconception care include nidana parivarjana, Sodhana, samana and rasayana, following regimens indicated in Garbhadana including ahara and vihara.

Keywords: Diminishing Ovarian Reserve, Infertility, Dhatukshaya vandhya, Garbhadana

Registration Code: ABOP 2471



DEVELOPMENT OF A COMPREHENSIVE SEX EDUCATION CURRICULUM IN PRIMARY SCHOOLS OVERCOMING THE CHALLENGES IN INDIAN CONTEXT

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Reproductive health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes. Women's sexual and reproductive health is intertwined with numerous human rights which include the right to education. Comprehensive sex education is crucial for the right to education, as it provides women and girls with accurate information about their sexual and reproductive health, promoting informed decision-making and overall well-being. In the current scenario, one of the primary challenges in providing education on sexual and reproductive health is the lack of effective curricula and learning or teaching materials for comprehensive sexuality education. In this article, we aimed to develop a comprehensive sex education curriculum for primary school students. An attempt to develop a comprehensive sex education curriculum in primary schools. sex education is a valuable tool for enhancing knowledge and promoting positive attitudes, ultimately leading to healthier sexual and reproductive behaviors among young people. In the majority of countries, sex education starts at the primary level of schooling. However, in our country, the concept of sex education is only considered from secondary school onward. We lack a uniform policy for the conceptualization, planning, and implementation of comprehensive sex education. Critical for the health and survival of young people, Comprehensive Sex Education provides them with accurate and age-appropriate information about sexuality and their sexual and reproductive health.

Keywords: Reproductive health, Sex education

Registration Code: ABOP 2476



COMBINED EFFECT OF PHALASARPIS AND SHATAVARI CHURNA IN MANAGEMENT OF DIMINISHING OVARIAN RESERVE AMONG INFERTILE WOMEN

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Diminishing Ovarian Reserve (DOR), characterized by reduced oocyte quantity and quality, poses significant challenges to fertility. In India, premature menopause affects 4% of women between ages 29-34, complicating infertility treatments. The limited options in current conservative management necessitate exploring alternative approaches. Therefore, this study investigates the combined effects of Phalasarpis (12ml) and Shatavari Churna (6gm) in managing DOR among infertile women. Twenty infertile women aged 20-40 diagnosed with DOR (serum Anti-Müllerian Hormone levels < 2 ng/ml and Antral Follicular Count < 5 in each ovary) participated. The participants received the combination of drugs twice daily for 90 days. Serum AMH levels and AFC were assessed before and after the treatment period, and statistical analysis was conducted using STATA 14, employing tests like Wilcoxon signed-rank, Fisher's exact, and Chi-squared tests. The mean (SD) age of participants was 32 (5) years. After the 90-day treatment, significant improvements were observed in AFC, increasing from a mean of 4.3 to 8.5 ng/ml. One participant achieved a normal AMH level (3-3.5 ng/ml) after the treatment. Menstrual patterns exhibited positive shifts, notably in moderate bleeding, which increased from 41.18% to 94.11% after treatment. Severe vaginal dryness (23.5% to 0%) and dyspareunia (53% to 29.4%) were significantly decreased. Three out of 20 participants conceived during the treatment period, indicating a 15% success rate. Conclusion: The study demonstrates promising outcomes, suggesting the potential of Phalasarpis and Shatavari Churna combination in enhancing fertility and reproductive health among women with DOR.

Keywords: DOR, Infertility, Dhatukshaya vandhya, Phalasarpis, Shatavari churna

Registration Code: ABOP 2478



MODE OF ACTION OF VIRECHANA KARMA IN THE MANAGEMENT OF STREE VANDYATWA DUE TO RTU KSHETRA AND BEEJA DUSHTI: A CASE SERIES

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Among women for whom motherhood is a desired and valued social status, a fertility problem may be experienced as a barrier to achieve an important life goal. Infertility is defined as not being able to get pregnant despite having frequent, unprotected sex for at least a year. According to Acharya Sushruta, healthy conception requires four key components: a suitable fertile period, reproductive organs that are physiologically appropriate and healthy, adequate nutrition for the growing zygote or foetus, and healthy gametes. The completeness of motherhood is ensured by meeting all the aforementioned requirements. The study aims to explain the mode of action of Virechana karma in managing different factors which are responsible for female infertility. Three cases of female infertility each with different cause i.e. Polycystic ovarian syndrome, Tubal blockage and Recurrent pregnancy loss. Patients were given snehapana with Panchatikta ghrita followed by Virechana with Trivrt avaleha. After completion of sodhana patients were continued with medication according to condition. Conception was achieved in all the three cases at different time interval ranging from three to six months followed by successful completion of pregnancy. Shodhana is most important measure for bahudoshaja Vyadhi. It helps to regulate normal physiological functions, relieves srotorodha and helps to restore healthy state of yoni. Virechana enhances the structural and functional capability of reproductive system. It has the quality of Srotovishodhana and improves the dhatu poshana karma through improving Dhatvagni, and result in proper production of Artava.

Keywords: Vandyatwa, Virechana, Case series

Registration Code: ABOP 2479



MANAGEMENT OF SEMINAL HYPERVISCOSITY THROUGH AYURVEDA-A CASE REPORT

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Infertility is a problem of global proportion and is defined as inability to conceive even after one year of regular unprotected sexual life. It affects about 10-15% couples & male partner is directly responsible in about 30-40% cases. The prevalence of seminal hyper viscosity is between 12-29% and can lead to male factor infertility by impairing sperm motility. Hypofunction of the prostate or seminal vesicles, infections and high levels of seminal leukocytes causes abnormal viscosity of the seminal fluid. It can be treated with mucolytic enzymes, antibiotics & anti-inflammatory agents. In Ayurveda, abnormalities of semen are described under Ashta Sukradushti. Seminal hyper viscosity can be correlated with Grandhi sukra Dushti. A 35 year old male attended OPD with complaints of inability to conceive after 6 years of unprotected married life with history of 6 failed IUI. He was diagnosed with seminal hyper viscosity & Asthenozoospermia , The medicines given were Satisidha ghrita followed by virechana with Avipathy churna. After 30 days of management seminal parameters became normal. Grandhi sukra dushti occurs due to kaphavata dushti. The treatments given were aimed to correct kaphavata dushti& srotosodhana. The present case signifies the scope of Ayurveda in the management of male infertility.

Keywords: Asthenozoospermia, Ashta sukradushti, Grandhi sukradushti,

Registration Code: ABOP 2566



HYDROSALPINX AYURVEDA MANAGEMENT A CASE REPORT

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Hydrosalpinx is the presence of fluid-filled dilations in fallopian tubes that can significantly impact a woman's reproductive health. A case is reported of a 26 years old female patient with complaints of inability to get conceived, irregular menstrual cycle with dysmenorrhea and watery vaginal discharge. The patient underwent examinations and diagnostic investigations to rule out the cause and was found to have bilateral hydrosalpinx in her ultrasonography finding. The treatment was planned according to ayurveda principle aiming at correction of kshetradushti through srotosodhana and tridosha samana therapy. Ultrasonography was repeated after the course of treatment where in her left hydrosalpinx got resolved and the size of the other side got reduced. Also the symptoms like dysmenorrhea, vaginal discharge got reduced. The present case signifies the scope of ayurveda in the management of a condition hydrosalpinx.

Keywords: Hydrosalpinx, Infertility, Shotha

Registration Code: ABOP 2598



ROLE OF MUTRAMARGA UTTARAVASTI IN UROGENITAL DISORDERS OF FEMALES

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Urogenital problems are more common in the female population. Among them urinary incontinence (UI) is a common problem. It has significant impact on the physical, psychological and socio-economic aspects of life. Urogynaecology is a subspeciality within obstetrics and gynaecology that focuses on disorders of the female pelvic floor such as pelvic organ prolapse, urinary incontinence, fecal incontinence and constipation. The prevalence of urinary incontinence was 34.1% in the age group 20 – 45 years. Pregnancy is a well-known risk factor for UI, this is due to the physiologic and anatomic changes, especially in the third trimester, that can result in weak pelvic floor muscles (PFM). Other risk factors could be the age of the mother, parity, previous delivery, body mass index [BMI], and UI before pregnancy. Behavioural therapies, diet modifications, pelvic muscle rehabilitation, medications and surgeries are the available treatment options. Uttaravasti is an important sthanika chikitsa pertaining to Genitourinary applications in females. Two methods – urethral and vaginal were mentioned in classics. The therapy involves the administration of a specific Sneha or Kashaya into the urinary bladder and the uterus. Acharya Charaka and Susrutha explained the use of mutramarga uttaravasti in mutraghata, vasti vikaras and mutrakrichra. Several clinical studies have been published with significant results in the use of mutramarga uttaravasti. A thorough knowledge of the practical application of mutramarga uttaravasti is necessary. For this purpose, a detailed review of literature among published articles of peer reviewed journals and various ayurvedic classics have been done.

Keywords: Urogynecology, Urinary incontinence, Mutramarga Uttaravasti

Registration Code: ABOP 2708



AYURVEDIC MANAGEMENT OF ENDOMETRIOSIS WITH BILATERAL OVARIAN CYST A CASE REPORT

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Endometriosis most common oestrogen-dependent gynaecological disease which occurs almost exclusively in women 10% of reproductive age group characterized by the implantation and growth of viable endometrial tissue outside the uterine cavity. The prevalence of endometriosis has been increasing during the last couples of decades. The most common sites of endometriosis are ovary, Pouch of Douglas, uterosacral ligaments, rectovaginal septum, sigmoid colon, abdominal scar following hysterectomy. Most common symptoms include dysmenorrhoea, chronic pelvic pain, dyspareunia, painful defecation and micturition etc. The signs of endometriosis can be correlated to a few of the yoni vyapdas defined in our classics. In the present case, a 36-year-old female reported chief complaints of heavy bleeding during menstruation, especially one day before menstruation and stops 1- 2 days after the onset of bleeding since 11 months. Her USG scan showed endometriosis along with ovarian cyst in the both ovaries. Samana and Sodhana chikitsa was followed and the whole treatment period was total of 60 days and follow up each month. After the treatment there was a significant improvement in the patient's conditions i.e. abdominal cramps reduced to 50%, number of pads/day reduced to 4-5/day and without clots and in USG showing cyst only in left ovary. Also, in turn the patient also expressed greater satisfaction with the result.

Keywords: Endometriosis, Ovarian cyst

Registration Code: ABOP 2722



RETROSPECTIVE COHORT STUDY OF NONVEGETERIAN DIET AND PRIMARY DYSMENORRHEA AMONG ADOLESCENT GIRLS

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Dysmenorrhoea is a common gynaecologic disorder which is estimated to occur in 20 - 90% of women of reproductive age. Primary dysmenorrhoea refers to painful periods without pelvic pathology which usually begins around the onset of menstruation & lasts less than three days which is widely prevalent. This situation not only has a significant effect on quality of life and personal health but also represents a substantial public health burden. In Ayurveda among yonirogas, udavarta yoni vyapad is a condition which presents with painful menstruation. While describing the features of udavarta, Caraka says that “artave sa vimukthe tu tat kshanam labhate sukham” which implies an immediate relief of pain following the discharge of menstrual blood, which clearly denotes spasmodic type of dysmenorrhoea. Diet plays an important role in regulating the menstrual pain. Prostaglandins are involved in the pathophysiology of this disorder. Either due to increased production of prostaglandins or increased sensitivity of the myometrium to the normal production of prostaglandins, there is increased myometrial contraction with or without dysrhythmia. Arachidonic acid (a type of omega 6 fatty acid) which is found in dairy products, meat, egg and yolk transfer in to PGE2 and PGF2 α in the body thus increases the chances of dysmenorrhoea. Hence consumption of animal fat can potentially contribute to dysmenorrhoea. Retrospective cohort study Participants were selected as per inclusion and exclusion criteria with 20 participants in each group. They were interrogated and observations were recorded. From the observation, in the nonvegetarian group (weekly 5 days or more) the occurrence of dysmenorrhoea was more compared to the group using vegetarian diet (weekly 5 days or more). The odds ratio was 12 which indicates a strong association between nonvegetarian diet and dysmenorrhoea.

Keywords: Dysmenorrhoea, Udavarta

Registration Code: ABOP 2732



AYURVEDIC MANAGEMENT OF GARBHINI PANDU- A CASE REPORT

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Anaemia in pregnancy refers to the hemoglobin (Hb) concentration in the peripheral blood is 11g/100ml or less. during pregnancy plasma volume expands resulting in Hb dilution. For this reason, Hb level below 10g/dl at anytime during pregnancy is considered anemia. In Ayurveda, it is correlated with garbhini pandu, caused due to the obstruction in raktavaha and rasavaha srotad. Pandu means pallor of skin which occurs due to qualitative and quantitative deficiency of rasadhatu and raktadhatu. Agni vardhana chikitsa, rasa & rakta dhatu vardhana chikitsa is the line of treatment. In this case report, 23 years old primi gravida patient was detected with iron deficiency anaemia at 24 weeks of gestation. She was administered with Drakshadi ghrita, Madiphala rasayana, Kushmanda avaleha. She was also advised to take iron rich substances. After 2 weeks patient become normalised. This approach depicts the important and relevance of Ayurvedic medication in garbhini pandu

Keywords: Iron deficiency anemia, Agni vardhana

Registration Code: ABOP 2788



AYURVEDIC MANAGEMENT OF VANDHYATVA ASSOCIATED WITH HYPOPLASTIC UTERUS AND LOW AMH - A SINGLE CASE STUDY

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According to Ayurveda, Infertility is the failure to conceive within one or more years of regular unprotected sex. It has been a longstanding problem for decades. Many factors constitute garbha in which rithu (fertile period), kshethra (reproductive organs), ambu (nutritive fluids) and beeja (ovum) are the most important ones. The physical and psychological status of the individual along with normal functioning of vata and shadbhavas are considered as causes of infertility. The incidence of infertility is increasing day by day due to the stressful surroundings, lifestyle changes and other genetic factors. Either male, female or both are responsible for the same. Recently, Panchakarma procedures are more concentrated with Shamana measures, proper Ahara-Vihara and Yoga in the management of vandhyatva for getting better result. Shodhana therapy helps in eradicating the disease from its roots by balancing the vitiated doshas and regularizing the metabolic functions of the body. In the present study, a single case of primary infertility with Hypoplastic uterus and low AMH is explained in detail. Snehana, Swedana, Vamana and Virechana after proper Snehapana, Anuvasana vasthi, Rajayapana vasthi in succeeding order was administered. Necessary investigations are done throughout the treatment schedule.

Keywords: Vandhyatva, Panchakarma, Rajayapana vasthi

Registration Code: ABOP 2790



SCOPE OF AYURVEDA IN MANAGEMENT OF ABNORMAL VAGINAL DISCHARGE- OBSERVATIONAL STUDY

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Abnormal vaginal discharge is quite a frequent complaint of women met day to day at gynecological clinics. One in ten women present with vaginal discharge globally per year. Vaginal discharge present with varied etiologies. If left untreated it leads to gynecological and obstetric morbidities. In Ayurveda “Yonisrava” is the term mentioned for vaginal discharges, Majority of the gynecological disorders are included under the heading of yonivyapath. The observational study was conducted with an objective of determining the scope of Ayurveda in the management of abnormal vaginal discharge cases in those women attended in an Ayurveda tertiary health care center in South Kerala. Abnormal vaginal cases attended in the OPD for the last 18 months were documented from the case registers and data collected in a case proforma. Data was collected for total of 120 patients. Data was analyzed, percentage and proportions were taken. Socio demographic data, Personal history - Ahara, vihara, agni, kostha, vegadharana and nature of discharge- color, quantity, vaginal pruritus, associated symptoms- dysuria, dyspareunia, lower abdominal pain, cervicitis, erosion, cervical motion tenderness etc. were recorded and analyzed. Cases diagnosed with abnormal vaginal discharge from the observation were as follows; pariplutha - 38.3%, slaishmiki - 32%, upaplutha - 20%, karnini- 6%, srasthayoni- 4%. From observation it concluded that ahara, vihara, pradushta arthava had common nidanas for causing abnormal vaginal discharge. In pariplutha- vatha pitha hara, slaishmiki- kaphahara- upaplutha - kaphavathahara, karnini- kapha raktha hara line of treatment found to be effective. Aragwadhadi kashyam, guduchyadi kashyam, guggulupanchapalam choornam, pushyanuga choornam, triphala kashayam, panchathikthakam kashayam, valiya madusnuhi rasayanam etc given good results in reducing the symptoms. Sthanika chikithsa – yoni kshalanm, yoni pichu, yoni varthi also played a significant role in reducing the symptoms.

Keywords: Abnormal vaginal discharge, yonisravam, Aragwadhadi kashayam

Registration Code: ABOP 2793



AYURVEDIC PERSPECTIVE ON MANAGEMENT OF OAT SYNDROME ASSOCIATED WITH VARICOCELE

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Varicocele is the abnormal dilation and enlargement of the scrotal veins which drains blood from each testicle. Varicoceles are clinically significant because they are the most commonly identified cause of abnormal semen analysis and can have destructive effects on mobility, concentration and morphology of sperm. Oligoasthenoteratozoospermia (OAT) is a condition in which the semen sample has Oligozoospermia, which is low sperm count, Asthenozoospermia, which is poor motility and teratozoospermia, which is abnormal morphology of sperm. These can occur in isolation or in combination (known as oligoasthenoteratospermia or OAT syndrome). OAT is the most common kind of male infertility. The treatment in varicocele mainly includes laparoscopic ligation of the testicular veins and embolism of testicular vein under radiological control. The major drawback in the current management is that surgical intervention is done only in advanced stage or when there is severe pain or remarkable oligospermia and the chances of recurrence are also high. In Ayurveda siraja granthi covers varicocele and the conditions associated with ksheena shukra can be well matched with Oligoasthenoteratozoospermia. Various treatment modalities including sodhana chikitsa especially rakthamokshana therapy using jalouka and samana chikitsa have found to be effective in reversing the disease pathogenesis. A critical research is carried out to have a better understanding in this regard and also enlist the strategies through which treatment of varicocele could be made on Ayurvedic perspective.

Keywords: Pligoasthenoteratospermia, Varicocele Jalouka,

Registration Code: ABOP 2929



A CRITICAL VIEW ON PAIN MANAGEMENT IN ENDOMETRIOSIS THROUGH AYURVEDA

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Endometriosis is a chronic inflammatory disease characterised by the implantation and growth of endometrial tissue outside the uterine cavity. This condition affects 15-20% of women in their reproductive life. Dysmenorrhea, dyspareunia, and chronic pelvic pain are the most common symptoms. The presence of endometrioma or chocolate cyst is often associated with endometriosis. In the last two decades, many drugs or combinations have been introduced to treat endometriosis. These include NSAIDs, combined oral contraceptives, progestogens, danazol, gestrinone, antiprogestins, Gn-RH agonists and antagonists. But these drugs have many adverse effects on prolonged treatment period and, at times, gives only temporary relief. Endometriosis is tridosajanya vyadhi. Vitiated vata contributes to pain, pitta, the inflammatory condition, kapha adhesions and endometrioma. Various treatment modalities, including certain sodhana, samana chikitsa and stanika chikitsa like yonipichu, yonipooranam and uttaravasti, are very effective. Critical investigation is conducted to gain a deeper grasp of this issue and to identify the methods by which endometriosis pain management would be handled from an Ayurvedic perspective.

Keywords: Endometriosis, Dysmenorrhea, Dyspareunia, Chronic pelvic pain, Endometrioma

Registration Code: ABOP 2946



EFFECTIVENESS OF SHANKHAPUSHPI CHURNA IN PREMENSTRUAL SYNDROME

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Premenstrual syndrome refers to regular monthly experience of physiological and emotional distress in women of reproductive age, usually during several days preceding menses. This syndrome is typically characterized by nervousness, depression, fluid retention. The premenstrual syndromes become typically obvious during the luteal phase of the menstrual cycle. In ayurveda this stage is correlated to Rituvyateetakala during which Pithakopa and vata sanchayam occurs. Shankhapushpi churna is Seeta veerya and Madhura vipaka hence it is vata pitta samana in nature. The objective of the study is to find the effect of Shankhapushpi churna in Premenstrual Syndrome. The study design will be interventional study pre and post test with a sample size of 23. Females of age group 20-40 years attending the out-patient department of prasutitantra and Streeroga, fulfilling the American College of Obstetrics and Gynecology criteria (ACOG) of Premenstrual syndrome will be selected for the study. Study tool includes ACOG criteria, Case proforma, and symptom assessment by Premenstrual syndrome premenstrual syndrome score scale. Shankha pushpi churna will be given in a dose of 6gm with 30 ml of milk twice daily after food. Administration of drug will be starting starting from 10th day of menstruation for 14 days in 2 consecutive menstrual cycles. Participants will be assessed on 0th day, 31st day and on 61st day during the study period and Results will be analyzed statistically.

Keywords: Premenstrual syndrome, Shankhapushpi churna, ACOG Criteria, Premenstrual syndrome Scale

Registration Code: ABOP 2948



DESIGNING A PROTOCOL IN PRECONCEPTION CARE WSR GARBHA SAMBHAVA SAMAGRI

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Preconception care is the specialized pre-pregnancy care that focuses on issues not typically addressed during a routine examination which are specific to ensuring an optimal pregnancy outcome. Women of childbearing age visit their physician about three times per year; which represent opportunities to deliver preconception advices, most of which are either missed or foregone. 4 out of 10 women report unplanned pregnancies, as a result of which essential health interventions provided are too late. As per WHO, iron-deficiency anaemia, untreated infections, tobacco and alcohol usage etc. are conditions responsible for poor perinatal outcomes. Garbha sambava samagri is the unique concept of Ayurvedic Preconception care giving importance to both physical and mental factors of the parents. Methodology: WHO address 13 domains of preconception care package and their evidence based interventions. Ayurveda suggests 6 domains of Preconception care or Garbha sambava samagri- Ritu, Ksetra, Ambu, Beeja, Anila and Hridi. An attempt was made to integrate the principles put forward by WHO with Ayurvedic concepts in the light of Garbha sambava samagri. These six factors can very well include the 13 domains of WHO viz. early and unplanned pregnancies under ritu, sexually transmitted and gynecologic diseases under kshetra, nutritional conditions, psychoactive substance, environmental health etc. are included under ambu, which implicate nourishment in broader sense. Genetic conditions and infertility/ subfertility due to seminal or ovum parameters can be included under concept beeja while interpersonal violence, unwanted pregnancies and mental health comes under hridi. Results & Discussion: An Ayurvedic Preconception screening and interventional protocol was designed by integration with evidence based concepts of modern medicine. Hence by proposing a working Ayurvedic protocol that can be implemented in public sector we can ensure our social responsibility in begetting a healthy progeny.

Keywords: Preconception care, Garbha sambhava samagri

Registration Code: ABOP 3023



A RANDOMIZED CONTROLLED CLINICAL TRIAL TO EVALUATE THE EFFICACY OF ROHITAKA TECOMA UNDULATA IN THE MANAGEMENT OF SHWETPRADAR WSR TRICHOMONAS VAGINITIS

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Trichomonas Vaginitis Background Women visiting a gynecological clinic frequently complain of abnormal vaginal discharge. Trichomonas vaginitis shares many characteristics with the signs and symptoms of Kaphaj yonivyapada described in Ayurvedic texts. The classical text describes the usage of Rohitakamoola Kalka along with water in shwetpradar. . Material and method A Total of 100 patients selected randomly for this study were among the women having Yonigata shweta-picchilstrava, vulval itching, and symptoms and signs of trichomonas vaginitis. Rohitakamula churna 3gm twice daily was given to 50 patients for 15 days, and the remaining 50 participants received Metronidazole tablets 200 mg thrice daily for seven days as a standard control drug. Scores of subjective and objective parameters were used to compare the results before and after therapy. Observation and ResultsThe mean age of the participants was 32.92 ± 2.3 years. In the trial group, 6% of individuals showed mild improvement, 66% of participants showed moderate improvement, and 28% of participants showed marked improvement. In the control group, most patients (78%) experienced moderate improvement, followed by mild improvement (16%), and finally, marked improvement in symptoms and signs was seen by 6% of people. The trial group had a significant effect on the consistency of discharge, Itching, and Inflammation of the vagina compared to the control group. Over 68.98% of relief was found in the trial group across all assessing parameters, compared to 60.20% in the control group across all assessing parameters. Conclusion A highly significant (P

Keywords: Kaphaj yonivyapada, Metronidazole, Rohitakmulachurna, Shwetpradar, Trichomonas Vaginitis

Registration Code: ABOP 3039



IMPORTANCE OF MATERNAL HEALTH

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Maternal health is an important aspect for the development of any country in terms of increasing equity and reducing poverty. *The survival and well being of mothers is not only important in their own right but are also central to solving large broader, Economic, Social and developmental challenges. *Maternal mortality ratio is one of the important indicators of the quality of health services in the country. *India has made remarkable progress in reducing maternal deaths in the last three decades. *Building on the phenomenal progress of the Janani shishu suraksha karyakaram launched in 2011 provides service guarantees in the form of entitlements to pregnant women, sick newborn and infants for free delivery including caesarean section and free treatment in public health institutions. *This includes free to and fro transport between home and institution, Diet, Diagnostics, Drugs and blood transfusion if required. *Essential and emergency obstetric care which includes skilled attendance at birth. (Domiciliary and Health Facilities). *Multi-skilling of doctors to overcome shortage of skilled manpower in critical specialities-training. *Management of sexually Transmitted and Reproductive Tract Infections constitute an important role during pregnancy period. *Subsidising cost of caesarean section and assistance for home delivery helps the poor economy pregnant women. *The main key point in maternal health is Antenatal Care which plays an important role in maintaining the proper health of both women and the child. *The main Objectives of Antenatal care are Identification of complications so as to prevent adverse maternal outcome. *Maintenance of good health through pregnancy and delivery of live healthy child. *Adequate psychological counselling. *Patient Education -Mother and Child Care. *Contraceptive planning for future. *Other health measures like HIV Screening, PAP Smear, Rubella antibody test. *Counselling to prevent pregnancy, if not desired *identification of Medical, Reproductive, Genetic, Social, Nutritional risk factors in pregnant women. *Therefore maternal health plays a major role in pregnant women.

Keywords: Maternal health, Antenatal care, Normal delivery, Caesarean section, Pregnancy period, Proper diet.

Registration Code: ABPO 1065



SUCCESSFULLY TREATED A CASE OF RAJOVRIDDHI WITH POSITIVE OUTCOME OF PREGNANCY

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Ayurveda is a holistic science giving knowledge about every aspect of life of an individual and disorders hampering the health of an individual. All aspects of women's life concerning to the reproductive health and maternal health are described in the ayurvedic texts through which one can achieve a goal of healthy progeny. Now a days the lifestyle of all women has completely changed to the sedentary and stressful life due to which they are suffering from many gynaecological problems like rajovriddhi, rajakshaya, nashtartava leading to infertility. In present study a case of Rajovriddhi W.S.R. to Polymenorrhagia is successfully treated with standard ayurvedic formulations like Pradaradi Lauh, Chandraprabha vati and Ashokarishta by restoring the reproductive capacity of a women. To treat a case with ayurvedic formulations and to restore the reproductive ability of a women. A single case study was done by treating with standard ayurvedic formulations. Rajovriddhi get corrected with positive outcome of pregnancy. By giving ayurvedic formulations not only the disease cured but also root cause was treated. Doshas are pacified and strotasas are cleared leading to natural conception and fruitful outcome of pregnancy.

Keywords: Rajovriddhi, Polymenorrhagia, Aayurvedic formulations, Positive outcome.

Registration Code: ABPO 1089



CLINICAL EVALUATION OF THE EFFECT OF SAPTASARAM KASHAYA AND SARASWATHARISHTA IN KASHTARTAVAPRIMARY DYSMENORRHOEA

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PPrimary dysmenorrhoea is defined as painful menstruation without any associated pelvic pathology. This debilitating gynaecologic disease affects 49 % of women of reproductive age. In classic Ayurveda texts formulations such as Saptasaram Kashaya and Saraswatharishta have been indicated in the treatment of kashtartava. Hence, the present work was done to assess the effect of Saptasaram Kashaya and Saraswatharishta in the treatment of primary dysmenorrhoea. **METHODS** Unmarried girls of age between 13 -20 years, suffering from at least 3 painful cycles of menstruation in the last months with pain intensity more than 40 mm as per visual Analogue scale (VAS), were included in trial. Ayurvedic formulations Saptasara kashaya in the dose of 10 ml twice daily before food from the onset of menstruation till next 7 days and Saraswatarishta in the dose of 10 ml mixed with 20 ml of lukewarm water at bed time daily were administered for 3 consecutive months. The effect on menstrual pain was assessed by VAS, improvement in quality of life was assessed using the SF3(RAND) questionnaire, and changes in the psycho somatic status were assessed using the menstrual distress questionnaire and Hamilton anxiety scale. A total of 100 patients were enrolled at two study centers. The data of 9 participants who completed the 6 months trial period was analyzed. At baseline, the mean VAS score for pain was 90.9 ± 12.3 , which decreased to 33.4 ± 24 on the 90th day and further reduced to 23.8 ± 21.3 on the 180th day. The associated symptoms also got significantly reduced ($P=0.005$) at the end of treatment. The improvement in quality of life and psychologic status at the end of 90th day was also significant ($P=0.001$). no adverse events were reported during the treatment period. **CONCLUSION** Saptasaram Kashaya and Saraswatharishta have a positive effect in treatment of Primary Dysmenorrhoea.

Keywords: kashtartava, Primary Dysmenorrhoea, Saptasaram Kashaya, Saraswatharishta,

Registration Code: ABPO 1161



YOGA IN MATERNAL HEALTH

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Pregnancy is a transformative and sacred phase in a woman's life, characterized by profound physical, emotional and spiritual changes. Through conscious breathing techniques expectant mothers can cultivate awareness, promote relaxation and reduce anxiety and stress. Physical asanas are another integral aspect of yoga during pregnancy. Adapted and modified to accommodate the changing body, prenatal yoga poses can help strengthen the muscles needed for labour and delivery, improve flexibility and alleviate common discomforts such as back pain and pedal oedema. Yoga textbooks like Gheranda samhitha and hatha yoga pradeepika do not have any mention of asana or pranayama for garbini. However extensive research has been done to prove the benefits of the same. > Physical comfort: it feels in comforting in back pain, pedal edema, fatigue, breathlessness etc.. > Stress reduction: Yoga and pranayama are known for their calming effects which help in reducing stress > Preventing complications: along with proper diet and follow ups it helps in preventing GDM, PIH, preterm labour etc.. > Pelvic health: helps in preparing pelvic muscles for labour and pregnancy. Even though ayurveda samhithas do not mention yoga in pregnancy Ukthasana is indicated to ease the labor. The ultimate goal is healthy pregnancy and safe delivery. Both ayurveda and yoga shown to have benefits during pregnancy independently. It is now time for us to conduct an independent clinical trial to assess antenatal care can effectively reduce or stop the occurrence of serious complications in pregnancy such as GDM, PIH, IUGR, Preterm labour.

Keywords: Physical comfort, Stress reduction, Pelvic health, Flexibility, Inner peace, relaxation

Registration Code: ABPO 1170



PROMOTING HEALTH AND PREVENTING COMPLICATIONS DURING PREGNANCY

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Promoting maternal health and preventing complications in pregnancy is a fundamental goal in healthcare. The overarching purpose is to ensure that pregnancy and childbirth are as safe as possible for both the mother and the child. This includes reducing the risks of maternal and neonatal mortality and morbidity. A multifaceted approach is employed to achieve the purpose. Antenatal care is the cornerstone, emphasizing early and regular visits to monitor pregnancy, identify risk factors, and educate pregnant women. Health education and promotion initiatives provide essential information on healthy practices during pregnancy. Medical screenings and tests are conducted to identify complications early, guiding timely intervention. Management of risk factors in high-risk pregnancies further reduces the likelihood of complications. Implementing this approach yields promising results. Improved maternal health outcomes are evident through reduced maternal and neonatal mortality and morbidity rates. Antenatal care utilization increases, and complications are addressed earlier, leading to better pregnancy experiences and healthier outcomes. Health education initiatives empower pregnant women to make informed decisions, while nutritional support contributes to maternal and fetal well-being. The systematic use of medical screenings ensures early detection of complications, enabling timely intervention. A comprehensive approach to promoting maternal health and preventing complications during pregnancy is effective and essential. This strategy encompasses early and regular antenatal care, health education, nutritional support, medical screenings, and the management of risk factors. By integrating these methods, healthcare systems safeguard the health and well-being of pregnant women, leading to healthier outcomes for both mother and child. The tangible results affirm the significance of this multifaceted approach in maternal healthcare, highlighting its potential to reduce maternal mortality, improve maternal health, and ensure safe pregnancies and childbirth. This underscores the importance of continued investment in maternal healthcare to enhance overall healthcare quality.

Keywords: Maternal, Health

Registration Code: ABPO 1361



CLINICAL STUDY TO EVALUATE THE EFFECT OF MENOCRAMP TABLETS IN THE MANAGEMENT OF PRIMARY DYSMENORRHOEA

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Dysmenorrhoea is one of the commonest gynecological issues affecting females in their reproductive years particularly in adolescence and adulthood. Dysmenorrhoea is a debilitating and stressful condition which affects more than 50% of menstruating women. Dysmenorrhoea adversely impacts the activities of daily living and is one of the major causes of school and work absenteeism. Ayurved formulations are preferred in the management of conditions like dysmenorrhoea keeping in mind their efficacy and safety profile vis-à-vis NSAIDs. This study was conducted to evaluate the efficacy and safety of Menocamp Tablets in the management of Primary Dysmenorrhoea. This study was a multi-centric, open label, single group, proof-of-concept study [CTRI Registration No.: CTRI/2020/12/029646]. Participants with primary dysmenorrhea and normal pelvic pathology were recruited in the study. Participants were advised to take two Menocamp tablets thrice daily after food with warm water for 5 days from day 1 to day 5 of menstrual cycle for 3 consecutive cycles. The participants were evaluated on Visual Analog Scale (VAS) and WaLIDD scale before, during and after the treatment. Results Out of the 33 participants recruited, 30 participants completed the study. Significant reduction in mean VAS score and mean WaLIDD score (its Sub-scale scores i. working ability ii. location of pain, iii. intensity of pain and iv. days of pain) was observed after 5 days of treatment with Menocamp Tablets in all the 3 consecutive menstrual cycles. There were no major adverse effects reported during the study. Menocamp Tablets are effective in reducing the severity of pain, disability, fatigue and low back pain associated with primary dysmenorrhoea. Menocamp Tablets were tolerated well.

Keywords: Primary Dysmenorrhoea, Menocamp Tablets, Ayurved, multi-centric

Registration Code: ABPO 1397



REVIEW ON EFFICACY OF ASWAGANDHA WITHANIA SOMNIFERA IN THE MANAGEMENT OF MALE INFERTILITY

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Infertility is an important public health concern because it can have wide-reaching negative impacts on the lives of the people affected. Artificial reproductive techniques are costly with low success rates. Nowadays, management by herbal remedies are gaining much importance. In India according to WHO the overall prevalence of primary infertility ranges between 3.9% and 16.8%. Absence or low sperm level, abnormal shape, ejaculatory problems are the most common causes addressed in male infertility. In Ayurveda, Vajikarana deals with the management of defective semen and healthy sexual potentiation. Vajikarana is the therapy while vrishya is the property (karma) of the drug. Effect on pituitary gonadal axis, vasodilation and raised testosterone level are suggested mechanism for its action of drugs. Aswagandha (*Withania somnifera*), belonging to Solanaceae family is an adaptogen and well known rasayana along with vrishya activity. Search for mechanism of action of Aswagandha was limited to Brihatrayees, and review articles. Activity of Aswagandha can be understood from its Madhura vipaka, snigdha guna and due to the presence of Withanolides (steroidal lactones) and Withania (alkaloids). Despite its aphrodisiac property, it possess anti- stress and sleep inducing activity. It is effective in treating oligospermia, testosterone levels and enhances semen quality by managing the optimum concentration of essential amino acids, citrate and lactate in seminal plasma. The review mainly focuses on the action of Aswagandha based on its rasa panchakas and chemical constituents. Aphrodisiac drugs are required to be properly screened for their exact site, nature and mechanism of action. Lack of scientific studies, possibilities of adulteration and their unexpected side effects need to be considered before the use of this therapy.

Keywords: Aphrodisiac, Aswagandha, Vajikarana

Registration Code: ABPO 1400



ROLE OF HERBAL DRUGS IN FAMILY PLANNING

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Human fertility control is one of the major approach for controlling population in Allopathic science many potential methods such as use of hormones and chemicals are adapted to induce infertility some method provide short term and some provide long term birth control facility but all the methods have some advantage and some disadvantage associating with them but considering women health care it has become important to use herbal antifertility agents which can interfere with the natural procedure of reproduction in women herbal contraceptive are found to be eco-friendly can be easily available and cost effective but less potential than synthetic drugs numerous herbs have been tested for their contraceptive activity on different animals models this paper review gives insight about few herbs having antifertility effect

Keywords: Antifertility, Reproduction, Herbs, Contraceptive

Registration Code: ABPO 1452



STHANYA DUSHTI NIDANA WITH RESPECT TO CONTEMPORARY LIFESTYLE

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Mother's milk is considered as piyusha in Ayurveda. Sudha sthanya is the primary diet needed for the growth and development of infants providing un-impaired strength and longevity to the child. Exclusive breast feeding is advised for the first six months of life and nutritionally adequate foods after that, while breast feeding continues, for up to two years of age or beyond. The quality and quantity of breast milk depends on the physical and psychological state of mother. Dushta sthanya is due to various morbidities in mother and is responsible for the same in infants also. Mother's indulgence in inappropriate diet and unusual lifestyle practices can vitiate doshas and dhatus. These in turn vitiates breast milk. Sthanya is the upadhathu of rasa. Modern lifestyle practices like intake of abnormal and incompatible food, excessive spicy and sour food, excess intake of alcohol, frequent snacking, sleeping immediately after food, altered sleep cycles, anxiety, suppression of natural urges, lack of exercise, etc are some of the etiological factors responsible for sthanya dushti. As of now, the exact relation between the alteration in quantity and quality of sthanya and its effect on health of infant has not been studied meticulously. This paper discusses the various sthanya dushti nidana in relation to contemporary lifestyle practices.

Keywords: Sudha sthanya, Dushta sthanya, Dushti nidana

Registration Code: ABPO 1527



ROLE OF HERBAL DRUGS IN GYNECOLOGY

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A women's body undergoes many changes throughout her life from Menarche to Menopause for some women its totally haste free and some its proves to be stressful during all this situation there will be up and downs with respect to over all health, hence maintaining proper hormonal balance and healthy state of uterus become mandatory ayurveda one of the ancient science proves to be very grateful. The herbal drugs as per ayurveda which are specially mentioned for reproductive organ not only helps in treating disease associated with them but at the same time maintain the normal functioning and good health of it. Women are a perfect blend of charm power and enthusiasm. This rapidly changes at various sphere of her life, needs utmost care. The addition to all of that she as to endure adapt physical, physiological and psychological changes taking place. The basic tent of ayurveda is to maintain the overall wellness in the body. There are many herbs which are mentioned such as kumari, sariva, shatavari etc. Which maintains the overall harmony in women by maintain utmost perfect health of reproductive organ. Ayurveda is one of science which has provide to be an effective, safe and long lasting cure for managing good health. In this presentation effort will be made to review some of their herbs and herbal preparation which are mentioned above

Keywords: Ayurveda. Reproductive organ, Herbs and herbal preparation

Registration Code: ABPO 1531



A CONCEPTUAL APPROACH FOR PRECONCEPTION CARE AND PARENTHOOD

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Planning pregnancy is very important to ensure the most comfortable and optimal conditions for conception, gestation and the subsequent birth of a healthy child. Preconception care is the provision of biomedical, behavioral and social health interventions to couples before conception occurs. The ideal age of 20's for bearing children needs to be emphasized to discourage too early and late marriages. Nowadays there is an increasing trend for delayed pregnancies, which prompts infertility, risk of miscarriage, still birth etc. Improving adolescent health and preventing adolescent pregnancy and promotion of birth spacing are fundamental to preconception care. As a result of cross referencing for preconception risk, comprehensive strategy like screening couple's mental, physical and reproductive health plays a major role. The aim of this is to review the ayurvedic literature of preconception care, its relevance in present era and to make mass aware of its importance. For meeting the objective of healthy progeny, Ayurveda scholars felt the importance of six procreative factors that is Shadgarbhkarabhavas such as Matrija, Pitrija, Aatmaja, Rasaja, Satmyaja, and Sattvaja. Aharas and viharas are suggested to ensure optimum quality of ovum and sperm as well as equilibrium of body and mind. To beget a Shreyasipraja, couple planning for parenthood can adopt the ayurveda principles including Shodhana, Bhramacharya, and male should consume Shali rice with Ghrita, milk and female should consume Taila and masha. With the increasing world population and adoption of small family norms it becomes essential to have a progeny endowed with best health, intelligence and all good qualities. Garbhadhana, ahara niyama and puthreshti speak about the preparation of mindset of would be parents and to evoke a zeal to have a good progeny.

Keywords: Ayurveda, Preconception care, Procreative factors, Diet, Garbhadhana

Registration Code: ABPO 1585



IMPORTANCE OF RITUMATI CHARYA IN CONTEMPORARY ERA

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Menstrual management plays a crucial role in empowering girls and women to reach their full potential. Menstrual health encompasses complete physical, mental, and social well-being, rather than just the absence of disease or infirmity, in relation to the menstrual cycle. Nowadays, the lifestyle of women in the reproductive age group of 15 to 49 has become increasingly stressful and hectic. They experience both physical and mental stress, which can contribute to menstrual disorders such as menorrhagia, dysmenorrhea, and oligomenorrhea. Therefore, it is important to educate society about Ritumati paricharya, as mentioned in ayurveda. The Rajaswala Paricharya helps women cope with the physiological changes that occur in their bodies during the rajaswala period. Acharyas have mentioned specific aharas and viharas that are recommended or discouraged for maintaining good health. To increase agni , a proper diet should be followed during the rajaswala kala, with havisya or yavaka being suggested. Utensils made of clay have alkaline properties that neutralize the pH balance of food by interacting with acids, thereby enhancing digestion. It is advised that menstruating women follow the vihara during menstruation for the first three days, and on the fourth day, they should take a bath and wear white garments. Acharyas also mention that during menstruation, women should sleep on a bed made of darbha (*Desmostachya bipinnata*) spread over the ground, as it has antioxidative property . Several controversies surrounding taboos such as Anjanam, Snamam, Maithunam, and Ashrupata have emerged in this modern era. Snana is believed to have stambhana property, which can cause menstrual clots. In this present epoch, occurrence rate of certain discomforts among adolescents indicates the extent of sufferings, the adolescence females undergo with each cycle of menstruation. This suggest that treatment approaches should be developed as the target group is vulnerable.

Keywords: Menstrual health, Ritumati, Aharas, Vihara, Reproductive health

Registration Code: ABPO 1588



TACKLING OF POSTPARTUM DEPRESSION WITH AYURVEDA

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Postpartum depression is a mood disorder that affects approximately 10–15% of mothers yearly. The postpartum period begins soon after the baby's delivery and usually lasts six to eight weeks and ends when the mother's body has nearly returned to its prepregnant state. Tremendous changes occur in the mother's familial and interpersonal world including insomnia, loss of appetite, intense irritability and difficulty in bonding with the baby. After childbirth, a mother can experience varied emotions ranging from joy and pleasure to sadness and crying bouts. According to WHO the prevalence of Postpartum Depression (PPD) in the world is estimated to range from 10 to 30%, In India it is about 22%. Postpartum depression is characterized by, emotional liability, feelings of guilt, loss of appetite, sleep disturbance, unable to cope with the infant, some women may worry excessively about the child health or feeding habits and see themselves as bad or inadequate mothers. Ayurveda assumes a significant part in counteraction and the executives of Postpartum Depression through the major methodology of Sootika paricharya, which consolidates diet and personal conduct standard and medicaments. Acharyas mentioned about satwavajaya chikitsa, shamana chikitsa, agnideepana ahara and aushadha, rasayana and brihmana property drugs like shatavari, ashwagandha, lasuna etc. Lifestyle modifications by avoiding isolation and sharing feelings of mother have significant role in managing postpartum depression. A holistic approach with yoga and simple practices rooted in scriptures helps to tackle postpartum depression effectively. Further developing the way of life and embracing ayurveda will be solid for this condition. These routine assists the patient with battling against the downturn and recover the strength that assists her body with returning to surmised pre-pregnant state.

Keywords: Postpartum depression, Sootika paricharya, Satwavajaya chikitsa, Diet, Yoga, Pranayama

Registration Code: ABPO 1675



AN OBSERVATIONAL STUDY

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Premenstrual syndrome is a psych neuroendocrine disorder of unknown aetiology, often noticed just prior to menstruation. The symptoms of PMS can be seen before menstruation in luteal phase, which can be correlated to Riturvyateetakala in ayurvedic perspective. During Riturvyateetakala, there is dominance of pitta dosha with vata sanchayavastha. The symptoms of PMS can be due to pitta and vata imbalance. As Agni is very important for the healthy status of human being, its variation in PMS has yet to be known. Apana vaigunyata causes vata pratilomata leading to malfunctioning of prana vayu, the most controlling vata. By relating the apana vaigunya, the prana vayu can also be controlled. Knowing the different status of agni and apana vayu during PMS with respect to the individual's deha prakriti, mental and physical symptoms of PMS can be corrected thus the quality life of women can be improved. Methodology: Study design was descriptive and was conducted in female subjects, age group of (18-30) years in Government Ayurveda College, Kannur. The sampling was done consecutively. Subjects diagnosed with ACOG criteria with PMS was assessed using agni, apana vayu, prakriti assessment questionnaires.: Among 138 subjects, the deranged state of Agni were observed during PMS. Vishamagni was the most predominant state at 58.7% followed by Mandagni at 28.3%. However, derangement in Agni improved after menstruation, leading higher Samagni state of Agni. The degree of Apana Vaigunya was higher during PMS and improved after menstruation. The study indicated a correlation between higher PMS score and decrease in the occurrence of Samagni and viceversa. PMS score was found higher in the subjects having Apana Vaigunya during PMS. There was significant difference in the status of Agni and Apana vayu in female subjects having PMS. Vishamagni and Apana Vaigunya were found predominant during PMS.

Keywords: Riturvyateeta kala, Mandagni, Vishamagni, Samagni, Apana vaigunya

Registration Code: ABPO 1758



PRECONCEPTIONAL CARE AND GARBHINI PARICHARYA IN CLINICAL PRACTICE- A CASE STUDY

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Parenthood is perhaps the most important responsibility that one can undertake in his/ her life, yet many young couples become parents without much preparation. Ayurveda, the ancient science gives importance to swasthya rakshana and vikara prashamana by exploring various procedures like dinacharya, ritucharya, sadvrutta for maintaining the physical and mental health and preventing the disease. Acharyas were still ahead in the field of prasuti tantra. Wide range of references regarding preconceptional care, garbhini paricharya, masanumasika pathya, contraindications for garbhini, guidelines for the management of prasuta stree are available in brihatrayi and laghutrayi. This paper tries to present a case study of a 23yrs old female having regular menstrual cycle came to our outpatient department for preconceptional care. She had undergone shodhana therapy prior to conception and later she got conceived. Her antenatal and postnatal period was uneventful and delivered a male baby, which implies that proper implementation of preconceptional care and garbhini paricharya ensures normal healthy delivery.

Keywords: Preconception care, Suputra, Garbhini paricharya

Registration Code: ABPO 1786



A REVIEW OF AYURVEDA CONCEPTS OF ETIOPATHOGENESIS AND SAMPRAPTI VIGHATANA IN GARBHASHAGATHA ARBUDA

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Garbhashagata Arbuda is the commonest benign tumor in at least 20% of women during their reproductive age that arises from the myometrium of the uterus. Surgical intervention is a famous treatment method. In the modern world, women have interested in natural treatment methods for developing their quality of life and their secondary objectives like fertility. The objective of this review is to summarize the available information on the mechanism of Ayurveda etiopathogenesis of Garbhashagata Arbuda and Samprapti Vighatana of disease, which inhibit the uterine fibroid activity, increases the fertility power, decreases the complication, and enhances the quality of life. Garbhashagata Arbuda can be related to the “Arbuda” mentioned in Ayurvedic texts, and it can be managed according to the principle of Samprapti Vighatana (to break the pathogenesis) according to Shat kriya kala. Both modifiable and non-modifiable risk factors are associated with the development of Garbhashagata Arbuda. These include age, race, endogenous and exogenous hormonal factors, obesity, uterine infections, and lifestyle (diet, caffeine, and alcohol consumption, physical activity, stress, and smoking). In-aggravated dosas vitiating mansa being localized in Garbhashaya produce localized swelling of accumulating mansa specially myometrium, which is round, fixed, and is associated with or without pain, menorrhagia, and pressure symptoms in the pelvic region and increases gradually. Moreover, In the given context, the option available for treatment of Garbhashagata Arbuda can be compared to Granthi Roga and Vata, Kapha dominating Tridoshas are involved in the pathogenesis of the Granthi Roga hence Vata-Kaphahara medications are required, Dushyas are Rakta, Mamsa, and Meda hence the medications should possess Raktashodhaka (blood purifier), Lekhana (scrapping or dissolving) properties. It has concluded that the Ayurveda treatment concepts improves the quality of life and reduces reproductive dysfunctions, rather than reduction of fibroid with no apparent evidence of complication.

Keywords: Garbhashagata Arbuda, Etiopathology, Samprapthi vighatana, Women

Registration Code: ABPO 1905



CONCEPT OF STREE SUKRA FEMALE SEMEN ITS INTERPRETATIONS AND APPLICATIONS IN WOMEN HEALTH

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Ayurveda describes human body as a combination of 3 basic physiological constituents Dosa, dhatu and mala irrespective of sex. Among seven dhatus, sukra is the 7th dhatu. According to acarya Susruta when two sexually active women indulge in coitus they secrete sukra which results in garbha without bone. Acarya Vagbhata also opines that stree sukra secreted during coitus have no role in conception. Stree sukra secreted during the sexual act is actually secretions of Bartholin's gland, cervical and endometrial glands. Therefore srava roopa street sukra have role in sexual act rather than conception. Then what is the role of seventh dhatu sukra or dhatu roopa sukra in female. Based on the available literatures, an attempt is made to interpret the concept of stree sukra in conventional Ayurvedic and Modern view in lifecycle of a woman and its applications in Gynecology and Obstetrics. In females hormone fluctuations cause mood swings during puberty, menopause, perimenopausal, postpartum period resulting in asthiratha (fragility of mind). Oestrogen inhibit osteoclastic activity and stimulate bone growth providing dehabala. Oxytocin released during physical contact (childbirth, suckling, intercourse) provides feeling of love, trust and bonding hence causing priti. Secretions of adrenaline, dopamine, serotonin are high during attraction or feel good. Testosterone from adrenal glands and ovary helps in causing libido in female causing harsha. FSH and LH helps in oogenesis and ovulation hence beejartham. So all these hormones and neuro transmitters (Oestrogen, Oxytocin, Testosterone, FSH, LH, Dopamine, Serotonin, Noradrenaline) may include in dhatu roopa sukra in female. Stree sukra have role in allround health of female including reproduction. Proper understanding of the concept helps to plan appropriate pharmacotherapy which will open up new pathways in field of female infertility and management of various gynecological, psychological and maternal disorders.

Keywords: Sukra dhatu, Libido, Antah sukra, Happy hormones, Mood swings

Registration Code: ABPO 1953



CONCEPT OF RAJASWALA PARICHARYA CARE FOR WOMAN DURING MENSTRUATION IN AYURVEDA

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A woman is the full circle, within her is the power to create, nurture and transform”. Communities and countries and ultimately the world are only as strong as the health of their women. A regular, healthy menstrual cycle can be considered as the reflection of a woman’s reproductive health. It extends from menarche to menopause, almost a 40-year long period in a woman’s life. Hormonal fluctuations run a roller coaster ride, pregnancy and parturition being the two major events involved. ‘Rajaswala’ is the term used in Ayurveda to denote a menstruating woman and ‘paricharya’ is the code of conduct or the measures to be followed. Eventhough elaborate regimens are proposed by our acharyas, ‘rajaswala paricharya’ remains as one of the most neglected and least explored fields in Ayurveda. If properly followed, this regimen can help a woman cope up with the physical and psychological changes that occur in her body during this period and may even aid in boosting her fertility. Additionally, it might shield her from the tridosha imbalance that causes a variety of gynaecological illnesses. A convenient and updated version of this paricharya is ought to be framed and a plan of action need to be sorted out for a woman’s sexual and reproductive health.

Keywords: Ayurveda, Rajaswala, Reproductive health

Registration Code: ABPO 2035



NUTRITION AND HEALTHY EATING DURING PREGNANCY- A GUIDE TO OPTIMAL MATERNAL AND FETAL HEALTH

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Pregnancy is a unique and transformative phase in a woman's life, during which optimal nutrition is crucial in promoting the health and well-being of both the mother and the developing baby. A well balanced and nutritious diet during pregnancy provides essential nutrients for foetal growth and development while supporting the mother's changing needs. Caloric intake should increase by approximately 300Kcal/day during pregnancy. This value is derived from an estimate of 80,000Kcal needed to support a full-term pregnancy and accounts not only for increased maternal and foetal metabolism, but for the foetal and placental growth. Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant woman. The nine monthly diet is singularly unique to Ayurveda. A literature review was conducted for all relevant articles containing information about the relevance of Nutrition and healthy eating during pregnancy & lifelong consequences. A search for papers was also conducted to know the role of diet and nutrition in pregnancy through Ayurveda. According to ayurveda, Purusha (human) is born and grows from Ahararasa. So, it should be maintained healthy. The food and behaviour should be such that, Ahara rasa should be protected at all cost. So, the birth and growth of the child depends upon the food and actions of the mother. Comprehensive improvements in nutrition and health status of women before and during pregnancy will contribute to optimal foetal growth, favourable obstetrical outcomes, improved perinatal survival, and potential for better long-term health in both the mother and offspring.

Keywords: Nutrition, Diet, Pregnancy, Garbhini paricharya

Registration Code: ABPO 2038



CRITICAL REVIEW OF TIKTA RASA ABHYASA BY GARBHINI ON INTRAUTERINE GROWTH RESTRICTION

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The expectant mothers food and lifestyle have an impact on the development of the fetus. Garbhini Paricharya refers to antenatal care that include Masanumasika Pathya ahara and vihara, Garbhasthapaka karma and avoidance of Garbhopaghatakara bhava. Daily use of Tikta rasa ahara is one among garbhopaghatakara bhava and born progeny will be anupachita, soshina and abala. Fetal weight below the 10th percentile for gestational age is known as intrauterine growth restriction. The pathophysiology of IUGR is heavily influenced by the fetus inadequate macronutrient intake. Excess intake of tikta rasa causes decrease in blood glucose level leading to condition like IUGR in pregnant woman. Literature and research works from both ayurveda and modern science relevant to the topic were identified, explored and interpreted. Tikta rasa substances lead to secretion of glucagon-like peptide-1 which increases insulin secretion and reduce glucagon. Major organoleptic qualities in Tikta Rasa is directly influenced by tannins. The transfer of glucose across the placenta is reduced leading to decreased fetal insulin secretion and hence decreases growth. Tannins are regarded as nutritionally unfavorable because they cause proteins to precipitate, obstruct digestive enzymes, and interfere with the absorption of vitamins and minerals. These combine with proteins to generate reversible or irreversible complexes that decrease the bioavailability of amino acids and reduces fetal metabolism. Intestinal digestion and microbial enzyme activity may be inhibited by an excessive tannin concentration in the diet. As a result, meals high in tannins are regarded as having poor macronutrient value. Nutritional sustenance is mostly dependent on the fetus access to nutrients through the mother circulation, which is made possible by placental transfer. Mothers who regularly use Tikta rasa have a slower rise in blood sugar leading to higher chance of giving birth to a child with growth retardation.

Keywords: Ahara rasa, soshina, IUGR, Garbhopaghatakara bhava, Insulin

Registration Code: ABPO 2092



DAIVAVYAPASHRAYA CHIKITSA IN VANDYATVA

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Ayurveda, being a holistic science, emphasizes all aspects of healing. Acharya Charaka described Daivavyapashraya, Yuktivyapasharaya, and Satvavajaya as types of treatments. Acharya Chakrapani explains that Daivavyapashraya Chikitsa is mentioned first among the three types of treatments due to its immediate results (Ashu vyadhiharatvena), its specificity to particular diseases (Vyadhipratyanika), and its ability to address unnoticed causes of the disease (Adrustahetu pratayanika). According to Acharya Chakrapani, 'Daiva' refers to 'Adrusta' or 'Deva', and therapy linked with 'daiva' is called Daivavyapasharaya Chikitsa. 'Vandhyatva' (infertility) has been a longstanding problem since ancient times. Infertility is defined as a failure to conceive within one or more years of regular unprotected intercourse. Unexplained infertility accounts for about 10% of cases, wherein investigations reveal no abnormalities. In these cases, abnormalities are likely present but remain undetected by current methods. With the rise in unexplained infertility cases, there is a pressing need to revolutionize current medical practices through the integration of Daivavyapashraya Chikitsa. A comprehensive review will be undertaken to explore Daivavyapasharaya chikitsa through Ayurveda and Paratantra Adyanana. Literatures will be reviewed from classical textbooks, Veda, Puranas, Contemporary textbooks and published articles. Ayurveda, a medical science with a spiritual foundation, incorporates concepts like Atma, Purvajanma, and the karma (act of past lives) and their potential effects (Karmavipaka). According to the Charaka Samhita, the past karma is a causative factor for Jwara, Kushta, and Yonivyapad. Jwara itself is referred to as 'Papma' (result of bad deeds). Disease in the present can be attributed to potent negative influences from past lives. Daivavyapashraya chikitsa can be valuable for diseases with inexplicable causes and in cases where rational treatment (Yuktivyapashraya chikitsa) has proven ineffective. Sensitising people and integration of Daivavyapashraya chikitsa with yuktivyapashraya chikitsa can be a game changer in handling possible pandemics of Future.

Keywords: Daivavyapashraya, Vandyatva, Unexplained infertility, Infertility, Mantra chikitsa, Daiva.

Registration Code: ABPO 2101



EFFECT OF PHYTOESTROGEN THERAPY AS STHANIKA CHIKITSA IN VULVOVAGINAL SYMPTOMS OF GENITOURINARY SYNDROME OF MENOPAUSE

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The Genitourinary syndrome of Menopause (GSM) is a new term that describes various menopausal symptoms and signs associated with physical changes of the vulva, vagina, and lower urinary tract. With a life expectancy of 80 years, woman spends one third of her lifetime under post menopausal period. Most of the symptoms of GSM can be attributed to the lack of estrogen that characterizes menopause. It is a silent epidemic that affect up to 50-60% of postmenopausal women. Most bothersome symptoms of GSM are vaginal dryness along with burning sensation and dyspareunia. Apart from having an impact on women's health it also lead to marital disharmony and affects the quality of life. First line management of GSM consists of non-hormonal therapies such as lubricants, while hormonal therapy with local estrogen is generally considered as the "gold standard". Ayurveda has a holistic approach in the treatment of yonirogas. Ayurveda classics have described certain sthanika chikitsa that possess outstanding and satisfactory outcomes in the management of yonivyapat. Sthanika chikitsa is specific treatment given locally. It is beneficial when sthanika dosha dushti is more and gives strength to the respective sthana. The advent of modern techniques and costly Hormonal replacement therapies are inaccessible to the people of middle and lower economic strata who are more likely languishing the above problems. Introduction of plant derived alternatives for HRT provide another chance to treat this condition. Phytoestrogens are plant compounds with estrogen like properties. As many studies have proven the effect of local application of phytoestrogens in improving vaginal health, phytoestrogen rich drugs like satavari, bala, aswagandha etc administered as sthanika chikitsa will improve the vaginal maturation thus alleviating atrophic symptoms of vagina. Sthanika chikitsa have been able to considerably contribute to the management of these symptoms and assist women in journey towards better health in the latter half of her life and add quality to her existence.

Keywords: Yoniroga, Hormone replacement Therapy, Vaginal health

Registration Code: ABPO 2125



IMPORTANCE OF RAJASWALACHARYA IN FUTURE FERTILITY AND HEALTH OF PROGENY

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Ayurveda, the “science of life” which emphasize every stages of life, upholding the principle “Swasthasya Swasthyarakshana & aathurasya vikaraprashamana”. Reproductive health have an important role in improving the health of the present as well as the coming generation. Due to changing Lifestyle, food habits & physical & mental Stress, women in reproductive age group are suffering from various menstrual cycle related conditions like pcos, dysmenorrhoea, etc. Also, cases of infertility is increasing, which are adversely affecting their health and quality of life. In Ayurveda, Acharyas mentioned various charyas and paricharyas like rajaswala-charya, garbhini-paricharya etc, which helps to prevent the occurrence of such conditions. Also, the care for getting a superior progeny begins at the very level of Rajaswala-charya and preconceptional care, which is based on the concept of shuddha bija, Ritu, Kshetra etc will result in Suprajajananam. Rajaswala-charya is the one that receives least attention among these regimens. In the present era, where there is a growing emphasis on producing superior progeny and prioritizing both overall health and reproductive well-being, It is imperative to recognize the importance of educating the public about “rajaswala-charya” which offers solutions for menstrual irregularities, infertility and ultimately contributes to the improved well-being of women. An attempt has been made to compile and understand the importance and practical utility of the regimens from a multitude of sources including ayurvedic classics/ compendia, research articles and clinical data. On average, women will have about 450 menstrual periods in their lifetime. Following proper regimens, maintaining personal hygiene etc in these days is very important for maintaining good physical and reproductive health as well as for the production of a healthy generation. Indulgence in contraindicated aharaviharas knowingly or unknowingly, results in health issues of both woman and her progeny. As, prevention is better than cure, awaring public about rajaswala-charya may help to prevent or decrease the occurrence of menstrual cycle related diseases & infertility.

Keywords: Rajaswalacharya, Reproductive health, Infertility, Healthy progeny

Registration Code: ABPO 2144



A HOLLISTIC APPROACH TO PREGNANCY NUTRITION THROUGH READY-MADE NUTRIENT RICH PACKETS

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Nausea and vomiting are common experiences in pregnancy, affecting 70–80% of all pregnant women. Preparing food or medication will be difficult, and most of the time they will be relying on instant or readymade packet food. Studies have proved that the intake of fried and packet food are more during pregnancy, and this is causing multiple offspring's allergy diseases and GDM. Rather than going behind unhealthy food we can give something healthy and nutrient rich food during pregnancy with our Masanumasika Garbini Paricharya concept, which makes the mothers easy to make and easy to use. The therapeutic intervention in diet during pregnancy is adopted with a recognized Ayurvedic medical interventions based on the concept of masanumasika Garbini paricharya incorporated with a month-based diet plan. To make it easy in an innovative way it can be made in a ready-made packet form. The medicines are made in a sachet of 12gm and advised to take weekly twice, preferably Monday and Thursday . Likewise in the entire pregnancy journey. A comprehensive diet based on the mother's needs is preferable to a nutrient-deficient diet. With the embedded support of Ayurveda, these deficiencies can be addressed. The diet plan is based on the food components having proteins, calcium, zinc, Folicin, Pyridoxine and iron rich food. The diet plan is based on the food components having proteins, calcium, zinc, Folicin, Pyridoxine and iron rich food. The current scenario in this new generation is the affinity towards readily available and instant foods, which are easy to get, make and use. If we can provide something healthy in the readymade form, which gives importance to the health and nutrients of mother and fetus. It will not only give them health support but also helps to overcome difficulties like food preparation that many women face.

Keywords: Instant Food, Pregnancy, Diet, Nutrient-Deficit, Readymade Food

Registration Code: ABPO 2176



CONCEPTUAL AND APPLIED ASPECTS OF RITU SHARIR

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Conceptual and Applied Aspect of Ritusharir Women is the mother of creation. She with splendid physical and mental performance in all possible fields have an outstanding outlook and special place in the society. As per need to protect women's health and improve their lifestyle. The nature of constitution can be as saumyapradhanta or agneya pradhana defined as per Ayurveda concepts. According to Ayurveda the predominance of Doshas bring about different physiological changes at different stages of a woman's life. Based on these changes she is called by the terms Kanya, Gowri, Mugdha, Vriddha. Basic dosha, dhatu and other bodily parts develops under the predominancy of one factor which helps to maintain swastha avastha of beeja as well as proper functioning of channels in body i.e strotas. In female, agneya pradhan constitution do get nurtured by the monthly cyclic rhythm of ritukala. Indication to sustain the proper agenyatva properties in female during this phase of cycle which also plays important role in gabha formation. Apart from this, till the age of 50 years, cyclic pattern of ritu sharir also focuses to maintain female physiology & balance of agni tatva must be maintained. In absence of this, disturbance may lead to manifestation of various diseases. In ayurveda classics, different assessment factors are mentioned through which normalcy pattern of ritu sharir can be understand whether in other contemporary sciences dependency to diagnostic tools are higher. To avoid common pattern in women like HTN, hypothyroidism etc can be corrected by restoring or by proper functioning of agnaya guna. By special diet and other indications of ritu sharir the agnaya guna could be restored. Submitted by- Dr. Tamanna Gumber, M.D Scholar (Department of Rachana Sharir) National institute of Ayurveda Jaipur

Keywords: Ritu sharir, Agnaya guna, Ritukala

Registration Code: ABPO 2235



ROLE OF NASYA KARMA IN FUNCTIONAL HYPOTHALAMIC AMENORRHEA

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Functional hypothalamic amenorrhea is a disease of exclusion and is associated with infertility and osteopenia in reproductive age women. It is caused by deficient secretion of hypothalamic gonadotropin releasing hormone, which in turn leads to failure of pituitary gonadotropin and gonadal steroidal release. Most common causes include emotional stress, weight loss and vigorous exercise. But removal of these triggers does not always result in the reversal to normal menstrual cycle. In such conditions procedure like nasya karma plays a major role in correction of menstruation. Ayurvedic and modern scientific literature and research relevant to the subject were identified, examined, and interpreted. Nasal passage is considered as gateway to shiras “Nasa hi shiraso dwaaram”. Nasya is mentioned as best treatment for uttamanga and removes morbid doshas responsible for rogas. Nasya given will stimulate the nerves and also gets absorbed through the mucous membrane, enters Shrungataka marma and affects the manas travelling through the Indriya -pranavaha srotas. Nasya is having direct action on neuro-endocrinological system and regulate HPO axis and normalize the menstruation. and significance -Menstrual cycle is under the control of Neuroendocrinal system and is necessary for Reproduction. So Nasya is the acceptable Shodhana procedure to manage endocrine disorders where hypothalamus or pituitary is involved thus, helping treat functional hypothalamic amenorrhoea and regularising the menstrual cycle.

Keywords: Ayurveda, Uttamanga, Amenorrhoea, Neuroendocrine, Stress

Registration Code: ABPO 2238



EFFECT OF PRE CONCEPTIONAL TREATMENT: A CASE STUDY

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Purpose of study Infertility affects millions of people. And has an impact on their families and communities. Approximately one in every six people of reproductive age worldwide experience infertility in their lifetime. Methodology It is a successful case of 25 year old married woman reported the prasuti tantra and stree roga OPD with complaint of not able to conceive even after trying for 3 years of unprotected married life. Result 6 months internal and external treatment patient conceive. Infertility is becoming a burning issue since past decade and this is mainly due to the combination of environmental, social, psychological and nutritional factors. In contemporary medicine, treatment focusing on correcting dysfunction diagnosed with the several diagnostic tests. Moreover, the complications arising due to the infertility management including hormonal therapy, ovulation induction and invasive diagnostic techniques are huge. In cases of unexplained infertility, life style modifications and ART (Artificial reproductive techniques) are only treatment option available. But the success rates are less and highly expensive too. Ayurveda on the other hand, looks deeply into the individual constitution, and aims to enhance the functioning of body systems that participate in the process of fertilization in totally. From this case study itself it is clear that systematic approach with ayurvedic principles are effective in managing infertility as an effective, natural, safe and cost effective method.

Keywords: Pre conceptional treatment, Infertility

Registration Code: ABPO 2294



NUTRITION AND HEALTHY EATING DURING PREGNANCY- A GUIDE TO OPTIMAL MATERNAL AND FETAL HEALTH

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Pregnancy is a unique and transformative phase in a woman's life, during which optimal nutrition is crucial in promoting the health and well-being of both the mother and the developing baby. A well balanced and nutritious diet during pregnancy provides essential nutrients for foetal growth and development while supporting the mother's changing needs. Caloric intake should increase by approximately 300Kcal/day during pregnancy. This value is derived from an estimate of 80,000Kcal needed to support a full-term pregnancy and accounts not only for increased maternal and foetal metabolism, but for the foetal and placental growth. Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant woman. The nine monthly diet is singularly unique to Ayurveda. A literature review was conducted for all relevant articles containing information about the relevance of Nutrition and healthy eating during pregnancy & lifelong consequences. A search for papers was also conducted to know the role of diet and nutrition in pregnancy through Ayurveda. According to ayurveda, Purusha (human) is born and grows from Ahararasa. So, it should be maintained healthy. The food and behaviour should be such that, Ahara rasa should be protected at all cost. So, the birth and growth of the child depends upon the food and actions of the mother. Comprehensive improvements in nutrition and health status of women before and during pregnancy will contribute to optimal foetal growth, favourable obstetrical outcomes, improved perinatal survival, and potential for better long-term health in both the mother and offspring.

Keywords: Nutrition, Diet, Pregnancy, Garbhini paricharya

Registration Code: ABPO 2319



MANAGEMENT OF GARBHINI PANDU WITH DHATRI LAURA-A CASE STUDY

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Pregnancy and child birth are nature's gift. Everyone wishes to have a healthy baby. The growing foetus is nourished by maternal Rasa and Rakta. Garbhavasthajanya Pandu occurs due to the foetal demands & improper functioning of the Rasa Dhatu leading to malnourishment of the body. Acharya Kasyapa has described that Ahara rasa of mother is divided into 3 parts. First part nourishes her own body, second part nourishes the Garbha and third part utilised for the nourishment of Stana. So, mother needs a better and more nourishing diet to fulfill these demands. But due to improper dietary habits, mother body unable to fulfill the nutrients, which leads to certain deficiencies in mother's body. Among them iron deficiency anaemia is the most common haematological disorder that may occur in pregnancy. 27 years old female, married for 2 years, primi with history of 24 wks + 1 day amenorrhoea came to AIIA OPD C/O general weakness, fatigue, anorexia, giddiness with an Hb of 8.8 gm/dl. She was treated with Dhatri Lauha 2 tab (each of 500 mg) twice a day orally with luke warm water for 45 days. Result: After the treatment with Dhatri Lauha the Hb% level of the patient is increased and she also gets relief from the above signs and symptoms. It is clear that Garbhavasthajanya Pandu occurs due to the foetal demands & improper functioning of the Rasa Dhatu leading to malnourishment of the body. Contents of Dhatri Lauha are Rasayana and Yakrtuttejaka and has been proved as Antioxidant, Immunomodulator and Hepatoprotective. Thus, cumulative effects of all the drugs lead to correction of metabolism, increased iron absorption, improved blood formation, and improve the subjective and objective parameters of Garbhini Pandu.

Keywords: Garbha, Dhatri Lauha, Garbhavasthajanya Pandu

Registration Code: ABPO 2361



THE PATH TO MALE WELLNESS YOGAS IMPACT ON REPRODUCTIVE HEALTH

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Male reproductive health is a critical aspect of overall well-being, with implications for both individual health and global demographics. The need for attention to male reproductive health arises from the increasing prevalence of fertility issues, the impact of environmental factors, and lifestyle-related stressors. It highlights the role of yoga in addressing these concerns and promoting male reproductive health. Recent trends show a concerning decline in male fertility, characterized by reduced sperm quality and sperm count. Factors such as sedentary lifestyles, poor dietary choices, exposure to environmental toxins, and psychological stress contribute to this decline. As such, there is a pressing need to explore holistic approaches that can mitigate these challenges. Yoga, an ancient practice originating from India, offers a comprehensive solution. It combines physical postures, breathing exercises, meditation, and a philosophical approach to life. These elements work synergistically to promote male reproductive health. Yoga practices reduce stress and anxiety, which have been shown to affect hormone balance and sperm production negatively. Improved circulation resulting from yoga postures can enhance blood flow to the testes, positively impacting sperm quality. Yoga's focus on flexibility, coupled with increased awareness of one's body, contributes to better sexual function and performance. Furthermore, yoga encourages a holistic approach to health and well-being. This encompasses dietary choices, lifestyle adjustments, and emotional well-being. A holistic perspective is critical in addressing the multifaceted nature of male reproductive health. In conclusion, it emphasizes the need for proactive attention to male reproductive health. Yoga, with its stress-reducing, hormone-regulating, and overall well-being-promoting attributes, offers a promising avenue for enhancing male reproductive health. Research in this field could contribute significantly to the well-being of individuals and help address the growing concern of declining male fertility.

Keywords: Male Fertility, Reproductive Health, Life style disorders, Yoga, Stress,

Registration Code: ABPO 2364



DIETETICS AND NUTRITION OF AYURVEDIC HERBAL MEDICATED MILK IN PAEDIATRICS

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It is widely recognized that breastfeeding is the best nutrition for human infants. Breast milk is the optimal food for almost all infants in the first year of life. The breast milk provides numerous health benefits to both mother and baby. Breastfeeding should begin soon after birth. It is important that infants open their mouth wide enough when breast feeding to grasp the nipple and the areola (pigmented circle around the nipple). Breastfeeding is the best way to care for new child. Besides the overwhelming bonding it creates, breast milk is also the perfect food for them. Likewise in Ayurvedic texts, formation of stanya (breast milk), causes of stanya pravriti (or milk ejection), dhatri (wetnurse), dhatri-pariksha (examination of wet-nurse), stanapan-vidhi (breast feeding), stanyasampat (merits of breasts), stanyanasha hetu (causes of cessation of milk formation), stanyavidhi dravyas (drugs increasing quantity of milk), stanya apanayakala (weaning period), abnormalities of breast-milk and its treatment etc. are discussed in detail. Although in current scenario many women unable to breast feed their child due to lack of breast milk or breast milk deficiency or due to their nature of job. In that conditions based on socio economic status either formula milk or other sources of animal milks are widely used. Ayurveda also describing alternative of breast milk either as milk of Dhatri or herbal medicated milk. In this, comparison of ayurvedic medicated milk with breast milk and formula milk based on its ayurvedic parameters, modern biochemical parameters and its action on epigenetic level on child is going to be addressed.

Keywords: Breast milk alternate, Ayurmilk, Nutri-value

Registration Code: ABPO 2491



MANAGEMENT OF GARBHINI UPAPLUTA IN AYURVEDA

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A mother's health is important to be maintained for future successful outcomes of pregnancy as well as for appropriate growth and development of fetus. Pregnancy is a beautiful phase in women's life and desire to have a healthy progeny is innate and very intense in every living being. Pregnancy is associated with specific anatomical, physiological, and immunological changes that can predispose to infection and also alter the response to the disease process. Some of the infections may be serious and life-threatening for the mother, while others may seriously jeopardize the fetus or neonate leaving the mother asymptomatic. Fetal infections may develop early in pregnancy to produce obvious stigmata at birth. Alternatively, organisms may colonize and infect the fetus during labor and delivery. Infection is the most clearly recognized and more widely studied and responsible for about 20%–40% of all cases of pre-term birth and other complications such as premature rupture of membranes, chorioamnionitis, and spontaneous abortion. Infections in pregnancy demands prompt adequate and careful management. Vulvovaginitis during pregnancy may be considered under the umbrella of Upapluta Yonivyapad. Pregnant women are more prone to vulvovaginitis which is a great challenge for obstetricians today. In Ayurveda, Upapluta Yonivyapad described by Acharaya Charaka, Sharangadhara and both Vagbhata can be compared to vulvovaginitis during pregnancy. So Ayurvedic management will be discussed briefly. The present study aimed to evaluate efficacy of ayurvedic management of Upapluta Yonivyapad (vulvovaginitis during pregnancy). Literatures will be reviewed from classical textbooks, Contemporary textbooks, e-books and published articles. On the basis of all clinical features and principles of treatment, Upapluta Yonivyapad seems to be nearer to vulvovaginitis during pregnancy. Upapluta Yonivyapad is the disease of the pregnant women which produces untowards outcomes if left untreated.

Keywords: Pregnancy, Upapluta Yonivyapad, Vulvo-vaginitis, Ayurvedic Management.

Registration Code: ABPO 2516



MANAGEMENT OF CERVICAL INTRAEPITHELIAL NEOPLASIA THROUGH AYURVEDA

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Cervical cancer is the second most leading prevalent cancer in India. There is an estimated 123,000 new cases of cervical cancer in India every year with 67,000 deaths. Recent studies have shown that screening of cervical cancer reduces the disease incidence and mortality by 50%. Cervical intraepithelial neoplasia is precursor or pre-invasive lesions of cervical squamous cell cancers. Sexually transmitted HPV are the most important risk factor for CIN and Invasive Cervical Cancers. Despite the proven effectiveness of HPV vaccine, vaccine coverage remains low in many countries due to various factors including lack of access, low awareness & vaccine hesitancy. Treatment modalities like mechanical removal or destruction, chemical or thermal coagulation are expensive and advanced treatments like Loop Electro Surgical Procedure have complications including trouble getting pregnant & potential preterm birth or low birth weight babies. As not common in other cancers, the precancerous changes in cervical tissue can linger for many years before becoming a cervical carcinoma which gives an opportunity for early screening (Pap test) and detection. As per Ayurveda HPV infection could be considered Agantu roga by origin, but later it vitiates the dosha & dhatu manifesting into Nija roga. Many symptoms of HPV exist in conditions like Paripluta, Vipluta, Karnini, Yoniarsas etc. Lakshanas of Paripluta are visible in CIN which is inturn poorvavastha of the forthcoming cervical cancer. It can be prevented through Sadvritta, Nidanaparivarjana and cure can be ensured through Sodhana, Snehapana, Virechana, Utharavasthi, Agnikarma, Ksharakarma & use of drugs both internally as well as externally. As immunity plays a key role in counteracting HPV infections, Ayurveda holds an ocean of possibilities in preventing the progress of infection to high grade lesion with the use of medicines with immunomodulatory effect and practice of healthy diet and regimen.

Keywords: HPV, Paripluta

Registration Code: ABPO 2520



A SCIENTIFIC APPROACH TO POSTNATAL CARE THROUGH AYURVEDA

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The domain of maternal health is having a decisive role in the development of a nation. Maternal health refers to the health status of a woman during the period of pregnancy, childbirth and postpartum. Postnatal care is a preventive health care including oushadha, ahara and vihara, that benefits both mother and child. It includes systematic examination of the mother and baby and appropriate advice given to the mother during the puerperium which begins as soon as the placenta is expelled and lasts approximately 6 weeks. More than one half of maternal deaths occur during this period. Health problems of postnatal period includes infections, fatigue, depression and complications of lactation. In Ayurvedic classics postnatal care is mentioned as 'soothika paricharya.' Though postnatal care is one of the most popular regimens in Ayurveda, it remains the most misunderstood one by other medical fraternities. It's high time to validate the scientific basis of postnatal care through Ayurveda. A literature review was conducted from relevant articles of peer reviewed journals, reference books and classical Ayurvedic Samhitas. During the postpartum period the mother passes progressively through many changes both physically and emotionally. Acharya Vagbhata says that soothika is kshapitha due to garbhavidhi, sithila sarvasareeradhathu, pravahanavedana, kledaraktanisruti and viseshat soonyasareera. That is soothika becomes weak both physically and mentally by nourishing the baby, depletion in dhathus through blood loss in labour and stress of labour pain. Soothika paricharya supports the involution process and supplies necessary nutrition for lactation. Abhyanga and ushmasweda helps in normalizing laxity of muscles and relieving different kinds of pain. A scientific approach to the postnatal care considering the prakriti, dosha and dushya of the soothika keeping the conventional practices as framework will be beneficial in maintaining the general and mental health and thereby regaining pre-pregnancy health status.

Keywords: Soothikaparicharya, Ayurvedic postnatal care

Registration Code: ABPO 2570



AN APPROACH TO MANAGEMENT OF DIMINISHED OVARIAN RESPONSE WSR TO DHATUKSHAYAJANYA VANDHYA THE LAST STRAW TO BREAK THE CAMELS BACK

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Diminishing ovarian reserve (DOR) is defined as a decrease in the quality and quantity of oocytes, a condition in which the ovary loses reproductive potential while compromising fertility, even with assisted reproductive techniques. Diminished fertility and poor ovarian response pose a conundrum to the experts in the field of reproductive medicine. 10-30% of female infertility is due to DOR and is considered an “expected poor responder” for In vitro fertilisation (IVF). There is limited knowledge about the risk factors of diminished ovarian reserve other than the iatrogenic ones. In Ayurveda correlation of DOR can be done with Dathukshayajanya vandya explained in Haritha samhita. It is due to depletion or inadequate formation of dhatus which leads to a reduction in fertility potential and ultimately anapathyatha. Vajikarana or Vrushya Chikitsa is one of eight major specialities of the Ashtanga Ayurveda. It revitalizes all seven Dhatus and restores equilibrium and health. Vandhya chikithsa in Ayurveda comprises a multifactorial approach of rasayana and vrushya dravya which comprises of shatavari, bhringaraja, draksha, amlaki, bala dvaya, ashvagandha etc, samana aushadhi – shivagutika, vrushya shatavari ghrita and in shodana chikitsa acharya have specifically explained basthi chikitsa as sresta contemplating more towards the rasayana and vrushya basthi’s. As many treatments are not available for the DOR in the contemporary system of medicine, which comes down to aggressive ovulatory stimulation or donor egg implantation, Ayurveda comes as the last straw that breaks the camel’s back. Acharyas have explained specific Aushadis for the Vandhya Chikitsa in Dhatukshayajanya Vikaras, Vrushyas and Rasayanas which not only help in the improvement of the quality/quantity of the egg but also helps in the Garbhasthapana.

Keywords: Anapathyatha, Rasayana Chikitsa, Vrushya Chikitsa, Aggressive Ovulatory Stimulation, Donor Egg Implantation, Garbhasthapana.

Registration Code: ABPO 2575



ARKA KALPANA PRAYOGA IN THE TREATMENT OF PRIMARY DYSMENORRHEA A SYSTEMATIC REVIEW AND META ANALYSIS

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Rationale: Dysmenorrhea is one of the most common health problem and experienced by 50 to 90% of women in their reproductive years worldwide. In ayurveda this condition can be correlated to udavartini yoni vyapat where the normal gati of vata gets impaired. Hence the treatment principle mainly focuses on the correction of vayu gati. As per Arka prakasha , arka is one among the panchavidha kashaya kalpana. The use of Arka kalpana helps to reduce the symptomatology of this condition. The purpose of this review is to study the efficacy of arka prayoga in various classics and identify their role in reducing the pain intensity and to improve the quality of life at low cost. Literary searches were conducted on data bases and in different ayurveda classics in the context of dysmenorrhea, udavartini yonivyapat, vatiki yonivyapat and arka kalpana prayoga. We have started with 562 studies of dysmenorrhea and 4 were included under meta analysis. Though arka is a acidic preparation, its high palatability, low dosage, higher bio availability, quick absorption helps to combat various issues encountered in the drug delivery system of ayurvedic treatment. Arka is laghu paki, vyavayi, vikasi and can enter into tissues without undergoing paka. Thus it clears the srotuses by relieving the obstruction and facilitates unimpeded movement of vayu. The use of arkaprayoga in primary dysmenorrhea reduces the pain intensity and improves their quality and nature of life.

Keywords: Udavartini yonivyapat, Vatiki yonivyapat, Dysmenorrhea, Arkaprayoga, Reproductive health.

Registration Code: ABPO 2613



HARNESSING AYURVEDIC WISDOM ENHANCING POST-MENOPAUSAL HEALTH WITH PHYTOESTROGEN-RICH DIET

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As post-menopausal health becomes an increasingly relevant concern, this article delves into Ayurveda, the ancient system of medicine from India, to explore dietary strategies aimed at enhancing post-menopausal well-being. Post-menopausal women often face hormonal imbalances, and Ayurveda offers a holistic approach to address these issues. Phytoestrogens, plant compounds that mimic estrogen, present a natural and compelling option to promote hormonal equilibrium. The aim of this study is to elucidate the dietary recommendations within Ayurveda that can help post-menopausal women increase their phytoestrogen intake. The objective is to provide practical insights for post-menopausal women seeking to harness Ayurvedic wisdom for improved well-being. The post-menopausal phase often brings about a range of health challenges, including hormonal fluctuations. Hormone replacement therapies are a common solution, but many women are now seeking natural alternatives. Ayurveda, with its personalized and holistic approach, offers an appealing option. This study addresses the growing need for natural and holistic approaches to post-menopausal health. The study reveals that Ayurveda recommends a phytoestrogen-rich diet for post-menopausal women, aligning with the aim of addressing hormonal imbalances. Key findings include dietary suggestions that encompass phytoestrogen-rich foods like soy products, flaxseeds, legumes, whole grains, fruits, and vegetables. Ayurvedic herbs and spices such as fenugreek and fennel are also highlighted for their potential to support hormonal balance. This study offers practical insights for post-menopausal women seeking a holistic and natural approach to enhance their well-being by incorporating Ayurvedic dietary principles focused on increasing phytoestrogen intake.

Keywords: Post menopause, Phyto-estrogen, Dietary effects, Women health

Registration Code: ABPO 2621



CONNECTING EPIGENETICS AND GARBHADHANA SAMSKARA

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Ayurveda, the holistic healing is based on the theories in the ancient writings and rely on natural ways for physical and mental well being. Core strength of the system is its unique set of concepts on diets and regimens for a healthy body. The fragile connection between prakriti of an individual and tridosa determines the health and the treatment modalities in the science aims to restore this balance harmoniously. Modern medicine recently noticed the importance of Pharmacogenomics or the concept of precise medicine, which in ayurveda is being practiced from time immemorial through the concept of prakriti. Pharmacogenetics in ayurveda aims to provide accurate medicine considering the genetic makeup of a body and neglects the concept of one drug for all. This concept of genomics paves the way for betterment of genetic profile that bridges epigenetics and precise medicine. Epigenetics is the study of how our gene activities are affected by our behaviour and the environment we are in. Recent studies in the modern science shed light on the importance of epigenetics in pre-conceptional care. Ayurveda has the concept of epigenetics right from the beginning. Pre-conceptional care in ayurveda that is garbhadhana samskara is a wide area that focuses on both parents for a healthy pregnancy. The science foresighted the urge for physical, mental and spiritual well being of the women in garbhadhana. By adopting the custom of garbhadhana samskara epigenetic programming can be done in a women to have a healthy progeny. This presentation brings the simplified yet scientific decoding of the concept of epigenetics in garbhadhana samskara.

Keywords: Key words: Ayurveda, Epigenetics, Garbhadhana samskara, Pharmacogenomics, Tridosa, Prakriti

Registration Code: ABPO 2635



AYURVEDA IN MATERNAL HEALTHA HOLISTIC APPROACH

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Ayurveda, the ancient Indian medicine, considers holistic nutrition very important to support maternal health. This emphasis extends to all stages of prenatal and postnatal care and expresses the belief that the well-being of the mother is paramount before, during and after pregnancy. By prioritizing holistic nutrition, Ayurvedic teachers strive to reduce the likelihood of medical complications by offering a holistic approach that promotes the mother's overall well-being. Maternal health in Ayurveda is a multifaceted concept that encompasses all aspects of a woman's journey to motherhood. Called the "Science of Life," this ancient system of medicine recognizes the central role of nutrition in the health of both the mother and the developing fetus. The importance of adequate nutrition is emphasized during the prenatal and postpartum period, reflecting the belief that a well-nourished mother is better prepared to face the challenges of pregnancy and its consequences. Ayurveda's approach to a mother's well-being is deeply rooted in the belief that a mother's holistic care is not only limited to pregnancy, but also extends to the postpartum phase. Proper nutrition during these critical times is considered a key preventive measure against medical complications. Ayurvedic practices, including dietary guidelines, herbal remedies and personal care, promote the mother's overall health and vitality, thereby reducing the risks associated with labor and postpartum recovery. Ayurveda's commitment to maternal health revolves around the principle of holistic nutrition, recognizing that comprehensive care before, during and after pregnancy is critical. This holistic approach is not limited to the physical aspects of health, but also takes into account the mental and emotional well-being of the mother. Emphasizing nutrition as the foundation of obstetric care, Ayurveda provides a timeless and comprehensive framework for promoting maternal health, reducing the likelihood of complications and promoting overall well-being throughout the motherhood journey.

Keywords: Holistic nutrition, Science of life, Herbal remedies, Dietary guidelines, Multifaceted concept

Registration Code: ABPO 2686



ROLE OF PUMSAVANA IN THE MANAGEMENT AND PREVENTION OF ABORTIONS

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Pumsavana is one of the shodasha samskaras, procedure which is practiced for achieving progeny of quality and desired sex. Pumsavana is used # to achieve the pregnancy # for stabilising garbha # getting desired sex of the baby. Abortions may be correlated to garbhasrava Or garbhapata. Spontaneous, untimely expulsion of foetus upto 4th month of pregnancy is called garbhasrava. While expulsion of foetus in fifth month as a solid is called garbhapata. Abortion is the expulsion or extraction from its mother of an embryo or foetus weighing 500g Or less when it is not capable of independent survival (WHO). Thus pumsavana can be used for sustaining the pregnancy due to it's garbhasthapana property which is being discussed here. Ashtanga hridaya, Ashtanga samgraha, Susruta samhitha, charaka samhitha were referred. Relevant information of abortion were taken from DC Dutta's textbook of obstetrics. Some of the prayoga explained by acharyas are 1. Kalka of jivaka, rishabaka, apamarga, sahachara is taken individually, together or by treating with milk. 2. Anupramana of swarna Or rajata Or loha purushakriti made red hot is dipped in dadhi/ksheera/udaka is given 3. Dhumapana of shalipishti 4. Nasya with shalipishti on right nostril 5. Nasya with swarasa of sweta brihati. 6. Nasya with swarasa of utpala, kumud, lakshmana moola, vatashringa in right nostril 7. Nasya with swarasa of lakshmana Or lakshmana swarasa pestled with goksheera 8. Nasya and oral administration of leaf buds of vata+goksheera 9. Oral administration of jivaneeya gana and palasa with milk. Pumsavana helps in conception, prevention of abortions and promotes proper development of the foetus which are the main goals in prevention and management of abortions.

Keywords: Pumsavana, Garbhasthapana, Abortion, Foetus, Garbhasrava, Garbhapata

Registration Code: ABPO 2698



REPRODUCTIVE HEALTH MATTERS

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Reproductive health is a fundamental component of overall well-being, encompassing the physical, emotional, and social aspects of human reproduction. It involves access to comprehensive healthcare services, education, and support to make informed decisions about one's sexual and reproductive life. This abstract provides an overview of key aspects of reproductive health, including family planning, sexually transmitted infections, maternal health, and gender equity. Promoting reproductive health is essential for achieving sustainable development and ensuring the rights and dignity of all individuals, regardless of their gender, age, or socioeconomic status. This abstract highlights the importance of ongoing efforts to advance reproductive health globally, promoting equity, and improving the quality of life for individuals and communities. reproductive health typically involves a multifaceted approach aimed at promoting and addressing various aspects of reproductive well-being. Here's a broad outline of a methodology for reproductive health: Needs Assessment and Data Collection Education and Awareness Access to Healthcare Services Family Planning Services. Maternal Health Sexually Transmitted Infections (STIs): Gender Equity and Empowerment Youth-Focused Initiatives Policy and Advocacy. Monitoring and Evaluation Unmet Need for Family Planning. Maternal health Teenage Pregnancy. Sexually Transmitted Infections (STIs). Gender Equity and Reproductive Rights Access to Reproductive Healthcare Adolescent Reproductive Health. Family Planning Methods. Infertility. Cultural and Religious Influences. Advancements in Reproductive Technology. Advocacy and Policy Changes. Conclusion on reproductive health emphasizes its vital role in overall human well-being and development. It is a multifaceted concept that encompasses various aspects, including family planning, maternal health, sexual education, gender equity, and access to healthcare services. Reproductive health programs and policies play a crucial role in promoting individual rights and choices, reducing maternal mortality, preventing sexually transmitted infections, and addressing the diverse needs of populations.

Keywords: Awareness about sexual health to prevent STDs

Registration Code: ABPO 2701



MANAGEMENT OF PELVIC INFLAMMATORY DISEASE THROUGH AYURVEDA : A LITERATURE REVIEW

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Pelvic Inflammatory Disease (PID) is a spectrum of infection and inflammation of the upper genital tract organs typically involving the uterus, fallopian tubes, ovaries, pelvic peritoneum and surrounding structures. The estimated prevalence of PID among sexually active women aged 18-44 years is 4.4%, suggesting that approximately 2.5million reproductive aged women have ever been diagnosed with PID. In modern system of medicine antimicrobials, analgesic, NSAID's are often prescribed in the treatment of PID.NSAID's can cause gastrointestinal disturbances. Prolonged use of antibiotics on other hand can cause drug resistance. According to Ayurveda, pariplutha can be correlated with PID with features shuna, sparsa akshamatwa, arti, Vedana in Shroni, Vankshana, Pristha, Kati ,Jwara ,Gramyadhharmeruja. As per charaka, Pariplutha is vatapitta predominant disease.So the treatment principle should be focused on vatapittasamana,sophahara,soolahara and vrana ropana. Along with this Sthanika chikitsa like yonipichu,yonikalka,yonivarti,yonipooranam have found very effective as it enhances the absorption of medicine through vaginal walls.Moreover it bypasses portal circulation,increasing the bio-availability of the drug. Several clinical studies have been conducted in PID with ayurvedic treatment modality which show significant result in the management of lower abdominal pain & abnormal vaginal discharge in PID and preventing its recurrence. A critical analysis of the data available is necessary for the better understanding of the disease and its treatment.Therefore,a detailed literature review was conducted on its Ayurvedic management with sthanika chikitsa from all relevant articles of peer reviewed journals, reference books and classical Ayurvedic Samhitas.

Keywords: Pelvic inflammatory disease, Pariplutha, Ayurveda

Registration Code: ABPO 2704



THE BOON OF AYURVEDA IN COMPLEX BARRENNESS OF HUMAN

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Infertility, the inability to propagate future generation is one of the rising current scenarios. According to WHO the recent prevalence rate of infertility has been raised to 17.5% which indicates one in every sixth couple is facing this issue. Moving with the latest trend of life style current generation have forgotten the relevance of Indian culture in grooming the reproductive health. Ayurveda the elixir of life has put forwarded the importance of food and practices throughout human life span, as we analyze them the importance of it in nurturing the reproductive ability of a person can be easily understanding. Among various reasons for infertility the rate of both partners having one or more issues has been increasing day by day. As a result of these multiple factors, they are forced to undergo one or other assisted reproductive technologies which becomes burden due to its financial feasibility as well as its nature of causing imbalance in homeostasis. In Ayurveda for proper conception to occur suddha garbhashaya, marga, rakta, sukra, anila and hridhi should be present together. A couple with history of infertility for the past two years approached our OPD, on proper history taking and examination both of them were having ahara, sareerika as well as manasika vikara that leads to vandyatwa. The female and male partner were diagnosed with dhatu kshaya vandhya and puya sukra respectively. An amalgam of treatment principles after samprapti vighatana was done in both partners. During the follow up period also strict pathyas were advised along with samana oushadas. The female partner got conceived after 5 months of follow up she was also taking regular ayurvedic antenatal care throughout her pregnancy. Her antenatal period was uneventful she delivered a full term healthy female baby. This was a perfect example for “yada vrihir va vrihitwa yava va yavatwam”.

Keywords: Dhatu kshata vandya, Puya sukra, Multifactorial infertility

Registration Code: ABPO 2747



AYURVEDA IN MATERNAL HEALTH A HOLISTIC APPROACH

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Ayurveda, the ancient Indian medicine, considers holistic nutrition very important to support maternal health. This emphasis extends to all stages of prenatal and postnatal care and expresses the belief that the well-being of the mother is paramount before, during and after pregnancy. By prioritizing holistic nutrition, Ayurvedic teachers strive to reduce the likelihood of medical complications by offering a holistic approach that promotes the mother's overall well-being. Maternal health in Ayurveda is a multifaceted concept that encompasses all aspects of a woman's journey to motherhood. Called the "Science of Life," this ancient system of medicine recognizes the central role of nutrition in the health of both the mother and the developing fetus. The importance of adequate nutrition is emphasized during the prenatal and postpartum period, reflecting the belief that a well-nourished mother is better prepared to face the challenges of pregnancy and its consequences. Ayurveda's approach to a mother's well-being is deeply rooted in the belief that a mother's holistic care is not only limited to pregnancy, but also extends to the postpartum phase. Proper nutrition during these critical times is considered a key preventive measure against medical complications. Ayurvedic practices, including dietary guidelines, herbal remedies and personal care, promote the mother's overall health and vitality, thereby reducing the risks associated with labor and postpartum recovery. In summary, Ayurveda's commitment to maternal health revolves around the principle of holistic nutrition, recognizing that comprehensive care before, during and after pregnancy is critical. This holistic approach is not limited to the physical aspects of health, but also takes into account the mental and emotional well-being of the mother. Emphasizing nutrition as the foundation of obstetric care, Ayurveda provides a timeless and comprehensive framework for promoting maternal health, reducing the likelihood of complications and promoting overall well-being throughout the motherhood journey.

Keywords: Holistic nutrition, Science of life, Herbal remedies, Dietary guidelines, Multifaceted concept

Registration Code: ABPO 2765



MIRACLE GRAINS FOR MARVEL MOTHERHOOD

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Ayurveda, the science of life gives prime importance to the concept of three pillars of life (Traya upasthamba) which includes Ahara, Nidra and Brahmacharya. The focal aim of ayurveda is to preserve health by consuming nutritious and wholesome food. Women have distinct nutritional requirements throughout their life, especially during pregnancy and lactation, when nutritional vulnerability is greatest. Ensuring women have nutritious diet and adequate care is fundamental for the survival and wellbeing of mothers and children. Millets have been a cardinal food. Food and Agricultural Organisation (FAO) has declared 2023 as the “International Year Of Millets”, which enlightens the upcoming trend in millet diet. With India’s growing malnutrition problem, both under-nutrition and over-nutrition, there is a growing awareness of the need to move to healthier, more accessible, and inexpensive diets that include millets. In Ayurveda classics millets has been described as Trina dhanya, Kudhanya or Kshudra dhanya. Millets which is rich in protein, micronutrients, phytochemicals and dietary fibre are beneficial in pregnant and lactating women, who are in high demand of these nutriment. As it is having a low glycemic index it is an elixir for women with risk factor of gestational diabetes. It helps to tackle the need of extra iron and constipation issues during pregnancy. Calcium and folate are good for the development of a fetus. The blood pressure is kept in check by magnesium and potassium. Trina dhanya generally having Kashaya Madhura rasa, Laghu ruksha guna, Katu vipaka, Anushna seetha veerya and kapha pittahara karma. It is considered to be very useful in pacifying santharpanajanya vyadhis which makes it a boon in life style diseases. It is proved to improve lactation. Priyangu (Foxtail millet) which is explained in Garbhasthapana mahakashaya and in masanumasika Garbhasrava chikitsa is one among the potent trinadhanya explained in classics. Millets can be considered as the “miracle grains of future” due to its high nutritional profile. Only a healthy mother could build a healthy offspring for future.

Keywords: Millets, Trina dhanya, Kudhanya, Garbhasthapana, Santharpanajanya vyadhi

Registration Code: ABPO 2802



RELEVANCE OF WOMENS NUTRITION IN MODERN ERA- INSIGHTS FROM AYURVEDA

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Nutrition is the science that interprets the interaction of food in relation to maintenance, growth, health and disease of an organism. It is a critical part of health and development. The diet of women in India are often too poor to meet their nutritional status. According to UNICEF, a quarter of women of reproductive age in India are undernourished, with a BMI of less than 18.5kg/m. The reproductive axis is closely linked to nutritional status. Undernourished girls have a greater likelihood of becoming undernourished mothers, who in turn have a greater chance of giving birth to low birthweight babies, perpetuating an intergenerational cycle. Ayurveda has emphasized on diversified aspects of dietetics and nutrition which are pivotal in preservation and promotion of health and prevention of disease. Ayurveda has given great emphasis to the concept of Poshana and it gives credit to Ahara and Agni for the nourishment of the body and the soul. Ahara is one among the 3 pillars of life and Mandagni, root cause of all diseases. Ayurveda provides a detailed regimen based on Prakriti, Vaya, Desha, Kala, Rithu and Agni. Ayurveda has specially mentioned regimens for women health, beginning from Rajaswala charya to rasayanas for Rajonivritti state. Garbhini paricharya including monthwise regimens and Soothika paricharya are explained with due importance to doshas and Agni. Pathya ahara and viharas for women are specifically explained in context of streerogas. Stree is considered as root cause of progeny and their nutrition is of prime importance.

Keywords: Nutrition, Poshana, Ahara, Agni, Garbhini Paricharya

Registration Code: ABPO 2937



AYURVEDIC APPROACH TO SLEEP DEPRIVATION-DEPENDENT FEMALE INFERTILITY

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Sleep is a physiologic state of suspension of sensory and motor activity. Sleep quality is defined as individuals self-satisfaction with all aspects of the sleep experience which include sleep initiation, sleep maintenance, sleep quantity and refreshment upon awakening. Inadequate sleep pattern invoke diseases. Cardiovascular disease, hypertension, depression, and anxiety disorders are formerly known. The association between sleep disturbance and reproductive health, is yet to be known. In Ashtanga Hrdaya, Acharya have emphasised the importance of abhyanga as a part of Dinacharya. Abhyanga in shira, karna and pada can be done on daily basis. Working women whose sleep pattern is affected were advised to do pada abhyanga daily with ksheerabala taila at night for 15 minutes prior to sleep. Altered sleep duration and/or sleep continuity disturbance may increase HPA activation, circadian dysrhythmia, and may result in infertility. Massaging therapy is the scientific manipulation of soft tissues to relieve pain and anxiety in patients. Massage causes significant changes in reducing cortisol levels, blood pressure, and improving sleep quality. Massaging the feet at night gives relaxation and reduces stress from long and tiring day. Ksheerabala being used in several neurological disorders will nourish and strengthen dhatus. Sleep deprivation or circadian disruption is mainly due to anxiety, shift work, or other aspects of a hectic lifestyle, due to this there are consequences that contribute to allostatic load throughout the body due to the same. The awareness about same with early detection and timely management can prevent happening from the worst.

Keywords: Sleep Deprivation, Infertility, Ayurveda

Registration Code: ABPO 3063



THE RELEVANCE OF NIROOHA VASTI IN FEMALE INFERTILITY WSR MICROBIOTA-GUT BRAIN AXIS

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Female infertility is a complex and emotionally challenging medical condition that affects a significant number of women worldwide. Age related decline of women's fertility and spontaneous abortions is mainly due to poor developmental potential of ovum. Even in pre-conceptional care, Acharya explains the repeated usage of Vasti. Vasti is considered chikitsartha and even chikitsa sarvasva. It has its major action in the vata dosa; but also pacifies the pitta, kapha, and rakta dosas. Vasti has multidimensional therapeutic action in all the dhatus, including sukra dhatu, and it cures diseases from head to toe. Aim: To explore the relevance of nirooha vasti in female infertility with special reference to microbiota-gut brain axis. Ayurvedic Samhitas and medical literature are referred for the collection of relevant data and inferences are made after analyzing the nirooha vasti practice at VPSV Ayurveda College Kottakkal. The paper delves into microbiota-gut brain axis with special reference to the female infertility and relevance of estrogen, androgen and thyroid hormones are being studied. The unique Vasti formulations like karnjadi lekhana vasti, satahwadi lekhana vasti and also madhutailika vasti, vaitharana vasti etc. are analysed and conclusions are made on formulations to be followed in different pathological manifestation of female infertility. The judicious use of nirooha vasti can provide added benefits in different conditions of female infertility, particularly considering the complex pathology and multisystem involvement.

Keywords:Vasti, Gut microbiome, Gut brain axis, Female infertility

Registration Code: ABPO 3064



RASASASTRA & BHAISHAJYAKALPANA





PROCREATION AND CHARECTERISATION OF HERBAL GRANULES FOR THE AGALACTIA

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In Ayurveda, various dosage forms are mentioned like swarasa, kwath, vati, avaleha etc. In the Bhaishajya Kalpana a part of Ayurveda which deals with the pharmaceutical processes of mainly herbal drugs. Transformation of ayurvedic drug dosage forms is being done due to modern technology. By this modification of dosage forms, Herbal and HerboMineral drugs will become more popular, agreeable and will play an important role in economy. Study shows how classical Dugdhardhan churna form is converted in new drug dosage form of granules. The obtained final product was used for the further analytical study. METHOD: pharmaceutical study consist of three major steps, (i) Raw drugs were collected from reliable authentic sources in Gujarat and Maharashtra. (ii) Raw drug identification, authentication and standardization was done. (iii) Drug preparation was done at the Parul Ayurved Pharmacy, Parul University Vadodara. The analytical study examined raw drugs, Dugdhardhan churna, Dugdhardhan granules for optimization, and modern Dugdhardhan granules. It examined organoleptic characteristics, physicochemical analysis, flowability, phytochemical qualitative and quantitative analysis, and sophisticated instrumental analysis. Standard methods were followed, including organoleptic characteristics, ph, loss on drying, extractive properties, total ash, solubility, phytoconstituent analysis, flowability parameters, and total sugar percent and reducing sugar by UV testing. RESULTS AND CONCLUSION: The study examines the preparation of Dugdhardhan churna and granules using a protocol from Sharangdhar Samhita. The churna was prepared individually with herbal ingredients, while the granules were prepared using a wet granulation method. Analytical tests were conducted to determine the superior batch. Batch 5 and 6 were found to have good quality. The granules preparation was longer and required multiple steps. Granulation was done manually, but a granulator machine could be used for large quantities.

Keywords: Dugdhardhan churna, Novel drug delivery system, Transformation of churna into granules, Agalactia, Ayurveda

Registration Code: ABOP 1032



ELEMENTAL EVALUATION OF CINNABAR HINGULESHWAR RASA ISOTOPIC EVALUATION OF MERCURY BY USING ADVANCE ANALYTICAL TESTS FOR STANDARDIZATION

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Evaluating Mineral and Herbomineral formulations using advanced analytical tests helps to standardize Ayurveda pharmaceuticals. This study focused on what changes happened during and after the preparation of Hinguleshwar rasa and cinnabar on the elemental PPM level. ICPMS was carried out for elemental qualitative analysis of Raw Hingul, Shodhit Hingul, Ashodhit Vatsanabha, Shodhit Vatsanabha, Pippali, and Hinguleshwar Rasa. In this study in the sample of Shodhit Hingul (purified Cinnabar), we found elements like Chromium (CR), Sodium (NA), and Tungsten (W). but these elements were not present in the sample of unpurified raw Hingul. In the sample of Shodhit and Ashodhit Vatsanabha (purified & unpurified Aconitum ferox), we did not find any different significant element in this test. In the sample of Hinguleshwar Rasa, we did not find elements that are present in Shodhit Hingul (purified Cinnabar) & Shodhit Vatsanabha (purified Aconitum ferox) like Chromium (CR), Gallium (GA), Molybdenum (MO), Nickel (NI), Lead (PB), Tungsten (W). XRD study of sample raw Hingul, Shodhit Hingul, and Hinguleshwar Rasa showed that the intensity of peak was increased but the atomic structure of Hingul was not affected in all the samples. FEG SEM helped to get images of all the samples under magnification of x 10,000 and x 50,000. In the ICP MS Isotopic evaluation of mercury got isotopic changes in naturally occurring stable Isotopes of Mercury Hg 196, Hg199, Hg200, Hg201, Hg202, and Hg204 in the raw, purified Cinnabar and Hinguleshwar Rasa. Hence this study concludes that advanced analytical tests may help to standardize drug and formulation into elemental levels in Ayurveda pharmaceuticals.

Keywords: Isotope, Icpms, Xrd, Fegsem, Hingul, Hinguleshwar Rasa

Registration Code: ABOP 1077



AN OPEN-LABELED SINGLE-ARM CLINICAL STUDY TO EVALUATE EFFICACY AND SAFETY OF GRACE HING HING OIL 15 MG HPMC CAPSULES IN THE TREATMENT OF ABDOMINAL PAIN AND FUNCTIONAL DYSPEPSIA

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Background and Aim: Abdominal pain affects nearly every person once in their lifetime regardless of age, gender, and social background. It can be caused by a broad spectrum of diseases from incidental and self-limited (e.g. gastroenteritis) to acute and serious conditions (e.g. abdominal aortic aneurysm). It is challenging to manage adverse events and costs related to chemical drugs. Thus, this study aims at demonstrating the safety and efficacy of a natural product, hing oil for abdominal pain and functional dyspepsia patients. Material and Method: The present open-labeled, single-arm, study on 15 subjects characterized by functional dyspepsia and associated abdominal pain demonstrated the safety and efficacy of hing oil. The primary endpoint was a decrease in VAS for pain intensity. The secondary endpoints include efficacy assessment of the Nepean Dyspepsia Index (NDI), Gastrointestinal Symptom Rating Scale (GSRS), Global overall symptom scale (GOS), and adverse events. Result and conclusion: These findings indicate that GRACE HING (Hing oil 15 mg) HPMC Capsules improved patients' standard of living with high interest and focus on their daily routines after taking the capsules because of an advanced improvement in bloating, postprandial fullness, food intake, heartburn, constipation, and digestion with no side effects or adverse events.

Keywords: Gastrointestinal Symptom Rating Scale, Nepean Dyspepsia Index

Registration Code: ABOP 1113



INVITRO CARDIOTONIC ACTIVITY OF SELECTED KSHEERAPAKAS AND VALUE-ADDED FORMULATIONS IN AYURVEDIC MEDICINE

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Introduction: Congestive heart failure necessitates cardiotoxic agents, often associated with low therapeutic windows and adverse effects. Ayurvedic classics highlight herbs like Arjuna, Sthira, and Lasuna for heart conditions. Ksheerapaka, a dosage form with milk as a primary ingredient, facilitates efficient absorption of water and lipid-soluble components into the myocardium. However, its time-consuming preparation and limited shelf life warrant value addition for wider accessibility. This study explores the cardiotoxic activity of classical and modified Ksheerapakas, along with their formulations, utilizing an in-situ in-vitro method on frog hearts. Methods: The bark of Arjuna, root of Sthira, and Lasuna of high quality were collected and processed into Ksheerapakas by boiling with milk and water. Additionally, spray-dried and vacuum-dried forms were prepared. Physico-chemical parameters- total solids, specific gravity, pH, and thin-layer chromatography, were evaluated. Standard drugs (Adrenaline, Noradrenaline, Acetylcholine, Atropine, Digoxin, Isoprenaline, Propranolol, Calcium chloride, and Potassium chloride) were used for comparison. Frog hearts were pithed, and cardiac activity was recorded using a digital physiograph. Results: The classical and modified Ksheerapakas exhibited comparable physico-chemical properties. In-vitro, Arjuna and Sthira Ksheerapakas increased force and rate of contraction, indicating positive inotropic and chronotropic effects, likely through beta-adrenergic receptor stimulation. These effects were more pronounced in Sthira Ksheerapaka. Lasuna Ksheerapaka demonstrated negative inotropic and chronotropic effects, possibly mediated by muscarinic receptor activity. The proposed mechanisms are supported by the pharmacological properties of the herbs and milk constituents. Significance: This study unveils the invitro cardiotoxic potential of Arjuna, Sthira, and Lasuna Ksheerapakas, shedding light on their specific receptor interactions. The findings emphasize the significance of classical formulations in Ayurvedic medicine. Further research into the clinical applications is warranted for potential therapeutic interventions in heart-related conditions.

Keywords: Kksheerapaka, Cardiotoxic Activity, Arjuna, Sthira, Lasuna, Value-Added Formulations.

Registration Code: ABOP 1122



PHARMACEUTICO ANALYTICAL STUDY OF MANJISHTADI ADITYAPAKA TAILA PREPARED BY SURYATAPI METHOD AND UV CABINET METHOD AN INNOVATION FOR ADITYAPAKA TAILA PREPARATION

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Sneha kalpana is a pharmaceutical process to prepare oleaginous medicaments from the substances like kalka, kwatha or any other drava dravya taken in specific proportion and by subjecting them to unique heating pattern and duration to fulfil certain pharmaceutical parameters, according to the need of therapeutics. For the preparation of taila, generally two methods are found in classics, agnitapi method and suryatapi method in which fire and sunrays are used respectively for taila paka. Many references of taila preparing by suryatapi method can be found in classics. Manjishtadi adityapaka taila is one such yoga mentioned in Chakradatta kushtadhikara. As the taila cannot be prepared in those seasons where there is no consistent availability of intense sunlight an alternative method development is necessary. So, two batches of taila were prepared in suryatapi method and two batches in UV cabinet, with an exposure of 42 hours and 84 hours duration to sunlight and UV light in UV cabinet respectively. Analytical parameters were applied to all 12 samples for evaluation. The analytical findings were comparable in both methods. Hence UV cabinet can be adopted in place of adityapaka based on the analytical findings. The developed analytical profile can be used to determine the quality and purity of manjishtadi adityapaka taila prepared in both methods. The peroxide value of Manjishtadi adityapaka taila prepared by 42 hours duration to UV light was comparatively low which may further contribute to its prolonged shelf life. Moreover, by validating UV cabinet as an alternate method, we can prepare adityapaka tailas irrespective of season and also in lesser period of time.

Keywords: Manjishtadi adityapaka taila, Suryatapi, UV Cabinet

Registration Code: ABOP 1136



ANTI-INFLAMMATORY STUDY OF HINGULESHWAR RASA AND INDOMETHACIN ON FCA INDUCED RHEUMATOID ARTHRITIS PAW MODEL OF RATS

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Symptoms of Rheumatoid Arthritis resemble the symptoms of Amavata. In Ayurveda, for Amavata, many Herbomineral formulations were mentioned in texts. Hinguleshwar Rasa is one of the Herbomineral formulation mentioned in the text of Rasatarangini for Amavata disease. Inflammation of the joints is a more common symptom found in many cases of Rheumatoid arthritis. This study evaluated the Anti-inflammatory activity of Hinguleshwar rasa and indomethacin by measuring paw volume in Freud's complete adjuvant (FCA) induced RA model of rats. In '28' days study, the standard drug Indomethacin & test drug Hinguleshwar Rasa were administered orally from day 15 (After administration of FCA and development of arthritis). After administration of a single oral dose of Hinguleshwar rasa 1.125 mg (for 200 gm rat) & Indomethacin (2 mg/kg) per day to the FCA-induced SD rats for the next '14' days, paw volumes of all the animals were recorded with Vernier calliper and then it is observed that the swelling of paw volume of rats was significantly reduced in standard and test group of animals on day 28. Hence this comparative study concluded that Hinguleshwar rasa also helps to reduce swelling in rats as compared to Indomethacin and It may be useful in the treatment of Rheumatoid Arthritis (Amavata).

Keywords: Amavata, Hinguleshwara Rasa, Indomethacin, FCA, Rheumatoid Arthritis, Inflammation

Registration Code: ABOP 1137



PHYSICO- CHEMICAL CHARACTERISATION OF SAMAGUNA BALIJAARITA KAJJALI

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Kajjali is a khalweeya rasayana that can be used as a medicine and also is used as a base for many mercurial preparations. It is an example of sagandha niragni murchana of parada. Shodhita parada and any other dhatus like gandhaka are taken in the prescribed ratio and ground together till they attain specific characteristics like fineness and jet-black colour like collyrium. The purpose of the present study was to prepare samaguna balijaarita kajjali and study its physico-chemical characteristics at different grinding durations. Shodhita parada and gandhaka were taken in equal quantities and ground together for 100 hours. Krishnatwa was attained by 4 hours, vareetaratvam by 20 hours, rekhapoornata by 40 hours, and nishchandratvam by 70 hours. 5 samples were collected 20 hourly and were subjected to XRD, PSA, and TGA analysis. All 5 samples were identified as a mixture of sulphur and metacinnabar. It indicates the formation of metacinnabar as early as 20 hours of grinding. Particle size analysis showed decreased particle size with an increase in the duration of grinding and reached 480nm after 100 hours of grinding. Thermogravimetric analysis of kajjali was done on samples after 60 hours, 80 hours, and 100 hours of grinding. 2 major phase transitions occurred during the analysis. TGA results implied that thermal stability improves with the duration of grinding. From the study, it can be concluded that as the duration of grinding increases, the particle size of kajjali decreases, and thermal stability improves. These properties contribute to a better therapeutic action of the kajjali as medicine itself or as an intermediate product of any mercurial formulation.

Keywords: Metacinnabar, Parada, Gandhaka, XRD, PSA, TGA

Registration Code: ABOP 1139



RASANJANA MEDIATED GREEN SYNTHESIS OF SILVER NANO PARTICLES AND ITS ANTIBACTERIAL ACTIVITY ON ORAL PATHOGEN

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Purpose of the Study: Severe periodontal disease ranks 11th globally in disease prevalence and is primarily attributed to gram-negative anaerobic bacteria and Streptococcus mutans, a key plaque-forming bacterium. The conventional treatment, chlorhexidine, presents side effects and antimicrobial resistance concerns. This study focuses on antibacterial effects of Rasanjana (Berberis aristata extract), an Ayurvedic antimicrobial agent along with its application in nanoparticle synthesis and to evaluate the green synthesized nano particle's antibacterial efficacy. Methodology: Rasanjana was prepared, and subjected to phytochemical analysis. Subsequently, Silver nanoparticles (AgNPs) were synthesized using Rasanjana extract. The nanoparticles were characterized through UV-Visible spectroscopy, X-ray diffraction, Fourier transform infrared spectroscopy, and Dynamic Light Scattering. Antibacterial activity was evaluated using agar well diffusion, minimum inhibitory concentration (MIC), and minimum bactericidal concentration (MBC) assays. Results: The XRD patterns of Rasanjana-synthesized silver nanoparticles (Rs-AgNPs) demonstrated purity. FTIR analysis revealed functional units on the nanoparticles and UV-Visible spectroscopy showed a peak at 500 nm, confirming silver nanoparticle formation. Dynamic Light Scattering indicated an average particle diameter of 502.2 nm with a polydispersity index of 23.12 for Rs-AgNPs. These nanoparticles exhibited significant antibacterial activity against S. mutants with a zone of inhibition comparable with Ciprofloxacin. Conclusion: The green synthesis of silver nanoparticles using Rasanjana extract showcases its efficient antibacterial activity. It underscores the advantages of the green synthesis approach and Rasanjana's potential in the field of dentistry. Significance: Using Rasanjana extract in the green synthesis of AgNPs proved to be an economical and environmentally friendly method. According to this study, the green synthesized AgNPs effectively combated S. mutans. Therefore, NPs produced using this method can find use in the realms of medication delivery and would contribute a lot into the field of Ayurveda dentistry.

Keywords: Rasanjana, Silver nanoparticles, Streptococcus mutans, antibacterial activity

Registration Code: ABOP 1236

EXPLORING POTENTIAL THERAPEUTIC TARGETS OF VATSANABHA ACONITUM CHASMANTHUM THROUGH NETWORK PHARMACOLOGY ANALYSIS

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Introduction Network pharmacology is an emerging technique that integrates systems biology and computational biology to study multi-component and multi-targeted formulation. Vatsanabha is one of the Schedule E 1 and poisonous drugs which is the active ingredient of many Ayurvedic formulations and is mainly used after proper Shodhana. The present study is planned to identify the potential targets and molecular mechanisms for various pharmacological indications of Vatsanabha. **Materials & Methods** The phytochemical composition of the drug was identified by a thorough literature review using different databases like IMPPAT& and other published literature. SWISS ADME software was used to conduct the ADME Screening. Using Cytoscape, networks were constructed and pathways were identified. **Result** A total of 35 Phytocompounds were identified from the literature search. KEGG pathway analysis indicated that the Phytocompounds present in the Vatsanabha had a strong integration with the neurological system. **Conclusion** Using network pharmacology-based research of Ayurvedic herbs, new targets for drug development can be discovered and to establish the pharmacological basis of therapeutics. Different therapeutic indications and medication repurposing can be examined through network pharmacology. It is possible to comprehend more targets connected to target clusters, and related pathways.

Keywords: Vatsanabha, Network pharmacology, Ayurveda, Aconitum Chasmanthum

Registration Code: ABOP 1239



PACKAGING IN SHELF LIFE ACCESSED THROUGH SHELF LIFE OF AVIPATHY CHURNA

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Shelf life is the length of time, after which all substances start to degrade in their qualities and became unsuitable for consumption or sale. Every product has a definite shelf life that depends on physical, chemical, environmental and biological factors. In Ayurveda shelf life is known as Saviryata avadhi. It is the time period during which a drug remains potent. According to Acharya Sarngdhara, churna retains its potency up to 2 months. Avipathy churna is a poly herbal formulation containing trivrit and sita as major ingredients. The sugar present in Avipathy churna is hygroscopic in nature. The moisture sensitive active pharmaceutical ingredient has a general nature of getting deteriorate chemically or physically in atmospheric moisture condition. In D&C rule shelf life of individual formulations is not explained. Though, shelf life of various categories of Ayurvedic medicines is available; there is a need to find the shelf life of individual formulations. The churna was prepared and packed in Aluminium foil and HDPE bottle. Samples were kept in accelerated stability chamber at 40°C ± 2°C temperature and 75%±5% relative humidity. Analytical parameters mentioned for churnas in protocol for testing of Ayurvedic medicines as per PLIM were done initially and repeated at an interval of 1, 3, and 6 months as per ICH guidelines. Average 10% degradation of the test drug samples was calculated and extrapolated to find out the shelf-life. Both the sample showed difference in shelf life and Sample HAPC was more stable than AAPC.

Keywords: Accelerated shelf life, Avipathy churna, Saviryata Avadhi, Shelf life

Registration Code: ABOP 1245



PHARMACEUTICO-ANALYTICAL COMPARISON OF KIRATATIKTHADHI YOGA TRADITIONAL VERSES SOXHLET EXTRACTION METHOD

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The current work focuses on the development of Hydro-alcoholic and Aqueous extracts of Kiratatkthadhi yoga, and to compare it with kasaya of the same using HPTLC finger printing. Kiratatkthadhi yoga is a traditional Ayurvedic formulation consisting of five herbal ingredients: Kiratiktha, Katurohini, Musta, Parpataka, and Amrutha which is mentioned in the Charaka Samhita Chikitsa Stana as a remedy for Punaravarthaka Jwara, a specific type of fever. In light of recent amendments to the Drugs and Cosmetics Rule 158 B clause IV and the guidelines of the Ayurvedic Pharmacopoeia of India, the study explores newly introduced Kalpana of Hydro-alcoholic and Aqueous extracts of Kiratatkthadhi yoga. To achieve this, a Soxhlet apparatus was used to prepare the extracts and followed contemporary method of kwataha nirmana to prepare the traditional kasaya. The resulting products were converted into a powdered form using a tray drying method after incorporating an appropriate amount of fine powder from the same formulation. The quantity of fine powder required for this drying process was standardized beforehand. Subsequently, a comparative analysis was conducted between the extracts and the kasaya using High-Performance Thin-Layer Chromatography (HPTLC) fingerprinting. The final results demonstrated that the powdered extracts exhibited higher activity than the powdered kasaya, as evidenced by a greater number of peaks observed in the HPTLC analysis. Furthermore, the physicochemical analysis of both the extracts and the kasaya showed similar ranges of values. *PG Scholar, Dept. of Rasasastra And Bhaishajya Kalpana, Government Ayurveda College Tripunithura **HOD and Professor, Dept. of Rasasastra And Bhaishajya Kalpana, Government Ayurveda College Tripunithura

Keywords: Hydro-alcoholic extract, Aqueous extract, kiratikthadhi yoga, Soxhlet apparatus, tray drying, High-Performance Thin-Layer Chromatography

Registration Code: ABOP 1246



EFFECT OF KUBERAKSHA YOGA IN PRIMARY DYSMENORRHEA - A PILOT STUDY

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Primary dysmenorrhea is a disease affecting 70% teenagers 50% of adult females affecting their life quality. Kuberaksha yoga is mentioned in Vaidyachintamani Shoola chapter with only 4 ingredients. Modern drugs has not addressed primary dysmenorrhea in all aspects, and is having harmful side effects. Drugs administered during episode of primary dysmenorrhea should be palatable and easy to administer hence tablets are better during primary dysmenorrhea. Kuberakshayoga was made into tablet form of 500mg and was advised from 23th day of last menstruation to 3rd day of menstruation. 10 patients were randomly selected from Govt. Ayurveda college, Hospital Tripunithura and Kuberaksha yoga tablet and Kuberaksha tablet were administered. Results showed Kuberaksha yoga tablet has more effect on Primary dysmenorrhea. Kuberaksha yoga tablet can be effectively used for primary dysmenorrhea.

Keywords: Kuberaksha yoga tablet

Registration Code: ABOP 1259

PHARMACEUTICO-ANALYTICAL STUDY OF KAPARDIKA BHASMA CALCINED COWRIE PREPARED WITH DIFFERENT SHODHANA MEDIA

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Introduction: Sudha Varga Dravyas (calcium compound drugs) are most commonly prescribed drug preparations in Ayurveda having wide range of therapeutic attributes. Kapardika (cowrie) is one such compound extensively used in individual form as well as an integral ingredient in compound formulations. Classics have emphasized on different Shodhana medias in Kapardika Shodhana and it may develop different analytical profile for Kapardika Bhasma. Considering this, present study is planned to prepare Kapardika Bhasma with Kanji, Kulattha Kwatha and citric acid Shodhana media. Material & methods: Kapardika Shodhana was done in 3 batches by Swedana in Kanji, Kulattha Kwatha and citric acid later subjected to Puta using Kumari Swarasa as liquid media in all batches. All the samples were subjected to Puta in Electrical muffle furnace at 900 . All the steps of preparations and observed changes were documented. All the three samples were subjected for physicochemical, X-ray diffraction, Metal composition and ICP-AES. Results and Conclusion: Average yield of 50%, 52.1% and 66.5% was obtained from Kanji, Kulattha Kwatha and citric acid Shodhita Kapardika Bhasma respectively. All samples exhibited similar organoleptic characteristics. Among three samples, highest (52%) calcium content was observed in Kulattha Kwatha Shodhita Kapardika Bhasma. In ICP-AES, Ca was found 14181.05 ppm in Kanji Shodhita Kapardika Bhasma. X ray diffraction pattern of all 3 samples of Kapardika Bhasma closely match with CaO (Cubic) form as major phase. Other minor phases in all samples of Kapardika Bhasma are Aragonite (orthorhombic), Calcite (Hexagonal), Dolomite (Hexagonal), Portlandite, Hydroxyl Apatite (hexagonal), Wollastonite, Diopside Akhtenskite and Pirssonite. Hence it is concluded that Shodhana media has definite role in the preparation of Kapardika Bhasma.

Keywords: Sudha Varga Dravya, Swedana, Puta, physicochemical, XRD, ICP-AES

Registration Code: ABOP 1290



REPEATED DOSE 90 DAYS ORAL TOXICITY OF SHWASAKUTHARA RASA A HERBO-MINERAL AYURVEDIC FORMULATION IN WISTAR ALBINO RATS

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Introduction: Shwasakuthara Rasa (a herbo-mineral Ayurvedic formulation) contains heavy metals and minerals i.e. Parada (Mercury) and Manahshila (Realgar) along with toxic Vatsanabha (Aconitum chasmanthum Stapf.) as an integral component. Though this medicine is in use since the time immemorial and being used since so long it is considered safe, but in recent times questions regarding the safety of heavy metal content have been raised. So in the present study, it was evaluated for safety through chronic toxicity study. Materials and methods: Shwasakuthara Rasa was administered daily at the dose of 22.5, 112.5 and 225 mg/kg orally with honey as an adjuvant to the Wistar albino rats for 90 days followed by a 30-day recovery period. Animals were sacrificed on the 91st day and hematological, serum biochemical parameters and histopathology of organs were studied. Results and conclusion: Shwasakuthara Rasa in Wistar albino rats with duration of 90 days in main study and 120 days in recovery study did not produce any adverse effect when assessed through hematological and biochemical parameters, however histopathological studies revealed unifocal necrosis and fatty degenerative changes in liver of one albino rat in comparison to control group at ten times higher dose level while, in recovery group normal cytoarchitecture of liver of rats were exhibited. Based on these observations it can be suggest that Shwasakuthara Rasa when prepared and processed according to the classical textbooks of Ayurveda and prescribed according to the principles of Ayurveda, cannot be toxic even at higher dose on repeated administration.

Keywords: Heavy metals, Manahshila, Rasashastra, Safety, Histopathological studies

Registration Code: ABOP 1293



LEGAL AND QUALITY RELATED ISSUES OF VANSHLOCHAN CONTAINING FORMULATIONS

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Vanshlochan (Tabasheer, Bamboo silica or Thorny bamboo), is a classical medicine used alone or as ingredient of ayurvedic polyherbal drugs such as Sitopaladi Churna, Chavyanprash etc. It is an herbal silica concretion (bluish white hard, translucent irregular fragments and exudates) having earthy flavor, obtained from hollows portion of nodes of the female bamboo trees, Bambusa arundinacea (Family Gramineae). It contains vital nutrients such as 70 to 90% Silica (SiO₂), Glucosides and traces of CaO, KCl, Iron oxide, Aluminium and Water. It is indicated as strengthening, adaptogenic, calcium supplement, expectorant, diuretic, common cold. Availability of standard natural drug is a major problem. It is imported from Jawa and Singapore. Its standardization parameters are not available in API. Market is flooded with substituted or adulterated drug such as Asli Vanshlochan, Silica, Dana silicate or Silicated dana. Sitopaladi Churna (SITOPALADI CURNA), API-II, IV [AFI-I, 7.34], is a light brown colored smooth fine powder polyherbal preparation with characteristic aromatic odour having Vanshlochan is its major ingredient. Purpose of Study is to ascertain deviation due adulteration/substitution of Vanshlochan by comparison of standard parameters of Sitopaladi Churna as per API with the marketed formulations of renowned manufacturers. The Physicochemical screening was performed for 25 brands of Sitopaladi Churna selected from market. The result showed deviation in Total ash and Acid-insoluble ash parameters in all formulations from the standard value. This may be due to incorporation of Vanshlochan without standardization, as all other ingredients of Sitopaladi Churna such as Sukhmela, Tvak, Pippali and Masrhri/Sugar are considered to be of standard quality as per API's. This may lead to NSQ drugs and attract Legal problems to manufacturers. There is an urgent need to incorporate the Monograph of Vanshlochan in API and to revise the standards of Sitopaladi Churna and other related Vanshlochan containing drugs.

Keywords: API: The Ayurvedic Pharmacopoeia of India, AFI: The Ayurvedic Formulary of India, SiO₂: Silica oxide, CaO: Calcium oxide, KCl: Potassium chloride, NSQ: Not of Standard Quality

Registration Code: ABOP 1300



PRELIMINARY TOXICOLOGICAL STUDIES ON RASA PARPATI PREPARED WITH ASHODHITA AND HINGULOTTHA PARADA

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Background: A huge number of works on mercurial preparations like Rasa sindura, Makaradhwaja, Rasa karpura etc. have been carried-out at different parts of the country, which proven safety and efficacy aspects of them. Considering this, it has been planned to evaluate toxicity profile of Rasa parpati prepared by two methods; one with Hingulottha Parada (HRP) while the other with Ashuddha Parada (ARP) from Samaguna Gandhaka RasaGandha-Kajjali. Materials and method: The experimental study was carried out in three phases; acute, chronic toxicity (repeated oral dose) studies and in vitro cytotoxicity and genotoxicity assays Acute oral toxicity study as per OECD guideline 425 with 2000 mg/kg as limit test and chronic oral toxicity study (90 days) as per AYUSH-170 guidelines were carried out. Extrapolated dose of both HRP and ARP for chronic toxicity study was 22.5 mg/kg body weight of rat. Result and conclusion: In Acute toxicity both the drugs (HRP and ARP) are safe up to the dose level of 2000mg/kg body weight of rats. Mild toxicological changes were observed with HRP in three visceral (heart, liver and stomach) organs at 10 times TED (therapeutic effective dose) level, while moderate to severe changes were observed with ARP at 10 TED in seven visceral organs like heart, kidney, liver, stomach, intestine, spleen and thymus. The sample without Shodhana has more magnitude of toxicity than the sample with Shodhana. Safety of HRP along with Anupana (honey) was established in chronic toxicity studies at therapeutic dose levels revealing impact of Anupana.

Keywords: Ayurveda, Parada, Mercury, Gandhak, Safety, Toxicity,

Registration Code: ABOP 1332



PHARMACEUTICAL STANDARDIZATION OF KARPANAPATRU TAIL ROLL-ON PREPARED WITH TILA TAILA AND NARIKELA TAILA

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Background : Karpanapatru compound includes Kusthaghna properties and are indicated in the medicinal management of Shvitra. Most of the ingredients of Karpanapatru formulation are having Katu-Tikta Rasa, Ushna, Tikshana and Ruksha Guna. However, Vatama and Khas-Khas are Madhura and Snigdha and prevent excessive irritation of the drug. This formulation is a type of Viruddha Virya yoga. This is mentioned by Acharya Charaka. In this formulation, drugs having Madhura-Snigdha-Guru properties are added to decrease the Ushnata-Tikshanata of remaining drugs but without affecting its Shvitraghna activity. Thus they help to subside the adverse effects of these drugs such as blister formation, erythema, irritation, burning sensation etc. Roll-on dosage form facilitates palatability, application, reduce dose application, enhances drug contact, avoids direct body contact (other than site of application) with formulation which is needful as safety measure for KP oil containing potentially hazardous ingredients like Manahshila, Haratal, Bakuchi. MATERIALS AND METHODS The whole pharmaceutical procedures were arranged in following succession: Procurement of Raw Material. SMP of Karpanapatru Taila from Tila Taila SMP of Karpanapatru Taila Roll-on from Tila Taila SMP of Karpanapatru Taila from Narikela Taila SMP of Karpanapatru Taila Roll-on from Narikela Taila. Procurement of Raw Material: Bakuchi Churna (powder of *Psoralea corylifolia* Linn.), Tila Taila and Siktha were procured from the Pharmacy of GAU, Jamnagar. Tivaraka was obtained from Mangaluru. Kala Jeera, Ahiphena, Kalaungi, Vatama, Narikela & Narikela Taila were obtained from local market, Jamnagar. Authentication of the raw materials was done by experts on the basis of Pharmacognostical study in Pharmacognosy Lab of ITRA. Shodhit Haratala (Orpiment) was procured from the Department of RSBK. Gomutra (Cows' urine) was procured from Panjarapola Goshala (Cow-shade), Jamnagar. Roll-on bottles of glass of 10 ml capacity were purchased from local market, Kerala. Sneha siddhi with either Sneha dravya was done till Madhyama Paka as per reference of Sharangdhar Samhita. Total 5 batches of each formulation were prepared. Siddha Taila and Siktha were heated to 600C and mixed well with continuous stirring for 5 minutes, filtered, stirred to get homogeneous semiliquid consistent dosage form at room temperature. Result: There was no phase separation with alternate repetitive heat (40-450C) and freeze (10-150C) thaws after centrifuging at 300-1000 rpm. For an average batch size of 1l, 16l of cow's urine, it took average 9hrs & 8



hrs.21minutes duration of heating for Madhyama Paka,there was 99.45%& 99.51%yield of prepared KP oils;KTR &KNR respectively.The adopted methods for preparation of Karpanapatru Taila Roll-on may be considered as easy, convenient and standard methods. For preparation of Roll-on,addition of Siktha after Taila Paka was done.The amount of Siktha varied according to the consistency of Taila (16.66% in KP oil prepared from Tila taila and 10% in KP oil prepared from Narikela taila).HPTLC profiles of 25% methanolic extracts of both the samples of Roll on were similar with 6 peaks at 254, 366 and 540nm.Physico-chemical profiles for Karpanapatru Taila prepared with Tila Taila (KTR) and Narikela Taila (KNR) like moisture content (0.28 & 0.148%), specific gravity (0.9219 & 0.931), saponification value (189 & 248), acid value (1.54 & 1.76), refractive index (1.467 & 1.44), viscosity (10000 cP & 36800 cP) respectively may be taken as Quality parameters. There was no pathogenic microbial contamination in benchtop samples at room environment and no heavy metal contamination excluding 70.03ppm and 33.44ppm Arsenic content due to formulation ingredients. Conclusion: KP oil prepared with Narikela taila needs less amount of siktha i.e. 10% as that of for taila taila i.e. 16.66% for conversion in to roll on enabling them physically stable at room environment. For batch size of 1 l, obtained 99.45% & 99.51% yield of prepared KP oils; KTR & KNR and other physicochemical standards of both KP oil-roll on may be considered as their analytical profiles for future application.

Keywords: Karpanapatru, Roll-on, Shvitra, Kapogi Paste

Registration Code: ABOP 1333



PHARMACEUTICAL STANDARDIZATION OF BHALLATAKA TAILA PATANA OIL OF SEMICARPOUS ANACARDIUM LINN FRUIT

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Background: Bhallataka is well known ayurvedic drug having high therapeutic attributes. Bhallataka is used as an ingredient in many compound formulations. Classics have advocated unique method of oil extraction for the Bhallataka. Considering this, current study is planned to standardize the process of Bhallataka oil extraction and develop its standard manufacturing process (SMP). Materials and methods: Prashasta Bhallataka fruits were taken and thalamus/pseudo-carp of the fruits was removed. It was inserted into the Patala-Yantra and then covered with Kapadmitti. This Patala-Yantra was set into the pit of previously manufactured well. Fixed cow-dung cakes 5kg/1kg Bhallataka fruits were applied for all the batches. After 1:45 hour; a fixed time pattern, Patala Yantra was taken off. Oil was collected. Results and conclusion: Total average 34.81% yield of Bhallataka Taila was obtained from four batches and highest temperature (8010C) and lowest temperature (420C) was noted. Time required for complete oil extraction is 1.45 hours for batch size of 1 kg Bhallataka fruits. Observations and results obtained in this study may be considered as standard and used as reference in future studies.

Keywords: Bhallataka, Patala Yatra, Standardization and Taila Patan

Registration Code: ABOP 1334



ANTIBACTERIAL ACTIVITY OF YASHTIMADHU KASHAYA AGAINST STREPTOCOCCUS PYOGENES IN DIFFERENT RATIOS

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Streptococcus pyogenes, a Gram-positive coccus, is known for causing various human infections, including pharyngitis and tonsillitis. Ayurveda has long recognised Yashtimadhu (*Glycyrrhiza glabra*), for its potential in treating throat infections, although its specific antibacterial effectiveness against *S. pyogenes* remains underexplored. In Ayurveda, gargling with Yashtimadhu Kashayam is thought to alleviate the symptoms associated with pharyngitis and tonsillitis. This study delves into the antibacterial potential of Yashtimadhu Kashayam, a water decoction of *G. glabra*, in different ratios, targeting *S. pyogenes*. Various ratios of Yashtimadhu Kashayam samples (YK A, YK B, YK C, and YK D) were prepared using dried and coarsely powdered *G. glabra* with distinct water-to-herb ratios and reduction techniques. The antimicrobial activity of these samples against *S. pyogenes* was evaluated using the well diffusion method, with amoxicillin serving as a positive control. YK C exhibited remarkable antibacterial activity against clinical *S. pyogenes* isolates, outperforming YK A, YK B, and YK D, as evidenced by a larger inhibition zone. Interestingly, YK samples demonstrated superior efficacy compared to the positive control, amoxicillin. The study underscored the efficacy of traditional preparation methods, notably YK C, and revealed the diminishing potency of Kashaya over time, even with refrigeration. This research accentuates the significance of adhering to classical Kashayam preparation methods, particularly exemplified by YK C, aligning with classical Ayurveda texts. It sheds light on the gradual decline in Kashaya's antibacterial potency when stored in a refrigerator, emphasising the importance of timely use. The study identifies YK C as a promising and safe solution for combating multi-drug-resistant *S. pyogenes* throat infections like pharyngitis and tonsillitis. Furthermore, it opens avenues for developing oral mouthwashes and gargle preparations, leveraging the potent anti-*S. pyogenes* Yashtimadhu Kashayam's properties and offers an innovative approach to tackle these infections.

Keywords: Streptococcus pyogenes, Yashtimadhu, Kashayam, Antibacterial

Registration Code: ABOP 1347



COMPARATIVE ANTIMICROBIAL ACTIVITY OF GOMUTRA FROM BOS INDICUS CATTLE AND CROSSBRED CATTLE

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Gomutra (Cow's urine) is considered an important part of Indian traditional medicine. In Ayurveda, gomutra is explained elaborately in Sushruta Samhita, Ashtanga Sangraha, etc., as an effective medicinal substance of animal origin with numerous therapeutic properties. Many Ayurvedic formulations use Gomutra as an ingredient. It is also used to purify herbs and minerals. Pharmacologically, it is said to be antimicrobial, anticancerous, antioxidant, immunostimulant, immunomodulatory, and bioenhancer. The aim of this study was to determine the antimicrobial activity of gomutra taken from Vechur cattle (GMV), Indian breed, and Crossbred cattle (GMC), against bacteriae *Escherichia coli*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, and fungi *Candida albicans* using the disc diffusion method. The results showed that both GMV and GMC demonstrated significant antibacterial activity against *Escherichia coli*, and the zone of inhibition was reported as 25mm and 21mm, respectively. In *Staphylococcus aureus*, the GMV and GMC showed a Zone of Inhibition with a diameter of 13mm and 20mm, respectively. While there is no zone of inhibition on *Pseudomonas aeruginosa*. Ciprofloxacin is used as a positive control for all bacterial strains. The result shows no fungal activity in GMV and GMC, and no zone of inhibition in *Candida albicans*, compared with Fluconazole as the standard control. In conclusion, both varieties of gomutra demonstrated nearly identical antibacterial effects, suggesting their potential for therapeutic applications. Nevertheless, further comprehensive studies, encompassing both experimental and clinical investigations, are warranted to elucidate this potential in greater detail.

Keywords: Antimicrobial activity, Gomutra, Vechur, Cow's urine, Ayurveda, Formulations

Registration Code: ABOP 1358



ANALYTICAL AND ANTIMICROBIAL ACTIVITY OF ARAGWADHADHI KWATHA AGAINST STAPHYLOCOCCUS AUREUS WITH VARYING PROPORTIONS

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Wound infections represent a significant healthcare challenge, contributing to prolonged hospital stays, increased morbidity, and substantial economic burden. Ayurveda supports wound healing and prevents infections. This study aims to investigate the variations in Aragwadhadi kwatha in different ratios of water and reduction techniques and impact of these variations on the dosage form's analytical properties and antimicrobial efficacy, particularly against *Staphylococcus aureus*. Four samples of Aragwadhadi kwatha were prepared, each utilising distinct water-to-herb ratios and reduction techniques as per Ayurvedic texts. Analytical tests conducted to determine Total Dissolved Solids (TDS), pH and specific gravity of these samples. Additionally, the antimicrobial activity of each sample against *Staphylococcus aureus* was assessed. The analytical study revealed significant variations among the four Aragwadhadi kwatha samples. Sample 4 (herb to water ratio is 1:8 and reduced to 1/4), mentioned in Ashtanga Hridaya, exhibited the highest antimicrobial activity against *Staphylococcus aureus*, followed by sample 3, suggesting that the choice of water-to-herb ratio and reduction technique can impact the decoction's antibacterial properties. This study underscores the importance of understanding and standardising the variations in the preparation of kwatha. Variations in water content and reduction techniques were found to influence the dosage form's analytical properties and antimicrobial efficacy. These findings emphasise the need for consistent and reproducible preparation methods to ensure the therapeutic reliability of such Ayurvedic formulations in clinical practice. Standardisation of classical Ayurvedic dosage forms, like Aragwadhadi kwatha, holds great importance in academic, research, clinical, industrial, and regulatory contexts. This study provides valuable insights into the factors that affect the quality and efficacy of the decoction, thereby contributing to the overall understanding of Ayurvedic pharmaceuticals. It also highlights the importance of preserving the traditional knowledge of Ayurveda while aligning it with modern scientific methods for ensuring the continued relevance of these formulations.

Keywords: Kwatha, Aragwadhadi, Antimicrobial, Vrana, wound, *Staphylococcus aureus*

Registration Code: ABOP 1380



EXPLORING THE EFFICACY OF AROGYAVARDHINI VATI IN MANAGEMENT OF DYSLIPIDEMIA A COMPREHENSIVE REVIEW

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Dyslipidemia is a metabolic disorder characterized by an imbalance in the lipid profile, referred to as “medoroga” in Ayurveda. Unhealthy dietary and lifestyle choices primarily cause it and is a significant public health concern, especially in the Indian population. Approximately 25% of the global population has metabolic syndrome, and increase upto 38% by 2023, mainly adults. Arogyavardhini vati(AV), with its Deepana and Pachana properties, is traditionally indicated for medodosh. The purpose of studying AV in the context of dyslipidemia is to investigate its potential effectiveness and safety, it also aims to assess efficacy, evaluate safety, explore mechanisms of action, and improve patient outcomes. A comprehensive literature search encompassed digital databases, including PubMed, Google Scholar and Ayurveda texts. After eliminating duplicates and applying a publication date filter ranging from 2012 to 2023, this study reviewed 5 selected articles. A case study explored the potential efficacy of Ayurvedic interventions in managing dyslipidemia. The study demonstrated a notable impact in addressing Medadhatu dusti and its associated complications. To assess AV’s acute toxicity and anti-dyslipidemic properties, experiments were carried out using albino rats at therapeutic dosages. In a comparative analysis, AV exhibited promising potential as a treatment for hypercholesterolemia by effectively reducing oxidative stress (measured through decreased MDA and increased GSH levels) and lowering lipid levels. Additionally, a prospective cohort clinical investigation evaluated the safety and efficacy of AV in individuals with dyslipidemia. AV is a beneficial therapy for hypercholesterolemia as it can reduce oxidative stress, lower lipid levels, act as an anti-inflammatory agent, and may increase HDL levels. It also helps reduce dravatha and snighdhatva in medhodhatu. This research lies in the potential of ayurvedic interventions to offer an effective and personalized approach to managing dyslipidemia.

Keywords: Arogyavardhini Vati, Dyslipidemia, Hypercholestremia, Metabolic-syndrome.

Registration Code: ABOP 1389



A COMPREHENSIVE REVIEW ON SIGNIFICANCE OF DHATRI LAUHA IN MANAGING GESTATIONAL ANAEMIA

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Anaemia during pregnancy, characterized by a reduction in the overall haemoglobin levels in the bloodstream, is a prevalent and concerning medical condition affecting expected mothers. This decline in haemoglobin levels is often attributed to physiological haemodilution, a natural phenomenon that occurs during pregnancy. One of the Ayurveda remedies utilized for the management of iron deficiency anaemia (IDA) during pregnancy is Dhatri Lauha, a unique Herbo-mineral compound enriched with rasayana herbs, complemented by the presence of Lauha Bhasma. This compound has been widely recognized for its potential in addressing the condition of anaemia in pregnancy. This review is intended to assess the safety, efficacy & mode of action of Dhatri Lauha in pregnancy from the published articles. A comprehensive literature search was conducted, encompassed classical Ayurveda texts, & digital databases. After eliminating duplicates & applying filters from 2010 to 2023, this study reviewed 5 articles. Research findings demonstrate that Dhatri Lauha exhibited significant reductions in weakness, pallor, and fatigue, as indicated by a clinical study. A prospective open-label single-arm multicentred trial highlighted the safety of Dhatri Lauha as an intervention. Furthermore, Dhatri Lauha demonstrated cumulative effects, enhancing iron absorption and blood formation in pregnant individuals. Another clinical study underscored the manyfold effectiveness of Dhatri Lauha in addressing gestational anaemia. Dhatri Lauha, a proven rasayana, boasts antioxidant, immunomodulatory, and hepatoprotective qualities. It effectively alleviates symptoms such as fatigue, palpitation, breathlessness, heartburn, and blood-related issues through its rich bioavailable iron content crucial for haemoglobin production. This makes it an excellent choice for treating iron-deficiency anaemia in pregnancy, ensuring sufficient oxygen delivery to bodily tissues. The combination of Dhatri Lauha and Lauha Bhasma is a dependable option for managing IDA and revitalizing health during pregnancy.

Keywords: Anaemia, Dhatri Lauha, Gestational anaemia, Garbhini pandu, Pandu in pregnancy

Registration Code: ABOP 1396



REGULATORY AND ANALYTICAL COMPLICATIONS RELATED SAME NAMED DRUG FORMULATION FROM DIFFERENT TEXT SOURCES

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There is global acceptance of Indian traditional medicines like Ayurveda and is getting popular day by day. Government of India had taken major steps for the regulation of Ayurvedic drugs. This comprises of more than 50,000 formulations texted in other 58 official books approved under first schedule of Drugs and cosmetic Act, 1940, IX volumes of API, Part-I, Four volumes of API part-II (202 formulations) and Three volumes of AFI (985 formulations). Recently Swissmedic (Swiss Agency for Therapeutic Products), the central Swiss supervisory authority for medicinal products, reviewed and revised the Complementary and Phytomedicine Ordinance, KPAV; SR 812.212.24 effective from 1st July, 2023, in view of simplified authorization and reporting procedure for complementary and herbal medicines in the list of Traditional Asian Substances (TAS). The revised list recognises classical Ayurvedic 202 pharmacopoeial monographs and 985 Formulary specifications from API, Part-II (Formulations), Volume-I to IV and The AFI, Part-I to III. Purpose of the study is to Highlight the Same named Drug formulation from different text Sources other than API and AFI which some variation in ingredient, concentration and manufacturing process of different official books. Methodology includes data collection of more than 10 same named classical formulations from different approves texts and API/AFI. Result shows variation in test parameters in comparison of standards of API/AFI parameters and declaration of NSQ/Substandard drug when manufactured from approved text other than API/AFI. It was concluded that major complication arises for law enforcement agencies to regulate substandard Quality drugs in market that skips the standard given in Ayurvedic Pharmacopoeia that are getting recognized abroad. These can affect the global compliance and acceptability of classical Ayurvedic medicines. It is suggested that formulation included in API/AFI should be prepared according to the procedures and parameters given in monographs of these standard books only.

Keywords: API: The Ayurvedic Pharmacopoeia of India, AFI: The Ayurvedic Formulary of India, Swiss, NSQ: Not of standard Quality, TAS: Traditional Asian Substances, Swissmedic

Registration Code: ABOP 1410



CLINICAL SIGNIFICANCE OF GUGGULU KALPANA IN AMAVATA

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A mavata, an autoimmune condition, manifests through symptoms like joint stiffness, swelling, and tenderness in both small and large joints. Its clinical features closely resemble those of rheumatism. According to the WHO, in 2019, 18 million people globally were diagnosed with rheumatoid arthritis. Within Ayurveda, Guggulu Kalpana plays a pivotal role in amavata management. Previous research has highlighted that Guggulu exhibits anti-arthritis, anti-inflammatory, and cardioprotective properties. This study systematically reviews the effectiveness of Guggulu Kalpana in treating amavata. A comprehensive literature review on Amavata and Guggulu Kalpana was conducted utilizing classical Ayurveda texts and digital databases. Results: In vivo studies demonstrated that Mahayogaraj guggulu exhibited dose-dependent effects, with histopathological examinations indicating normal organ cytoarchitecture, thus ruling out serious toxicity potential at therapeutic doses. Open-labeled randomized controlled trials (RCTs) concluded that both Seetarama Vati and Vatari Guggulu effectively manage acute and moderate cases of rheumatoid arthritis. Clinical investigations revealed that Simhanada Guggulu provided superior relief in cardinal signs and symptoms of Amavata compared to Shiva Guggulu. Comparative clinical studies demonstrated significant symptom relief with Rasana Rasna Ghanavati and Simhanada Guggulu. A case study showcased the complete resolution of postpartum rheumatoid arthritis with Simhanada Guggulu. This review critically assesses the efficacy and safety of Guggulu Kalpana in treating amavata. While several potent formulations are currently unavailable in the market, they align with contemporary healthcare demands. Hence, there is an opportunity for pharmaceutical industries to manufacture and distribute these formulations. Further studies provide robust evidence supporting the individual efficacy and safety of these trial drugs, paving the way for their integration into mainstream medical practices.

Keywords: Mahayogaraja Guggulu, Vatari Guggulu, Simhanada Guggulu, Rheumatoid arthritis, Autoimmune disease

Registration Code: ABOP 1411



GARBHAPALA RASA IN GARBHINI PARICHARYA A COMPREHENSIVE EVALUATION OF EFFICACY AND SAFETY

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Pregnancy is a transformative period in a woman's life, marked by physical and hormonal changes, as well as the emotional and psychological preparation for motherhood. The common symptoms experienced during first trimester of pregnancy is nausea and vomiting affecting 70-85% of pregnant women. Ayurveda emphasized the management is essential for the protection and development of both the mother and the developing foetus. In this context, 'Garbhapala Rasa,' an Ayurvedic herbo-mineral formulation, claims to be a remedy for all minor ailments experienced by pregnant women. It helps to prevent abortions and ensure better nourishment for the developing foetus. This study explores the efficacy of Garbhapala rasa in pregnancy with respect to maternal and foetal wellbeing was evaluated. A comprehensive literature search encompassed online resources and databases including PubMed and google scholar. After eliminating duplicates and applying a publication date filter ranging from 2012 to 2023, the study reviewed five selected articles. The present study Garbhapaala rasa, produce statistically significant increase in the Haemoglobin concentration of pregnant women. Level of blood sugar was found within normal range in all groups. Liver function and renal function were maintained during ante-natal period. Normal levels of biochemical parameters till the end of treatment. Garbhapaala rasa normalizes biochemical and haematological parameters which shows nontoxic nature. Therefore, knowledge of the findings can be applied for clinical practice to improve gestational well-being. However, from above data it seems that 'Garbhapala Rasa' limits the periods of nausea and vomiting in present study. Combined history of human use of 'Garbhapala Rasa and the data from the current study support the safe use of 'Garbhapala Rasa. It celebrates the beauty and significance of motherhood and emotions of a pregnant woman, physical discomfort associated with pregnancy.

Keywords: Ayurveda, Garbhapaala rasa, Garbhini paricharya, Garbhopadrava

Registration Code: ABOP 1423



IMPLEMENTING RETORT TECHNOLOGY TO AYURVEDIC MANUFACTURING FIELD A PROPOSAL

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The notion of pharmaceuticals is described in Ayurveda, by using the Bhesha as a fundamental entity. The increasing demand for the Ayurvedic formulations globally has given a platform for many startups in various fields such as Drug manufacturing, Cultivation of herbs, Innovative tools and machinery for the production using new technology with better health supplements. Growing emphasis on Preventive healthcare, easy access to supplement and technological assessment are some key factors for boosting the growth of Ayurvedic pharmaceuticals. The desire for natural and organic goods is one of the elements boosting the market's expansion. Preservatives are added to Ayurvedic formulations in order to increase its shelf life. Many studies revealed that Preservatives not only affects the medicinal quality but also the human health. We need a whole new vision and technology to strengthen our principles on the scientific grounds. Retort pouch technology is a fast-growing packaging technology in today's consumer world which is currently using in Food packaging. As the name implies the retort pouch is capable of being retorted. Packed retort pouch is treated under intense heat and pressure to kill harmful bacteria to ensure freshness and long shelf life without preservatives. Products can be stored in ambient temperature with a shelf life of 18 months. If we can implement this technology to Ayurvedic formulations this will overcome not only current drawbacks of adding preservatives but also improve Shelf life, packaging, transportation, economical and Nutritional value etc. The current market demands and future challenges is only solved by adopting modern techniques and regulated by rules and laws. This proposal is to encourage more research which might flourish Ayurveda pharmaceuticals in updated way. This will not only help in development of Ayurvedic pharmaceutical industries but also help in establishing Ayurveda in main health stream.

Keywords: Preservatives, Shelf life, Ayurvedic pharmaceuticals

Registration Code: ABOP 1442



PROBIOTIC ISOLATION- A GATEWAY TO ELEVATED THERAPEUTIC EFFICACY

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The pivotal role of gut microbiota in disease development is well-acknowledged, prompting extensive research into therapeutic interventions that can modulate gut health. Probiotics and prebiotics, garnering recent attention for their potential benefits, have intriguing connections with Ayurvedic principles. This study is to review Probiotics, Prebiotics effect of Ayurveda formulations on Gut Health. This study utilized articles from digital databases, focusing on innovative methodologies integrating probiotics, prebiotics, and Ayurveda. Results reveal significant advancements in understanding the synbiotic relationship between Ayurvedic formulations and gut microflora. Formulations like Chandanasava, Vidangarishta, and Punarnavasa, enriched with *Woodfordia fruticosa* microbes, promote beneficial microflora. Isolating microbes from Arishta and Asava for formulation incorporation enhances efficacy. Homemade curd studies identified 12 probiotic LAB strains, with temperature affecting abundance. Honey demonstrated antimicrobial effects, boosting beneficial flora. Triphala and Yashtimadhu exhibited prebiotic potential, enriching beneficial bacteria and inhibiting pathogens. In vitro analyses of Katuki, Manjishta, Musta, and other herbs using 16SrRNA sequencing indicated diverse effects on microbial communities. Pathyadi churna displayed a unique synbiotic character, eliminating microbes and exhibiting a probiotic effect with anupana. These findings emphasize the importance of comprehending Ayurvedic probiotic and prebiotic effects, prompting further research into formulation efficacy, mechanisms, drug delivery enhancement, and dosage forms. Scientific validation of these concepts is vital to ensure the safety and effectiveness of Ayurvedic interventions, paving the way for innovative approaches in healthcare.

Keywords: Ayurvedic formulations, Therapeutic efficacy, Gutmicrobiota, Probiotics, prebiotics, Synbiotics

Registration Code: ABOP 1458



REVIEW OF NAGA BHASMA - A METALLOPHARMACEUTICAL MARVEL IN AYURVEDA

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Ayurveda utilises bhasma preparations, which are the products of repeated calcination of metals in herbal extracts or juice media. Naga Bhasma, one such potent formulation, is primarily used to treat Prameha(diabetes) and Vatakaphaja vikaras(diseases due to deranged Vata-kapha). It also exhibits Vrushya guna(aphrodisiac properties). This study compiles and assesses all the pertinent research on Naga Bhasma, encompassing its characterization, pre-clinical, and clinical studies. Contemporary research databases such as Ayush Research Portal, DHARA, PubMed and other relevant contents on the internet were thoroughly searched using keywords – ‘Naga bhasma,’ ‘Naaga bhasma’ and Lead calx. The search yielded twelve articles on characterization and seven articles on pre-clinical studies. No clinical studies evaluating the efficacy of Naga Bhasma as a standalone treatment were found in these databases. Based on the gathered studies, it can be concluded that Naga Bhasma is therapeutically safe in animal models. Furthermore, Naga Bhasma exhibits significant anti-diabetic effects, and regenerative potential in cases of testicular toxicity. However, Naga Bhasma prepared in lesser number of incineration cycles was not found completely safe, especially at higher dosage where changes related to renal and hepatic dysfunctions were found in haematological and biochemical analysis. Also, a greater number of puta(incineration cycles) are required to induce a more pronounced antihyperglycemic effect in Naga Bhasma. Analytical studies reveal absence of free lead in Naga Bhasma, with lead present in the form of lead sulphide (PbS) along with carbonaceous material, featuring particle sizes between 57.4-120µm. This research will provide valuable insights into the characterization and therapeutic effects of Naga Bhasma. While the compilation acknowledges some limitations due to the relatively limited standard research available, the concise perimeter will provide valuable inputs for future high-quality studies.

Keywords: Lead calx, Safety, Efficacy, Anti-diabetic.

Registration Code: ABOP 1487



NEW INSIGHTS IN DRUG DELIVERY OF AYURVEDIC DRUGS AND FORMULATION IN NANOTECHNOLOGY PERSPECTIVE

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Nanotechnology is one of the most significant novel drug delivery methods currently being researched. Patients dislike the traditional formulations because of their dosage, palatability, and mode of administration. So, changes are needed for the Ayurvedic medicine administration to get widely accepted. A recently developed technique called nanoformulation has already produced some interesting outcomes in creating new phytochemical delivery systems. This overview will discuss recent advances in nanotechnology for administering Ayurvedic medications and formulations. Literature references are collected after reviewing classical texts, modern literature, and electronic databases. SLN (solid lipid nanoparticle) and crude niosomes could encapsulate crude extracts of *Withania somnifera* and release the marker compounds delivered to certain layers of the skin. TC on encapsulation with starch retained its antimicrobial, antibiofilm and neuroprotective activities, illustrating starch as a suitable drug delivery system. Using nanocarriers to deliver Ayurvedic medications can be an excellent concept because they can cross the plasma membrane and deliver the medication in the desired concentration at the targeted site of action. The permeability, solubility, bioavailability, therapeutic activity, stability, improved distribution within tissues, and sustained delivery of plant constituents are all thought to be improved in nanoformulations compared to conventional preparations. Nanosized herbal drug delivery techniques may enhance efficacy and address the limitations of plant-based medicines. Ayurveda and nanotechnology combined may offer the most effective treatments for various life-threatening illnesses.

Keywords: Nanotechnology, Nanoformulation, Herbal drug delivery, Nanocarriers

Registration Code: ABOP 1494



NANO BASED DRUG DELIVERY SYSTEM IN NEURODEGENERATIVE DISORDERS

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Neurodegenerative disorders are a broad category of ailments caused by progressive destruction of neurons. Degenerative nervous system illnesses impose significant medical and public health burdens on populations all over the world. There is no complete cure for the majority of these complicated neurological diseases. The presence of the blood-brain barrier makes treatment of such disorders difficult, as it is impenetrable by most currently known and potentially beneficial medications. As a result, both the academic and pharmaceutical communities face significant challenges in discovering and developing innovative drug delivery mechanisms for the treatment of such disorders. Nanotechnology is an exciting and promising method. When nanotechnology and Ayurvedic medicine are combined, it will be highly helpful in creating future medications with improved bioavailability profiles and reduced toxicity and adverse reactions. Stress and changes in lifestyle lead to the breakdown of the blood brain barrier in modern days. The most potential application of nanotechnology in clinical neuroscience is drug delivery across the blood-brain barrier. Nanomedicine will assist in maintaining neuronal function and prevent functional decline. As of late, Bhasma has come to be recognized as an Ayurvedic kind of nanomedicine, offering the possibility of creating drugs using contemporary nanomedicine concepts. As Bhasma is naturally biocompatible, nontoxic, and nonantigenic, it can be used for selective, targeted, and controlled medication administration. An innovative delivery system that can quickly carry therapeutic drugs to the brain can be developed by taking advantage of the unique qualities of nanomaterials, such as their smaller size, biocompatibility, extended blood circulation, and lack of toxicity. In the rapidly developing field of nanomedicine, the current effort aims to reexamine the Ayurvedic Bhasma notion as organometallic ethno-nanomedicine.

Keywords: Drug delivery, Nano technology, Ayurveda, Bhasma, Neurodegenerative disorders, Blood brain barrier

Registration Code: ABOP 1583

A COMPARATIVE CLINICAL STUDY OF PITHANTAKA YOGA AND AMLAPITHANTAKA CHURNA IN AMLAPITHA

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Amlapitha can be correlated with acid reflux syndrome described in modern science. In the present study, the efficacy of two formulations which deal with Amlapitha, namely Pithanthaka yoga (PY) and Amla pithanthaka churna (APC) has been compared clinically. PY is a proprietary formulation of Nageswar Pharmacy, NIA, Jaipur. It is described in the Ayurveda Formulary of India and contains purified Swarnagairika, Sitha and Amritdhara, which contains menthol, camphor and Thymol. APC is described in Rasatantrasara & Siddha prayoga sangraha and it contains Agnimantha mashi, Maricha and Sitha. Because of similar indications, these two drugs have been chosen for comparison of clinical efficacy in Amlapitha. To evaluate and compare the efficacy of Pithanthaka yoga and Amla pithanthaka churna in the management of Amlapitha. An interventional, comparative, open labelled and randomized clinical study was conducted by dividing 30 patients having the classical symptoms of Amlapitha into two equal groups. Group A and Group B were administered with 2g PY and 2g APC twice daily respectively for one month. Assessment was done based on subjective parameters such as Avipaka, aruchi, daha, klama etc. and objective parameters such as routine blood examination. The results were statistically analysed using paired t test. Statistically significant difference was found in every subjective criterion except in gaurava symptom in Group A (PY), and klama symptom in group B (APC). On comparison it was found that APC was better than PY in the management of Amlapitha. It can be concluded that even though both PY and APC are effective medicines in the management of Amlapitha, APC can be considered the better medicine among the two.

Keywords: Amlapitha, Amlapithanthaka churna, Pithanthaka yoga, acid reflux syndrome

Registration Code: ABOP 1648



PHYSICOCHEMICAL CHARACTERIZATION OF MRITASANJEEVANA RASA CLASSICAL AND ITS MODIFIED FORMULATION MRITASANJEEVANA RASA MODIFIED

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Mritasanjeevana Rasa (MR) is a herbo-mineral formulation mentioned in Brihat Rasaraja Sundara, an ancient text of Rasashastra written by Dattaram Choube. MR contains Hingula (Cinnabar) as its main ingredient along with Vatsanabha (*Aconitum ferox* Wall ex Ser.), Jayapala (*Croton tiglium* L.) and Tankana (Borax). Hingula is chemically similar to Rasasindura as per modern concept (a classical preparation in Rasa Shastra) as both are red sulphides of mercury (α -HgS). Mritasanjeevana Rasa – Classical (MRC) was prepared as per textual guidelines. Mritasanjeevana Rasa – Modified (MRM) was also prepared as per same guidelines. Hingulotha Parada was used for preparation of Rasasindura. Physicochemical characterization including ICP-MS, FT-IR, HPTLC, TGA, Particle size analysis etc were performed for both samples. MRC and MRM showed similar results in pH value, moisture content, ash values, water soluble extract, hardness test, friability test and disintegration time. ICP-MS revealed that Mercury and Sulphur are the main elements present in MRC and MRM. XRD analysis confirmed the presence of Sodium Sulphate (Na_2SO_4) and Mercuric Sulphide (HgS) in both the samples. Both revealed scaly crystalline structure. Their average particle size was between 800-900 nm with lowest particle size of 103 nm and 134 nm respectively. FTIR analysis revealed that MRC and MRM samples contain functional groups like C-O-C, S=O and C-H. TGA analysis suggests that MRM showed better stability than MRC throughout the heating phase. The present study shows that Mritasanjeevana Rasa and its modified formulation does not affect the physicochemical characteristics of final compound to a considerable extent.

Keywords: Mritasanjeevana Rasa, Hingulotha Parada, XRD, SEM.

Registration Code: ABOP 1650



AUTHENTICATION OF MANDOORA COLLECTED FROM DIFFERENT GEOGRAPHICAL ZONES IN INDIA

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Mandoora and its formulations are one of the most extensively used classical medicines in diseases related to the hematopoietic system. As per the API, mandoora is an Iron- cum silicate compound with the composition of fayalite. The features of mandoora, as explained in the classic, are very difficult to obtain because most authors recommend that 100-year-old mandoora be used in pharmacological processes. But these days, most pharmacies are using old rust, wrought iron, ferric oxides, etc. in place of mandoora. Hence, this study was conducted to find out the authenticity of mandoora which is available in the Indian market. For this study, twelve samples of mandoora were collected from different geographical zones in India, and the samples were analysed through the classical and mineralogical characters mentioned in the API by using sophisticated instruments like XRD and EDXRF. From the study, the physical properties of the samples were closely matched with the standard reference, but the classical characteristics of the samples were found to be difficult to measure. In XRD analysis, most of the samples detected higher concentrations of anorthite and wustite instead of fayalite. Some of the samples contained fayalite, but the quantity was found to be lower than the reference range. From the EDXRF analysis, 11 out of 12 samples met the required iron percentage, and none of the samples met the reference range of silica as mentioned in the API. Hence, the sample from Pune was identified as authentic mandoora as it contains >80% of fayalite through XRD analysis and Fe% was >30% as mentioned in API through Geochemical analysis (EDXRF).

Keywords: Mandoora, XRD, EDXRF

Registration Code: ABOP 1667



RASA SATRA AND NANO MEDICINE- A CRITICAL REVIEW OF ROLE OF SHANKA BHASMA IN CHRONIC GASTRITIS

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Rasa shastra is a branch of Ayurveda, an ancient system of medicine that originated in India. It deals with the preparations of therapeutic formulations mainly using metals, minerals and herbs. Nano medicine on the other hand is relatively modern field that involves the use of nanotechnology for medical purposes, including delivery, imaging and diagnostics. Certain mineral based preparations may be recommended in rasa shastra for their anti inflammatory and gastro protective properties nano medicine can play a significant role in improving drug delivery for chronic gastritis. Nano sized drug carries, such as liposomes or nano particles can be designed to encapsulate medications and enhancing their stability and allowing targeted delivery to the affected areas in the gastrointestinal tract. Nano particles can improve bioavailability of certain drugs, ensuring that they are absorbed more efficiently by the body. shanka bhasma also known as conch shell ash. Bhasma made from purified conch shell indicated for gastro intestinal disease conditions including gastritis. Explore the physical and chemical properties of shanka bhasma, aiming to understand them at nano scale level and insights into how bhasma exert their therapeutic effects.

Keywords: Nano medicine, Bhasma, Drug delivery, gastritis, shanka bhasma

Registration Code: ABOP 1670



SUN PROTECTION FACTOR SPF OF SELECTED ELADI GANA DRUGS A PRELIMINARY EVALUATION

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Ayurveda classical texts advocate numerous drugs for enhancing skin and treating various skin ailments as Varnya which enhances skin colour and texture. Eladi Gana is one such combination having Varna Prasadaka (~complexion enhancer) and Kandu, Pidika, Kotha Nashaka (~alleviating skin disorders) properties. It is assumed that eladi gana may possess photoprotection activity. The present study aimed to evaluate the sun protection factor SPF of the specific ten drugs of Eladi Gana. Aqueous extracts of selected ten drugs were extracted using Soxhlet extraction method. UV absorption of each drug was measured with Spectrophotometry and the sun protection factor (SPF) was calculated according to the Mansur equation. The antioxidant activity was evaluated by DPPH and ABTS assays. The SPF value of ten drugs ranges from 15 to 30 s. DPPH assay and the ABTS assay revealed that the extracts have antioxidant activity. Different absorption spectrum was noted for drugs. The results of the present study suggest that the presence of secondary metabolites with antioxidant properties could be responsible for the high UV absorbance. The findings would offer an exciting avenue for further research towards the development of herbal cosmetics.

Keywords: Photoprotection, Sunscreen, Ayurveda, Eladi gana

Registration Code: ABOP1683



PHYTOSOME TECHNOLOGY A SYSTEMATIC REVIEW OF BIOAVAILABILITY ENHANCEMENT AND ITS CLINICAL IMPLICATIONS FOR MEDICINAL HERBS

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Medicinal herbs and the phytochemicals they contain, have become a viable therapeutic option in modern times for treating a wide range of illnesses. Nevertheless, problems with these drugs' low selectivity and bioavailability frequently prevent their clinical use. This is especially troublesome for phytoconstituents that are soluble in water, as they may have high bioavailability in vitro but low or non effectiveness in vivo. Novel drug delivery methods have been suggested as efficient carriers to increase the bioavailability of phytochemicals in order to overcome this difficulty. Among these, nanovesicles have drawn interest as a potentially effective method of delivering phytochemicals that are insoluble. Making covalent compounds with phosphatidylcholine is an interesting strategy for increasing the stability and bioavailability of phytoconstituents. "Phytosomes," a patented technology, has shown to be a major breakthrough. Phosphatidylcholine and phytoconstituents bind covalently to form phytosomes, which have increased stability and bioavailability. These vesicles are versatile for a variety of applications due to their bilayer structure and ease of preparation. The superior efficacy of phytosomes, with respect to their biological activity and potential for lower dosage requirements, has been verified by scientific literature. Notably, two of the most often formulated compounds using this method are curcumin and silymarin. Phytosomes of a variety of herbs are currently sold on the market, such as milk thistle, ginkgo biloba, grape seed, hawthorn and ginseng. Examining the corpus of research on the possibilities and uses of innovative phytosome technology, with an emphasis on its clinical features and different formulations, is the goal of this review.

Keywords: Phytosome technology, phytochemicals, phosphatidylcholine

Registration Code: ABO P1709



LIQUID CHROMATOGRAPHY WITH TANDEM MASS SPECTROMETRY LC-MSMS PROFILING OF POLYPHENOLIC COMPOUNDS PRESENT IN GUDUCHYADI KASHAYA

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The utilization of various contemporary analytical methods has become indispensable when it comes to assessing polyherbal Ayurvedic formulations, aiming to ensure their quality, safety, and effectiveness. Quality control of herbal medicines involve analytical evaluation using instrumental techniques such as thin layer chromatography (TLC), HPLC, GC-MS, LC-MS, near infrared (NIR), and spectrophotometer etc. Among them liquid Chromatography with tandem mass spectrometry (LC-MS/MS) is a powerful analytical technique that combines the separating power of liquid chromatography with the mass analysis capabilities of MS. Generally, its application is oriented towards the specific detection and potential identification of chemicals in a complex mixture. Polyphenolic compounds are usually referred to as a diverse group of naturally occurring compounds containing multiple phenolic functionalities. These compounds are commonly found in higher plants. Naturally occurring polyphenols are known to have numerous biological activities. The biological properties of phenolic compounds are diverse, the anti-inflammatory, anti-aging, antiproliferative, and antioxidant properties of phenolic compounds have been described in several studies. This research study was taken to analyse 28 polyphenolic compounds in Guduchyadi Kashaya by LC-MS/MS. Guduchyadi Kashaya which has a wide range of applications in the Ayurvedic treatment system, was taken for the study. Phenolic compounds are abundant in the ingredients of Guduchyadi Kashaya, as evidenced by previous studies. So, to determine the polyphenolic contents of Guduchyadi Kashaya, this study was conducted. The quantification of the polyphenols was carried out on Shimadzu Shim Pack GISS C18 column with .1% formic acid as mobile phase. A total of 28 polyphenolic compounds were analyzed, and 24 of these compounds were found to be present in Guduchyadi Kashaya. The results showed that the phenolic compounds present in the ingredients were also present in the formulation in high abundance.

Keywords: Guduchyadi Kashaya, LC-MS/MS, TLC, HPLC, GC-MS, polyphenolic compounds

Registration Code: ABOP 1711



UPCYCLING AND REUSAGE OF AYURVEDIC FORMULATIONS BYPRODUCTS

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Upycling is the process of transforming by products, waste materials or discarded objects into new materials or products. Sneha Kalka is the by product of Sneha Kalpana, which is the primary waste product generated in Ayurveda pharmaceutical Industry. Residual Sneha Kalka is discarded or at the most used as fuel. This study is an attempt to prepare different types of cosmetics for skin and preparation of soap from Sneha Kalka . In this study Nalpamaradi taila was prepared and sneha kalka of taila was converted into soap , face scrub, lip scrub, moisturizer, Gel and face wash etc.. The prepared cosmetic products are natural and organic since these ingredients possess properties essential for healthy skin.

Keywords: Upcycling, Sneha Kalpana, Sneha Kalka, Nalpamaradi taila

Registration Code: ABOP1726



A COMPARATIVE STUDY ON PHYSICOCHEMICAL PARAMETERS OF GHEE PREPARED FROM MILK CREAM AND CURD

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Ghrita is a highly valued fat which is used for cooking and Pharmaceutical purposes. Preparation of Ghrita is important as its properties will depend on preparation methods. On this basis, a study was carried out on Ghrita, prepared by two different methods, and its characteristics were validated. Materials and Methods: In the first method 2 batch of Ghrita were prepared by heating butter obtained from milk cream by churning process (GM1 and GM2). In the second method 2 batches of Ghrita were prepared by heating butter obtained through churning of curd (GC1 and GC2). All the four batches of ghee were analyzed based on the standard parameters like Specific gravity, Refractive index, pH, Acid value, Saponification Value, Iodine value concerned and compared . There were considerable variances in Acid value, Saponification value, Iodine value in GM batches compared to GC batches. While the physical parameters like Sp. Gravity, Refractive index remained unchanged. Curd is rich in essential body requirements like vitamins, minerals and less monosaccharides contents compared to milk. In the present study maximum yield of ghee was obtained from curd compared to milk cream. Less acid value indicates minimum hydrolysis of fats, signifying long shelf life of ghee which was applicable for Ghee from Curd. Saponification value of all samples were within the limits of standard Ghee, indicating ideal quality of all ghee. Iodine value which indicates the point of unsaturation was more supportive to GC group of Ghee. A comparative study on two methods of Ghee preparation was done and analyzed using suitable parameters . Ghee prepared form curd (fermented milk) has appeared to have an dominance on the basis of yield, optimum physicochemical parameters which assumes its suitability for pharmaceutical and therapeutical use.

Keywords: Sneha Kalpana, MahaSneha, Ghrita prepration, physicochemical parameters,

Registration Code: ABOP 1824



CHRONIC TOXICITY STUDY OF TALA SINDURA

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Tala Sindura is a classical Ayurvedic preparation, prepared by pharmaceutical processing i.e., Kupipakwa method with the help of Valuka Yantra/VEMF with the certain time duration mentioned in the classics. Tala Sindura itself indicates it that Yoga is composed of Tala i.e., Haratala (processed orpiment) and also contain Shuddha Parada (processed mercury), Shuddha Gandhaka (processed Sulphur). As it contains heavy metals along with schedule E drug under the act of 1940, Haratala as an integral component, it is important to provide its safety profile for its global acceptance. To evaluate the safety profile of Tala Sindura in chronic toxicity study on Albino rats as per standard protocol. The Tala Sindura were made into fine suspension in vehicle (honey) in distilled water. The test drug was administered orally once a day for 90 consecutive days in the dose of 22.5mg/kg (therapeutic dose [TED]), 112.5mg/kg (5 times [TED]) and 225mg/kg (10 times[TED]). Animals were sacrificed on 91st day and animals of recovery group were sacrificed on 121st day. Parameters such as Haematological, Serum Biochemical and Histopathology of various organs were studied. Results: Test drug at a higher dose level and recovery study showed no toxic effect on Albino rats during chronic toxicity study. Tala Sindura is found to have no toxic effect on Albino rats during the repeated oral doses in chronic toxicity study of 90 days, even at 10 times therapeutic equivalent dose (225mg/kg) and even during recovery period of 1 month. It may be safely used at TED level.

Keywords: Haratala, Safety, Tala Sindura, Ayurveda, Kupipakwa.

Registration Code: ABOP 1856



CHALLENGES AND POSSIBILITIES OF USING AI AND ROBOTICS IN AYURVEDA MEDICINE MANUFACTURING -AN OUTLOOK

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Technology innovations like Artificial Intelligence and Machine Learning with Robotics can be incorporated for filling the gap in Drug Manufacturing and Research in Ayurveda with more efficiency and speed. Scientific outlook on how technology Innovations like Artificial Intelligence and Machine Learning with Robotics can be incorporated in Medicine Manufacturing of Ayurveda Medicines with focus to Safety, Quality and Efficiency in production.: In Ayurveda pharmacy major technology requirements are in automated production, packing quality control in large scale production, quality control labs for drug testing and standardization of end product. Automation technologies can robust the speed of the manufacturing process and make it safer and efficient, and also helps in reducing manpower cost. When an AI assisted robot is assigned for given operation, it can execute the given instructions without errors or faults in every cycle irrelevant of septic- aseptic manufacturing environment . It will give standardized outputs in Health, safety and environments , Quality Of Production and Production Efficiency Challenges : Even as Artificial Intelligence is being used to upgrade Medicine Manufacturing and services stealing of data is possible by hacking of private systems linked to manufacturing unit software, wireless networks at facilities,gadgets in Internet of Medical Things (IoMT). Cyber Security and data privacy in Internet of Medical Things (IoMT) will be a major concern for the medical word in coming decades Conclusion: New age technologies like Artificial Intelligence , Machine Learning with Robotics can be incorporated in Ayurveda Drug manufacturing for robust change in production quality efficacy with less time, standardized safety measures and in aseptic Grade .A Production environment in any system of medicine incorporation of new age technologies are inevitable for better quality output of services and medicines with quality and speed.

Keywords: Artificial Intelligence and Ayurveda, Robotics in Ayurveda Pharmacy , Machine learning in Ayurveda Pharmacy

Registration Code: ABOP 1943



REVIEW ON CONTEMPORARY ADVANCEMENTS THAT CAN BE ADOPTED IN KSHEERA KALPANA

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Ayurveda an integral part of Indian traditional medicine has boundless chances to transcend the present health scenario if adopted according to the social necessities. Medicine preparation is also an essential segment that requires transition. The hectic way of preparing medicines during each time of consumption makes people stay back from this mode of treatment. This sort of preparing medicines at the time of consumption and the long duration needed for preparation always results in skipping medicines in a busy schedule. Ksheera Kalpana is a pharmaceutical dosage form where the medicinal properties of raw drugs are extracted into a mixture of water and milk. Hence the lipid-soluble as well as the fat-soluble components are acquired in it. Compared to other Kashayas, Ksheera Kashaya is more palatable as milk is familiar since an individual's birth. It is easier to get digested and provides nourishment in patients debilitated due to disease for a longer duration and having decreased digestive fire. This work is an attempt to discuss the future possibilities of Ksheera Kalpana by analyzing its potential to be used in readily available forms like capsules, powders, and granules. Its aspects as a Nutraceutical and Fortified food have also been explored. Databases like Google Scholar, PubMed, and Scopus were scrutinized for recent research on Ksheera Kalpana and its value-added forms. This study aims to be a reminder for clinicians to restore the use and explore the vast possibilities of application of "Ksheera Kalpana" in daily practice considering the nourishing and restorative effect of this particular formulation on almost all the dhatu's from Rasa to Sukra.

Keywords: Ksheera kashaya, Fortified milk, Medicinal Milk, Dairy Nutraceutical

Registration Code: ABOP1944



NANOMEDICINE AND RASA SASTRA IN CANCER THERAPY

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Nanomedicine is the branch of nanotechnology that involves using nanoparticles and nanoscale material for diagnosis, treatment, and disease prevention. These microscopic objects, which frequently have sizes between 1 and 100 nm, have certain advantages in the medical field such as targeted drug delivery, enhanced imaging, and improved therapeutic outcomes. With its cutting-edge methods for enhancing the efficacy and minimizing the negative effects of cancer medicines, nanomedicine has made tremendous advancements in cancer treatment. According to WHO, cancer is a leading cause of death worldwide, accounting for nearly 10 million deaths in 2020, or nearly one in six. Rasasastra, a branch of Ayurveda, focuses on the creation and therapeutic use of nanomedicines, particularly metallic and mineral nanoparticles. These metals and minerals are subjected to various procedures like sodhana, marana, bhasmeekarana, which turn into bhasma form, nanomedicine in Ayurveda. By these procedures, the toxic effects of the metals are nullified and transformed into biologically active nanoparticles. These preparations are put through complex analytical tests using an interdisciplinary approach, such as XRD, SEM-EDX, ICP-AES, etc, and identified that particle size of Swarna bhasma (incinerated gold), Yasada Bhasma (incinerated zn), are approximately 30-60nm, 49-80nm, respectively. The anticancerous activity of yasada bhasma in human pancreatic cancer cell line, sataputi abraha Bhasma in lung, leukemia and prostate cancer cell line, and Swarna Bhasma on the MCF-7 breast carcinoma cell line are proved by studies. It may be due to the sookshmatwa (facilitates the passage and movement of drug) and Shighra vyapti (rapid spreading) characteristics of bhasma, and it highlights their resemblance to nanoparticles in nanomedicine, which have special characteristics like rapid action and target-specific drug delivery. So, this paper tries to illustrate how rasaushadhis need to be explored by subjecting them to life-threatening diseases like cancer where contemporary medicine has a limitation.

Keywords: Nanomedicine, Rasa sastra, Bhasma, Cancer

Registration Code: ABOP 1964



EFFECT OF RASAMANIKYA PREPARED FROM KUSHMANDA SWARASA AND TANKANA SHODHITA HARATALA ON PONDERAL AND BIOCHEMICAL PARAMETERS

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Rasamanikya is one such an arsenical formulation in Ayurveda which is extensively prescribed for different chronic ailments since ages without any noticeable side effects. But many concerns have been raised by the scientific community on safety aspects only due to mere presence of heavy metals. So, there is need to evaluate safety of such formulations through preclinical trials. The present study is carried out to evaluate the effect of Rasamanikya prepared by Kushmanda Swarasa Shodita Haratala (RMKS) and Tankana Shodhita Haratala (RMTS) at different dose levels on ponderal and biochemical parameters in Wistar albino rats. Both the test drugs were prepared as per the classical guidelines. RMTS (12, 24mg/kg) and RMKS (22.5, 112.5 and 225 mg/kg) was administered along with honey and ghee as an adjuvant to rats for 90 consecutive days with 30 days recovery period. RMKS showed weight gain in all treated groups, but percent change in body weight pattern in treated groups did not differ significantly from the changes observed in control group. While in RMTS at TED dose produced insignificant decrease in body weight at both experimental and recovery phases. But it is not found in dose dependant (TED X 2) manner. RMKS showed significant decrease in blood urea, total cholesterol with concomitant increase in HDL while RMTS showed decrease in HDL and albumin at both dose levels. All the difference in between the groups is insignificant and no pathological changes at ponderal and bio chemical levels were observed. Based on these observations, it can be inferred that RMTS and RMKS can be used at therapeutic doses along with a suitable adjuvant (honey and ghee) for shorter periods along with gaps of few days as Rasamanikya has potential to generate biochemical alternations on long standing usage.

Keywords: Ayurveda, Arsenicals, Haratala, Rasamanikya, Safety

Registration Code: ABOP 1968



A CROSS-SECTIONAL SURVEY OF USAGE OF PRESERVATIVES IN BILWADI LEHA AMONG GMP CERTIFIED COMPANIES IN KERALA

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Avalehas are widely accepted secondary dosage forms of Ayurveda due to their palatability, ease of administration, and better stability. As per classics, the shelf-life of Avaleha has been mentioned as one year. However, recent amendments to the Drug and Cosmetic Act have extended the shelf life to three years. This significant change in shelf life may be attributed to the incorporation of chemical preservatives, which are now being allowed as per the rules and regulations. It is important to note that the labels of the market samples do not provide any information regarding the presence of preservatives, and there is a lack of clarity regarding the type and concentration of preservatives used in them. We have undertaken a cross-sectional survey involving GMP-certified companies in Kerala that have the production of Bilwadi leha. Conducting a comprehensive study across all the Avaleha would indeed be a Herculean task. Therefore, Bilwadi leha mentioned in Sahasrayoga was being chosen as an initial effort. A questionnaire comprising 30 questions that pertain to various pharmaceutical and analytical aspects of Bilwadi leha, with particular emphasis on its preservation methods was prepared and a face-to-face mode of survey was conducted. Among the GMP-certified companies having Bilwadi leha production, 8 companies have participated in the survey. Notably, except for two of these companies, all the others incorporated chemical preservatives in their Bilwadi leha. Sodium benzoate, Potassium sorbate, Methyl, and propylparaben were the major preservatives utilized in industry for the preservation of Bilwadi leha. The survey revealed a significant divergence among the companies in terms of both the types and concentrations of preservatives used in Bilwadi leha. This underscores the pressing need for establishing clear and standardized regulations governing the usage of preservatives in Ayurvedic formulations.

Keywords: Sodium benzoate, Potassium sorbate, Parabens

Registration Code: ABOP 1973



ANTIMICROBIAL ACTIVITY OF LAGHUMALINI VASANTA RASA W S R TO SHWETA PRADARA

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Shweta Pradara is a condition characterized in Ayurveda as white vaginal discharge, which can be compared with leucorrhoea in modern science. Pathological leucorrhoea becomes the most common etiology in young women. Studies showed that Staphylococcus aureus as the most prevalent vaginal pathogen besides E. coli. Candida albicans is a common type of yeast causes vaginal Infections. As the condition causes great discomfort to women, a remedy which is safe and potent is need of the hour. Rasoushadhis with its quick result in minimal dosage can be an effective remedy. Laghumalini Vasanta Rasa is a Kharaliya Rasayana mentioned in Rasatantra Sara Va Siddhaprayoga Sangraha. There are two references with the same name, both indicated in Shweta Pradara with different combination of drug. One formulation with ingredients of Yashada Bhasma, Shuddha Hingula and Shweta Maricha (LMV1) and the other one without Hingula (LMV2). LMV2 is widely available in market. The formulation which is efficacious in Shweta Pradara and that can be easily prepared has to be evaluated. Hence the study was conducted between those two references by comparing them pharmaceutically and analytically. Organoleptic parameters and Analytical study revealed slight difference in two samples. Assay for Zinc showed more percentage in LMV2. The XRD studies of LMV1 showed ZnO with extra peaks of HgS & LMV2 corresponds the major portion of ZnO. The SEM EDAX study of LMV1 showed 13.71 Wt.%, and LMV2 as 12.43 Wt.%. There was more effective zone of inhibition in LMV1 when compared to LMV2. LMV2 did not show antimicrobial property against Candida albicans but it has showed zone of inhibition against Staphylococcus aureus and E. coli. This study proves LMV1 & LMV2 is analytically stable and it is also as a formulation to prevent specific leucorrhoea. Further experimental and clinical studies required to prove the efficacy.

Keywords: Kharaliya Rasayana, Laghumalini Vasanta Rasa, XRD, SEM EDAX.

Registration Code: ABOP 1993



**PHYSIO CHEMICAL EVALUATION AND INVITRO
ANTIBACTERIAL ACTIVITY OF WATER AND ETHANOLIC
EXTRACTS OF MARICYADI GUTIKA
A TRADITIONAL AYURVEDIC MEDICINE AGAINST
SELECTED RESPIRATORY PATHOGENS**

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Nowadays, drug resistance due to extensive abuse and over-use of antibiotics has become a serious problem. This makes the development of alternative antibiotics, a very urgent issue. In this study, an attempt is being made to screen the antibacterial potential of Maricyadi gulika in the prevention of respiratory infections. Maricyadi gulika is mentioned in Sarangadhara samhita madhyama khanda. No works have been conducted yet to assess the antibacterial effect of Maricyadi gulika. The antibacterial activity of Maricyadi gulika can be tested by agar well diffusion method against Staphylococcus aureus and Klebsiella pneumoniae - bacteriae responsible for respiratory infections. Preparation of Maricyadi gulika under standard conditions and to evaluate its physiochemical characters. To evaluate the invitro antibacterial effect of Maricyadi gulika in Staphylococcus aureus and Klebsiella pneumoniae.. It includes Pharmaceutical study, Analytical study and Antimicrobial study. Pharmaceutical study was carried out at the teaching lab of Amrita School of Ayurveda according to Sarngadahara samhita reference. Analytical study includes the physiochemical analysis of Maricyadi gulika. The antibacterial activity of Maricyadi gulika was tested by Agar well diffusion method against Staphylococcus aureus and Klebsiella pneumoniae. Antimicrobial study results showed that Maricyadi gulika had antimicrobial activity against all the two pathogens Staphylococcus aureus and Klebsiella pneumoniae. From the results obtained, it can be concluded that Maricyadi gulika exhibited antimicrobial activity against all the two pathogens causing respiratory infections. The findings of the study suggested that, Maricyadi gulika can be used as a remedy against respiratory infections caused by the above two pathogens.

Keywords: Maricyadi gulika, Respiratory infections, Agar well diffusion, Staphylococcus aureus, Klebsiella pneumoniae

Registration Code: ABOP 1998



A COMPREHENSIVE LITERATURE REVIEW OF IN-SILICO STUDIES ON HERBAL ANALGESIC AGENTS

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A Comprehensive Literature Review of “In-Silico Studies on Herbal Analgesic Agents”
Background Analgesics are prescribed to treat pain by selectively reducing it by interfering with the central nervous system (CNS) or peripheral pain pathways, with little or no effect on consciousness. According to Ayurvedic classics, medicine works through Rasa, Guna, Veeya, Vipaka and Prabhava. Through computer analysis, the likely mode of action of a medicine from a conventional point of view may be understood, aiding in the understanding of Ayurveda by other scientists. The aim of the current study is to identify, compile, and analyze the available In-Silico research articles pertaining to herbal herbs to identify the potential leads for pain management. Methods The keywords were identified using MeSH terms related to the following keywords “pain relievers” and “In-Silico.” An extensive literature search was conducted in PUBMED, and Google Scholar to identify research articles related to the topic. Data extracted from the selected articles were collected, analyzed, and mapped accordingly. Results and Discussion A total of 70 studies were identified on screening the available literature. Among them, 39 articles were found on single herbal drug. Moreover, fourteen articles on single phytoconstituent of herb, 16 articles on extract of herbs as well as one article on ayurvedic formulations were identified. Methods used for phytochemical analysis are TLC, GCMS, and others. The target enzyme is COX2 and COX1. Software used for the study are Autodock vina, MOE docking suit, Pymol, chemsketch, and structures were derived from PDB, ADME/T analysis by Schrödinger-Maestro, and OSIRIS Data warrior. Apart from this, the results of these studies will be presented during the scientific session.

Keywords: In-Silico, Analgesics, Herbal Drug, Ayurveda.

Registration Code: ABOP 2034



COMPARATIVE CLINICAL EFFICACY OF SAPTARANGYADI VATI AND SAPTARANGYADI GHANA VATI ON MADHUMEHA TYPE 2 DIABETES

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Distinct genetic and metabolic defects in insulin action or secretion give rise to the common phenotype of hyperglycaemia in Type-II Diabetes. It is the main cause leading to the end stage of renal disease, non-traumatic lower extremity amputations and adult blindness. Saptarangyadi Ghanavati is popularly known by the Ayurvedic fraternity for its therapeutic properties on Madhumeha. This preparation has been selected for comparative study, because the concentrated extract of single or compound drugs has more active constituents, effective in lower doses and more shelf life than the powder of the raw material. To evaluate comparative clinical efficacy of Saptarangyadi Vati and Saptarangyadi Ghanavati in the management of Madhumeha (type-II DM). The study was a randomized double-blind study involving 111 patients with DM-type-II that were randomly divided into two groups. Patients registered in group A (n=53) were treated with Saptarangyadi Vati and group B (n=58) with Saptarangyadi Ghanavati with the dose of two tablets of 250 mg twice a day (Before Meal) with Anupana of lukewarm water for 8 weeks and follow up period of 2 weeks. Significant decrease in plasma glucose level FBS & PPBS was found in both the groups.

Keywords: Saptarangyadi Ghana Vati, Saptarangyadi vati, Madhumeha, Diabetes

Registration Code: ABOP 2042



A PHARMACEUTICO ANALYTICAL EXPERIMENTAL STUDY OF MANJISHTADYAM GHRITA MURCHITHA AND AMURCHITHA WSR TO WOUND HEALING

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“SnehaKalpana” is a pharmaceutical process to get the oleaginous medicinal substances. Wound can be compared with “Vrana” which is a sign in Modern system of Medicine and a disease in Ayurveda. In the present study two samples of “Manjishtadyam Ghrita” one prepared with murchithagohritha and other with amurchithagohritha were taken and their results in wound healing was analysed by animal experimental study taking Goghrita as control group. Finally it was concluded that the trial drug the Murchitha Manjishtadyam Ghritam was marginally better compared to the Amurchitha Manjishtadyam Ghrita on all the parameters assessed.

Keywords: Sneha Kalpana, Wound, Vrana, Pharmaceutical Process, Manjishtadyam Ghrita.

Registration Code: ABOP 2045



MODIFICATION OF HARIDRADI VARTI INTO EYE DROPS IN DIFFERENT METHODS AND ITS PRELIMINARY ANALYTICAL EVALUATION

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Medicines used externally in the eyes comes under category of Varti, Netra Bindu and Anjana. Arka Kalpana, being one among the Panchavidha Kashaya Kalpana explained in Ravanas Arka Praksha is considered as more potent, easily administrable, and more sterile form compared to Varti. Haridradi Varti is a unique herbal preparation coming under Netra Roga Chikitsa of Bhaishajya Ratnavali, contains Haridra (*Curcumin longa* Linn.), Nimba (*Azadirachta indica*), Pippali (*Piper longum* Linn.), Maricha (*Piper nigrum* Linn.), Musta (*Cyperus rotundus* Linn.), Vidanga (*Embilica ribes* Burm.F), Shunti (*Zingiber officinale* Roxb.), Gomutra (cow urine) as ingredients. As Netra Varti is said to be applied by rubbing with liquid media, there are more chances of contamination. With innovation of technology, people prefer cost effective and easily applicable dosage forms. The method followed in this work have pharmaceutical and analytical study. In pharmaceutical study attempt was made to convert Haridradi Varti into Arka by two different methods (with gomutra bhavita Dravya Arka & gomutra as a media (without bhavana) in Arka). Preliminary analytical parameters mentioned for assessment of Arka Kalpana were carried out. Based on the assessment of organoleptic and pharmaceutical parameters like pH, viscosity, specific gravity, total suspended solids, refractive index etc of the eye drops for different methods of Arka, Gomutra bhavita Dravya arka can be considered as the most preferred option. As there are not much eye drops in ayurvedic formulations and medication in Arka form is more sterile than a netra varti. Due to increased potency, reduced dose, easy absorption, faster action, and patient compliance, Arka can be considered as a better option for ophthalmic formulations than Netra Varti.

Keywords: Netra Varti Kalpana, Modification, New dosage form, Arka Kalpana, Ocular therapeutics

Registration Code: ABOP 2059



ASSESSMENT OF LAUHA RASAYANA VIDANGADI CHURNA IN THE MANAGEMENT OF STHOULYA

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Obesity is the condition marked by an abnormal and excessive fat accumulation, associated with various health risks, affecting over 1 billion individuals worldwide according to WHO. In Ayurveda, it is linked with Sthoulya, and provides a range of therapeutic interventions for managing Sthoulya, beyond dietary and exercise adjustments. Among various formulations described in the classical texts Lauha Rasayana (LR) and Vidangadi Churna (VC) were selected for the study. LR and VC are quoted in Sthoulyarogadikara of Chakradatta and Dwidhopakramaneeya adhyaya of Ashtanga Hridaya respectively. The present study was conducted to assess the clinical efficacy of LR and VC in the management of Sthoulya. An interventional, randomized, open-labeled clinical trial was conducted in 90 patients having classical symptoms of sthaulya was divided in two group. The Group-A & Group B were orally administered with 6g of LR and 3g of VC twice a day after meals respectively for a period of 60 days. The assessment was done based on subjective parameters, i.e., Atikshudha (Excessive hunger), Daurgandhya (Unpleasant body odour), Swedadhikya (Excessive sweating), Daurbalya (Weakness), Gaurava (Heaviness of body), Alasya (Lethargy), Atinidra (Excessive sleep), Ayase Swasakastata (Breathing Difficulty during exertion) and objective parameters includes haematological and biochemical parameters. The results were statistically analysed by using Wilcoxon matched-pair signed ranks test, 't' Test, Mann-Whitney tests. Analysis of Overall effect of therapies on blood parameters shows a percentage relief of 12.22 and 13.69 in group A and group B respectively whereas in Subjective parameters shows a percentage relief of 57.76 and 80.66 in group A and group B respectively. Statistically extremely significant relief was noted in subjective parameters of Group B after treatment when compared to Group A. Conclusion - VC can be considered as more effective in the management of Sthoulya when compared with LR.

Keywords: Ayurveda, Lauha rasayan, Obesity, Stoulya, Vidangadi churna.

Registration Code: ABOP 2130



IN -VITRO HL-1 CELL LINE STUDY UNCOVERING ABHRAKA BHASMAS THERAPEUTIC POTENTIAL FOR CARDIOMYOPATHY

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Cardiomyopathy, a severe and debilitating heart condition characterized by structural and functional defects in cardiac muscle, necessitates innovative therapeutic strategies. Abhraka Bhasma, an Ayurvedic remedy derived from mica, has been traditionally used for diverse health conditions, including cardiac ailments. This study investigates the therapeutic potential of Abhraka Bhasma for cardiomyopathy using an in vitro model with HL-1 cardiomyocytes. Aim: The primary objective of this research is to evaluate the effects of Abhraka Bhasma on HL-1 cardiomyocytes for potential cardiomyopathy treatment. Specific aims include, 1. Assessing the impact of Abhraka Bhasma on HL-1 cell viability. 2. Examining the influence of Abhraka Bhasma on oxidative stress markers in cardiomyocytes. 3. Investigating the effects of Abhraka Bhasma on cardiomyocyte contractility. Method: HL-1 cardiomyocytes were cultured and exposed to varying concentrations of Abhraka Bhasma. Cell viability was determined using established assays, oxidative stress markers were quantified, and cardiomyocyte contractility was assessed. Data analysis followed accepted statistical procedures. Preliminary findings indicated noteworthy outcomes: - Abhraka Bhasma exhibited dose-dependent effects on HL-1 cell viability, demonstrating a significant improvement in viability at optimal concentrations. - Exposure to Abhraka Bhasma resulted in a concentration-dependent reduction in oxidative stress markers, suggesting potential antioxidant properties. - Abhraka Bhasma significantly enhanced cardiomyocyte contractility, particularly at specific concentrations. Conclusion: This in vitro study suggests that Abhraka Bhasma may hold promise as a potential therapy for cardiomyopathy. It positively influenced cell viability, reduced oxidative stress, and enhanced contractility in HL-1 cardiomyocytes. While these results offer insight into the potential of Abhraka Bhasma, further in vivo investigations and clinical trials are necessary to validate its efficacy and safety. This study serves as a bridge between traditional Ayurvedic medicine and modern cardiology, emphasizing the potential of natural remedies in cardiac healthcare.

Keywords: Cardiomyopathy, Abhraka bhasma, HL-1 cell line, In vitro study, Therapeutic potential, Oxidative stress.

Registration Code: ABOP 2135



SCREENING OF VAIKRANT BHASMA TOURMALINE NANOPARTICLES INDUCES CYTOTOXICITY IN ADENOCARCINOMA HUMAN ALVEOLAR BASAL EPITHELIAL CELLS A549

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Lung cancer or bronchogenic carcinoma refers to tumors originating in the lung parenchyma or within bronchi. It is the leading cause of cancer death and is attributed to more than 25% of all cancer deaths. The estimated incidence of lung cancer in India was 70,275 in all ages and both genders. Primary lung cancer is typically divided into two main histopathological types: small cell lung cancer (SCLC) and non-small-cell lung cancer (NSCLC). NSCLC accounts for 85% of lung cancer cases, including three main subtypes, namely adenocarcinoma (ADC), squamous cell carcinoma (SCC), and large cell carcinoma (LCC). The treatments for lung cancer mainly include surgical resection and chemotherapy which have their own side effects. In Ayurveda Nanoparticles have proved to have anti-cancerous effect by different researches carried out. Hence here an attempt is made to analyse the effect of Vaikrant Bhasma induced cytotoxicity on the A549 cell line. Method :Cytotoxicity was measured by MTT assay under different concentration of Vaikrant Bhasma on A549 cell line. Vaikrant Bhasma showed significant cytotoxicity against A549 cell line . Vaikrant Bhasma has potential cytotoxic potential against Lung cancer cell lines, further studies are required to confirm its apoptotic nature.

Keywords: Nanoparticles, Cytotoxicity, Vaikrant Bhasma

Registration Code: ABOP 2151



IN -VITRO EVALUATION OF ANTI CANCER POTENTIAL OF VAIKRANT BHASMA USING MTT ASSAY ON MCF-7 BREAST CANCER CELL LINE

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Breast cancer is a prevalent and challenging global health concern, demanding innovative approaches to treatment. Vaikrant Bhasma, a traditional Ayurvedic formulation, has been proposed to possess anti-cancer properties. This study aims to evaluate the anti-cancer potential of Vaikrant Bhasma through in vitro experimentation utilizing the MTT assay on MCF-7 breast cancer cells. The primary objectives of this study were twofold: 1. To assess the influence of Vaikrant Bhasma on the viability of MCF-7 breast cancer cells. 2. To determine the potential anti-cancer effects of Vaikrant Bhasma using the MTT assay. MCF-7 breast cancer cells were cultured and exposed to varying concentrations of Vaikrant Bhasma. Cell viability was assessed using the MTT assay, a well-established method for measuring cell metabolic activity and cytotoxicity. Preliminary findings indicate significant outcomes: - Vaikrant Bhasma demonstrated dose-dependent effects on MCF-7 cell viability, with a substantial decrease observed at specific concentrations. The results of this in vitro study suggest that Vaikrant Bhasma possesses potential anti-cancer properties against MCF-7 breast cancer cells. Further research, including in vivo studies and clinical trials, is essential to validate its efficacy and safety. The integration of traditional Ayurvedic medicine into modern oncology research offers promising perspectives for breast cancer management and therapy.

Keywords: Vaikrant Bhasma, MTT assay, MCF-7 breast cancer cell line, Anti-cancer potential, In vitro evaluation.

Registration Code: ABOP 2168



CHATURWIDHA RASAYANAS OF PARADA GANDHAKA BANDHA AND THEIR CORRELATION WITH NANO MEDICINE DRUG DELIVERY SYSTEM -A REVIEW

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In Rasashastra, Parada murchana is classified into four categories, which are khalviya rasayana, parpati rasayana, pottali rasayana and kupipakwa rasayana. These are also considered as parada bandha. In nanomedicine, one of its application is drug delivery system. Hence an attempt is made to correlate between these four bandhas and their significance in drug delivery with principles and advancement in Nanomedicine. Literature review from ancient literature, different textbooks and research articles related with the subject. Methodically preparation of rasa: gandhaka rasayanas with appropriate sop and their analysis. As four categories are because of difference in procedure and form of Agni samskara, it is seen that though chemical formula is HgS, their physical and chemical appearance change in each category. So does the efficacy of that formulation. The particle size is absorb in the system where cellular level acceptance is permeable for that size. Though with the advanced technology and knowledge, Nano medicine drug delivery system is emerging branch in medicine which is target specified, in Rasashastra, same principle was applied while developing these rasayanas as well as other formulations. In this Study, an attempt is made to decode the ancient science and expand the horizon of knowledge.

Keywords: Nano medicine drug delivery system, Khalviya rasayana, Parpati rasayana, Pottali rasayana, Kupipakwa rasayana

Registration Code: ABOP 2174



PHARMACEUTICAL AND ANALYTICAL STUDY OF SHANKHA BHASMA

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Shankha (conch shell) is *Turbinella pyrum* and chemically it is Calcium carbonate (CaCO_3). In different Ayurvedic classics, Shankha is included under Sudhavarga, Shuklavarga, etc., Marana (Incineration) is the process of Bhaskarana which involves three main steps viz Shodhana, Bhavana and Puta. By these Samskara metals and minerals are made bio-assimilable. In present study, an effort was made to prepare and analyze Shankha Bhasma. Method: Shankha Shodhana was done with Nimbu Swarasa by the process of Swedana using Dolayantra for 12hrs. Three Puta were given at maximum temperature of 700°C in electrical muffle furnace. Prepared Shankha Bhasma was analyzed with Bhaskarapareeksha, Physico-Chemical analysis and SEM-EDX. The yield of Shankha Bhasma was 86.2%. The loss might be due to heating at high temperature which causes loosening of bond between particles and also during collection of Shankha after Bhavana. There was no reduction in weight of Shankha Bhasma after loss on drying and Total ash which can be considered as aid for proper formation of Bhasma. Results of SEM image displays amorphous nature of Shankha Bhasma and nano size of the particles. EDX result shows presence of 12.04% of Carbon, 55.86% of Oxygen and 32.11% of Calcium. Classical textbooks of Rasashastra mention various methods of Shodhana and Marana of Shankha. The present method adopted from Rasatarangini shows yield of 86.2%. In Ayurvedic literature, Shankha is included under Sudhavarga which are the group of drugs containing calcium. Calcium carbonate is the common compound found in rocks, shells of marine organisms, etc. EDX result supports the above statement and there was no much difference in composition of Ashuddha Shankha, Shuddha Shankha and Shankha Bhasma. This study can be taken as preliminary standardization of Shankha Bhasma.

Keywords: Shankha, Calcium carbonate, Shodhana, Marana, Electrical Muffle Furnace, SEM-EDX.

Registration Code: ABOP 2187



OVICIDAL ACTIVITY OF A POLYHERBAL AYURVEDIC FORMULATION PIPPALYADI CHURNA

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Helminthiasis is a significant health concern among impoverished communities, affecting about 24% of the global population. Albendazole, Thiabendazole, and Ivermectin are widely used antihelmintics, but their side effects often prompt safer and more effective treatments. PippalyadiChoorna is polyherbal Ayurvedic medicine detailed in Ayurvedic treatises for helminthiasis and related conditions. The ingredients of the formulations have ovicidal, larvicidal and adulticidal activities against various helminths. The egg hatch assay was used to detect the ovicidal activity of the hydroalcoholic extracts of PippalyadiChoorna. The eggs were isolated from freshly collected goat's faecal samples through the floatation technique. The eggs were then incubated with varying concentrations of extracts with thiabendazole (positive control) and distilled water (negative control) for 48 hours and fixed with Lugol's iodine. The number of hatched and unhatched eggs provided the activity of the sample extracts, which exhibited significant inhibitory effects in a concentration-dependent manner. The experiment results demonstrated that PippalyadiChoorna showed significant ovicidal activity comparable to thiabendazole.

Keywords: Helminthiasis, Anthelmintics, Thiabendazole, Pippalyadi churna, EHA

Registration Code: ABOP 2194



GAS CHROMATOGRAPHY-MASS SPECTROMETRY ANALYSIS OF AMRUTHADI KASHAYA

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Amruthadi Kashaya is a ayurvedic formulation mentioned in the book Arogya Kalpadruma for the treatment of Pandu (anaemic syndrome), Kamala (jaundice) and Raktapitha (bleeding disorders). It is prepared by 6 drugs namely Amrutha (*Tinospora cordifolia*), Vasa (*Adhatoda vasica*), Yashtimadhu (*Glycyrrhiza glabra*), Tiktha (*Solanum anguivi*), Ela (*Elettaria cardamomum*), Pichumantha (*Azadirachta indica*). The purpose of the current study is to use GCMS analysis to identify the different types of biomolecules that are present in this kashaya. Kashaya was prepared according to standard protocol. It was concentrated in the rotary vacuum evaporator, and the total soluble solid (TSS) obtained was used for GCMS analysis. The GCMS of kashaya showed the presence of biomolecules such as Hexadecanoic acid, methyl ester, Methyl tetradecanoate, Diethyl Phthalate, Dodecanoic acid, methyl ester, Methyl stearate, α -Terpineol, Methyl 8-methylnonanoate, 3-Cyclohexene-1-methanol, α , α ,4-trimethyl-, acetate, Decanoic acid, methyl ester, 1,6,10-Dodecatrien-3-ol, 3,7,11-trimethyl-, (E)-, Ethyl iso-allocholate, Spiro [2,4] hepta-4,6-diene, Butylated Hydroxytoluene, hexadecanoic acid etc. Some of the biomolecules have antioxidant, antibacterial, anticancer activity. It is concluded that Ayurvedic formulation Amruthadi Kashaya, does contain some very important biomolecules showing its efficacy. For a better knowledge of the therapeutic functions of this formulation, more study is necessary.

Keywords: Amruthadi kashaya, GCMS, Pandu, Kamala, Raktapitha, α -Terpineol

Registration Code: ABOP 2216



A REVIEW ON NEW APPROACHES IN AYURVEDA THROUGH NANOTECHNOLOGY AND GREEN NANOTECHNOLOGY

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Despite the long history and being time tested, Ayurveda drugs largely remain unestablished in contemporary perspective and challenged for further rigorous testing and ensure its scientific reproducibility. The application of the decade long research in the field of nanotechnology and green nanotechnology in Ayurveda allows efficient encapsulation of metallic nano particles. These metallic nano particles are chief ingredients in many of the medications used in Ayurveda along with other herbal contents. This review focuses on the drug loading concepts and the targeted action of nano particles developed under nanotechnology, green nanotechnology and traditional methods mentioned in Ayurveda. The use of metallic nano particles in Ayurveda emphasized the concept of targeted action in diseases that existed in the ancient science. Studies have proved the nano particles of gold /swarna to be highly effective in conditions like breast tumor if administered in a dose dependent pattern. Drawing encouragement from successful in vitro and in vivo studies, human clinical trials are also conducted and fairly encouraged. Studies have unequivocally proved 100% efficacy of bhasmas in conditions like tumors. The comprehensive review will help to understand the interventions of technology in Ayurveda and innovations based on the same. The review regarding the application of these contemporary science in Ayurveda also helps to identify the gap in traditional knowledge and potential scope in the field of research.

Keywords: Bhasma, Clinical trial, Gold nano particles, Tumor, Swarna bhasma

Registration Code: ABOP 2295



PHARMACEUTICAL ANALYTICAL STUDY OF NAGARADI KSHEERAPAKA AND ITS MODIFIED FORM

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Ksheerapaka is one of the liquid dosage forms which is palatable. It is designed for the extraction of water and fat soluble active principles of the drug. Nagaradi ksheerapaka is indicated in parinama shoola, which may be correlated to duodenal ulcer. According to multiple studies, prevalence of duodenal ulcer ranges between 5-15% of western population. Shelf-life of ksheerapaka is 24 hours. Also, with recent advancements people prefer easy to use methods. Hence an effort was made in this study to modify Nagaradi ksheerapaka into powder form and analysis was done. Methodology: Nagara, tila, guda were taken in said proportion and made into kalka. This was added to 8 parts of milk and 32 parts of water, reduced to ksheeravashesha and filtered. Obtained product was divided equally and one portion was further reduced till it turned to powder form. It was dried and preserved. Both ksheerapaka and powder were analysed. 96mL of Ksheerapaka yielded 14.25g of powder. Nagaradi ksheerapaka was milky brown in colour, mild sweet in taste and had characteristic odour with pH-6.54, viscosity-0.434, specific gravity-1.0546. Modified powder was brown in colour, sweet in taste. Powder when dissolved in required quantity of hot water had brownish colour, sweet taste and characteristic odour. It had pH of 5.91, viscosity-0.177, specific gravity-1.0296. Various formulations in the form of ksheerapaka have been explained in classical books of Ayurveda. Nagaradi ksheerapaka mentioned in Bhaishajya Ratnavali was prepared according to general method of preparation. It was modified into powder form which showed better shelf-life. Modified powder form had better shelf life than Nagaradi ksheerapaka, As it is user friendly, can be considered for further studies.

Keywords: Ksheerapaka, Parinama shoola, Powder, nagara

Registration Code: ABOP 2331



ANTIMICROBIAL ACTIVITY OF TAMBOOLA ARKA

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Controlling the negative impacts of microbes is becoming increasingly crucial due to growing concerns about the sustainability of human life. Numerous microbes coexist in biological harmony with the human body but unchecked or fast microbial growth can cause some potentially harmful issues. With approximately 700 kinds of bacteria, the mouth cavity has the second-largest and most diverse microbiota after the gut. Numerous microbes, such as bacteria, fungi, viruses, and protozoa, are supported by it. Poor oral hygiene practice is the key factor for the occurrence of oral diseases. However, the rising incidence of oral disorders also shows that it is insufficient. This emphasises the value of herbal products. Tamboola Arka (distilled product of Piper betle) is substance mentioned for removing mala (unwanted substance in the mouth). The anti-microbial effect of Tamboola arka is least explored. The effect of Tamboola arka is studied against four species of microorganisms namely Streptococcus mutans, Staphylococcus aureus, Candida albicans and Escherichia coli. The Minimum Inhibitory Concentration is determined using broth dilution method. This research opens the door to using tamboola arka to treat illnesses of the mouth.

Keywords: Oral health, Tamboola Arka, Antimicrobial activity

Registration Code: ABOP 2360



REVIEW ON DEBATE ON THE HEAVY METAL TOXICITY IN AYURVEDIC MEDICINES

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Ayurveda is the ancient and most widely practiced traditional Indian System of Medicine. These medications primarily comprise Herbal, Metallic preparations, and Animal products. The use of these Metallic preparations with Heavy metals as single drugs or as ingredients in many ayurvedic medicines has evoked concern and debate in the scientific and public forums in the recent times. This observation is unacceptable to the ayurvedic physicians especially Rasavaidyas, as the branch Rasasastra is enriched by the addition of metals and minerals bringing about quick actions with lesser dose, prolonged shelf life and better palatability. Heavy metals ie, Lead, Arsenic, and Mercury rank the top three in the hazardous substance list of the US Agency for Toxic substance and disease registry. Among these Lead poisoning tends to be the most prevalent among the regular incidences reported globally. All these metals are primarily non-toxic, but higher doses can cause liver, kidney or brain abnormalities. The chances of Heavy metal toxicity results from the ineffective detoxification process of these metals (improper shodhana), whereas the proper processing makes it harmless to the body. Even after this toxicological screening, there are chances of toxicity hidden in drug abuse both in acute overdoses (exceeding the recommended daily intake values) and in correct doses for chronic period of time. All these concerns call for evaluating the heavy metal concentrations, accessing the environmental contamination leading to heavy metal pollution in herbal products, proper processing of metals and manufacturing processes, restrictions for reducing the consumption of potent Herbo-mineral formulations to permissible limits etc. As Ayurveda is currently facing some hurdles regarding the heavy metal toxicity, these approaches should be brought in action to bring back the recognition of this branch of science and to ensure its safe therapeutic use.

Keywords: Heavy metal toxicity, Herbo-mineral preparations, Rasa medicines

Registration Code: ABOP 2376



CONTEMPORARY WAY OF MANUFACTURING NILAVEMBU KUDINEER CHOORNAM- EFFECTIVE IN PREVENTION AND TREATMENT OF VIRAL FEVERS

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Kudineer (Kashayam) is common dosage form which is widely practiced in AYUSH for various disease conditions. But due to the cumbersome process of making it has reduced its usage day by day. Even though the dosage form has its own advantage and effective in the various conditions, reach to people is not happening. With this understanding we developed the formulation in such a way to reduce the cumbersomeness without any modification in the therapeutics or dosage form advantage to have wide acceptance in this contemporary world. Methodology: Formulation of Nilavembu kudineer choornam, Sastric siddha medicine was developed into ready to drink form without compromising on the therapeutics. For the correct dosage, the ready to drink format was developed as sachet and also for ease in usage. Dose was calculated based on the extractive values of the kudineer formulation and developed as sachets based on the dose requirements as per standard texts. Ready to drink dosage form was evaluated in comparison with conventional form by HPTLC method to evaluate the presence of all the herbal actives in the finished formulation. Also the distribution of herbs in conventional versus ready to drink form was verified. Ready to drink form of Nilavembu kudineer choornam has showed the presence of all the actives as per the formulation in HPTLC study whereas the conventional dosage form does not have all the actives. This may be due to uneven distribution of herbs in the conventional form due to variability in density of herbal actives in it. Based on extractive value formulation was developed successfully and also into sachets. Ready to drink form is effective with equal distribution of actives and is contemporary with no cumbersome process but gives the same effect of kashayam dosage form.

Keywords: Nilavembu kudineer choornam, Viral fever, Ready to drink, Nilavembu kudineer for viral fevers

Registration Code: ABOP 2418



EXPERIMENTAL STUDY TO ESTABLISH EFFICACY OF ARBUDHHARA RSA- A POLYHERBO METALLIC PREPARATION FOR ITS ANTICANCER ACTIVITY

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Herbo-mineral formulations have been used in Ayurveda treatments since time immemorial; in many acute to chronic ailments like Rheumatoid arthritis and cancer. These medicines, practiced and used since centuries have been well documented in the treatises of Ayurveda with regards to their Ingredients, preparation methods, posology, vehicle of administration and therapeutic indications. But unfortunately, for various reasons down the years, the use of these formulations in clinical practice has witnessed a great setback, since these drugs contain heavy metals as their important ingredients. Arbudahara rasa is a novel anticancer formulation developed against oral cancer. The Basic Characterization of the formulation was done as per Ministry of AYUSH Regulation. Anticancer activity on CAL27 cells by MTT assay; apoptosis detection by AO-EB dual fluorescence staining, cytocompatibility evaluation on L929 cells by MTT assay. Percentage cytotoxicity induced by arbudahara rasa was calculated with respect to untreated cell control. IC₅₀ value = 20.22 micrograms/mL. The formulation 'Arbudhahara Rasa' is explored for its safety and efficacy in cancer cell lines and now in animal models as a pre-clinical study. If found to be effective in this study, it will prove to be a boon in cancer management and pave way for advanced research in the medical field, especially for cancer care and Management.

Keywords: Oral Squamous cell Carcinoma, Arbudhahara Rasa, Ayurveda, Herbomineral.

Registration Code: ABOP 2502



A LESS EXPENSIVE AND EFFECTIVE METHOD FOR UNDERSTANDING PRELIMINARY INTERACTIONS AND METABOLISM OF AYURVEDIC DRUGS

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Ayurvedic treatments encompass Ahara (food), Virudhahara (dietary interactions and related incompatibility), and Pathyaapathya (dietetics), along with medicines and various procedures like Panchakarma (the five purification therapies). Generally, there exists a misconception that Ayurvedic medicines do not have any adverse effects. However, the drug-drug and drug-food interactions are possible with Ayurvedic drugs also. Various Ayurvedic treatises suggest specific food, dietary and medication restrictions during Panchakarma. Furthermore, interactions of Ayurvedic medicines with pharmacotherapeutic agents during combined treatments with Ayurveda and Western Biomedicine are also of great concern. Therefore, there arises a necessity to evaluate in detail all such interactions for improving the safety and effectiveness of Ayurvedic treatment. The invitro digestion method, mimicking simulated gastrointestinal conditions, is a short duration, less expensive and minimal labour and resource-intensive approach that can be adopted for such research. The technique is also not burdened with ethical issues. Although invitro digestion models are prevalent in dietary studies, they have yet to be widely adopted in the Ayurvedic field, barring a few reports. The paper examines various invitro digestion method and its adoption in Ayurvedic research, challenges, possibilities and implications.

Keywords: Invitro digestion

Registration Code: ABOP 2533



CHALLENGES OF AYURVEDIC DRUG MANUFACTURING IN KERALA - A CROSS SECTIONAL SURVEY

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Ayurveda, as an alternative system of medicine, gained global acceptance in the present decade. Rising health consciousness among the people, enhanced availability of evidence-based Ayurveda practices, increasing prevalence of lifestyle diseases, and expansion of global trade have contributed to a paradigm shift in the health-seeking behaviour of people in favour of Ayurveda. In 1998, the market size of the Ayurvedic drug manufacturing industry was about INR 25 billion, which increased notably to a stunning INR 626 billion in the past year. Furthermore, industry experts have estimated a compound annual growth of about 12% for the sector through the 2022 to 2028 period. Of India's 8000 Ayurvedic manufacturing units, 12% are in Kerala, and the state is now positioned second among states. We have surveyed 20 selected Ayurveda drug manufacturing industries in Kerala on their challenges. Apart from the challenges, the paper expects to throw light on improving the productivity of companies and the quality of Ayurvedic medicines. We have also attempted to review the major policies governing the sector, their implementation and probable amendments.

Keywords: Ayurveda, GMP, Manufacturing industry

Registration Code: ABOP 2534



A COMPARATIVE ANALYSIS ON THE QUALITY PARAMETERS AND PRESERVATIVES LOAD IN MARKET VARIANTS OF GULUCHYADI KWATHA

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Guluchyadi Kwatha, a popular Ayurveda decoction, is used in addressing fevers and infections characterized by symptoms such as burning sensations, nausea, and vomiting etc. Ancient texts of Ayurveda recommended to use freshly prepared Kwatha and to promptly administer them to patients. With the advent of commercialization, the manufacturers introduced preservatives and other newer technologies to enhance the shelf life of formulations. The primary objective is a comprehensive analysis and comparison of both the quality parameters and the preservative content of the various market formulations of Guluchyadi Kwatha. The samples of Guluchyadi Kwatha from three different brands were analysed for colour, odour, taste, pH and total dissolved solids were evaluated. The levels of sodium benzoate was determined by both titrimetric methods and HPLC. HPTLC profiling, qualitative and quantitative phytochemical analysis and, microbial load assessment were also carried out in accordance with standard procedures. The results unveiled a significant diversity in quality parameters, including colour, odour, taste, pH, TDS, sodium benzoate content, HPTLC profiles, and microbial load. The level of sodium benzoate in all samples were exceeding FDA approved limit and had total plate count below 10^5 cfu/g, and both yeast and fungi were absent. The phytochemical analysis revealed that while all three brands contained similar phytochemicals, their quantities displayed significant disparities. The multi-faceted approach allowed a comprehensive examination of the selected samples, revealing their chemical composition and microbial integrity. The observation on the level of sodium benzoate indicates an important concern regarding regulatory compliance and potential health risks linked to the overuse of the preservative in these formulations. The consistency in microbial load indicates satisfactory microbial quality, while variations in phytochemical quantity suggest variations in the chemical composition, which may have implications in therapeutic efficacy and safety.

Keywords: FDA, HPLC, HPTLC, Phytocomponents, Sodium benzoate, Titration

Registration Code: ABOP 2571



EVALUATION OF ACUTE TOXICITY OF SANJIVANI VATI THROUGH DANIO RERIO EMBRYO TOXICITY TEST

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Sanjivani Vati (SV) is a polyherbal medicine that is widely utilized by Ayurveda physicians for the management of various diseases viz fever, dysentery. Even so, it lacks a toxicity study to ensure its safety more precisely. So, the presented paper aimed to evaluate the acute toxicity study of SV through Fish Embryo toxicity (FET) in the Zebrafish model using OECD guideline 236. To generate a preliminary safety profile of SV. Sanjivani Vati was prepared in the Pharmaceutical laboratory, All India Institute of Ayurveda, New Delhi following classical reference. Further, its extraction was done using water as a solvent in continuous Soxhlet extraction. Then, this extract was further subjected to analysis on different embryonic stages of fish at varied concentrations. This study was conducted at CSIR-Institute of Himalayan Bio Resource Technology, Palampur, after approval from IAEC. No significant changes were observed in morphology as well as in reactive oxygen species generation. Moreover, no toxicity was observed in fish embryos, when treated with the test drug for a period of 96 hours. Apart, the results in detail will be presented in the scientific session.

Keywords: Acute toxicity, OECD 236, Sanjivani Vati, Zebrafish Embryo

Registration Code: ABOP 2608



ROLE OF KAPIKACCHU BEEJA SIDDHA TILA TAILA IN THE MANAGEMENT OF KAMPAVATA WSR TO PARKINSONS DISEASE

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Neurodegenerative disorders are currently the leading source of neurological disabilities around the world; and one of the fastest growing age-related disorders is Parkinson's disease. Though the prevalence of Parkinson's disease in India is less compared to other western countries, the net burden is much larger as a result of the population size. Only symptomatic treatment is available in modern medicine for Parkinson's disease. Levodopa (L-Dopa) has long been the standard of care for the disease; however, the eventual onset of motor fluctuations and L-Dopa-induced dyskinesias complicate its utility in advanced Parkinson's disease. Kampavata is the Ayurvedic analogue of Parkinson's disease. It is caused by the imbalance of Vatadosha. Nowadays, Kapikacchu i.e., *Mucuna pruriens* has attracted much attention in modern research, because L-Dopa, the first-line treatment for Parkinson's disease is a major constituent of the herb. Ayurveda system of medicine traditionally uses Kapikacchu to treat Parkinson's disease. It exhibits clinical effects similar to L-Dopa, but with more favourable tolerability profile and neurorestorative properties. Sesame oil i.e., Tila Taila is described as the Parama Aushadha i.e. the best medicine for Vata disorders. It also exhibits anti-inflammatory and anti-oxidant properties. The blood- brain barrier (BBB) poses a challenge for treatment of Parkinson's disease as it inhibits drug delivery to the central nervous system. High lipophilicity is a favourable drug characteristic for crossing the BBB. Sneha Kalpana is lipoidal, lipophilic in nature and can therefore cross the BBB with greater ease. The highest L-Dopa content is found in mature dried seed of Kapikacchu (3.18-5.8%). Therefore Kapikacchu Beeja Siddha Tila Taila administered in the form of various treatment modalities such as softgel capsules, Basti, Nasya, etc. might potentially prove to be useful for the management of Kampavata w.s.r. Parkinson's disease.

Keywords: Kapikacchu Beeja, Tila Taila, Kampavata

Registration Code: ABOP 2619



PHYSICOCHEMICAL CHARACTERIZATION OF TRADITIONALLY PREPARED YASHAD BHASMA THE ANCIENT ZINC-BASED NANOMEDICINE

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The fabrication of nano-sized particles has been practiced for centuries in Ayurveda. Bhasmas are not pure chemical compounds with similar physicochemical properties as seen in engineered nanoparticles. Zinc, as Yashad Bhasma, is one of the picked metals used in Ayurveda to manage various disease conditions. The present study aims to synthesize the Yashad Bhasma using a precise method for analyzing its physical and chemical properties through physicochemical tests and sophisticated analytical techniques. Yashad Bhasma is prepared by following the classical way of Shodhan and Marana. In the sophisticated analytical techniques, XPS, XRD, DLS, SEM-EDAX, TGA/DTA, and FT-IR are carried out. The XRD analysis of Yashad Bhasma shows a hexagonal ZnS crystalline phase. No characteristic peaks of ZnO were observed that indicate the high purity of ZnS. The average crystallite size comes out to be 32.66 nm. DLS shows a reduction in the particle size of Yashad Bhasma to 361 nm, which is further supported by SEM findings showing the size of the particles in the range of 250-350 nm. The EDAX analysis attests to the considerable presence of Zn (37.2 %) and S (21.18 %). In FT-IR, The intense absorption bands in the range of 450–650 cm⁻¹ were due to the vibrational characteristics of Zn-S. In TGA-DTA, the total weight loss is 36.38% in the range of 20–1000 °C. The drastic decrease in mass beyond 667.17°C indicates the decomposition of ZnS with exothermic reaction at 732.62°C. An attempt has been made to characterize the preparation of Yashad Bhasma using sophisticated analytical tools as a step towards standardization of the Bhasma. The Yashad Bhasma is ZnS with a hexagonal crystalline phase with a particle size below 360 nm.

Keywords: Bhasma, nanoparticles, Yashad, XRD, DLS, FT-IR

Registration Code: ABOP 2659



CHARACTERIZATION OF IRON-BASED AYURVEDA NANOMEDICINE MANDUR BHASMA PREPARED BY USING EMF

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Mandur Bhasma, is a most assimilable and safe form of Iron used in Ayurveda to treat various disease conditions. The present study aims to synthesize Mandur Bhasma and to analyze its chemical and physical properties through sophisticated analytical techniques. Mandur Bhasma is prepared by Shodhan and Marana in Electric Muffle Furnace (EMF). In the sophisticated analysis XPS, XRD, XRF, DLS, SEM-EDAX, TGA, and IR, are carried out. Results: The XRD analysis of Mandur Bhasma shows a pure phase of rhombohedral α -Fe₂O₃. The survey XPS spectrum revealed the presence of Fe and O elements. The Fe 2p_{1/2} and 2p_{3/2} peaks correspond to the Fe²⁺ and Fe³⁺ oxidation states. XRF also confirmed the presence of Fe₂O₃ and SiO₂ as major compounds. DLS shows a reduction in the particle size of Mandur Bhasma (310 nm) and this reduction is further supported by SEM which shows the size of the particles ranging between 250-300 nm. From the EDAX, it is concluded that the Fe and O elements constitute about 73 % of the total elemental composition. Calcium (Ca) constitutes 7%, Potassium (K) 4%, Magnesium (Mg) 1.8%, and silicon (Si) constitutes 14%. In FT-IR, peaks at 540 and 468 cm⁻¹ can be assigned to the stretching and bending vibrations of the Fe-O bonds in α -Fe₂O₃. In TGA, there is an unnoticeable mass decrease of 0.0180 mg and 0.0456 mg, in the range 20-90°C and 90-359.53 °C, respectively, which might be due to evaporation of water from the material along with the decomposition of carbon compounds. An effort has been made to characterize the preparation of Mandur Bhasma using modern analytical tools as a step towards standardization of the Bhasma. Mandur Bhasma prepared by using EMF showed a pure phase of rhombohedral α -Fe₂O₃ with particle size below 350 nm.

Keywords: Bhasma, nanoparticles, Mandur, XRD, DLS, FT-IR

Registration Code: ABOP 2674



A REVIEW ON AN ILLOGICALLY SUBSTITUTED UNDERRATED RAW MATERIAL IN THE AYURVEDA MEDICINE MANUFACTURING SECTOR GRIHADHUMA-PLANT SOOT

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Plant soot has been used extensively in the medical sector since ancient times as an easily accessible and affordable herbal medicine. Grihadhuma, one of the ingredients prescribed in Ayurvedic classics for external application, mainly in the treatment of skin conditions, can be a form of plant soot. Some of these formulations are even manufactured and marketed on an industrial level. Anecdotal information has been identified that charcoal is being used to make up the scarcity of plant soot. In a published study, it was discovered that soot and charcoal are two classes of elemental carbon with distinct physical and chemical properties. Beyond Ayurveda, plant soot and its unique properties are widely used in several scientific domains. Despite soot's harmful impacts on human health and the environment, the flame synthesis method of producing soot has become an alternate method for creating carbon nanomaterials due to its advantages of low cost and mass production. The present paper discusses the possible ways to incorporate the recent research findings on plant soot in the field of Ayurveda and the scope of future research in the same.

Keywords: Ayurveda, Grihadhuma, Plant soot, Charcoal, Carbon nanomaterials

Registration Code: ABOP 2789



NANOPARTICLES OF HYDROUS IRON II SULFATE AS KASISA BHASMA - SYNTHESIS AND CHARACTERIZATION AN EXPERIMENTAL STUDY

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Rasashastra, a prominent branch of Ayurvedic Pharmaceutics has documented about 80 inorganic substances out of which 35 are converted into Bhasma. Rasashastra has documented monographs of metal-mineral bhasmas as potent therapeutic agent. Bhasma is the powder form which is obtained by processing the particular metal-mineral with plants and animal products using various methods of synthesis, leading to formation of compounds with different physical and chemical properties than parent material and thereby imparting therapeutic potential to the final product. Bhasma is a mixture of micro and nano particles so it can be considered as nanomedicines in Rasashastra. However there is lack of scientific analytical data of the end products bhasma. Present study was aimed at finding out the morphological, structural elemental and chemical composition of the Kaseesa bhasma. Kaseesa is iron containing mineral Melanterite, a hydrous iron(II) sulfate: $\text{FeSO}_4 \cdot 7\text{H}_2\text{O}$. Bhasma of Kaseesa was prepared in laboratory of Govt Ayurveda College Kannur using Kaseesa (ferrous sulphate) befitting selection criteria and carrying out further processes with strict SOPs as per AFI. Physico chemical analysis was done at STIC CUSAT. The bhasma was prepped with the confirmatory tests from Rasashastra. The physical and physicochemical tests correlate with the results obtained by analytical instrumental methods. SEM revealed rhombohedral shaped nanoparticles of mean size of 100 nano meters. EDAX showed presence of Si, O, Fe, K and Al. XRD revealed the crystalline nature of bhasma with rhombohedral shaped ferric oxide. ICP-MS Analysis showed presence of copper above detection level. Pb, As, and Hg are in below detection level. The therapeutic potential imparted to the formulation could be due to Eclipta alba and citrus lemon utilized during the manufacturing process.

Keywords: Rasashastra, Bhasma, Hydrous iron(II) sulfate, Kaseesa, Nano medicine.

Registration Code: ABOP 2815



ANTI INFLAMMATORY ACTIVITY OF SHADDHARANAM CHOORNAM IN ALBINO RATS

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Inflammation is common symptom of many diseases. It is a complex biological response of vascular tissues to harmful stimuli such as damaged cells and irritants. Currently available anti-inflammatory drugs of synthetic origin pose serious adverse effects compared to natural origin. Therefore, a need arises for the development of new potent anti-inflammatory agents with less adverse effects. Several unexplored, simple and cost effective formulations having promising positive effects for inflammation are explained in the nook and corners of Ayurveda. Scientific probing, systemic validation and documentation of such formulations incorporating currently available sophisticated analytical techniques are the need of the hour. Shaddharanam choornam is one among the widely practiced choorna preparation in many diseases associated with inflammation. But the scientific validation of its activity is essential for the global acceptance of its effect. In the present study the anti-inflammatory activity of three doses (half, effective and double) of Shaddharanam choornam was assessed using Carrageenan induced paw oedema method with Diclophenac sodium as the standard drug. The results were analysed statistically using ANOVA test. From the results it was concluded that the half, effective and double doses of Shaddharanam choornam possess significant anti-inflammatory activity (p

Keywords: Anti-inflammatory, Shaddharanam choornam, Diclophenac sodium

Registration Code: ABOP 3123



ANTIOXIDANT ACTIVITY OF GUDAADRAKA- A PRELIMINARY STUDY

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Ayurvedic texts are full of herbal and herbomineral formulations customized to disease specific conditions. Gudadraka is one such formulations described in Charaka Samhita, Sotha Roga adhikara. It is also used in conditions like Pratishayaya, Shwasa, Kasa, Aruchi, Agnimandya, Arsha, Grahani Vikara etc. It is also used as home remedy in cough and cold since ages. There are many formulations in classics in which Gudadraka has been used as an individual entity or as a composition of the formulation. Here only two ingredients i.e Guda (jaggery) and Ardraka (ginger) are used in the preparation in granule form. This is subjected to antioxidant analysis. Several studies have explored the bioactive compounds in ginger and their antioxidant activities. A dose dependent reducing power and DPPH radical scavenging activity was also observed for jaggery. Jaggery possesses several therapeutic properties like antioxidant activity, antimicrobial activity, cytoprotective, and neuroprotective activities. Due to the presence of different bioactive compounds from an antioxidant perspective, jaggery presented strong antioxidant potential in scavenging assay and reducing assay compared to other sugars, while Jaggery showed 70% of DNA protective activity. In this study we are going to attempt to analyse the antioxidant profile of both the ingredients as a potent formulation i.e Gudadraka.

Keywords: Ginger, Antioxidant, Jaggery, Gudaadraka

Registration Code: ABOP 3086

A CLINICAL STUDY TO ASSESS THE EFFICACY AND SAFETY OF BC CAPS IN PATIENTS WITH ABNORMAL VAGINAL DISCHARGE DUE TO MICROBIAL INFECTIONS

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Herbal medicine advancements can aid in managing public health. Although abnormal vaginal discharge is on the rise in women, it serves a vital function in the reproductive system. This case series study evaluates the safety and effectiveness of capsules BC caps in women suffering from abnormal vaginal discharge. An open-label interventional study was conducted with 15 female patients between 18-45 years (mean 33.7 years) with a history of abnormal vaginal discharge. Two BC caps (Neem seed oil) capsules of 500 mg were administered intra-vaginally at night for 15 days followed by treatment assessment as per each scheduled visit. Primary outcome includes a change in microbiological parameters. Secondary outcomes included monitoring of adverse event (AE) and serious adverse event (SAE), changes in the clinician's assessment of symptoms, and change in the Subject's Global Assessment of symptoms. Results: The study showed 93.3%, 86.6%, and 100% improvement in abnormal vaginal discharge, cervical abnormalities, and clearing of pathogens, respectively. The mean values of all the associated symptoms observed a constant decline. Significant results in Whiff and Vaginal pH tests were observed after treatment. The vaginal discharge was reduced in 100% of the participants. According to the participants, symptoms such as low back pain, vulval itching, general weakness, foul discharge, and burning sensation were also reported to have improved. All results were significant at p-value

Keywords: Neem seed oil, Cervical abnormalities, Intra-vaginal capsules

Registration Code: ABPO 1112



EFFICACY AND SAFETY OF NEEMINT CAPSULES IN AN OPEN-LABEL SINGLE-ARM TRIAL OF PATIENTS WITH GASTROINTESTINAL DISORDERS

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Anti-inflammatory drugs commonly used in medication of gastrointestinal (GI) disorders, often worsen the symptoms. It indicates to seek safe and better treatment methods for the disorder. Neemint capsules that are composed of polyherbal formulations of neem oil and peppermint oil can be a potential candidate for effectively treating GI disorders and associated symptoms. Methodology: We conducted this study to assess the efficacy and safety of Neemint capsules in patients with GI disorders including irritable bowel syndrome (IBS). We conducted an open-label clinical study of 15 patients (mean age, 35.2±14.26 years; 86.6% males) with two or more symptoms of GI. Patients were given a Neemint capsule of 500 mg (350 mg of neem oil+150 mg of peppermint oil) as per each scheduled visit. The primary endpoint included a change in the gastrointestinal symptom rating scale (GSRS-IBS). Secondary endpoints included monitoring of AE and SAE, IBS-quality of life questionnaire, and change in the subject's global assessment of symptoms. Results: The overall GSRS score improvement was found to be 64.23%. The IBS-QOL scores also indicated a 57.2% increase in the quality of life of the study subject. The mean global assessment of symptoms (diarrhea, constipation, abdominal pain, nausea vomiting, and bloating) score recorded was 0. All results were significant at p

Keywords: Gastrointestinal disorder, Treatment, Open-label, IBS

Registration Code: ABPO 1115



NAADA NETWORK ASSISTED AYURVEDIC DRUG ADVICE AUDIO PRESCRIPTION

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Medication errors and incorrect patient errors are common in the clinical practice. Medication errors arise due to Illegible Writing, Distortions, Distractions, and Errors by Pharmacists, Known Contraindications, Known Allergens, Incorrect Patient Action, Incorrect Dosage Form, Incorrect Dose, Incorrect Strength, Incorrect Preparation, Incorrect Duration, and Expired Product. Avoiding such errors is essential for benefiting the stakeholders. This kindled the interest and vision to develop a solution titled NAADA (Network Assisted Ayurvedic Drug Advice) to sort out such issues along with developing an Artificial Intelligence based audio prescription advice system in Ayurveda in the long term. Also, writing prescription advice by a physician in Ayurveda is challenging from the classical point of view, as there are systematic steps to be adopted for preparing the medicines at home and there are specific methods and norms to be followed for consuming the same to get the fullest of its advantage or benefits. The patients often forget the methodology of preparation and manner of consumption. This is also a reason for the compromised efficacy of the prescribed medications. This is another reason to pick the idea of developing NAADA (Network Assisted Ayurvedic Drug Advice). This will save the time for writing lengthy advice to the patient and also help the patient to retrieve the advice whenever required. The product NAADA (Network Assisted Ayurvedic Drug Advice) an App-based drug audio prescription advice system is an amazing solution for various issues faced by stakeholders such as the patient, physician, pharmacist, etc. The major issues faced by them have already been addressed. The product NAADA will assist the physician in picking the prescription advice already fed in the system or recording personalized advice as needed.

Keywords: Ayurvedic audio prescription, Drug advice

Registration Code: ABPO 1167



AN INSIGHT ON DECLINING TRENDS IN THE PRODUCTION OF CLASSICAL AYURVEDA MEDICINES DURING THE LAST DECADE IN KERALA – A MIXED METHOD STUDY

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Ayurveda is an indigenous system of medicine with global acceptance. The essence of Ayurveda lies in rich diversified classical formulations of various dosage forms. Presently these formulations are being produced by leading GMP certified Ayurveda pharmaceutical companies. But some of these classical Ayurveda medicines are not available nowadays because their production has been stopped by these companies due to assorted reasons. This study attempts to identify those medicines which are non-available in the market for the past decade in Kerala and to explore the reasons behind the stoppage of production of the same. For this, a cross-sectional survey using a structured questionnaire was conducted in ten major pharmacies in Kerala with an annual turnover above 20 crores. It was found that a total of 201 classical Ayurveda formulations of various dosage forms were stopped by these companies in the last decade. There were 37 classical Ayurveda formulations stopped by at least 2 companies and 10 medicines were stopped by 3 and more companies. It is alarming to notice that the reasons for the same were majorly due to less demand (81%) followed by business decisions (5.47%) rather than non availability of raw materials (3.98%). The above quantitative phase of the study was followed by a qualitative phase in which an in depth interview was conducted among five senior Ayurveda practitioners in Kerala regarding the extend of use of these formulations as mixed method design was used in the study. The necessity of awareness about the effectiveness of classical Ayurveda medicines in authentic Ayurveda treatment among doctors and students was emphasized by senior practitioners. The present study is an eye opener that demands immediate steps to prevent the stoppage of production of classical Ayurveda formulations in future.

Keywords: Classical Ayurveda medicines, Pharmaceutical companies, Non availability

Registration Code: ABPO 1263

A COMPREHENSIVE REVIEW OF AYURVEDIC FORMULATIONS USED IN WOUND HEALING

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The escalating prevalence of non-healing wounds underscores the pressing need for innovative strategies to address this critical healthcare issue. Infections represent a primary impediment to wound healing, resulting from the unchecked proliferation of bacteria at the wound site. A major contributing factor to this challenge is the indiscriminate use of antibiotics, leading to the emergence of drug-resistant microorganisms. The exploration of alternative approaches becomes imperative in addressing this problem. This study aimed to identify effective Ayurvedic formulations through an extensive literature review as potential solutions to this burgeoning issue. Methodology: A comprehensive bibliographic search spanning the years 2013 to 2023 was conducted across prominent databases, including PubMed, Elsevier, and others, with duplicate records meticulously removed. The findings were subsequently synthesized and condensed. Results: In vivo assessment of Jatyadi taila in rat excision wounds revealed complete wound healing by the 9th-day post-injury, outperforming Neosporin and untreated control groups, which achieved healing by the 10th day. The topical application of Jatyadi Ghrita and Jatyadi Taila expedited wound healing in irradiated skin tissue of Sprague-Dawley rats by promoting faster re-epithelialization, reducing inflammation, and enhancing collagen fibre deposition, signifying their potential utility in treating radiation-induced wounds. Managing Madhumehajanya Vrana using Katupila Kalka demonstrated its efficacy in wound healing, resulting in well-structured scarring. Conclusion: Ayurvedic formulations exhibit substantial promise in wound management, offering potent antibacterial and antibiofilm properties. Current research endeavours exemplify a contemporary approach to harnessing the potential of traditional topical wound healing formulations. These outcomes substantiate the longstanding claims within Ayurvedic medicine regarding their efficacy in wound management. Further research in this domain promises a deeper understanding of how Ayurvedic formulations can seamlessly integrate into modern wound care practices.

Keywords: Wound healing, Ayurveda, Wound management, non-healing wounds

Registration Code: ABPO 1398



POTENTIAL APPLICATIONS OF RASA DRUGS IN CANCER THERAPY WITH SPECIAL REFERENCE TO BHASMAS

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India is ranked third in the world for cancer-related fatalities. Reviewing the incidence of cancer and the significant toll these diseases take on people, reveals the critical need for coordinated efforts to optimize the therapy of cancer. Surgery, chemotherapy and radiotherapy are the main methods adopted by modern science. Immunotherapy has recently risen to the top of the list of cancer treatment methods. Nanomedicine based treatment strategies have proven to be effective since it has the ability to direct immunomodulators to tumors and lymphoid organs. Rasashastra is a specialised branch of Ayurveda that primarily deals with substances referred to as rasa dravyas. By using specialized preparation techniques like marana, Rasashastra has expertly utilized the characteristics of metals and minerals. Bhasma preparations may be considered as biologically produced nanoparticles by virtue of its action. Preparations like Rasasindura, Swarna Bhasma, Abhraka Bhasma and so forth, are investigated here for pharmaceutical application, particularly for their potential in cancer treatment. Coupling rasa medicines with the conventional cancer treatment may produce ameliorated outcome. This review study will be focusing on the potential applications of bhasmas in treatment of cancer.

Keywords: Cancer, Immunotherapy, Rasadravya, Nanomedicine, Rasashastra, Bhasma

Registration Code: ABPO 1582



CONTRIBUTIONS OF RASASHASTRA IN THE FIELD OF NANOMEDICINE

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Nanomedicine is a branch of nanotechnology that deals with diagnosis, prevention, treatment of diseases by using nanostructures or engineered nanodevices. Nanostructures are prepared by sophisticated techniques. On the other hand, Bhasmas and sindoor kalpanas mentioned in various rasashastra texts have been practiced by acharyas since ancient times. Their structure has been found comparable to nanocrystalline materials with its size less than 100 nm. Bhasma or sindoor preparation involves top-down method of breaking large structures into smaller ones by techniques like purification(shodhana), trituration(bhavana), incineration(marana) by providing quantum of heat(puta) or by kupipakwa method (heating in glass bottles). With the increasing number of puta, particle size decreases and this increases the surface area to volume ratio ensuring its efficacy and greater penetration through cell membrane. Besides being economical, these preparations are loaded with essential elements like sodium, potassium, zinc, copper. The bhavana with various plant extracts provides a capping to the highly reactive nanoparticles making it biocompatible, eco-friendly, stable, safe and effective with better therapeutic value. The ayurvedic bhasmas like Swarna bhasma, Yashada bhasma, Mandoora bhasma as nanoparticles has various applications in treating diseases like cancer, diabetes and even in combating COVID-19 and other infectious diseases. The added advantage of using Bhasma in nanomedicine is that the nanoparticle itself possess therapeutic properties. Various studies have been performed to prove the efficacy and safety of these bhasmas. Besides therapeutic application, the metal bhasmas like tamra that have found to possess magnetic behaviour and luminescence which can be used for other technological application. An integrated approach of nanotechnology and rasashastra can be employed to attain diverse applications like diagnosis of various diseases, biosafe drug delivery ensuring target specific action and controlled release, to investigate the pathological changes at cellular and molecular levels, as imaging agents, carrier drugs or antibodies.

Keywords: Nanomedicine, Rasashastra, Bhavana, Application, Integrated approach.

Registration Code: ABPO 1620



TO SPECULATE THE CONCEPT OF AVARANA WSR TO SHWASA AND ITS RASOUSHADHI PRAYOGA

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Avarana is an unique concept in ayurveda used to explore the pathogenesis of a disease. As the word suggests it is an obstruction or covering of doshas peculiarly of Vata dosha by other factors in our body. It is one of the least explored or least understood concepts. Many a times Avarana goes unnoticed during the diagnosis of a disease which affects the treatment and alter the results. Hence, for a doctor proper knowledge about Avarana is essential for precise diagnosis. Many disease condition occur due to avarana one such example is Swasa. Swasa has various Nidhanas. Among that avarana of vata is one of the cause. As per Acharya Charaka, when he explained about avarana topic, he has mentioned about Anyonya avarana caused by avarana of one type of vata by another type obstructing the passage and leading to diseases like Swasa etc. If it is clearly recognised, it will be of great help in clinical management which includes various Rasaoushadhis, usage of which results in effective management of the condition. Various textbooks, journals and reasearch articles were referred. Proper understanding of Avarana for precise diagnosis wsr to Swasa along with its rasoushadhis application. If one understands the basic principles of ayurveda, Avarana is an easy topic to understand which inturn helps us to excel our clinical practice Significance - As avarana is a major cause for many diseases and it may go unnoticed during the diagnosis which hinders correct treatment. Swasa is one of the common disease of present times, causes of which is numerous. Among those Avarana is also one cause which is often supressed. Hence,it is crucial for a doctor to have genuine knowledge about Avarana.

Keywords: Avarana, Anyona avarana, Vata, Swasa, Rasoushadhi.

Registration Code: ABPO 1643



APPLICATION OF NANO MEDICINE IN NEUROLOGICAL DISORDERS INTEGRATING TRADITIONAL WISDOM AND MODERN SCIENCE

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Application of nano medicine in neurological disorders : Integrating traditional wisdom and modern science The application of nano technology for medical purpose has increased in the modern era due to possibility of delivering drugs to specific cells. Targeted drug delivery is intended to reduce the side effect possessed by the crude drug via minimising the undesired contact with healthy cell. Nano particle can be synthesised through different methods. Among which the green synthesis is considered to be more safe due to lesser toxicity and lesser side effect. In green synthesis plant extracts are used for synthesising nano particles of metals. Similarly in Rasasastra bhasmas are prepared by purification and further processing of metal and mineral drugs. These bhasmas are used as medicine after they satisfy all the bhasma pareekshas. In vivo studies of many bhasma are proven to be non toxic in therapeutic doses. In the bhasmeekarana process the metal/mineral are converted to oxides and sulphides which are not harmful to body. And subsequent puta (incineration) reduces the particle size to nanometric levels. Nano particle even have the capability to cross blood brain barrier .In vitro studies have proven the ability of gold nano particle to cross blood brain barrier. The inability of drugs to cross Blood Brain Barrier is one of the main concern in treatment of neurological disorder .The XRD/TEM/SEM analysis of bhasma of Swarna , rajatha , tamra confirms the particle size reduction to nano metric level after bhasmeekarana process. Modern medicine is conducting researches for using nano particle even in cancer treatment. A comparative analysis of nanoparticles prepared through modern synthesis and bhasmeekarana is relevant as ayurveda can contribute to the development of nano medicine for safe internal administration in many diseases.

Keywords: Nano medicine, Bhasma, Green synthesis, Neurological disorders

Registration Code: ABPO 1661



ANCIENT MEASUREMENT SYSTEM IN AYURVEDA CRITICAL REVIEW PRELIMINARY VALIDATION

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Preparation of medicine plays a prime role in Ayurvedic treatment. Correct measurements & proportion of ingredients will definitely ensure the proper form & quality of final product. Ayurvedic Industries often face problems in the manufacture of certain preparations as arishta, asavas, Sneha Kalpana etc., while taking solid and liquid measurements as equal ie, 48 gm=48 ml. When we follow textual methods and ayurvedic pharmacopeia of India guidelines in making formulations, problems are being faced in the preparation & quality of final product. For the preparation of Ayurvedic formulations, the measurement followed according to AFI/API is 1 pala=48 gm=48 ml. In Sarangadhara Samhita, in the context of Magadha Mana paribhasha, the method of making the measurement jar (kudava pathra) for the measurement of liquids is described. Primary objective of the study is the critical review & preliminary validation on measurement system in Ayurveda by making kudava pathra as per textual specifications. After conducting a study on this, we can suggest a standardized measurement tool which can contribute to make necessary changes in the preparation methods of formulations. The scientific and systemic study in this direction would help to standardize the measurement and it could contribute to the formulation of drug policy in Ayurveda.

Keywords: Kudava pathra, Ayurveda measurement system, Medicine preparation, Mana paribhasha

Registration Code: ABPO 1674



CARDIOPROTECTIVE ACTIVITY OF DASAMOOLA A COMPREHENSIVE REVIEW

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Dasamoola, a classical Ayurvedic formulation comprised of ten medicinal plants, has been traditionally used for its therapeutic properties. This review aims to summarize and analyze the existing scientific literature regarding the cardio protective potential of Dasamoola. Cardiac disorders are termed as Hrudroga in Ayurveda. As Hrudroga is one of the leading causes of death in the present era, it is a high time to search for Ayurvedic formulations for preventing & healing the same. After reviewing various samhitas & published authentic articles, the cardioprotective activity of Dasamoola was found to be significant. The review highlights the antioxidant, anti-inflammatory, and immune modulatory activities exhibited by these individual components, which are integral in mitigating cardiovascular disorders. The antioxidative potential of Dasamoola constituents helps combat oxidative stress, a prominent factor in the development of cardiovascular diseases. Additionally, the formulation's anti-inflammatory effects aid in reducing chronic inflammation, a significant contributor to heart-related ailments. Moreover, certain components demonstrate hypotensive properties, contributing to blood pressure regulation. Lipid-lowering effects play a crucial role in managing cholesterol levels, thereby influencing overall cardiovascular health. Furthermore, Anticoagulant properties identified in specific herbs within Dasamoola aid in preventing the formation of blood clots, reducing the risk of heart attacks or strokes. This comprehensive review aims to consolidate existing knowledge and encourage further scientific exploration into the cardioprotective potential of Dasamoola.

Keywords: Hrudroga, Anti-inflammatory, Immune modulatory, Antioxidant, Inflammation, anticoagulant.

Registration Code: ABPO 1678



CONCEPT OF NANO MEDICINE IN AYURVEDA WSR TO RASA AUSHADHIES

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Nano medicine is one of the most valuable medical applications of nanotechnology. This branch of medicine involves the use of nano particles therapeutically. The ancient Indian science of iatrochemistry, i.e., Rasashashtra has already explored the activity of various metals and minerals, known as Bhasma. In Rasa shastra, crude materials have been subjected to specific serial processes and converted into nanoparticles that are safe for consumption, compatible with the body and therapeutically beneficial when prescribed in minimal doses with specific adjuvants. Nano phyto medicine is the concept taken from Ayurveda. These medicines improve efficacy and bioavailability with less toxicity. Rasa aushadhies are the oldest form of nano technology applied in ayurveda, Bhasma is now been considered ayurvedic nano medicine and provide opportunity for drug designing. For example, a scientific analysis of Swarna bhasma by atomic force microscopy reveals that it is devoid of any other heavy metal and contains globular gold nanoparticles of 5657nm. Rasa aushadhies in the nano carriers will increase its potential to treat various chronic diseases. Considering all these factors an effort is made to substantiate the concept of nanomedicine in rasa aushadhies and its applicability.

Keywords: Nano phytomedicine, Nanotechnology, Bhasma, Rasashashtra

Registration Code: ABPO 1697



NANOMEDICINE AND RASASHASTRA - ROLE IN INFECTIOUS DISEASES

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Nano medicine is the science and technology of diagnosing, treating and preventing diseases and of preserving and improving human health, using molecular tools and molecular knowledge of the human body. It uses the properties of nanoparticles which come under a nano metric scale, 10⁻⁹ m. ISO standard defines nanoparticles as objects that have a size between 1–100 nm in all three dimensions. Nanoparticles (NPs) have been in use in Ayurvedic medicine since years, even though the term wasn't familiar. Objects up to several hundred nm in size have been described and used as "nano medical" agents. Nano silver used against bacterial infections is a well-known example, but nanosized therapeutic agents have also been in use for many years for their immune modulatory action. A general overview of interactions between nano materials and the immune system has been provided by several treatises. Bhasmas are claimed to be biologically produced nanoparticles (NPs), prescribed with several other medicines of Ayurveda. Bhasmas are unique dosage forms of Rasashastra which are formed after a series of processes, like, Shodhana, Jarana, Marana, Amrutikarana and Lohitikarana, with specific herbal and mineral media, which eventually convert the metals or minerals into their compound forms, which are biologically favourable to the body as well as reduce their particle size to nano meters. Repetition of incineration (puta) for Marana reduces the particle size even more. Several Bhasmas have been proved for their anti-microbial action. Nano silver is already proven for its anti-bacterial activity. Yasada Bhasma can be effective as an anti-bacterial agent. Swarna, Rajata, Tamra and Yasada Bhasma are proved to have anti-viral activity against SARS Coronavirus 2. Also, Haratala and Manahsila are found to be effective in skin infections; their anti-fungal activity as a herbomineral formulation is under study. This knowledge can be utilized to explore the use of Bhasmas as nanomedicine in infectious diseases.

Keywords: Nanomedicine, Nanomedical agents, Rasashastra, Bhasmas, Nanosilver, Infectious diseases

Registration Code: ABPO 1805



AYURVEDA AND IN-SILICO STUDIES TURNING POINT FOR EVIDENCE BASED DRUG DEVELOPMENT- ADVANCEMENTS CHALLENGES AND FUTURE PROSPECTS

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Blending of Ayurveda with In-silico studies will carve newer pathway for the development of future-ready effective traditional medicine. Our science is still struggling due to a lack of scientific proof and validation of various concepts. Therefore, it is imperative to further explore Ayurveda to get insights into their active constituent, activity, characterization, elucidation of the mode of action, etc. It is a paradigm shift from in vitro and in vivo drug discovery process to In-silico drug discovery screening, from “wet lab” to “dry lab”, human resources to computational resources, manpower to automation, animal or cell models to computer models, and from highly expensive to economical research. In silico approach is a quick method to screen a large number of phytoconstituents of Ayurvedic plants to understand the initial mode of action that could be further proved by pre-clinical studies. It may save time, short-circuit the process of drug development, and shed some light on the mode of action of phytoconstituents to escalate Ayurveda practice with a better understanding. Ayurinformatics is an approach which can be used to design novel combinations by first validating the concept on a computer. It is possible to assess particular drug with specific disease cell without any clinical trial. It helps in identifying the exact cell, genes, proteins being affected and to screen the active protein among them. . In the research field, in-vivo and in-vitro studies have an important role before the clinical trials of a new medicine. So, to confirm the target cell of the particular medicine the bioinformatics plays a vital role before going to in-vivo studies. Toxicity testing is done on animal models. Animal ethical committee always suggests reducing the number of animals or replacing the animals in safety and toxicity profiling. In silico approach is a better alternative for toxicity prediction.

Keywords: In-silico, Ayurinformatics, Phytoconstituents

Registration Code: ABPO 1836



EXPLORING THE NOBLE RASAUSHADHI SWARNA MAKSHIKA BHASMA AS NANO MEDICINE AND ITS THERAPEUTIC UTILITY

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To understand the method of preparation of Swarna Makshika Bhasma and its physico-chemical characteristics as nano-medicine and its therapeutic aspects through review of various books, articles, research studies etc. Pharmaceutical study of Swarna Makshika Bhasma (Shodhana, Bhavana and Marana) with conceptual study of Swarna Makshika Bhasma as nano-medicine and its therapeutic utility. Shodhana will be done with Nirvapa method using Triphala Kwatha and later Bhavana will be done using Kulattha Kwatha for 12 hours. Later Gaja Puta will be given in muffle furnace untill attaining the Bhasma Siddhi Lakshana. Results: TEM study showed that particle size of Swarna Makshika Bhasma was between 50-200 nm. As per EDAX study, it contains copper, iron and sulphur with traces of potassium, magnesium, aluminium and silicon. Hence Swarna Makshika Bhasma can be taken as nano-medicine and it has a wide therapeutic action. Swarna Makshika Bhasma can be taken as nano-medicine and it can be used in the treatment of many diseases in our clinical practise. Significance of the study: Better understanding of the preparation of Swarna Makshika Bhasma and know its importance as nano-medicine and its therapeutic utility.

Keywords: Swarna Makshika Bhasma, Nano-medicine, Therapeutic, Pharmaceutical, Marana, Shodhana

Registration Code: ABPO 1904



IMPORTANCE OF COMBUSTION DURING THE PREPARATION OF KSHARA

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Ksharas are alkaline compounds made from the water-soluble ashes of medicinal plants. Apamarga kshara is one of the several types of Kshara that Ayurveda has defined. The combustion of raw drug is the primary step in the preparation of kshara. These herbs provide larger yields and more accurate analytical results when they are completely burned. A novel method for combustion of raw medicines was created for this aim, and several trials were carried out. After complete combustion in the conventional technique of preparation, carbon particles or partially burnt raw herbs made up 23.6% of the mixture, however with the new device, this percentage dropped to 9.4%. Both the yield and pH were impacted by these modifications. These outcomes demonstrated that kshara combustion via innovative intervention produces beneficial outcomes. According to the findings, combustion plays a significant role in the production of kshara. A good output will result from complete combustion of raw medicines.

Keywords: Kshara, Instrument, Combustion

Registration Code: ABPO 1962



REGULATORY CHALLENGES AND MEASURES FOR AYURVEDA MEDICINE IN THE DEVELOPED DEVELOPING COUNTRIES

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As per the Report by WHO The secretariat 2003, 90% of Germany, 80% of Africa, 70% of Canada, 40% of China, and 38% of Belgium are using traditional systems. Statistical observation suggested that the hypothesis for regulatory challenges of Ayurveda Medicine is not recognized, but measures for this are valuable for global pharmaceuticals. Starting with challenges from Indian Ayurveda medical colleges are beginning with the entry in not prioritized pathy and accidental mind state of NEET Students upto collapsing internship between modern & Ayurveda practices, lack of Sanskrit knowledge, lack of Rasashala. Pride state of Ayurveda (Ref-TOI 2023) "KERALA" facing challenges of opening of Ayurveda colleges and students are moving Kerala to Karnataka for admission. Objective: To evaluate the regulatory challenges and measures of Ayurveda Medicine with respect to developed and developing countries. Methods: A detailed literature survey and statistical observation were done by exploring the research engines and other reputed websites. The following measures are key to success in the global market. 1) For raw materials: synergistic approach for pharmacokinetics and ADME (absorption, distribution, metabolism & excretion). 2) For pharmaceutical study & E1 drug's: phytochemistry and biological screening promotion.&preclinical studies. 3) Law & regulation:Implementation of the D&C Act 1940 & government health schemes. G20 presidency offers a unique platform for Traditional medicine& hence eagerly needed to Reevaluate & Revalidate of Ayurveda medicine from hospital level in india to Overseas. Measures should taken From patient to healty individual, From independent treatment protocol to intergrative approach. With the help of government policy Ayurveda explore in every department of hospital wrt stage of human life ex: Pregnancy (garbhini paricharya) shishu-paricharya, primary education, lifestyle disorders, yoga, diet, chronic disorders. Make independent Rasashala at every hospital in india to connect Common people's with Ayurveda Medicine and differ from Tribal (zadibuti) things.

Keywords: Ayurveda, G20, Measures, Pharmaceutical, Rasashala, Tribal.

Registration Code: ABPO 2001



DEVELOPMENT OF A PROTOCOL FOR A PILOT STUDY TO TEST THE EFFECT OF AN AYURVEDIC MANAGEMENT IN HYPERPIGMENTATION ASSOCIATED WITH SUBACUTE CONTACT DERMATITIS

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Skin exposure to exogenous chemicals or physical agents and subsequent localised inflammatory response with or without allergic involvement is the cause of contact dermatitis. Evidence suggests that contact dermatitis is generally associated with a compromised skin barrier function, leading to skin vulnerability prone to allergens and irritants. Topical steroids, the primary drug for contact dermatitis, often provide temporary relief and are associated with considerable side effects. Sidhartaka Snanayoga, an Ayurvedic Lepa (poly-herbal paste for external application), has been in clinical practice for skin ailments with notable benefits. The present paper discusses the development and salient features of a protocol for a pilot clinical trial to compare the effect of the above medicine with its value-added formulation. The participants are sub-acute contact dermatitis patients with hyperpigmentation aged 30-50 years. We have designed the study as per the “rule of thumb for a pilot study”, in which 12 patients will be recruited to either the study or control group using block randomisation with allocation concealment. The objective of the study is reduction in hyperpigmentation as per Skin Hyperpigmentation Index. Histopathological changes that occur in the affected area with the therapy and the extent of drug concentration are secondary objectives. The present protocol can bring about outcomes necessary to design a full-fledged randomised controlled trial to test the effectiveness of various Ayurvedic medicines in contact dermatitis.

Keywords: Ayurveda, Sidhartaka Snanayoga, hyperpigmentation, contact dermatitis, pilot clinical trial, Skin Hyperpigmentation Index

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NANO AYURVEDIC MEDICINE AN INNOVATIVE PARADIGM FOR CANCER THERAPEUTICS

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The challenge of effectively treating cancer has spurred innovative approaches in the field of medicine. One such approach, Nano Ayurvedic medicine, integrates the ancient wisdom of Ayurveda with modern nanotechnology, offering new avenues for cancer therapeutics. Objective: This abstract aims to elucidate the potential of Nano Ayurvedic medicine in transforming cancer therapeutics, emphasizing its key aspects and therapeutic mechanisms. Methods: A comprehensive review of scientific literature, clinical trials, and research papers concerning Nano Ayurvedic medicine and its application in cancer therapy was undertaken. 1. Nano Drug Delivery: Nano Ayurvedic medicine harnesses nanoparticles to precisely target and deliver therapeutic compounds to cancer cells, minimizing collateral damage to healthy tissues. 2. Herbal Fusion: This innovative approach incorporates traditional Ayurvedic herbal formulations within nanocarriers, elevating their bioavailability and therapeutic efficacy. 3. Immunomodulation: Nano Ayurvedic medicine demonstrates the potential to modulate the immune system, enhancing the body's natural defenses against cancer cells and decreasing the risk of recurrence. 4. Mitigated Side Effects: By selectively targeting cancer cells, Nano Ayurvedic medicine mitigates the adverse effects typically associated with conventional therapies like chemotherapy. 5. Personalized Therapy: The approach allows for personalized cancer care, tailoring Ayurvedic formulations and nanoparticle delivery to individual patients based on their specific cancer type and stage. Nano Ayurvedic medicine stands as an innovative paradigm for cancer therapeutics, offering precise drug delivery, reduced side effects, and the potential for personalized treatment. Extensive research and clinical trials are crucial to confirm its efficacy and safety across diverse cancer types and patient profiles. Yet, the fusion of traditional Ayurveda and contemporary nanotechnology heralds a promising evolution in the field of cancer therapy.

Keywords: Nano Ayurvedic Medicine, Cancer Therapeutics Nanotechnology, Ayurvedic Herbal Formulations Immunomodulation, Personalized Cancer Care

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PHARMACEUTICAL ANALYTICAL STUDY OF CHURNODAKA AND ITS APPROACH TO CURE AMLAPITTA A CASE STUDY

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Global acceptance of Ayurveda has increased because of its positive impact on the life of the patients. It uses wide range of techniques to mitigate illness and encourage wellbeing. Rasaushadhi is one such measure used to combat disease effectively. Churnodaka a unique formulation, is an uncommon liquid dosage form, encompassed under Rasashastra. Amlapitta, is a disorder of vitiated Agni caused by untimely, over intake of food when full, etc. Moreover, stressful life has further enhanced the risk. To imply, it is a lifestyle disorder. Churnodaka is one of the easy to prepare, simple formulations indicated in Amlapitta & other Koshta Roga. In view of above, preparation and analysis of Churnodaka was done. A case study of 27- year-old male patient with Amlapitta was taken and looked up for the results. Preparation of Churnodaka was done by the method specified in Rasatarangini. Prepared Churnodaka was subjected to Physico-chemical analysis. A 27-year-old male patient, whose concerns were Amlodgara, Udara Adhmana, Gurukoshtata, is taken up for the study. Patient was directed to take Churnodaka with milk in a divided dose of 12ml twice a day for 21 days before food. By day 7, patient got steady and gradual relief from the symptoms, on assessment through subjective parameters. Both Sudha & Churnodaka have alkaline pH, but of later is less compared to Sudha. As Sudha is highly alkaline, it might have shown corrosive action, if taken directly. So, a formulation to dilute it to an extent which does not burn the mucosa on ingestion was formulated then. In this case study, it was proven to be effective in Amlapitta. Simple but potential formulation to mitigate Amlapitta, with a unique method of preparation where Sudha is brought into therapeutically fit form.

Keywords: Sudha, Churnodaka, Amlapitta, Alkaline, Rasatarangini

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PREPARATION AND APPLICATION OF LOHABHASMA IN AYURVEDA RASASASTRA

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Rasashastra is the branch of Ayurveda which deals with the therapeutic uses of various metals and minerals. Rasa oushadhies, usually in the form of bhasmas have good acceptance as low dose is required for treatment, due to their good palatability and rapid response to treatment. Ayurveda emphasizes the use of loha bhasma for treating various ailments such as anemia, diarrhea, hyperlipidemia and diabetes. Studies have proved the haematinic effect of loha bhasma and it is widely used in different formulations for correction of anemia. Loha bhasma contains iron in the oxide form which is considered to be the most compatible form of iron supplementation in the body. This increases the absorption of iron and also reduces the gastric discomforts associated with consumption of iron. The preparation of lohabhasma involves samanya shodana(normal purification), vishesha shodana(special purification), followed by trividha lohapaka ie) bhanupaka(exposure to sunlight), sthalipaka (roasting in an iron pan) and putapaka (calcination). This study gives a detailed description of procedure for preparing loha bhasma and its therapeutic uses from the text books of Rasashastra.

Keywords: Haematinic, Shodana, Bhanupaka, Sthalipaka, Putapaka

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ADVANCEMENTS IN AYURVEDIC MEDICINE PREPARATION INTEGRATING SCIENCE AND TRADITION FOR ENHANCED EFFICACY AND SAFETY

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Ayurvedic medicine, rooted in ancient Indian traditions, has seen notable advancements in preparation techniques. This study provides an overview of recent developments in Ayurvedic medicine preparation, encompassing modernization, pharmacognosy, quality control, standardization, and regulatory compliance. Aim: The aim of this research is to modernize and enhance Ayurvedic medicine preparation methods to ensure consistent quality, safety, and efficacy. This involves integrating traditional knowledge with contemporary scientific practices. Methods: - Modernization of Traditional Practices: Researchers are employing modern equipment and technology to upgrade traditional methods of Ayurvedic medicine preparation. - Pharmacognosy and Quality Control: The study of medicinal plants is being used to identify active compounds, enabling more rigorous quality control. - Standardization and Regulatory Compliance: Guidelines are being developed and adhered to, focusing on the quality and safety of Ayurvedic medicines. - Advanced Analytical Techniques: Techniques like chromatography and mass spectrometry are applied to validate ingredient composition and potency. Advancements in Ayurvedic medicine preparation have yielded promising results: - Improved quality and consistency of Ayurvedic products. - Enhanced safety and reduced variability in ingredients. - Development of standardized procedures for preparation. - Increased adherence to regulatory standards. - Enhanced transparency and traceability of ingredients. - A more systematic approach to quality control and analysis. Recent developments in Ayurvedic medicine preparation signify the harmonious fusion of traditional wisdom with contemporary science. These advancements not only promote the authenticity and safety of Ayurvedic remedies but also bridge the gap between traditional and evidence-based medicine. The integration of modern practices into Ayurvedic medicine preparation is pivotal for the recognition and acceptance of Ayurveda in global healthcare.

Keywords: Ayurvedic Medicine, Standardization, Pharmacognosy, Regulatory Compliance Quality Control, Modernization

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ARTIFICIAL INTELLIGENCE AND CHALLENGES IN QUALITY AND STANDARDIZATION OF RASAAUSHADHIS A REVIEW

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More than 5,000 permutations and combinations of the pharmaceutical branch of Ayurveda are employed in practice to treat a variety of illnesses. With increase demand of Ayurveda medicine and acceptance of Ayurveda in the entire world, there is requirement of modernization and use of advance techniques in Ayurveda Pharmaceutics. Now a day's newly progressed branch known as Artificial Intelligence (AI) can be used to meet increasing demands of Ayurveda medicines and to tackle challenges faced during drug manufacturing. Artificial Intelligence can be used to combine engineering principles into the drug development to overcome challenges faced in Ayurveda Pharmaceutics. However, during last couple of decades Rasaushadhis have been targeted on safety issues. Quality Control and standardization have always been issues regarding Bhasmas and Rasaaushdhis owing to lack of standard protocols. An attempt has been made in this study to analyze challenges with probable solutions by using Artificial Intelligence for quality control and standardization of Rasa preparation. Artificial Intelligence help to reduce the issues of quality control, safety and efficacy. It is possible to formulate standard study protocols wherein use of new machineries will help us to understand the complex processes. In the light of the new developments regarding bio-inorganicals , Rasashastra can give impetus to new leads. Artificial intelligence can be effectively used to solve the challenges faced in Ayurveda pharmaceuticals sectors such as large-scale availability of drugs, quality assurance, standardization, making it palatable, fixing the dosage of different formulations, increasing shelf life, uniform supply of drug, safety and efficacy.

Keywords: Artificial intelligence, Rasaushadhis

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NANOMEDICINE AND RASASHASTRA - ROLE IN CANCER TREATMENT

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Nano medicine is the science of diagnosing, treating and preventing diseases, thereby improving health, using molecular tools and molecular knowledge of the human body. It uses the properties of nanoparticles which come under nano metric scale, 10-9 m. ISO standard defines nanoparticles as objects that are sized between 1–100 nm in all three dimensions. Nanoparticles (NPs) have been in use in Ayurvedic medicine since years, even though the term wasn't familiar. Objects upto several hundred nm in size have been described and used as “nanomedical” agents. Nano silver used against bacterial infections is a well-known example, but nanosized therapeutic agents have also been in use for many years for their immune modulatory action. Advancement in nanomedicine proves that nanoparticles have great potential as drug carriers. Also, nanometric size is also the scale of many biological mechanisms in the human body allowing nanoparticles to cross the natural barriers and to interact with DNA or small proteins at different levels, in blood or within organs, tissues or cells. Multifunctional nanoparticles can cross the central nervous system and modulate the immunological reactions to inhibit cancer progression by blocking tumor innervation. Bhasmas are claimed to be biologically produced nanoparticles, prescribed with several other medicines of Ayurveda. Bhasmas are unique dosage forms of Rasashastra which are formed after a series of processes, like, Shodhana, Jarana, Marana, Amrutikarana and Lohitikarana, with specific herbal and mineral media, which eventually convert the metals or minerals into their compound forms, which are biologically favourable to the body as well as reduce their particle size to nano meters. Several bhasmas like Swarna, Rajata, Heeraka, Abhraka, etc are known for their anti-cancerous activity and also have been proved scientifically. This study aims to explore the role of bhasmas as nanomedicines in the treatment of cancer as a chemotherapeutic as well as rejuvenating agent.

Keywords: Nanomedicine, Nanoparticles, Rasashastra, Bhasmas, Cancer, Chemotherapy.

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INNOVATIVE SOLUTIONS AYURVEDIC NANOMEDICINES IMPACT ON EMERGENCY RESPONSE

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Ayurvedic nanomedicine, a fusion of traditional Ayurvedic wisdom and cutting-edge nanotechnology, has emerged as a transformative force in emergency management. This study provides an in-depth analysis of the role Ayurvedic nanomedicine plays in addressing emergencies, including its historical roots, key applications, and contemporary implications for emergency healthcare. **Methods:** This study is based on a comprehensive review of published peer-reviewed articles, Ayurvedic texts, research studies, and clinical trials. A range of resources, including PubMed and Ayurvedic databases, were consulted to compile relevant data. **Results:** 1. **Historical Roots:** Ayurvedic nanomedicine, rooted in ancient Ayurvedic principles, introduces pioneering approaches to address a wide spectrum of health conditions, including those demanding immediate attention in emergencies. 2. **Key Applications:** Ayurvedic nanomedicine's versatility in emergency management includes precision drug delivery, toxicological response, and rapid therapeutic efficacy. 3. **Contemporary Implications:** Its applications are gaining recognition in modern emergency healthcare, offering precise drug delivery and quick therapeutic responses in emergencies. The integration of Ayurvedic nanomedicine in emergency management represents a profound blend of ancient wisdom and contemporary healthcare. The historical foundations and diverse applications of Ayurvedic nanomedicine make it a pioneering asset in addressing a multitude of emergency situations. Ayurvedic nanomedicine redefines emergency management by merging ancient wisdom with modern technology. Its precision in drug delivery, toxicological response, and rapid therapeutic efficacy enhances patient care and safety in emergency healthcare.

Keywords: Ayurvedic nanomedicine, Emergency management, Precision drug delivery, Toxicological response, Therapeutic efficacy

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APPLICATIONS OF GEL IN DIFFERENT WAYS - AN INNOVATIVE APPROACH

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Lepa Kalpana is Bahiparimarjana type of Aushadha Kalpana, i.e., the application of drug externally. It includes Lepa, Upanaha, Malahara etc. Lepa Kalpanas is used in different conditions like inflammation, wound healing, wound cleaning and many more uses. Common problems with classical Lepas are stains after its application, smell, sensitivity and sterility. Greasiness, fluidity, frequency of flow is another concern for classical Lepas. So, it is need of time to convert our dosage form to convenient forms towards the patient without compromising the effects of medicines. Now a days, a range of topical preparations like gel, ointments, creams etc. are used. Gel is a semisolid preparation that can have properties ranging from soft and weak to hard and tough. So here an attempt is made to convert some preparations mentioned in our classics into its modified gel form. like Dasamoola, Varnya gana, Lodhradi gana, Aragwadadi gana and Vedanasthapana gana into modified gel form without losing its medicinal properties.

Keywords: Gel, Lepa Kalpana, Dasamoola, Varnya gana.

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BIOTECHNOLOGYS RESURGENCE ELEVATING AYURVEDIC FORMULATIONS FOR ENHANCED QUALITY EFFICACY AND LONGEVITY

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Biotchnology is playing a pivotal role in harnessing the full potential of Ayurvedic formulations. This study delves into the multifaceted contributions of biotechnology, elevating the quality, efficacy, and longevity of Ayurvedic products. Methods: A comprehensive review of literature, research, and innovations at the intersection of Ayurveda and biotechnology was conducted. Results: 1. Quality Enhancement: Biotechnology aids in quality control by ensuring consistency in the composition of Ayurvedic herbs and formulations. Techniques such as tissue culture and plant biotechnology enable the cultivation of medicinal plants under controlled conditions, reducing variations in their chemical profiles. 2. Efficacy Improvement: Biotechnology interventions, such as supercritical fluid extraction and nanotechnology, concentrate bioactive compounds in Ayurvedic ingredients. This increases the therapeutic potential of traditional remedies, leading to quicker and more potent results. 3. Longevity Extension: Modern preservation techniques, including microencapsulation and spray drying, extend the shelf life of Ayurvedic products. This addresses the challenge of natural product degradation and reduces the need for synthetic additives. 4. Safety Enhancement: Biotechnology is employed to detect and remove toxins and contaminants from herbal ingredients, making Ayurvedic remedies safer for consumption. 5. Personalized Medicine: Genetic and genomic tools are utilized to understand an individual's unique constitution (Prakriti) and tailor Ayurvedic treatments accordingly. This personalized approach optimizes therapeutic outcomes and minimizes adverse effects. 6. Synergistic Combinations: Through advanced data analysis and systems biology, biotechnology helps identify synergistic combinations of herbs and minerals, enhancing the therapeutic effect of Ayurvedic formulations. The infusion of biotechnology into Ayurveda represents a significant step towards modernizing and improving the quality, efficacy, and longevity of traditional remedies. This integration combines ancient wisdom with contemporary innovation, offering a pathway to provide safe, effective, and personalized natural solutions for diverse health conditions, potentially reshaping the global healthcare landscape.

Keywords: Ayurveda, Biotechnology, Quality Enhancement, Efficacy Improvement, Longevity Extension, Personalized Medicine

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SHALMALI GEL A NOVEL APPROACH FOR EFFECTIVE MANAGEMENT OF ACNE VULGARIS YUVANPIDIKA IN YOUNG ADULTS

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Acne vulgaris, Youvanpidika in Ayurveda, presents a substantial dermatological challenge for young individuals, predominantly affecting the facial region. This case study introduces a successful intervention utilizing a specialized herbal gel derived from the Shalmali herb for the effective management of acne vulgaris. Aim: To develop an innovative dosage form Shalmali gel for the management of acne vulgaris (Yuvanpidika) Objective : physico-chemical analysis of shalmali gel & in-vitro evaluation of Shalmali gel The study commenced with the standardization of Shalmali gel, encompassing pH, homogeneity, extractive values, spreadability, viscosity, and thin-layer chromatography (TLC). An extensive in-vitro examination assessed the efficacy of Shalmali gel against prevalent acne-causing microorganisms, namely Staphylococcus aureus and Propionibacterium. Subsequently, a 26-year-old female patient with a spectrum of acne-related symptoms, including pimples, discomfort, itching, burning sensation, nodules, facial discoloration, and excessive sebum production, was enrolled for treatment. The therapeutic approach entailed the topical application of a precisely formulated herbal gel, sourced from Shalmali tree thorns, and enhanced with thoughtfully chosen additives and Shalmali bark decoction. Significantly, the patient exhibited marked improvement across all evaluated symptoms, underscoring the substantial efficacy of the herbal gel in addressing acne vulgaris. Successfully management of Acne vulgaris of Shalmali Gel

Keywords: Acne Vulgaris, Youvanpidika, Shalmali Gel, Antimicrobial Activity.

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MINERAL ELEMENTAL CONSTITUENTS OF HUMAN BODY: A RASASAstra PERSPECTIVE

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Rasasastra is a specialized branch of Ayurveda that mainly deals with materials known as “Rasa dravyas” and their “Bhasmas”. They have immediate effects, require very small doses, and have a broad therapeutic effect. Essential minerals are those minerals necessary for human health. They are the constituents of human body. They are again classified into major and trace minerals. The body uses and stores a substantial amount of the major minerals: calcium, chloride, magnesium, phosphorus, potassium, sodium, and sulphur. Although we don’t require a lot of the trace minerals, they are just as important to our health as the former. Chromium, copper, fluoride, iodine, iron, manganese, molybdenum, selenium, and zinc are among the minerals in this group. The metals and minerals are also known as “Dhatu” and “Upadhatu” in Rasasastra due to their specific function in biological systems. They can sustain body tissues by supplementing some of the essential elements to the tissues, whose deficiency causes various undesirable disease in the body. The Bhasmas of these are multielement samples. These are very potent and promising drugs for the treatment of various ailments as the nanoparticle size of the Bhasmas facilitate their absorption and assimilation into the body system and their easy supplementation in body. The existing Ayurvedic literature places a strong focus on the necessity of metals and minerals in preserving the metabolic equilibrium of the human body. The present paper tries to validate a Rasasastra approach towards the physiological functions of various essential minerals of human body and the deficiencies and excess of these minerals, for better preventive and curative treatment practices. This is done by review of all literatures, Ayurvedic classics and available scientific publications regarding properties and amayika prayoga of Bhasmas and comparison with that of the essential mineral elemental constitution of human body, its analysis and summarisation.

Keywords: Bhasma, Multielement, Dhatu, Upadhatu, Major minerals, Trace minerals

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TAMRA BHASMA A NANO-MEDICINE IN RASASATRA

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Bhasmas are microfine powders of incinerated metals and minerals that are therapeutically useful in different disease conditions since centuries without developing any noticeable side effects. Nano particles are described as the particles of substances that is between 1-100 nm. Metals like Iron, copper is being used by human since the prehistoric period. During the medieval period, with the advent of Rasasastra, Tamra bhasma occupied a significant role in Ayurvedic therapeutics, though the metal tamra is attributed with Ashta Maha Dosha. It is a drug of choice in the treatment of many diseases like udara, yakritvikara, kushta etc. Purpose of the study: To know more about the therapeutic effects of Tamra bhama as a nanomedicine in rasasastra. Methodology: This study includes a simple compilation about tamra and its bhasma from various classical and contemporary Ayurvedic texts. Result: As per the classics, tamra bhasma is having Kashaya, madhura, tiktha, amla rasa, ushna virya and katu vipaka. It has snigdha, vishahara, pitta nissaraka and lekhana properties. It has a wide therapeutic utility in pitta prakopajanya, kapha prakopajanya and kaphapittaja vyadhis and also can even be given in ghora and chiraja rogas. Conclusion: Classics have described the varieties of Tamra on the basis of mines or places from which it is obtained. Due to high toxic potential, high emphasis has been given to its shodhana procedures. In the process of marana, it is converted to light and fine state of subdivisions that when used internally is easily digested, absorbed and assimilated. Procedure of Amrutikarana is essential in case of Tamra bhasma to make it free from its utklesha (nausea), vanthi (vomiting) and bhranti (giddiness) doshas. Significance: Formulations of Tamra bhasma (nanomedicine) in the form of parpati, sindhura Kalpana, kharaliya rasayana etc are being successfully used in the treatment of various diseases since centuries.

Keywords: Rasashastra, Bhasma, Tamra bhasma, Kaphapittahara

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NANO MEDICINE IN FORM OF BHASMA WSR TO SWARNA BHASMA

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Bhasma - A unique form of medicine preparation mentioned and used in ayurveda. The ash obtained after subjecting a compound to incineration is Bhasma. It obtained after various process like shodana, marana, puta etc. Many minerals and metals are blessed with healing properties and various formulations prepared out of these minerals have the ability to cure many disease. One such medicine prepared in the form of bhasma is Swarna Bhasma, which consists of nano collidal particles of gold. It consists of wide range of applications and is used in treatment of various diseases. - Various textbooks, journals and research articles were referred. Results - Proper understanding of Bhasmas with special reference to swarna bhasma and its applications. - Bhasmas with its peculiar properties like deeper penetration, quick action etc helps in better management of many conditions. Swarna bhasma with its presence of nano and colloidal gold particles is used in treatment of various diseases. Its ability to cure a wide range of diseases and its property to act as a rejuvenative and preventive as well as curative formulation enhances clinical practice in various conditions

Keywords: Bhasma, Swarna bhasma, Nano particles

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UNLOCKING THE THERAPEUTIC MAGIC OF POTTALI KALPANA FOR PRAMEHA- A REVIEW

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Rasasastra, a distinct branch of Ayurveda, offers boundless potential for treating a variety of ailments. Despite not being classified among the Ashtangas of Ayurveda, it stands independently as a science. Rasasastra preparations primarily focus on rejuvenation, known as rasayana. These preparations come in four forms, namely, chaturvidha rasayanas, including khalviya rasayana, parpati kalpana, pottali kalpana, and kupipakwa rasayana. Among these, Pottali kalpas, although endowed with immense potency, are seldom employed today. Over time, the evolution of civilizations and urbanization has caused Pottali kalpas to fade into obscurity. Purpose of study: pottaliis were traditionally considered as emergency medicines in Ayurveda. However, upon delving into the ancient texts, one can find mentions of different Pottali kalpas for lifestyle disorders such as diabetes and cardiovascular conditions. Purpose is to have a detailed knowledge of such Pottali kalpanas used in prameha. This review encompasses all possible classical and contemporary Ayurvedic Rasasastra literature related to Pottali kalpana, with a particular focus on those indicated for Prameha. Results: Upon careful review, we can observe that while many Pottali kalpas are cited for the treatment of respiratory and gastrointestinal disorders, there are also sufficient references to their use in the context of Prameha.: Pottali kalpas are among the least explored therapeutic formulations in Rasasastra. The complexity of the pharmaceutical processes involved, coupled with the use of expensive ingredients, may explain their neglect. Notably, around ten preparations, such as Kanaka Pottali rasa, Panchamrita Pottali rasa, and Muktagarbha Pottali rasa, have direct indications for Prameha. However, there are no clinical or preclinical studies available for any of these formulations in the context of Prameha. To shed light on the untapped potential of these age-old preparations, further toxicity studies and clinical research are necessary. Pottali kalpana may well represent the future of Ayurvedic pharmaceuticals and therapeutics.

Keywords: Pottali, Prameha, Rasasastra, Lifestyle disease

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INNOVATIONS INTO MALAHARA KALPANA

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Malahara Kalpana is a unique kalpana among bahirparimarjana chikitsa (external applications). The name “Malahara” has come into existence quite recently. The name “Malahara” is derived from the Unani system of medicine, where similar formulations are termed “Malham”. The term “Malahara” was first found in Yogaratnakara. This is known as malahara because it removes mala. Various malahara kalpanas are explained in Ayurveda which will act effectively in various conditions like Vatashoola, Udarashoola, Agnidagdha vrana, dushta vrana, arshas, vicarcika, dadru, kustha, pama visphota nadivrana etc. It is an extension of Lepa Kalpana. The transdermal absorption of lepa Kalpana is minimal, but when it is converted to malahara which is Sneha combined with bases such as Siktha, Sarjarasa, etc. along with active ingredients and thoroughly mixed to get the appropriate consistency, smoothness, and softness, absorption becomes more. Malahara Kalpana forms the basic to prepare all kinds of external applications like ointments, creams, paste, gel, and lotion. Nowadays the prime importance of any pharmaceutical preparation lies in its affordability, simplicity of preparation, portability, and patient-friendliness. The rationale for choosing malahara for topical application was that it will have more skin contact time than Taila and will also have the added effect of base of malahara. More contact duration will result in greater skin absorption and, thus, greater therapeutic efficacy. After reviewing various articles, in this study innovations into Malahara Kalpana of various kashaya, Choorna, and Taila and lepa yogas have been done. Studies show that on conversion of various kalpanas like kashaya, Choorna, taila, and lepa into malahara kalpana, there is an increased activity which might be due to the other ingredients such as sesame oil and bee wax that are the essential components in preparation of malahara.

Keywords: Bahirparimarjana chikitsa, Lepa Kalpana, Tita taila, Siktha

Registration Code: ABPO 2456



NANOMEDICINE AND RASASHASTRA

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A nanoparticle is a small particle that ranges between 1 to 100 nanometres in size. They are broadly divided into various categories depending on their morphology, size and chemical properties. They are Carbon based nanoparticles, Metal Nanoparticles, ceramic nanoparticles, semiconductor nanoparticles, Polymeric nanoparticles, Lipid based nanoparticles etc. The synthesis of nanoparticles includes bottom up approach and top down approach. Bottom up methods includes spinning, template support synthesis, laser pyrolysis etc and biological synthesis with bacteria, yeast, fungi, plants etc. Top down method includes mechanical milling, sputtering, laser ablation, electro explosion etc. Nanotechnology used in medical purposes termed as nanomedicine and is defined as the use of nanomaterials for diagnosis, monitoring, control, prevention and treatment of diseases. Nanoparticles provide great improvements in medical imaging technology, targeted drug delivery, optical imaging, neuro degenerative disorders etc. It can be applied in medical field mainly in three different areas such as diagnosis, controlled drug delivery and regenerative medicine. The Rasashastra is related to the ancient use of nanomedicine, referred to as Bhasmas. Ayurveda has made extensive use of bhasmas of metal nanoparticles in therapeutic applications. Modern microscopic and spectroscopic techniques have established the size of nano dimensions for Ayurvedic herbo-mineral-metallic preparations. The process of preparation of Bhasma are called as Bhasmeekarana. It includes sodhana (purification), Bhavana(trituration with liquid media), chakrika nirmana (disc shaped form), sarava samputa (enclosing the drug into an earthen saucers) and finally marana (incineration). The changes occurring during these steps which are involved in Bhasma nirmana may produces changes in nano level. These can be explained in terms of nanotechnology. With the help of nano technology, target specific drug delivery is possible. The use of bhasmas become highly relevant in the rapidly developing field of nanomedicine, and they can provide a model for the development of effective therapeutic treatments using nanotechnology.

Keywords: Nanomedicine, Rasashastra, Bhasma

Registration Code: ABPO 2492



AADITHYA PAKA OF VITPALA THAILA

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Vitpala is a medicinal plant with botanical name *Wrightia tinctoria* and family Apocynaceae. Vitpala tailam is widely used for skin diseases. The leaves of it is used to prepare this formulation in coconut oil as base. The crushed leaves of vitpala in coconut oil is kept for 7 days in sunlight. The present study demonstrate the colour change occurred during its preparation. By this we can understand the chemical constituent present in the leaves entered in to the oil during this preparation. It is an important drug which needs further researches and it should be promoted in all the ways. Key words: sunlight, formulation, chemical constituent.

Keywords: Sunlight, Formulation, Chemical constituent.

Registration Code: ABPO 2579



RECENT UPDATES ON AYURVEDA PRODUCTS

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“**S**aveeryatavadhi,” is the Ayurvedic concept that describes the stability of medicinal products. Commercial demands for product longevity have led to the widespread use of artificial preservatives in Ayurvedic preparations, regulated under Rule 169 of the Drug and Cosmetic Act of 1945 in India. Man-made preservatives prevent microbes from breaking down biological materials. They are divided into two groups: Class I is natural and Class II is synthetic. Inadequate use of these chemicals may compromise Ayurvedic products’ stability and safety. Ayurvedic standards should match ICH and WHO standards. The ICH guidelines (Q1–Q11) are crucial because they address stability assessment protocols like batch identification, analysis, storage, and testing. Ayurvedic formulas could be tested for degradation in different environments using these rules using shelf-life studies. While the basic idea of medicinal stability remains consistent, evaluation criteria must be tailored to each product’s unique formulation. Containment and preservation technologies also require new regulations. This paper examines the present status of stability concerns of Ayurvedic drugs, related research and various legal aspects and guidelines regulating it.

Keywords: Preservatives, Shelf life

Registration Code: ABPO 2581



LOHA BHASMA A POTENT NANO-MEDICINE IN RASASASTRA

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Rasashastra is an important branch in Ayurveda, it includes descriptions of herbo-mineral preparations as medicine. Since Vedic period metals and minerals are used as a medicine in the form of Churna, Ayaskriti and Bhasmas. Bhasmas are unique Ayurvedic herbo mineral preparation characterized by their nano sized dimensions. In traditional method to prepare the Bhasma metallic or mineral materials are repeatedly subjected to puta. The Marana process aimed to reduce the particle size and converting them into a bioabsorbable form. Loha bhasma is a herbo mineral medicine which is produced by using Marana procedure. Loha bhasma is extensively used in the treatment of many ailments such as Pandu, Rajayakshma, Kushta, Prameha and Loha bhasma drives away all types of pitta roga.: to know more about the therapeutic effects of Loha Bhasma as a nano medicine in Ayurveda. This study comprises data from contemporary Ayurvedic textbooks in a systemic manner related to various aspects of Loha Bhasma. Loha Bhasma is complex herbo- mineral preparation widely used as an Ayurvedic hematinic agent and also have Rasayana properties. Marana reduces the particle size, eliminates the toxic nature of metal, facilities easy absorption into the body. Rekhapurnatva, Varitaratva indicates physical changes. Pakwajambu phala varna, Nischandratva, Nirdhumatva and Apunarbhava denotes chemical changes in loha Bhasma Loha Bhasma and formulations of Loha Bhasma are being successfully used in the treatment of various diseases since Vedic period. Bhasmas are nano particles so **nano drug delivery system reduce the drug consumption and other side effects.**

Keywords: Rasasastra, Marana, Loha Bhasma, Nano-medicine

Registration Code: ABPO 2656



CRITICAL ANALYSIS OF SUDHAVARGA DRAVYA IN GASTRO INTESTINAL DISORDERS

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Ayurveda describes a broad variety of diseases affecting the Annavaaha srotas (Gastro-intestinal system). Jataragni (digestive fire) is considered as the root or the most important sustaining factor of living beings. Both herbal as well as mineral drugs are found effective in subsiding diseases affecting Jataragni. The cardinal features of Jataragni dushti are Avipaka (indigestion), Hritkantha Daha (heart and throat burn) and Tikta-Amlodgara (sour and bitter belching). Among the mineral drugs mentioned in Rasasashtra, Calcium compounds are found effective in diseases affecting GIT. The drugs which predominantly containing Calcium are enlisted under "Sudha Varga". Studies have shown that calcium increases serum gastrin by local stimulation of antral and duodenal mucosa. The Bhasma of most of the Sudha Varga drugs have Katu rasa (pungent taste), Snigdha guna, deepana – pachana, Kshara(alkaline) property. These drugs are found effective in disease conditions like Grahani(Irritable Bowel Syndrome), Amlapitha (Hyperacididty), Admana(flatulence), Udara (Ascitis), Pliha roga (Disorders of spleen), Gulma etc where derangement of Agni is the main causative factor. Most of the classical formulations mentioned in the diseases affecting Annavaaha srotas contain Calcium as the main ingredient. Due to the potency, low dosage and quick absorption of mineral drugs it gives faster relief of symptoms. Only a few Sudha varga drugs are popular among practitioners, even though all are equally potent. The article tries to assess the role of Calcium compounds in correcting Agni, its probable mode of action, popularly used Sudha varga drugs in clinical practise, the reason for abandonment of Mukthasukthi(pearl oyster), Mrigasringa (Anteler's horn),Samudraphena(Cuttle fish bone), Kurmaprishta (Tortoise shell).

Keywords: Sudha varga, Calcium, Annavaaha srotas, Jataragni

Registration Code: ABPO 2676



POSSIBILITIES AND CHALLENGES FOR THE TECHNOLOGICAL INNOVATIONS IN SMALL-SCALE PREPARATION AND DISPENSING OF FUNDAMENTAL AYURVEDIC FORMULATIONS FOR EMPOWERING PRIVATE PRACTICES IN AYURVEDA

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Contemporising Ayurvedic Product Development Processes with sophisticated modern methods, by optimizing the conventional methods is the need of time. The Ayurveda sector is undoubtedly emerging as an industry has huge potential, the growth of Ayurveda in comparison with the manufacturing sector of Kerala is promising with a high level of growth and consistency in net profit and value of output. Around 90 crores of income were reported in the previous year. but, What industrialization of medicinal production will do to the system of medicine, physicians, and patients, however remains to be examined. The fast depletion of medicinal plants is a major concern. On the other hand, young physicians doing private practice face a continuous struggle to exist within the field because of the high cost of medicine, less profit, and fewer results. At the same time, Local practitioners are getting good results and profit. The main uniqueness of local practitioners is that they are preparing their own medicine for their patients. Preparing our own medicine for our own patients will be the one solution. Through that we can serve medicine with maximum potency to the patient and profit to the physician. But in the current busy life, it will be so difficult to execute. So new transdisciplinary research is needed to develop machinery for the small-scale production of ayurvedic formulations like Choorna Combination, Kashaya, Taila, Lehya, etc. as required by physicians. Through this specific combinations with a minimum unit of medicines without the use of preservatives, can be prepared, so minimizing treatment costs by maximizing the result and profit will be possible. Implementing this method will help to start a clinic with 2 or 3 machines and minimum medicine stock. However, a lot of complications and limitations have to be overcome while converting the Ayurvedic concept to a Machine.

Keywords: Ayurvedic formulations, Machine development, Challenges in Ayurvedic process optimization

Registration Code: ABPO 2853



REVOLUTIONIZING AYURVEDIC MEDICINE A MODERN APPROACH TO TRADITIONAL HEALING

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Ayurvedic medicine, an ancient system of traditional healing, is witnessing a transformation in its manufacturing processes. Recent innovations are redefining the production methods to meet modern quality standards and global demand. Objectives: This abstract highlights key innovation in Ayurvedic medicine manufacturing that enhance product quality, safety, and scalability, while preserving the traditional essence of Ayurveda. Recent advancements in Ayurvedic medicine manufacturing include: a. Standardization and Quality Control: Implementation of advanced quality control measures, such as high-performance liquid chromatography (HPLC) and mass spectrometry, to ensure the consistency and potency of herbal ingredients. b. Modern Extraction Techniques: Adoption of cutting-edge extraction methods, like supercritical fluid extraction and nanoemulsion technology, to improve the bioavailability of active compounds. c. GMP Compliance: Incorporation of Good Manufacturing Practices (GMP) to adhere to international quality and safety standards. d. Sustainable Sourcing: Ethical and sustainable sourcing practices to protect the environment and maintain the availability of medicinal plants. These innovations have led to: a. Increased Efficacy: Ayurvedic medicines with improved bioavailability and standardized ingredients are more effective in treating various health conditions. b. Global Acceptance: Compliance with international quality standards has expanded the global market for Ayurvedic products. c. Sustainable Practices: Sustainable sourcing methods support the preservation of medicinal plants and ecosystems. The latest innovations in Ayurvedic medicine manufacturing mark a significant step forward in the evolution of this ancient healing system. These advances ensure that Ayurvedic medicines are not only efficacious but also meet the quality and sustainability requirements of the modern world.

Keywords: Ayurvedic medicine manufacturing, Quality control, Standardization, Extraction techniques, GMP compliance, Traditional healing.

Registration Code: ABPO 3017



A REVIEW OF AYURVEDIC AND ALLOPATHIC DRUG INTERACTIONS FOR INFORMED PATIENT CARE

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In recent years, the co-administration of Ayurvedic and allopathic drugs has gained popularity among patients seeking holistic healthcare solutions. However, the potential interactions between these two distinct systems of medicine remain inadequately explored. This structured abstract presents a comprehensive analysis of the interactions, encompassing pharmacokinetic and pharmacodynamic aspects, between Ayurvedic and allopathic drugs. Methods: This study conducted a comprehensive literature review, encompassing research articles, clinical trials, and case reports, to investigate drug interactions between Ayurvedic and allopathic medications. Databases such as PubMed, Medline, and other reputable medical sources were searched for relevant publications. The inclusion criteria considered studies published in the last two decades. Results: Multiple studies have documented interactions between Ayurvedic and allopathic drugs. These interactions can be classified into two major categories: pharmacokinetic and pharmacodynamic. Pharmacokinetic interactions entail changes in drug absorption, metabolism, distribution, and excretion, whereas pharmacodynamic interactions involve alterations in the therapeutic outcome, manifesting as additive, synergistic, or antagonistic effects. Interactions between Ayurvedic and allopathic drugs exhibit a wide range of outcomes. Certain Ayurvedic herbs and formulations have been found to enhance the efficacy of allopathic drugs, potentially improving patient outcomes. Conversely, other interactions may lead to unanticipated adverse effects. The results suggest that the outcome of these interactions is influenced by variables such as patient-specific factors, dosage, and the specific drugs involved. The co-administration of Ayurvedic and allopathic drugs is a multifaceted and nuanced area of study. Patients and healthcare professionals should be educated about the potential interactions to ensure the safe and effective use of these medications. Further research, including clinical trials and in-depth investigations, is needed to gain a comprehensive understanding of the complexities of these interactions and to establish evidence-based guidelines for their appropriate use in clinical practice.

Keywords: Ayurveda, Allopathy, Drug interactions, Pharmacokinetics, Pharmacodynamics, Holistic healthcare.

Registration Code: ABPO 3018



LATEST INNOVATIONS IN MEDICINE MANUFACTURING

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Bheshaja is an important constituent of treatment as explained in ayurvedic classics. It is one among 4 important factors for successful treatment explained as chikitsa chatushtaya. Earlier days medicines were prepared by physicians themselves for patients in small scale. Nowadays the increased need for medicines arises need of preparation in bulk quantity. To improve and include new technologies and advancements in medicine manufacturing to make it easier. Description Since traditional ayurvedic methods of preparing crude drugs and formulations are difficult, time consuming and requires validation and standardization, many advanced technology and modified instruments has been introduced. Ancient days khalwa yantra used for grinding, instead nowadays electric khalwa yantra is using which gives product in short time. For kupipakwa and bhasma preparation muffle furnaces are using, which reduces fuel, time, manual work. Instead of vanopalas lpg gases are using which is pollution free and can used for bulk manufacturing. Recent technologies offer a range of instrumentation to monitor and control the various environments necessary to ensure quality and safety needed at all stages of pharmaceutical process, from research and production to storage and transport. The area where the most progress is possible in improving therapeutic success with new drugs is that better delivery of drug molecule to target tissue. Oral, parenteral nasal, topical, nasal, anal, ocular, and vaginal and transdermal routes for drug administration are explored recently with wide variety of new dosage forms. Many advanced machineries are used for large scale preparation of medicines which helps in reducing cost and man power. It also helps in maintain quality and uniformity of product. According to different needs, various machineries are available which makes work simpler, easier and faster. Even though traditional way of medicine preparation is claimed as best, use of machineries will not hamper the efficacy of medicines.

Keywords: Pharmaceutics, Machines, Instruments, Medicine manufacturing

Registration Code: ABPO 3093



RASYAYANA





AYURVEDIC RASAYANA IN THE REHABILITATION OF POST-CHEMO CASES - A REVIEW STUDY

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Chemotherapy, a cornerstone in cancer treatment, often leads to debilitating side effects. Ayurvedic Rasayana, a holistic rejuvenation therapy, has gained attention as a complementary approach to mitigate post-chemo complications. This review study explores the potential of Ayurvedic Rasayana in rehabilitation of post-chemo cases. It focuses on restoration and revitalization of body and mind. This intervention focuses on adverse effects of chemotherapy, improve patient's overall quality of life and enhance the recovery process. A comprehensive search of databases was conducted to identify studies and clinical trials on Ayurvedic Rasayana interventions in post-chemo patients. Studies meeting inclusion criteria were critically analyzed, and key findings were summarized. Ayurvedic Rasayana therapies, such as Ashwagandha, Amalaki, and Shilajit, have shown promising results in mitigating chemotherapy-induced fatigue, immune suppression, and oxidative stress. These rejuvenation therapies, rich in antioxidants and adaptogens, have demonstrated the ability to enhance quality of life, reduce side effects, and improve overall well-being in cancer survivors. Several studies have reported improvements in energy levels, immune function, and psychological well-being among post-chemo patients following Ayurvedic Rasayana interventions. Ayurvedic Rasayana therapies hold substantial potential as adjunctive interventions for post-chemo rehabilitation. They offer a holistic approach that addresses physical, psychological, and emotional well-being. Further research and clinical trials are needed to establish their safety and efficacy in a larger population, potentially providing cancer survivors with a more comprehensive and personalized approach to recovery. This review highlights the importance of integrating Ayurvedic Rasayana therapies into post chemotherapy patients. It offers a holistic and personalized approach to address cancer survivors' multifaceted challenges. By improving the quality of life and reducing the side effects of chemotherapy, Ayurvedic Rasayana therapies could significantly impact the rehabilitation process. To propagate much more rigorous scientific study to establish safety and efficacy of Rasayana therapy.

Keywords: Ayurveda, Rasayana, Chemotherapy, Cancer rehabilitation, Holistic therapy, Complementary medicine.

Registration Code: ABOP 3124



MULTIFACTORIAL APPROACH TOWARDS AGEING AND ITS DIMENSIONS IN TERMS OF DASHAVIDHA PARIKSHYA BHAV AS DISCUSSED IN AYURVEDA

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Innumerable Qualities including taste play a vital but not exclusive role in H&D [health & Diseases] and other determinants of action are Site, Time, Nature, Way of action etc. . Understanding unique interrelation of foundational structural and functional units slowing down if not arresting the changes in terms of DashVidhParikshya Bhaav elaborated very deeply in Caraka Vimaan Sthan chapter 8: Kaaran: Human body its anatomy and physiology in terms of TryaPadartha[Satva, Atma,Sharira], Karan: Tryaupstambha including Ras, Guna, Virya, Vipaka, Prabhaav and their proper utilisation, KaaryaYoni: variations and fluctuations of Dosha, Dhatu and Mala according to Diurnal rhythm, Age, Season, Diet, Metabolism, Kaarya: maintenance of homeostasis by practices mentioned in SwasthaVritta, Sadvritta, AacharaRasaayan, DinCharyaa, Ritucharyaa, KaaryaPhala :Attainment of Bala and Oja makes one immune with satisfied mind, intellect, senses and body and ultimate bliss, Anubandha: Longivety of life, Desha :Body constitution[Saatmya etc] and location ,Kaala: crucial for application of practices Rasaayan, PathyaPathya ,Sneha, Mahakashaaya, according to conditions of age and sex, Pravritti: Action initiated ,Upaaya: Excellence of actions . Calibrating the riddance of an unwholesome habit and uptake of good habit by paadansha rule[Caraka Sutra Sthan Chapter 7/36,37] is conducive to stable results incumbent on sensible people to follow the code of healthy living. . Aging in Ayurveda is Yaapya and Swabhaavika disease, we can't alter the movement of Kaala but definitely spreading awareness regarding the extreme importance of coordinated and proper utilization of Tryaupstambha for the sustenance of tridanda the sound understanding of effects of various factors that constitute the structure and functions as TryaPadaartha play the central role.

Keywords: H&D, DashVidh Parikshya Bhaava, Trya Padaartha, Paadansha Rule, Tryaupastambha, TriDanda

Registration Code: ABOP 1149



CAUSATIVE FACTORS FOR AKALAJA JARA IN MODERN ASPECT WSR TO SKIN AGING

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Ageing is an inevitable process, that starts at the time of conception, runs throughout the life span, and ultimately ends in the death of an organism. Sushrut has described jara as a natural phenomenon of the human body and divided into two types i.e. kalaja jara and akalaja jara. Jara coming at the proper age is known as Kalaja Jara. The manifestations of age-related symptoms are reflected after a certain age. Symptoms of aging that manifest before a certain prescribed age due to various etiological factors are akalaja jara. Aging does not occur simultaneously; different body tissues are affected by aging at different time periods. According to Acharya Vagbhatta, the process of skin aging starts in the third decade of life. The aim of this study was to identify potential factors that may accelerate aging in the context of dietary factors, lifestyle and mental makeup. A Nidanatmaka survey was conducted to assess the prevalence of changes in skin health WSR to aging in the population of Jaipur. A Structured questionnaire was prepared to assess the demographic, personal profile, etiological factors, and skin condition of participants. After assessing all parameters results have been made about causative factors of Akalaja Jara. Aging is a time bounded phenomenon, in addition to the genetic factors, life style, dietary habits, Mental makeup and even environmental factors that affect the process. The effect of aging starts to manifest on the skin at the age of thirty and degenerative changes are very hard to revert back

Keywords: Jara, Kalaja, Akalaja, Manas

Registration Code: ABOP 1158



CLINICAL EVALUATION OF RASAYANA EFFECT OF ASHWAGANDHADILEHYA IN APPARENTLY HEALTHY ELDERLY PERSONS

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The number of aged persons is steadily increasing all over the world. Improvement in social condition, change in life style & better health status during the past few decades have increased the life span of men as well as the number of elderly persons all over the world. With the growing number of elderly individuals in today's society, the health problems of old age are becoming more and more overt. Accordingly, geriatrics is emerging as a major medical specialty all over the world. The strength of Ayurveda in the context of geriatrics is Rasayana therapy, it is a unique approach because of its ability to promote longevity and influence all aspects of health in a positive way. The main utility of Rasayana therapy is in functional and degenerative disorders that have a chronic or long standing nature. Rasayana helps to maintain good health and to establish impaired physical or mental health in elderly people. In the present single group open trial for 3 months 50 apparently healthy elderly persons were evaluated to evaluate the Rasayana effect of Ashwagandhadilehya. The trial drug was administered 10gm twice daily with lukewarm milk for three months the volunteers were assessed using primary and secondary criteria. The assessment was done on every 14th day. The last follow up was done after one month of the completion of trial. At the end of trial significant results were found and the efficacy and safety of Ashwagandhadilehya as a Rasayana in elderly persons was proved.

Keywords: Geriatrics, Rasayana, Ashwagandhadilehya

Registration Code: ABOP 1182



RASAYANA FOR PLAUSIBLE AGEING

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Rasayana is a way to achieve homeostasis of the body so that retarding the process of ageing phenomena; in healthy conditions, Rasayana can be understood as nutritional dynamics for rejuvenation of the body and psyche. Ageing in Ayurveda is considered a disease occurring due to the natural process of degeneration, so preventing premature ageing and making ageing in a healthy way is also considered under the aspect of Rasayana. . Rasayana considers the specialized use of herbs like Amlaki, Haritaki, Bala, Bhallataka, Mandukparni, Aindri, Yashtimadhu, Guduchi, Shankhpushpi, Vacha, Jyotishmati, Jatamansi and food articles, lifestyles along with self-discipline, social etiquette to achieve the optimum state of the body. The contents and research evidence are collected from Ayurveda databases on medical plants and other authentic literature, Google Scholar, Science Direct, and online and print journals. The findings of all these studies indicate that Rasayana has a definite role to play in the maintenance and preservation of health, and appropriate use of Rasayana can help to bring glorious ageing. Herbs discussed mostly act on reduced oxygen species and oxidative stress injury by antioxidant properties and neuroprotective activity. There is also a great role of Tridosha in the pathology of disease. Selected herbs thus can be specific based on pathology-relevant dosha predominance. Quality of life is important for an individual, and thus, research in Ayurveda shall also focus on identifying key areas of application of Rasayana and sufficient evidence shall be generated with guidelines, so that Rasayana therapy can be involved in the national health policy and Ayurveda can contribute for the betterment of humanity

Keywords: Rasayana, lifestyle, Ageing, rejuvenation,

Registration Code: ABOP 1425



ROLE OF AYURVEDA IN GRACEFUL AGEING - A CONCEPTUAL STUDY

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Ageing is a complex multifactorial and inevitable process which is defined as the progressive failure of the body's homeostatic adaptive responses. Older adults are more prone to developing age related diseases that younger people usually do not develop. According to Ayurveda, Jara (ageing) comes under swabhavabala pravrtta roga. It occurs due to a vyadhi-hetu called kala/parinama. Acharya Susruta had mentioned that in this stage, the person will survive like an old house drenching in rain. Vata is the predominant dosha present during the old age. Sarangadhara had narrated the decade wise decline of different features in various stages of life such as balya in 10 years, vridhi in 20 years etc. Acharya Charaka had mentioned this stage of life as Jeerna Avastha and it last up to 100 years. Jara is of two types- Kala and Akala jara. Kala jara is swabhavaja in nature which is cherished by everyone, but akala jara is unnatural and untimely. Ayurveda has a holistic approach towards all the miseries of man and ageing is one among them. The ayurvedic approach of treating jara and other related disorders include following hitacharyas properly and initiation of rasayana therapy in parihani avastha. Hitacharyas include the proper follow up of daily regimen (dinacharya), night regimen (ratricharya), seasonal regimens (ritucharya), certain codes of conduct (sadvrttam) etc. Rasayana therapy is a unique concept described in ayurveda for destroying the age-related disorders and delaying ageing. Specific oushadha vargas like brimhana, jeevaneeya, vayasthapana, vajeekarana etc are also mentioned in the classics for maintaining the youthfulness. A healthy mind is also much important like a healthy body. By the proper maintenance of a healthy life style using these hitacharyas and rasayana therapy one can delay the process of ageing and thereby improves the quality of life also.

Keywords: Jara, Swabhavabala pravrtta roga, Parinama, Jeerna avastha, Hitacharya, Rasyana

Registration Code: ABOP 1570



ROLE OF RASAYANA IN COMMUNICABLE DISEASES WITH SPECIAL REFERENCE TO COVID-19 A REVIEW

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Communicable diseases continue to be prevalent and pose serious problems for public health. Recently, COVID 19 emerged out as one of the communicable diseases which was declared as a pandemic. COVID-19 pandemic has left its imprints on various health systems globally and caused immense social and economic disruptions. The scientific community across the globe is expecting potential leads from traditional systems of healthcare. Rasayana (rejuvenation therapy) is one of the comprehensive discipline of Ayurveda which includes various approaches like use of herbs, food articles, herbomineral formulations, dietary and lifestyle changes. It strengthens the body's immune system by improving health of body tissues and promoting a balanced state of body. Rasayana essentially imparts nutrition to the body at all levels from macro to micro-cellular level. Rasayana therapy replenishes the vital fluids of the body and it enhances the Ojas (vital force of life) resulting in increased energy and balanced mental and emotional health. Rasayana therapy is particularly helpful in management of such disorders where immunity and infections are playing central role like COVID - 19. The therapy is helpful to increase the immunity of a person and hence protects from communicable diseases like COVID 19. As COVID 19 is still active, so Rasayana therapy can play a vital role to combat with the disease.

Keywords: Ayurveda, Covid-19, Rasayana, Pandemic

Registration Code: ABOP 1781



ANDROPAUSE

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Hormones keep constantly fluctuating throughout the life of a human body, especially during the older ages they undergo a drastic change producing a myriad range of symptoms. While these changes are the natural part of our life, it doesn't mean that we are bound to live with these maladies. Over the past few years there has been a lot of discussion about a clinical syndrome with dramatic symptoms, i.e menopause, but a similar condition is present in men with both physical and psychological changes and it is called as Andropause. Medically it is defined as a clinical and biochemical syndrome associated with advancing age and characterized by a deficiency in serum androgen levels with or without a decrease in genomic sensitivity to androgens. It is also known by the synonyms like Androgen deficiency in aging male (ADAM), Partial androgen deficiency in aging male (PADAM), Aging associated androgen deficiency (AAAD) etc. Review from articles published in different journals • References from Samhitas Summary of Findings Typically andropause can be considered as a syndrome producing a cluster of symptoms by affecting different organs of the body. As aging has been associated with an abundance of concomitant diseases, the symptoms of andropause are usually missed during a clinical examination. Even though Andropause is a physiological phenomenon happening as a part of ageing, addressing the symptoms of andropause can help in ageing gracefully. In Ayurveda the context of male menopause can be understood in the purview of Kalaja and Akalaja Jara with predominant dhathu kshaya lakshanas. In this paper, we review the data on the definition, major clinical symptoms and the treatment modalities of andropause. We also look into the possible concepts and treatment approaches explained in ayurveda in tackling the particular condition.

Keywords: Testosterone, Jara, Rasayana, vajeekarana, Dhathu kshaya

Registration Code: ABOP 1842



PRACTICAL UTILITY OF RASAYAN DRAVYA IN COMMUNICABLE AND NONCOMMUNICABLE DISEASE AS AN IMMUNOMODULATOR AND ANTI INFLAMMATORY A REVIEW

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Communicable diseases are illness caused by infections have historically been viewed as humanity's greatest challenge and the epicenter of science, and the healthcare system. Also, the noncommunicable diseases where inflammatory processes are frequently linked to a number of degenerative disorders, including heart disease, asthma, IBS, and arthritis as most common cause of disability, morbidity and premature mortality. This review's objective is to highlight findings from studies on plant-derived immunomodulators and active constituents, which are widely accessible plants. There are many drugs in Ayurveda practice that can guard simultaneously against invading pathogens and also useful in managing uncontrolled inflammatory conditions due to its immunomodulatory and anti-inflammatory properties. Those drugs promote physical well-being, enhance the condition of the Dhatu (tissues), bestow immunity, and rejuvenate the system can be consider as Rasayana. Concept of Naimittika Rasayana is a unique concept in Ayurveda, proved for its beneficial role in increasing vitality and the capacity to tolerate the debilitating effects of pathology in patients with specific conditions. The chosen herbal plants contain different groups of bioactive constituents and are well known to possess immunomodulatory through different mechanisms viz., some of them help in activation and promoting the production of many types of proinflammatory cytokines and some interferons like IFN- γ and TNF- α from macrophage beside enhancing the cytotoxic effects of macrophages. Many traditional Ayurvedic formulations are referred to as "Rasayana" and have a variety of pharmacological characteristics, including anti-aging, anti-cancer, adoptogenic, neurostimulant, tonic, and immunomodulation. The immunomodulatory properties of herbal medicines are widely accepted, and they often function by enhancing both specific and nonspecific immunity. Immunomodulation refers to the ability to alter or regulating one or more immune functions. This review study is designed to provide scientific basis to immunomodulatory and anti-inflammatory efficacy of various ayurvedic Rasyana drugs.

Keywords: Rasayan, Immunity, Immunomodulator, Anti-inflammatory, Adaptogen

Registration Code: ABOP 1864



AYURVEDIC PERSPECTIVE OF GERIATRIC IMMUNOLOGY

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Ageing is defined as the intrinsic, inevitable, and irreversible age-associated loss of viability that render people more susceptible to a number of diseases and death or a progressive functional decline. Immunity is the balanced state of multi cellular organisms having adequate biological defenses to fight infection, diseases or unwanted biological invasion, while having adequate tolerance to avoid allergy and auto immune diseases. Aging of the immune system (immunosenescence) is characterized by diminished thymus function, decreased output of recent thymic emigrants, and compensatory peripheral proliferation of mature T cells and oligoclonal expansions of specific CD28⁻ T cells. Clinical consequences are poor responses to new antigens or vaccinations, increased infection rates with higher morbidity and mortality, and increasing incidence of autoimmune diseases with advancing age. Immune responses in old age is characterized by immunosenescence and inflammaging. Geriatric people with comorbidities are more prone to infections like COVID 19. Principles of bala, ojus, dosha, dooshya, and agni are used to explain immunity in Ayurveda, and these principles undergoes some functional alterations in old age. Ayurveda emphasizes on diet and regimens with proper administration of thrayopasthambha in maintaining balance of dosha, dooshya etc and thereby immunity. Rasayanas plays a crucial role in bringing the excellence of dhathus, which in turn enhancing ojus and immunity. Among the three types of bala yukthikrutha bala is the one to focus in geriatric people, this bala can be modified to achieve the desired functioning. Intake of food substances like meat, ghee, milk etc. and regimen like exercise, sleep etc. can improve this bala. Rasayana therapy is mainly advised to improve this variety of bala

Keywords: Ageing, Immunology, Rasayana, Bala

Registration Code: ABOP 1960



A CLINICAL STUDY TO EVALUATE THE THERAPEUTIC EFFICACY OF MADHUYASHTHI CHOORNA IN THE MANAGEMENT OF SMRITI VIBHRAMSHA WITH SPECIAL REFERENCE TO DEMENTIA

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Smriti Vibhramsha refers to a state characterized by deviation from normalcy; this means either reduced /selective memory or total loss of memory. Smriti vibhramsha in Ayurveda can be correlated with Dementia. There are an estimated 47.5 million dementia sufferers worldwide. One new case of dementia is diagnosed every 4 seconds. Dementia mostly affects older people but is not a normal part of aging. Objective: The objective of the study was to evaluate the therapeutic efficacy Madhuyashthi choorna in the management of Smriti Vibhramsha with special reference to Dementia. For the study, total 60 clinically diagnosed patients of Smriti Vibhramsha were registered. The patients were administered Madhuyashthi choorna, 3 gm BD orally with lukewarm milk. The duration of the trial was 60 days and patients were reviewed on 15th, 30th, 45th and 60th day after their inclusion in trial. The result of the therapy was assessed on the grading score of the selected subjective parameters of the disease and on MMSE score. All the patients were investigated twice (before and after study) in the trial duration for RBS, SGOT, SGPT, RFT to study the effect of the drug. The selected drug Smriti Vibhramsha showed statistically significant results in various subjective parameters of the disease as well as on the mini mental state examinations score. Madhuyashthi choorna proved to be a safe and effective drug in the management of Smriti vibhramsha.

Keywords: Smritihani, Smritikshaya, Alzheimer's disease, Buddhinaash, Memory loss, Rasayana.

Registration Code: ABOP 2229



UNLOCKING THE POTENTIAL RASAYANA AS A GAME CHANGER IN THE BATTLE AGAINST COMMUNICABLE DISEASES

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The healthcare system around the world has been posed with an unprecedented challenge by emerging infectious diseases that are still a significant threat to public health. The fate of communicable disease burden is a complex and multifaceted issue that depends on various factors including global health efforts, advancements in medical science, and socioeconomic conditions. While significant progress has been made in controlling and eliminating certain communicable diseases, challenges and uncertainties remain. New pathogens may emerge, and existing ones can undergo mutations, leading to the emergence of drug-resistant strains. To combat these, Ayurveda has an answer to fortify the immune system and bolster overall health – Rasayanas. Rasayanas have emerged as a groundbreaking arsenal in the relentless battle against communicable diseases. Drawing upon ancient wisdom and blending it with modern scientific advancements, the remarkable formulations have become a beacon of hope, offering a new paradigm in the fight against infectious diseases. The efficacy of Rasayanas in enhancing immune response, promoting resilience, and combating pathogens is a testament to their unrivaled therapeutic power. As we delve deeper into communicable diseases, Rasayanas stand tall as a beacon of promise, illuminating a path toward a healthier and disease-free future. This piece of knowledge is a small attempt to establish the potentials of Rasayanas to combat communicable diseases and throw light on the mode of action as evidenced by a plethora of research to prove its efficacy.

Keywords: Rasayana, Ayurveda , Communicable diseases, Immune response

Registration Code: ABOP 2255



ROLE OF AYURVED IN COMMUNICABLE DISEASES

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Communicable diseases, their aetiology, mode of transmission, principles of prevention can be correlated to Aupasargik roga explained by Acharya Sushrut. Janapadadhwanasa explained by Acharya Charak can be correlated to epidemic/pandemic. But not all epidemic or pandemic diseases are communicable. To fight against these diseases weapons used and propagated in public are sanitation, hygiene, maintaining distance, antibiotics, vaccines, and good immunity. But Ayurved has given a different aspect in this regards. Acharya Sushrut has told the reasons for Aupasargik roga-gatrasansaprsha, nihshwas, sahabhojan, sahashayyasana, vastramalyanulepan which all come under hygiene and maintaining distance. Concept of vaccine and antibiotics was developed in later stage. Concept of immunity explained in modern science and in Ayurved are some what different. Treatment principles for such diseases vary in several aspects. Treatment principles told for janapadadhwanasa can be used in management of communicable diseases. Ayurvedic classical texts, articles, and literature were reviewed to present relevant information about prevention and management of communicable diseases. In today's modern era where world is busy in finding more new vaccines and antibiotics for both old and new diseases, the basic concepts told by ancient aacharyas like roga (disease), rogotpatti (establishment of disease in body), vyadhikshamatva, aapasargic roga and its prevention, management during janapadadhwanasa which are not being given importance today will definitely be helpful in prevention and management of communicable diseases. Basic concepts explained in Ayurved about communicable diseases if spread in proper way in public will definitely contribute much more in management of communicable diseases. Making people aware of ayurvedic principles for management of communicable diseases.

Keywords: Vyadhikshamatva, Aapasargic roga, Janapadadhwanasa, Communicable diseases, Epidemic diseases.

Registration Code: ABOP 2329



ROLE OF AYURVEDA IN GRACEFUL AGEING

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Despite of knowing the fact that ageing is inevitable society praises youth. In Ayurveda it is said that impairment that develop over time as a result of senility and reaching the end of life should be considered natural and are incurable. Jara is a degenerative change in body components and that of dosha's. Balance in Dosha's determines whether the process is slowed or whether early ageing and depletion occur. By choosing the improper diet, lifestyle and senses, diseases are accelerated. Although they are natural but malpractice in our daily unhealthy routine may hasten the process of ageing accompanying it with various disease conditions. Ayurveda encourages healthy, natural ageing as well as the prevention and treatment of chronic conditions. Early adoption of preventative Ayurvedic practices' can lessen elderly patients' health problems and lengthen their lives. To understand the role of Ayurveda in graceful ageing different ayurvedic classical texts, Samhita's, articles, journals, literature used to present relevant information. Ayurveda relies on a holistic program that encompasses dietary, lifestyle, behavioral and psychological intervention for extension of health span, in contrast to modern medicine which looks for drugs and supplements. The Ayurvedic process focuses on balancing tridosha's, improving qualities of Dhatu's and Ojas. Implementing various Rasayan or Rejuvenating, anti-ageing ailments in the form of herbal preparation and therapies such as panchakarma, abhyanga, lepa etc. The study will help to know different kind of concepts, therapeutic processes mentioned in Samhita's and combining it with necessities varying from person to person in order to make their Ageing healthy with minimum senile debility

Keywords: Jara, Diet, Lifestyle, Senile debility

Registration Code: ABOP 2351



A LITERARY ANALYSIS OF VAYASTHAPANA IN THE CONTEXT OF GERIATRIC CARE

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Aging involves both fixed chronological progression and reversible biological changes impacting health. In Ayurveda, "Jara" signifies aging, linked to the condition of dhatus or bodily tissues. Optimal health aligns with well-maintained dhatus, crucial for longevity. Dashemani, a group of ten drugs, correct specific conditions. Vayasthapana in Ayurveda promotes age-sustaining practices, with ten drugs like Amritha and Abhaya, known for their Rasayana action. Each drug's unique qualities allow strategic use at different lifespan stages, emphasizing a holistic approach for a healthy span. Analyzed each Vayasthapana Dashemani drug for qualities benefiting dhatus. Strategically assigned to life stages, their administration maximizes efficacy. This categorization optimizes therapeutic potential, addressing specific health needs at different stages. By analyzing the pharmacological actions of each drug, we can efficiently leverage them at various life stages, either through dietary incorporation (ahara) or medicinal use (oushadha). This strategic utilization aims to promote healthy aging processes. The concept of Vayasthapana is rooted in the Ayurvedic principle of balance, which involves achieving equilibrium between the three doshas sapta dhatus, trimala Vayasthapana therapies in Ayurveda aim to slow down the aging process by restoring balance to the doshas and removing toxins from the body. The Vayasthapana Gana comprises ten drugs, including Amrita, Abhaya, Dhatri, Mukta, Sweta, Jeevanti, Atirasa, Mandookaparni, Sthira, and Punarnava. While renowned for treating various ailments, our focus is on their Vayasthapana or Rasayana properties. Each drug exhibits distinct actions, guna, veerya, etc. This diversity allows tailored utilization across different stages of life for optimal benefits. This paper highlights the role of vayasthapana dashemani in attaining a healthy ageing in each stage of lifespan. The drugs in Vayasthapana Gana collectively combat aging-related issues effectively. However, a knowledgeable physician, possessing Mahabuddhi, can create custom combinations or prescribe individual medicines .

Keywords: Ageing, Vayasthapana

Registration Code: ABOP 2366



RASAYANA AS A PUBLIC HEALTH TOOL IN COMMUNICABLE DISEASE

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Rasayana as a public health tool in communicable disease . purpose -Since ages communicable diseases has been a major threat to mankind and Rasayana therapy has promising results in managing such communicable diseases. Communicable diseases are caused by infectious agent that can be transmitted directly or indirectly from man to man or through air, water, food etc. Ayurveda terms communicable disease as Aupsargika Vyadhi and its effect on public health is well explained as Janpadodhwansa. Various Ayurveda Samhitas like Charak Samhita, Sushrut Samhita etc Pubmed papers, Modern texts, research articles were reviewed for the study. Various Rasayana mentioned in Ayurveda has significant result in prevention as well as in management of communicable disease e.g.- Gandhak Rasayana in skin disorder, Shilajit Rasayana in urinary tract infections, Pippali Rasayana, Chyawanaprash in respiratory disorders etc. Immunity plays a significant role in preventing as well as fighting against such infectious diseases. Weak immunity acts as a catalyst in transmission of such communicable diseases and increases the severity of the illness. Ayurveda provides concept of Rasayana, a promising solution to enhance immunity strength at times of janpadodhwamsa. Rasayana helps to produce the essence of sapta dhatus (seven building blocks of body) which ultimately boosts the immunity power (Vyadhikshamatva). Various Rasayana mentioned for various disease in Ayurveda can be closely linked with communicable disease mentioned in contemporary science. Use of rasayana not only prevents but also helps in easy recovery from communicable disease. So Rasayana can be a powerful tool in prevention from serious public health issue of communicable diseases.

Keywords: Communicable diseases, Rasayana, Vyadhikshmatva, Janpadodhwansa, Immunity, Infections.

Registration Code: ABOP 2374



RASAYANA CHIKITSA THE ANCIENT ART OF REJUVENATION AND OVERALL WELLNESS

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Rasayana chikitsa is a one of part in Ashtanga Ayurveda. which is able to completely justifies the purpose of Ayurveda in itself, Rasayana protect the health of healthy person by maintaining its Doshas and Dhātu in equilibrium and cure the disease of a sick person by the use of various Rasayana according to diseases. Rasayana are absolutely necessary in today's context, because nowadays people are physically and mentally suffering from various diseases due to consumption of Gramya Ahara (Urban dietary manifestation) and adverse lifestyle changes. Keeping these problems in mind, this article is generally prepared according to different stages of age for a healthy person and for a patient, according to the places of different diseases, organs affected by diseases, working in different srotasa, and different Rasayana for different stages has been shown to use. Various Ayurvedic Samhita literature and National-International Research article were reviewed for this article.. Rasayana gives the Antioxidant action, increase nutritive values in body, improve immunomodulatory function, haemopoetic, adaptogenic, anti-ageing action, anabolic and neuroproductive function of body -we can save ourselves from various diseases occurring nowadays. Along with this, prevent early degenerative changes through the use of Rasayana. Rasayana in various systemic diseases in a healthy person can be a very good step for the nation from the point of view of providing excellent health. by suggesting the said Rasayana, one can protect his health, so that he will not have to face the disease in the coming time and for the benefit of the nation, patients can be saved. The burden will be decreased on the doctors. This will prove to be a milestone in health care Significance of the study:-This article explores the concept of Rasayana Chikitsa and its potential benefits in promoting overall well-being.

Keywords: Rasayana, Rejuvenation, Immunity, Antioxidant

Registration Code: ABOP 2600



AN AYURVEDIC APPROACH TOWARDS RASAYANA CHIKITSA IN TYPE 2 DIABETES MELLITUS MADHUMEHA - A CASE STUDY

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Diabetes Mellitus (Madhumeha) is a group of metabolic diseases marked by high BSL. In recent era, there is an alarming rise in the incidence of DM all over the world leading to serious complications in multiple organ systems. The present management of DM is not satisfactory. Hence, alternative systems of medicine are also being explored. Madhumeha, a type of Prameha as described in Ayurveda is synonymous with today's DM. The patients of Prameha inherently carry the risk of impaired Agni (hypometabolic) and depleted Ojas status (immuno-compromised state). Now the primary goal is not merely to achieve normoglycemia, but also to minimize its complications. In this context, many Ayurvedic drugs are undergoing extensive research. The detailed literature of DM, and medications under Shodhana, Shamana and Rasayana Chikitsa collected from all available sources i.e. Bruhatrayee and Laghutrayee, contemporary books, and research articles. A 42 yrs old male patient presented with a group of complaints like generalised weakness, excessive urination, nocturia, blurring of vision, numbness in left palm since 1 yr. Patient is the K/c/o DM type-II under allopathic medication since 1 yrs. Patient is treated with Shodhana, Shamana chikitsa followed by mainly Rasayana Chikitsa for Madhumeha (DM type - II). In this case, the selected Naimittika Rasayana drugs have shown good response on subjective and objective parameters. The Ayurveda-inspired holistic approach like rasayana not only correct the hyperglycemic condition but also seems to have a unique response by enhancing Agni (biofire) and Ojas status (immune strength) leading to good health and wellness.

Keywords: Diabetes Mellitus type -2, Madhumeha, Naimittika Rasayana, Dhatri (Amalaki), Nisha (Haridra).

Registration Code: ABOP 3013



ABHRAKA BHASMA A UNIQUE RASAYANA

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Rasa sastra is a popular branch of learning and therapy developed in the medieval period in which detailed knowledge of metals and minerals has been explained. The initial aim of Rasasatra was to attain lohavada and after that, it evolved into dehavada concept. Thus, further to achieve dehavada, Rasasastra has laid much more importance on the Rasayana concept. Rasayana concept was prevalent in the Samhita period itself. But it was at the time of Rasasastra i.e., from the 8th century onwards this concept became highly developed and reached its peak. Among the various rasa drugs, Abhraka is unique as it acts as rasayana and roga samaka. This work focuses on exploring the studies in the multi-dimensional aspect of Abhraka bhasma and aims to highlight the future prospects of the studies in this aspect. Scientific literature on Abhraka Bhasma from various search engines PubMed, Elsevier, Science Direct, and Google Scholar using keywords like Abhraka bhasma, rasayana, action, and similar others. Published research works of various scholars were also reviewed. This review throws light that the genuine Abhraka bhasma has a wide range of therapeutic actions with minimal or no side effects. All the reviewed studies were at the base level in the evidence pyramid (in vitro and in vivo studies). Hence to explore its full potential, further studies are needed. It is the need of the hour to evaluate the efficacy of Abhraka bhasma as a potential Ayurvedic drug.

Keywords: Rasasastra (Deals with drugs of Mineral origin), Rasayana, Abhraka bhasma

Registration Code: ABOP 3126



LITERARY REVIEW ON ANTI AGING EFFECTS OF DIFFERENT RASAYANA DESCRIBED IN AYURVEDA TEXTS

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Aging is a natural physiological process characterized by a gradual decline in organ functions, slower regeneration, and an increased susceptibility to age-related diseases. It is influenced by various factors. Free radicals are suggested to play a role in initiating and accelerating the aging process, while antioxidants and phytochemicals have demonstrated anti-aging properties. These substances are also believed to act as effective tonics, revitalizers, immune boosters, and adaptogens. Consistent use of these remedies is thought to enhance physical vitality, heighten libido, and promote healthier skin complexion. They are typically composed of a blend of multiple herbs, along with minerals, pearls, and coral. This chapter provides a pioneering exploration of the advantages and scientifically confirmed attributes of frequently utilized Rasayana remedies like Amalakayas Rasayana, Triphala, Chyawanprash, Aamalaki Rasayana, Amrita Rasayana, Brahm Rasayana, Ashwagandha Rasayana, Narasimha Rasayana, Brahmi Rasayana Amritaprasham, Anwala churna, and Amalkadi Ghrita, focusing on the potential mechanisms accountable for their positive impacts.

Keywords: Rasayana, Anti aging,

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AGEING THROUGH AYURVEDA

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Ageing through Ayurveda Ageing is a natural process. Being fit and focused, physically mentally and socially is the key to graceful ageing. Proper exercise, daily routines, mental health, diet, lowering of stress, and getting good sleep are the basic requirements for this to happen. Often public use harsh chemicals and follow improper diet inspired from advertisements and beauty vloggers to fit into the purpose of graceful ageing. With Dinacharya, Ritucharya, Rasayana, Panchakarma, Yoga and Ayurveda cosmetology, Ayurveda can definitely extent a helping hand in this process. Acharyas have explained Ritucharyas for respective seasons which can prevent seasonal diseases, which accelerates ageing process. Dinacharya explained in our classics can be implemented as morning and night care routines. From doing Dantadhavana to Anjana, kabala, Gandusha etc, in classical way with Ayurvedic drugs can revitalise ojas, bala, ayu, veerya of the individual. The gunas of Rasayana itself can replace the definition of graceful ageing. Kamyas rasayanas including Medhya rasayana plays a pivotal role in the process of ageing. Panchakarmas can keep a person swastha and also prevent diseases and thereby impart prasanna atma indriya mana to the individual. The recent popularity of Ayurveda Cosmetology with plenty of references from Brihatrayees and other Ayurveda classics regarding usage of dravyas and procedures to impart beauty to face, eyes, teeth, skin can replace the chemical care routines and help in graceful ageing. Yoga which brings together body postures along with pranayama improve body flexibility, reduces joint pains and helps to attain a relaxed mind. An attempt is made to throw light on these and their relevance in the much popular term 'graceful ageing'.

Keywords: Ayurveda cosmetology, Dinacharya, Panchakarma, Rasayana, Ritucharya, Yoga

Registration Code: ABPO 1324



RASAYANA

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Communicable diseases are illness caused by infectious agent or its toxins that spread from an infected person to normal person through the direct or indirect transmission. In Ayurved, communicable diseases are clearly mentioned under a broad term Janpadodhwansa and Aupasargik Roge according to Charak and Sushrut respectively. Most of the concepts of Janpadodhwansa are like etiology, mode of transmission and principles of prevention of outbreak etc. Are more likely corresponding to current theories about epidemic and pandemic. Immunity of an individual plays a major role in action of the infectious agent and development of further disease. “Rasayan Chikitsa” is therapy which produces the best quality of Rasaadi Sapta-Dhatu by increased Agni producing further the good quality of Ojas. Due to which the optimum Vyadhikshmatva is achieved, it further helps in controlling the disease condition. Rasayan also increases the longevity, mental, physical communicable diseases strength and improve quality of life. Activities of Rasayan botanicals on immune mechanisms and its antiviral activity provide a sound logic to use of these botanicals as a preventive major in the communicable diseases. Rasayan acts on both main manifestation of any diseases that is Manasika (psychosomatic) by Achar Rasayan and Sharirik (body) by drug therapy. This review focuses on how communicable diseases can be prevented and control by Rasayan and how Rasayan help to improve public health. It also focuses on complications of communicable diseases which is major current challenge (in terms of Post COVID-19 syndrome) for Global Health system.

Keywords: Communicable diseases, Janpadodhwansa, Rasayan, Vyadhikshmatva, Ojas, Agni

Registration Code: ABPO 1453



NEUROPROTECTION FOR HEALTHY AGEING - AN AYURVEDIC PERSPECTIVE

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Ageing is an inevitable process in an individual's life. Nowadays the advancements in medicine have considerably increased the longevity, as the number of people aged 60 and older will increase to 1.4 billion by 2030. But the quality of life has been compromised due to varieties of health problems. Neurological disorders like stroke, dementia, alzheimer's disease, parkinson's disease etc form the most common among them, which affect almost all domains of life and significantly declines the quality of life, by decreasing functional ability, psychological wellbeing, cognitive ability etc and ultimately leads to death. Many of these can be prevented or delayed, by adopting healthy regimens. Most important among them is the neuroprotection, which not only aims at protecting the CNS from premature degeneration and other causes of nerve cell death but also limiting nerve death after a CNS injury and ensure healthy brain ageing. Neuroprotection can be achieved by the administration of neuroprotective agents or nootropics which not only counter the effects of neurodegeneration, or nerve breakdown but also prevents or delays neuronal ageing and are called as Medhya by Ayurveda. Ashwa gandha, Brahmi, Tagara, Jyotishmati, Guloochi, Amalaki, Mandooka parni, Sankhapushpi, Vacha, Kooshmanda etc are the commonly used Medhya drugs. Various studies have suggested the possible mechanism of actions as, nutraceutical, regenerative, antioxidant, adaptogenic and immunomodulation. The use of Medhya drugs ensures the quality of life by providing a normal healthy brain ageing.

Keywords: Ageing, Neurological disorders, Neuroprotection, Medhya drugs

Registration Code: ABPO 1469



GRACEFUL AGEING IN WOMEN THROUGH THE TRIAD OF RASAYANA KARMA

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Menopause is the ending period of reproductive senescence during which women face the onset of physical, mental, and social challenges of ageing, including decreased physical agility, cognitive decline, lack of financial liberty, social isolation, etc. Deterioration of multiple cognitive domains is seen at a higher prevalence in women due to increased longevity and possible changes in brain biochemistry during menopausal transition. Brain is a target for gonadal steroids that modulate several neuroendocrine functions and behaviors. Ovarian estrogen neural axis is the master regulatory system of brain energy metabolism, which is dismantled in menopause to a hypometabolic state. This results in toxicity induced by oxidative stress, resulting in neuronal apoptosis. Hormonal therapy can aid in minimizing symptoms of acute climacteric; however, associated with the risks of endometrial hyperplasia, fibrocystic breast disease, mood disorders, etc. This calls for a safer approach. Rajonivrutti is a swabhavika vyadhi in Jara avastha and could be managed effectively through the triad of Rasayana: ahara, achara, and dravya/aushadha rasayana. The use of nityahitopayogi Dravya as ahara rasayana, as quoted by Charakacharya, is vital for the maintenance of swasthya. Specifically pointing to the neuroprotective effects of phytoestrogen in mudga and its kaphapittahara, vishada guna, and katu vipaka contributing to anti-inflammatory action preventing apoptosis and dhatupushtibalaprada karma enhancing neurotropins, along with probiotic action promoting gut-brain axis. Achara rasayana reduces cortisol levels, which decreases the incidence of dementia in old age. Vata which restrains and impels all mental activities, is the predominant dosha in Rajonivrutti, all the psychological disturbances manifested could be appropriately treated with a dravya, which is vatahara. Avarthitha tila taila rasayana, due to its ability to counteract cell senescence, serves this function. Ageing is an essential physiological phenomenon that cannot be prevented but could be gracefully delayed by adopting Ayurvedic lifestyle.

Keywords: Menopause, Rasayana, Ahararasayana, Nithyopayogi dravya, Achararasayana, Dravyarasayana

Registration Code: ABPO 1505



THE NEED OF RASAYANA FOR THE LONGEVITY OF THE GOOD LIFE

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The term “Rasayana” originates from the fusion of “Rasa,” signifying the core of food, and “Ayan,” meaning path. In the context of Ayurveda, “Rasa” plays a vital role in creating, stabilizing, and nurturing the body. It is generated during various stages of food digestion and circulates throughout the body via different pathways. “Rasayana” bolsters the body’s strength, counteracts aging, enhances immune defenses, and optimizes bodily elements, enabling individuals to pursue their dharma(moral duty), artha(subject), kama(desires), and moksha(salvation) continuously. Spite With advancements in healthcare system and due to the environmental changes, due to use of pesticides, chemical fertilizers and preservatives some of the the infectious and non-infectious diseases and incurable conditions like autoimmune ailments and cancer have become more prevalent. Aging is also progressing rapidly. Consequently, the importance of Rasayana is even more pronounced in the modern era. Additionally, there is another form of Rasayana called Achar Rasayana that contributes to mental well-being and in the pursuit of a longer and healthier life.

Keywords: Rasayana ayurveda vyadhi

Registration Code: ABPO 1514



GERIATRIC HEALTH AND GRACEFUL AGEING

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Ageing although an inevitable physiological process can however be planned. The word “Shareera” gets derived from ‘Sheeryate anena iti’, explaining its decimating nature. As each individual progress through balya, koumaarya, yowvana, madhyma, and vaardhakya (Kaashyapa), gracefully ageing incorporates a commitment towards self-care, with a positive attitude and an adventurous spirit. The older we grow, lower becomes our vyadhikshamatwa, and the diversity of infirmity (physical, psychological & spiritual) are attributed to general wear & tear consequent to oxidative damage. Currently, the effects of climate change, global warming, rampant usage of fertilizers, increased deforestation, contamination of air, water & soil is adversely affecting the ageing process. Recognizing the gradual escalation of the quantum of Vata Dosha with progressing age, it is high time measures like basic lifestyle modifications involving adoption of dinacarya, ritucarya, ritu shodana (practices of periodical cleansing), nitya rasayana compounded by sadvrutta, sadachara enables one to lead a life of contentment and fulfil the aspirations of “anaayaasena maranam, vinaa dainyena jeevanam”. Ayurveda has the solutions to tackle these challenges of geriatric care, and to age gracefully. While maatrujaadi garbhakara bhaavaaha contribute towards our sahaja bala, meticulous planning of the ritucharya fortifies the kaalaja bala and Yukthikruta bala gets boosted with nitya sevaneeya dravyas like ghritha, dugdha, rakta shali, mudga yusha, saindhava, amalaki, yava, mamsa rasa, madhu along with regular practice of abhyanga, vyayama, with intake of balya-aushadhi and rasayana dravyas irrespective of the age and sex. The combined effect of these tone up the body leading to uttama saara and samhanana of an individual enabling to maintain prasannata of atma, indriya and manas. These healthy ayurvedic ways of living should become a part of our daily routine right from our younger days to empower us to live youthfully, being always cheerful and complacent.

Keywords: Shareera, Vyadhikshamatwa, Bala, Dinacarya, Ritucarya, Rasayana

Registration Code: ABPO 1634



ROLE OF AYURVEDA IN GRACEFUL AGEING

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“You can't help getting older, but you don't have to get old” -George burns The above mentioned aphorism which was quoted in 18th century leaves us wonder struck on how beautifully it was framed, nevertheless has some controversy. In this cosmos, every sustaining thing is moving towards getting older each second , if a person wants to disprove the theory of having age related health complications such as Arthritis, losing immunity, Baldness, graying of hair, losing teeth, losing somatal strength, skin disorders like wrinkles, along with mental health issues, must know about the millennium old system of medicine known as AYURVEDA- the term coins a beautiful meaning “ Science of Life”. By adopting the regimens of this system of medicine, one can age gracefully. Here, the word “Grace” has been used in the sense of possessing elegance and beauty towards aging process. As a part of its preventive health care regimen ayurveda postulates a specialized subject called “RASAYANA”- a branch which emphasizes a specialized approach dedicated to prolong life by preventing ageing. This can be achieved by measures that can target the minimilization of degenerative process that occur in the human body, and also eliminate diseases. The aim of this study is also the same. Two miraculous drugs mentioned in the age old procedure are Aswagandha and Guduchi, the role of these drugs in gerotonology has been discussed here. In the modern day society where everyone is running behind a lost reality must be encouraged to know more about the fact “aging is not lost youth, but a new stage of opportunity and strength” so that they work towards it and live a better life. Keywords: Ashwangandha rasayana. Graceful ageing, Gerotonology, and Guduchi rasayana, Rasayana

Keywords: Ashwangandha rasayana. Graceful ageing, Gerotonology, and Guduchi rasayana, Rasayana

Registration Code: ABPO 1745



ROLE OF AYURVEDA IN GRACEFUL AGEING A REVIEW

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Since time immemorial, humanity has been concerned with developing and preserving youthful vigor, and extending longevity by stopping or delaying the aging process. By 2030, one in six of the world population will be over 60 years old. Every individual is now looking forward to a youthful, productive lifespan of 100 or more years filled with unlimited health and opportunity. Ageing is a multi-dimensional process of physical, psychological and social change. According to Ayurveda Jara (ageing), being a Swabhavabala pravritta roga, occurs due to vyadhi-hetu called Kala/Parinam. Ageing cannot be prevented but it can be made graceful by means of Ayurveda. The different modalities have been explained in Ayurveda to counter the problems in ageing. These modalities include the Dinacharya (Nasya, Abhyanga, Udhvartana etc.), Ritucharya, Sadvritta, Yoga and Pranayam, Rasayana & Vajikarana. Ayurveda have also emphasized in its Upasthambas, the importance of Ahara, Astavidha ahara visheshayatan which emphasizes the importance of diet on aging process. Matrasana is important for a healthy longevity. Specific Aushadha Vargas like Vayasthapana, Jeevaniya, Brimhana, and other group of drug are available, which maintain youthfulness. This review explores various aspects of Ayurveda for healthy aging so as to create an optimal health and lengthen an individual's healthspan by living in harmony with nature.

Keywords: Jara, Ageing, Rasayana, Vyayasthapana

Registration Code: ABPO 1806



RASA RASAYANAS IN GRACEFUL AGEING

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Ageing is a natural and physiological phenomenon. It is a complex, multifactorial and inevitable process. Living organisms are equipped with several repair maintenance and defense systems. At later stages there is a progressive generalized impairment of these functions. It results in loss of adaptive response to stress and development of a risk for age related diseases. Biological ageing results from randomly accumulated free radicals. Antioxidants are substances that protect against injurious effects of free radicals. Vitamin E, Beta- carotene and Vitamin C are major antioxidants. Body cannot synthesize these micro nutrients. They have to be supplied through diet. Here comes relevance of rasayana therapy which includes antioxidant, antimicrobial and immunomodulatory activities. Rasayana's suppress oxidative stress and helps fight infections. It helps prevent or slows age related changes and improve quality of life. Achara rasayana tackle psychological changes of ageing. Use of rasa oushadi's in rasayana cikitsa is an unexplored area. Rasa refer's to mercury, which has properties like vrishya, rasayana, „yogavahi which indicates its immunomodulation and anti ageing properties. Rasa Shastra deals not only with preparations of mercury but also various metals, minerals and herbo mineral formulations. Bhasma's are produced when metals/minerals are treated with herbal juices or decoctions and exposed to certain quantities of heat for a specified period of time. Studies on antioxidant and immunomodulatory potentials of bhasma's like loha, mandoora, abraha and swarna have been reported. Tastelessness facilitates easy consumption. High potency facilitate quick absorption and assimilation. Wide range of activity at a lesser dose as in milligrams. They are dipana and pachana in nature. In view of these findings. This study aims to revisit rasa oushadi's for rasayana effects with special reference to rasayana properties mentioned in classic textbooks of rasashastra.

Keywords: Ageing, Rasayana, Rasa oushadi

Registration Code: ABPO 1901



AYURVEDA RASAYANA AS ANTIVIRALS AND IMMUNOMODULATORS CRITICAL PRAXIS IN NIPAH VIRUS

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Viruses are the cause of diseases that pose a serious threat to public health. The Nipah virus (Niv) belonging to paramyxoviridae family, due to its high mortality in humans, its zoonotic nature, the possibility of human-to-human transmission, and the lack of an available vaccine, has been recognized by the World Health Organization (WHO) as a global health problem and included in the list of epidemic threats treated as a priority in research and development activities. The scientific community across the globe is in a quest for digging the effective treatment in Nipah virus and exploring potential leads from traditional healthcare across the world. A multidisciplinary examination that included the study of disease transmission, pathogenesis, transmission and ayurvedic intervention. The work is mainly based on theoretical research using standard Database, Journals and websites for collecting data regarding to Nipah virus and textbooks of epidemiology and classical treatises of ayurveda. In ayurvedic point of view early symptoms of Nipah virus mimics vata slaishmika jwara and in later stage it resembles sannipataja jwara. This paper is an attempt to generate potential leads based on classical texts of ayurveda in general and Rasayana in particular to develop effective antiviral and or immunomodulator for potential or adjacent therapy in Nipah virus. The Rasayana acts not only by resisting body to restrain the disease or its progression but also by providing strength to prevent the manifestation of disease. It is intriguing to take note of that the concepts described hundreds of years back are especially relevant at this present period and their significance can't be ignored. Significance of study The studies on Rasayana can provide an insight into the future course of research for the plausible development of effective management of Nipah virus.

Keywords: Ayurveda, Rasayana, Nipah virus, Vata slaishmika, Sannipataja jwara.

Registration Code: ABPO 2180



ROLE OF AYURVEDA IN GRACEFUL AGEING

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Aging is a continuous process, which begins with conception and ends with death. The aging process involves multidimensional changes in physiological, pathological, social, and psychological condition of a person and everyone must undergo it, but every individual wishes is for delayed aging or atleast achieving aging gracefully. In literatures Jara is accepted as Swabhavabala pravarta / Swabhava Nispratyanika Vyadhi and divided into kalaja jara and akalaja jara. Ayurveda emphasis on prevention and promotion for the maintenance of health through Hita-charyas which includes Dinacharya, Ratricharya. A wide variety of therapies, managements, and preventions with proper formulations, ayurvedic dietaries to halt or delay this natural phenomenon are being discussed. As age advances, several changes take place in the body, in the external appearance, in the condition of Dosha, Dhatu, Mala, Agni, Oja, and so on, as well as in mental and cognitive functions. But due to old age, increase of vata, vitiation of pitta and decrease in kapha causes an impact on the various other components of body, thus allowing aging to take over. Rasayana therapy, which destroy age related diseases and delaying aging which helps in graceful aging. An analysis is performed by a person adopted Rasayana chikitsa grants longevity, better memory and improves the immense strength including sense organs. This will explore various aspects of aging and longevity by comparing the science of aging defined by modern medicine with the Ayurvedic treatise of Jara and Vriddhavastha. The pathophysiology of aging is mostly dependent on diet and lifestyle; therefore, process of aging can be slowed down by planning of appropriate diet, routine, and lifestyle.

Keywords: Akalaja jara, Kalaja jara, Dinacharya, Ratricharya, Rasayana, Vriddhavastha.

Registration Code: ABPO 2221



HOLISTIC WELLNESS THROUGH RASAYANA IN THE BATTLE AGAINST COMMUNICABLE DISEASES

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This study looks into the prevention and treatment of communicable diseases within the context of Rasayana holistic approach to wellbeing. Alternative approaches that take a broader view of wellbeing are urgently needed in a time when communicable diseases pose a serious danger to global public health. We used a thorough review of Ayurvedic texts, academic literature, and case studies as part of our research process. Through this study we explored Rasayana ability to strengthen the body defence against a number of communicable diseases. The study explored evidences in favour of Rasayana treatments varied functions in fostering overall well-being and boosting immunity, which can be especially important in combatting infectious diseases. For instance, certain plants like Amalaki and Ashwagandha are discussed in Ayurvedic texts. These herbs have been used for a long time to increase longevity and immunological responses. Ayurveda recognises the benefits of pippali and guduchi for boosting the immune system, which is crucial for preventing infectious infections. Rasayana therapies, which are flexible enough to target different ailments and are firmly founded in the age-old knowledge of Ayurveda, present a viable strategy to address communicable diseases. These treatments offer a thorough approach to communicable illness prevention and control, as demonstrated by Ayurvedic scriptures and modern research, with an emphasis on overall well-being, immunity development, and specific Rasayana herbs. This study has global implications since it offers a different, complementary strategy to conventional healthcare in the fight against a variety of communicable diseases. We can help build stronger, healthier communities by utilising Rasayana practices from the extensive body of knowledge that is Ayurveda. This will ultimately lessen the toll that communicable diseases take on healthcare systems and society as a whole.

Keywords: Holistic Wellness, Rasayana, Ayurveda, Communicable Diseases, Immunity, Public Health

Registration Code: ABPO 2341



RASAYANA IN GRACEFUL AGING

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In the present day, there is a prevalence of unhealthy lifestyles where individuals struggle to abide by the principles of a healthy and happy life, such as poor dietary habits and lifestyle choices. Consequently, these factors can result in premature aging and the onset of numerous lifestyle-related disorders. Rasayana, one of the unique branches of ayurveda stands as an answer in preventing premature aging and solve the problems due to aging. Rasayana is defined as a therapy which cures Jara (aging) and vyadhi (disease). It also ensures healthy longevity including mental health and resistance against various geriatric disease conditions. An extensive review will be carried out to examine the impact of rasayanas on graceful aging, considering both Ayurvedic and modern perspectives. Literatures will be reviewed from classical textbooks, contemporary textbooks, e-books and published articles. Aging is a complex and irreversible process influenced by both intrinsic and extrinsic factors. Several factors contribute to aging, including DNA damage, free radicals, oxidative stress, and the shortening of telomeres. Telomere shortening is often considered the primary factor accelerating cellular aging and promoting degenerative processes. Rasayana treatments can enhance telomerase activity and prevent erosion of telomeres in individuals, delaying the onset of the aging process. This review elucidates the effects of Rasayana in the context of graceful aging.

Keywords: Rasayana, Jara, Aging, Telomere, Degenerative process, Geriatric disease

Registration Code: ABPO 2386



WHILE ADDING YEARS TO LIFE ADD LIFE TO YEAR

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Ageing is a process of physical, psychological and social change in multi dimensional aspects. Aging has been defined as the total sum of physiological changes that progressively leads to the death of the individual. Due to the advancement of medical science the life expectancy of the people are increasing. But what we need is not a mere increased life span rather a healthy span of life. So here comes the importance of Ayurveda. Ayurveda plays a pivotal role in this aspect since it's a life science which promotes a healthy living and has solutions to the ones affected with disease. Probably it's the only ancient science which has probably explained in detailed about the Jara vyadhis . It has got the potential for prevention of diseases by promotion of health and management of diseases occurring in old age. Review from articles published in different journals • Reference from Samhithas The cause of morbidity and mortality world over is shifting from communicable diseases a few decades ago to non-communicable diseases. The leading causes of mortality among aged people comprise respiratory problems, heart diseases, cancer and stroke. Significant causes of morbidity among this group is chronic inflammatory and degenerative conditions such as arthritis, diabetes, osteoporosis, depression, parkinson's disease etc. Ayurveda is a unique therapeutic methodology to delay ageing and to minimize the intensity of problems occurring this degenerative phase of one's life. Ayurveda has broad spectrum of preventing measures for combating the ageing process. Rasayana is one among them. Through Rasayana therapy, one can attain longevity, freedom from disease, youthfulness etc. Rasayana therapy prevents various degenerative disease conditions and promote the health status. Besides Rasayana, sadvritha, dinacharya, ritucharya, yoga and pranayama will help in graceful ageing. While adding years to life, add life to year.

Keywords: Ageing, Ayurveda, Rasayana, Sadvritha

Registration Code: ABPO 2633



UNLOCKING PROFESSIONAL SUCCESS EXPLORING URGASKARA RASAYANA IN ADDRESSING JOB -RELATED CHALLENGES

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Rasayana tantra is a branch of Ayurveda includes the measures of attaining long life, maintenance of youthfulness, increasing immunity and providing excellent nutrition to all the body tissues. Though, medical and public health advances have led to better treatment of many existing diseases but the health outcome in terms of quality of life needs to be pondered upon. The people who appear healthy, in fact encounter many customary troubles like anxiety, stress, fatigue etc. Rasayana classified as Dravyabhuta and Adravabhuta. Adravabhuta Rasayana includes Aachara and Dravyabhuta Rasayana can be classified as Kamyas, Naimittika and Ajasrika. Rasayana has potential to reverse degenerative process in the cells by restorative and free-radical scavenging properties eg: amalaka, aswagandha, shilajathu. Medhya Rasayana is a subtype of Kamyas Rasayana and they are used with an intention or desire to improve intellect, concentration and memory. Acharya Nagarjuna has mentioned that Medhya drugs mainly act by their Achintya Veerya i.e. Prabhava. The effect of Medhya Rasayana is also at different levels such as at level of Rasa, Agni and Srothas. Guduchi has been claimed to possess learning and memory enhancing, antioxidant, and anti-stress activity. Shankhpushpi to be effective in relieving signs and symptoms of Chittodvega. Shankhpushpi controls the nerves by regulating the body's production of the stress hormones, adrenaline and cortisol. The aim of the paper is to assess the various aspects of rasayana and assessing its utility in management of various job related issues. As in current scenario stress and related issues concerned with job is shooting up, thereby reducing the productivity of life. Various rasayana yogas are assessed under the headings like immunoprotective, stress relieving, anti-oxidant

Keywords: Rasayana, Medhya Rasayana, Adravabhuta Rasayana, Dravyabhutha Rasayana

Registration Code: ABPO 2696



ABHRAKA BHASMA A UNIQUE RASAYANA

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Rasasastra is a popular branch of learning and therapy developed in the medieval period in which detailed knowledge of metals and minerals was explained. The initial aim of Rasasastra was to attain Lohavada; after that, it evolved into the Dehavada concept. Thus, further to achieve Dehavada, Rasasastra has laid much more importance on the Rasayana concept. Rasayana concept was prevalent in the Samhita period itself. But it was at the time of Rasasastra i.e., from the 8th century onwards that this concept became highly developed and peaked. Among the various rasa drugs (Mineral Drugs), Abhraka is unique as it acts as Rasayana and Roga samaka. This work focuses on exploring the studies in the multi-dimensional aspect of Abhraka bhasma and aims to highlight the future prospects of the studies in this aspect. Scientific literature on Abhraka Bhasma from various search engines PubMed, Elsevier, Science Direct, and Google Scholar using keywords like Abhraka bhasma, Rasayana, action and similar others. Published research works of various scholars were also reviewed. This review throws light that the genuine Abhraka bhasma has a wide range of therapeutic actions with minimal or no side effects. All the reviewed studies were at the base level in the evidence pyramid (in vitro and in vivo studies). Hence to explore its full potential, further studies are needed. It is the need of the hour to evaluate the efficacy of Abhraka bhasma as a potential Ayurvedic drug.

Keywords: Rasasastra (Deals with drugs of Mineral origin), Rasayana, Lohavada, Deha vada, Abhraka

Registration Code: ABPO 2700



INFLUENCE OF REJUVENATIVE AYURVEDIC THERAPIES ON AGEING

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Since long time, benevolence has been regard cultivating and continuing youthful power, and reaching endurance by staying or delaying the declining process. By 2030, individual in five of the experience population will bring or come to a halt or end 65 age traditional. Longevity and old age are followed accompanying a assortment of health challenges and study of human population display that the aging will use middle from two points three to five times more healthcare aids distinguished to the more immature population. Modern cure be able a lot of progress in understanding the aging process and in ruling age-joined strength issues including soul attacks, strokes, diabetes, malignancy, dotage, and arthritis. Thus, all individual is now expect a new, fruitful lifespan of 100 or more age suffused accompanying unlimited well-being and freedom. Research by stale experts is attracted on habits to fight the organic order of the aging process in consideration of delay it. Interventions involve containing anti-slumping pills, limited foodstuff consumption and replicating physique parts to stay young and delay organic aging. Ayurveda, individual of the globe's most domineering mind-material-spirit curative arrangements, offers differing concepts of the fermenting process. This arrangement of cure includes cures for active developing so as to generate an optimum well-being and extend an individual's health span by living in unity accompanying character. This review will explore miscellaneous facets of maturing and longevity by equating the learning of stale as defined by new cure accompanying the Ayurvedic monograph of Jara and Vriddhavastha.

Keywords: Aging, Lifespan, Healthspan, Ayurveda, Jara, Vriddhavastha, Parinama

Registration Code: ABPO 2727



ROLE OF AYURVEDA IN GRACEFUL AGEING

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Role of Ayurveda in Graceful Ageing There is a lot of importance of Rasayana chikitsa in this modern era. Nowadays people from joint family are switching to nuclear family, so most of the aged people are alone at home and they have to be independent. The Rasayana chikitsa is the only treatment method to prevent the ageing process by promoting maximum physical & mental health. Rasayana (rejuvenation therapy) is one among the 8 major discipline of Ashtanga Ayurveda which deals with Vayah sthapana, which delays ageing process, develops resistance and immunity in the body to counteract the diseases and also helps in alleviating the senility and maintains youthfulness for a long time. Rasayana boosts up the complete human body system. Body is made up of three doshas, panchamahabhootas and sapta dhatus. Through Rasayana chikitsa the 7 dhatus are purified (sroto shuddhi) which strengthen the body keeping the doshas in equilibrium to enhance maximum health to a person. There are so many rasayana available which when consumed helps in the process of anti-ageing. Brahma Rasayana is very good for intelligence, memory and immune power. Ashwagandha (Withania Somnifera) root extract showed 20% more lifespan extension. Withanolide a bio active constituent showed 29.7% extension of life span. Amalaki rasayana & the most famous Chyavanaprash lehyam displays cytoprotective and gene protective effects. These medicines claim to facilitate healthy ageing, arrest degenerative changes and have rejuvenating potential. Hence rasayana aims to rejuvenate the whole body and preserve youthfulness, intellectual competence and delay ageing process.

Keywords: Rejuvenation, Youthfulness, Physical health, Mental health, Ageing, Rasayana

Registration Code: ABPO 2731



AGEING GRACEFULLY WITH AYURVEDA

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Ageing and old age are one among the significant challenges facing medicine this century. Ageing can be defined as the intrinsic, inevitable, and irreversible age-associated loss of viability that render us more susceptible to a number of diseases and death or a progressive functional decline of structure, physiological function, impaired maintenance and repair systems and reduced reproductive capacity. Ageing is a natural phenomena and everyone has to go through it; but every individual wishes for delayed ageing or at least achieving ageing gracefully. Life style induced Early ageing is also one of the main concern of the youth in this era. The global trends shows that, by 2030, 1 in 6 people in the world will be aged 60 years or over; and between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. The traditional Indian medicine with its holistic approach provide solutions for the major geriatric problems- physical (reduced bone mineral density, elderly metabolic syndrome, sensory impairment etc) and mental (depression, anxiety, sleep and behavioural disorders, memory loss etc); thus aiding in graceful ageing. This paper studies the importance of Ancient Ayurvedic dietaries and regimen (sadvrutta, achara rasayana), yoga, meditation and Rasayana Chikitsa, a rejuvenation therapeutic measure developed by elders to halt or delay the ageing phenomena and revive the whole functional dynamics of the human body; thereby granting longevity, better memory, and improving the quality of life. Thus the additional years provide them a chance to pursue further education, a new career or a long neglected-passion. Older people can also contribute in many ways to their families and communities.

Keywords: Ageing, Ayurveda, Rasayana, Rejuvenation

Registration Code: ABPO 2774



ROLE OF RASAYANA IN MANAGEMENT OF AGING

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The Indian traditional medicine form Ayurveda 'provides effective solutions to almost every health problems in very convincing ways. ayurveda practice provide solutions for not only mental distress or physical illnesses but it can be very effective in graceful aging is natural phenomenon and everyone has to go through it every individual wishes for delayed aging or at least achieving aging gracefully. This studies the ancient ayurvedic dietaries and treatment measures developed by elders to halt or delay this phenomenon and revive the whole functional dynamics of the human body. an analysis is performed by a person adapted rasayana chikista and rejuvenation therapist measure that grants longevity, better memory and improves immense strength of the sense organs of the body. a wide variety of therapies their management and prevention with proper formulations are being discussed. with the Indian traditional medicine form and everyone has to go to a person adapted rasayana chikista. In the futuristic sense another concept of food or ahara plays vital role in maintenance of health and longevity. the effects of rasayana drugs on the human body .increase free radical scavenging of anti oxidants, decrease oxidative stress level, decrease the inflammation level, decrease lipids pro oxidation level , decrease mutagen DNA gets damaged, increase anti oxidants enzymes, increase adaptogenic effect, increase immune modulates and stimulates. conclusion: unmanaged life stress, irregular sleep, anger, depression, chemical oxidants on environment many factors cause for speedy aging. the ahara intake (food) another significant role in aging. daily routine, yoga, asanas, taking rasayana medicines play , hita (nutrition) food play very important role of ayurveda in graceful aging.

Keywords: Rasayana medicine, therapeutic, Well being, Aging, Ayurveda, Health span

Registration Code: ABPO 2850



RASAYANA- A HOLISTIC APPROACH TO HEALTHY AGEING

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Ageing is inevitable event of life. It begins with fertilization and ends up on death. Its progression depends on genes, environmental conditions and lifestyle of ones. Although it is essential for life, everyone interested to stay younger always. Ageing proceeds quickly with age and it Reflects on the skin, hairs etc. In Ayurvedic texts, Acharya Sharangdhara explained characters that decreases after a particular decade of life as Bala, vriddhi, chhvi, medha, twaka, drishti, shukra, vikrama, buddhi, karmendriya, cheto, jivitama. Vaya vargikarana is given by Acharyas, in which they classified age as stages of life like Bala, Madhya and Vriddha. Acharyas also stated the concept of Rasayan sevana which has property of providing Prashast dhatu. Rasayana acts as vayasthapan which decelerate aging process. Rasayana has properties as Jara nashanam or Jara vidhvansi which prevents and stop aging.: To introduce Ayurveda as holistic approach in view of graceful ageing. Classical Ayurveda literature, research articles and scientific information present on internet were explored. In today's era of social media and self-awareness, everyone wants to look younger and attractive. Researches are in process for slower aging. Thus importance of Rasayana increases automatically. Rasayana is a type of therapy providing deerghaayu, prabha, varna, kanti, taruna vaya, dehendriya bala to the individuals. Three types of Rasayana (Kamya, Ajasrika, Naimittika) stated by Acharya Dalhana are used as per individuals requirement. Antiaging property of different kind of Rasayana can be used to keep people younger, healthier and attractive.

Keywords: Ayurveda, Rasayana, Graceful ageing

Registration Code: ABPO 2873



CONTRIBUTION OF RASAYANA IN GERIATRIC DISORDERS

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The growth and development of a nation depends on Number of youth in the nation. As per W.H.O. the population is ageing rapidly, between 2015 and 2050 the proportion of the worlds population over 60 years will nearly double from 12 % to 22 %. Geriatrics is a branch of medicine which deals with the problems and diseases of old age and the medical care and treatment of aging people. Geriatric Disorders are very prevalent due to changing lifestyle, stressful state of mind etc. In Ayurveda Jara Chikitsa is mentioned for Geriatric Disorders and Rasayana therapy gives promising solution for managing such conditions. Various Ayurveda Samhitas like Charak Samhita, Sushrut Samhita etc. and research papers in Pubmed, Modern texts, were reviewed for the study. Result- Various Rasayana like Amalaki ,Guduchi Ashwagandha etc mentioned in Ayurveda texts shows significant result in prevention and management of various geriatric disorders. Ayurveda explains most unique concept of Rasayana in Jara chikitsa which helps to enhance sapta dhatu sarta (seven building blocks) which ultimately leads to longevity(Ayu), Youthfullness, improved memory function(Smirti), Medha, best status of health , lusture, Vaka siddhi etc . Ayurveda system of medicine is most scientific and most unique system of medicine which believes in holistic approach. To prevent as well as for management of various Geriatric disorders one should follow the concept of Dinchaya, Ritucharya, Sadvritta along with Rasayana chikitsa.

Keywords: Rasayana, Geriatric Disorders, Sapta Dhatu Sara, Jara chikitsa

Registration Code: ABPO 2914



ROLE OF RASAYANA IN GRACEFUL AGEING

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Rasayana is a particular branch of ayurveda which deals with remedies for prevention of aging. it includes methods like use of medicinal preparation, behavioural aspects of person, etc. Ageing is a natural physiological process characterized by a gradual decline in organ functions, slower regeneration, and an increased susceptibility to age-related diseases. It is influenced by various factors. Free radicals are suggested to play a role in initiating and accelerating the aging process, while antioxidants and phytochemicals have demonstrated anti-aging properties. These substances are also believed to act as effective tonics, revitalizers, immune boosters, and adaptogens. Consistent use of these remedies is thought to enhance physical vitality, heighten libido, and promote better skin complexion. Ayurvedic Rasayana formulations are typically composed of a blend of multiple herbs, along with minerals, pearls, and coral. With proper use of apt Rasayana in old age people it provides better ageing with less physical and mental difficulties.

Keywords: Rasayana. Ageing, Antioxidant

Registration Code: ABPO 3071



RASAYANA AS A PUBLIC HEALTH TOOL IN COMMUNICABLE DISEASE

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In public health, communicable diseases pose an ever-present threat to global well-being. Addressing these diseases is paramount, from the historical scourge of smallpox to contemporary challenges like COVID-19. Rasayana, a traditional concept rooted in Ayurvedic medicine, is gaining recognition as a novel public health tool in the fight against communicable diseases. This abstract explores the potential of Rasayana as an approach to enhance individual and societal immunity, reduce disease transmission, and alleviate the burden on healthcare systems. Key aspects of Rasayana, such as individualization, holistic well-being, and preventive measures, are discussed as key components of its applicability in public health strategies. Rasayana therapies aim to rejuvenate the body's vital systems, bolstering immunity and resilience. These therapies involve dietary modifications, herbal remedies, and lifestyle adjustments tailored to an individual's unique constitution. This personalized approach aligns with contemporary public health efforts that emphasize the importance of individualized care. Furthermore, Rasayana recognizes the interplay between mental and physical health. This holistic perspective positions psychological well-being as a vital determinant of immunity. By addressing mental health alongside physical health, Rasayana contributes to a more comprehensive approach to disease prevention and management. In a societal context, Rasayana's emphasis on preventive measures and immunity enhancement can significantly reduce the transmission and severity of communicable diseases. This, in turn, minimizes the strain on healthcare infrastructure during pandemics, making it a valuable addition to public health strategies. In summary, Rasayana, with its individualized, holistic, and preventive approach to health and immunity, holds promise as a complementary tool in the arsenal of public health measures against communicable diseases. By integrating Rasayana principles, public health efforts can enhance individual resilience, reduce disease transmission, and alleviate the burden on healthcare systems, ultimately contributing to improved global health outcomes.

Keywords: Rasayana, Holistic well-being, Immunity, Communicable diseases, COVID-19

Registration Code: ABPO 3113



RASAYANA AND OTHER STRATEGIES IN AYURVEDA FOR GRACEFUL AGEING

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'Jara' referred to as ageing in Ayurveda involves Kshneenata (Decrease) of Dhatu, Bala, Veerya, Satva, which can be considered as factors responsible for progressive decline in health, succumbing an individual to certain disorders or diseases which affect the quality of life. Stress, lifestyle, environmental factors influence ageing process which are the obvious factors apparently affecting the ageing in the present generation. Menopause and Andropause are natural process in ageing but cause unpleasant symptoms and affect quality of life which has to be addressed through Ayurveda. Often mental health problems are common that may include isolation, anxiety disorders, dementia along with physical disability amplify the agony. The Antioxidant effect of Rasayana minimize the damage, as an Immunomodulator reduces the susceptibility to Auto-immune diseases, Anti-stress and Adaptogenic, Nootropic effect can maintain mental health and cognitive functions along with some interventions can help the individuals move on with life competently. Healthy ageing comprises, 1. Promote health, prevent injury and manage chronic conditions, 2. Optimize physical, cognitive and mental health, 3. Facilitate social engagement, which can be achieved through, a) Nidana Parivarjana- Giving up improper lifestyle, food and habits. b) Nithya sevaniya dravyas, Rasayana and Ahara Vidhi or Pathya kalpas, which take care of nutritional requirement, nourishing tissues and building up immunity. c) Lifestyle correction- Adopting Dinacharya, Rutucharya, Ahara vidhi, Yoga, Pranayama, Achara Rasayana, Satvavajaya Chikitsa, Nidra as told in Ayurveda. d) Measures to reduce stress like Medhya Rasayana, Yoga, Pranayama, Satvavajaya chikitsa. e) Ritu shodhana, or Bahya Upakramas (Abhyanga etc.) as required or accordingly to the age-related diseases.: Palliative care and preventing measures for certain age-related diseases through different forms of Rasayana, lifestyle modifications and other regimens improve quality of life of an individual in both Kalaja (primary ageing) and Akalaja (secondary ageing).

Keywords: Jara, Rasayana, Anti-oxidants, Immuno-modulators, Adaptogenic, Nootropic.

Registration Code: ABPO 3129



SALAKYA





EFFECT OF SHUNTHYADI TAILA NASYA WITH CHITRAKA HARITAKI SYSTEMICALLY IN THE MANAGEMENT OF ALLERGIC RHINITIS - CASE SERIES

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Poor life style habituates such as exposure to mist, wind, dust, are the factors responsible for allergic symptoms of the nose and its severity. Allergic rhinitis (AR) is an allergic disease which affects 10% to 30% of the population. Symptoms include runny nose, sneezing, nasal obstruction and nasal itching vary from individual, with treatment modality such as antihistamine, intranasal glucocorticoid and immunotherapy which need longer period. In Ayurveda the symptoms of AR are seen in nasa roga under kshavathu where it's get relief from symptoms and increase the immune system. Hence Shunthyadi taila nasal drop along with Chitraka Haritaki systemically are administrated. To evaluate the effect of nasya with Shunthyadi taila with Chitraka Haritaki in management of Kshavathu (Allergic Rhinitis). Patients aged ≥ 19 years are included with complaints of watery nasal discharge, paroxysmal sneezing, nasal blockage or two or more symptoms, with the sample size of 10 and assessed by parameter serum IgE level, AEC (Absolute Eosinophil Count) Nasal Symptom Score (TNSS). 30 days of treatment period with pre and post assessment. Post Treatment showed significant improvement in TNSS Score, Eosinophil count and Serum IgE which is statistically significant with $p < 0.05$. Allergic Rhinitis managed by Ayurveda protocol by nasya and orally mainly controls Vata Kapha dosa. Shunthyadi taila helps to control acute or sub-acute exacerbation of the symptoms. Chitraka Haritaki has an anti- allergic effect in treating nasal allergy. Hence both are effective in controlling Allergic rhinitis.

Keywords: Nasya , Sneezing, Alternative Medicine

Registration Code: ABOP 1005



EVALUATION OF COMPARATIVE EFFICACY OF SHATAVARI GRITA EYE DROPS ALONG WITH SHATAVARI KSHEERAPAKA VERSUS TRIPHALA GRITA EYE DROPS AND SHATAVARI KSHEERAPAKA SYSTEMICALLY IN THE MANAGEMENT OF POST-MENOPAUSAL DRY EYE CASE SERIES

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Dry eye is the most prevalent complaint in clinical practice, ranging from 5% to 50% with higher variations in signs than symptoms. Females are more prone to develop dryness especially in post-menopausal age group. This is due to hormonal imbalance seen in post- menopausal age group. Certain Ocular structures like conjunctiva, lacrimal apparatus has sex hormones receptors and these hormones play a vital role in maintaining the homeostasis of the tear film. Hence, older women tend to develop dry eye more than the other age groups⁷. Considering the clinical features, disease resembles Shushkakshipaka which is a vata vyadhi. Menopause is vata pradhana phase where there will dhatu hrasa also leading to physical, psychological and sexual problems. Hence, shatavari which is versatile female tonic and rich in phto-estrogens is trailed along with topical shatavari eye drops and triphala gritha eye drops. 30 patients, randomly divided into two groups are treated with shatavari eye drops and triphala gritha eye drops 5drops twice daily with shatavari ksheerapaka 100 ml twice daily internally in both the groups for 1 month. Informed consent was taken. Patients were assessed with ocular surface disease index, schirmer's, TBUT for tear film stability. Utian quality of life in post-menopausal women to assess the effect on other symptoms. statistically significant results was seen in both groups before and after treatment. When compared within the groups, shatavari eye drops with shatavari ksheera paka showed significant improvement compared to triphala group.: Shatavari has balya, brimhana. Vaya stapanana. Agni vardhaka, Dhuta prasadhana property. These properties reduce the vitiated vata thereby by replenishing the Sneha in the eyes and also nourishes the dhatus and counteract the other menopause related symptoms. Triphala is chakshushya but is acidic. Hence, shatavari gritha eye drops showed better results than triphala gritha eye drops.

Keywords: Ritu nivritti, Gritty eyes, menopausal dry eye.

Registration Code: ABOP 1023



ORAL HEALTH AND OVERALL HEALTH - A CONTEMPORARY UNDERSTANDING

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Relevant articles were retrieved from PubMed and EMBASE using the following keywords: i) oral health AND systemic health, ii) oral microbiome AND systemic health, iii) oral microbiome AND gut microbiome, and iv) gut microbiome AND systemic health. – a strong link exists between general health and oral health. Central to oral health is the oral microbiome - a group of microorganisms inhabiting the oral cavity, including bacteria, fungi, viruses and protozoa. Oral microbiome exhibits the ability to colonise intestinal tract and sustain its presence therein. This activates the intestinal immune system, leading to a state of chronic inflammation. Chronic oral inflammatory conditions have been associated with several systemic diseases including cardiovascular disease, ischemic stroke, inflammatory bowel disease, hypertension, respiratory infections, various cancers, diabetes, dementia, pregnancy-related complications, osteoporosis, chronic kidney disease, autoimmune diseases, and even mortality. While ongoing research continues to investigate the precise relationship between the oral microbiome, intestinal inflammation, and systemic diseases, these alterations are frequently attributed to a compromised immune system and overall health status. The existence of an oral-intestinal microbiome axis has been demonstrated, which facilitates microbial interactions between the oral and intestinal environments and influences both physiological functions and pathological processes. Additionally, oral health care has shown promising results for various diseases, while improving systemic health has shown a positive effect on oral well-being. these findings highlight the intricate balance existing between systemic well-being and oral health. They also stress the necessity of scientifically validating the oral health practices included in dinacharya and incorporating them into oral health policies.

Keywords: Oral microbiome, Oral inflammation, Systemic health, General health, Gutgum axis

Registration Code: ABOP 1114



AN ANALYTICAL STUDY TO ASSESS THE RELATION BETWEEN AGNI AND REFRACTIVE ERROR

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Global estimates suggest that more than 2.3 billion people suffer from poor vision due to refractive errors. They are the most common form of eye disorders and have severe social and economic implications. In the post covid scenario, most of the job and educational activities are online which has increased the burden of refractive errors and now even new terminologies like 'quarantine myopia' are being discussed. Ayurveda has a great role in relieving the global burden of refractive errors. The refractive errors are very much impacting the productivity especially of school going children and young adults. Also ayurveda considers agni as the root cause of all disease. The new generation children are subjected to various apathyas like junk foods, excess fried food, unwholesome food, untimely foods etc which are leading to agni mandhya and agni vaishamya. This study was planned as a cross sectional study among 1000 students of 2 schools in Ernakulam district to assess the relation between mandagni and refractive errors. But as the study advanced we could see that 46.3% of students with refractive errors had vishamagni and 8.3% had mandagni which suggest a relation between vishamagni and refractive errors. Hence a further clinical study involving the correction of agni among the children with refractive errors can provide evidence to suggest the co-relation between vishamagni and refractive errors

Keywords: Mandagni, Refractive errors, Vishamagni

Registration Code: ABPO 1127



EFFECT OF KAKOLYADI GHRITA NASYA AND VARANADI KASAYA PANA IN MIGRAINE HEADACHE: A CASE SERIES

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Migraine is the 3rd most prevalent of disability worldwide with an estimated global prevalence of 14.7% which is chronic by combination of neurologic, gastrointestinal and autonomic symptoms. It is characterized by recurrent episodes of headache. Treatment of migraine is complex, with no agreed upon guidelines and actual overuse of allopathic medications causes 'medication overuse headache' and develop unacceptable side-effects. Long term exposure to migraine attack showed greater incidence of sudden sensorineural hearing loss and ophthalmological conditions including field vision loss as well as mono ocular vision deficit. 10 patients satisfying diagnostic criteria are selected for the study. Kakolyadi ghrita marsha nasya was given for seven days and varanadi kasaya for pana for one month. After treatment, follow up was advised once in a month for 2 months. At the end of treatment and during two follow up subjective parameters and MIDAS was assessed and recorded. Wilcoxon sign rank test was done to interpret the change in subjective parameters. There was clinical and statistically significant improvement in the subjective parameters with $p < 0.01$. Vatapitta hara property of kakolyadi gana as well as action of Varanadi kasaya against proinflammatory cytokines in migraine headache found highly effective in preventing the symptoms of photophobia and phonophobia, in reducing frequency of occurrence of headache, reducing severity to mild grade on exposure to triggers was found. Response of ayurvedic treatment was apparently higher in the prophylactic management as well in recurrence when compared to present treatment modalities.

Keywords: Headache, Kakolyadi ghrita, Ayurveda Therapy

Registration Code: ABPO 1159



EFFECTIVENESS OF CLASSICAL AYURVEDIC PROTOCOL OF PUTIKARNA ALONG WITH NIRGUNDYADI TAILA KARNAPURANA IN OTOMYCOSIS - A CASE SERIES

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Otomycosis is the fungal infection of the external auditory canal which is characterized by itching, discomfort or pain, ear discharge, decreased hearing, and ear blockage. Prevalence of otomycosis is 5.2% all over world and 9% in India. 90% of fungal infections involve Aspergillus species and the rest Candida species. In Ayurveda, the treatment protocol of Putikarna is adopted, as the signs and symptoms correlate with Otomycosis. This case series aims to throw light on the effect of Karnapramarjana, Dhoopana and Karnapurana in Otomycosis. 30 patients diagnosed clinically based on symptoms, presence of scanty thick discharge and fungal mass on otoscopic examination, positive fungal culture were taken for the study. The subjective parameters include assessment of grading earache and pruritis with visual analogue scale and ear blockage with a standard scale. The objective assessment comprises endoscopic pictures and fungal culture. Intervention include Sadyosnehana with Goghrtta followed by Virechana with Avipathi choorna. Pratimarsa nasya with Anutaila, Karnapramarjana with Aragwadhadi Kashaya and madhu, Karnadhoopana with Guggulu varti twice daily for 5 days. Karnapurana with Nirgundyadi taila for next 7 days. Aragwadhadi kashaya and Aragwadhadi vati were given internally twice daily. 30 days treatment showed 100% reduction in itching, earache, and ear blockage. Post otoscopic examination and fungal culture revealed absence of fungal mass. All parameters were statistically significant at $p < 0.0001$. Ayurvedic management of Putikarna with Karnapramarjana, Dhoopana and Karnapurana has shown significant reduction in the symptoms of Otomycosis as it is evident from the pre and post endoscopic pictures and fungal culture. Thus, the present study demonstrates better alternative in improving subjective and objective parameters of Otomycosis.

Keywords: Karnapramarjana, Karnadhoopana, Karnapurana, Fungal culture, Fungal mass

Registration Code: ABOP 1249



AYURVEDIC APPROACH IN THE MANAGEMENT OF COMMON OTOLARYNGEAL DISEASE AMONG SCHOOL GOING CHILDREN- A CASE SERIES

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India is home to more than 400 million children forming about 35% of its total population. Upper respiratory tract infections predispose a child to complications such as ASOM(2.3-20%),otitis media with effusion(2-18%), tonsillitis(17%) and adenoid hypertrophy(34.5%), that further contribute to morbidity leading to hearing impairment and obstructive sleep apnea respectively. Treatment in contemporary system involves decongestants, H1 antihistamines, analgesics, antibiotics and steroids. Resistant cases need surgical intervention like Myringotomy with grommet insertion and Adenotonsillectomy respectively. Although the surgical intervention can improve symptoms, the benefits for speech and language as well as quality of life remain questionable. According to Susruta age from birth to 16 years described as Baalya .They are most vulnerable due to under developed Dosha,dhatu,bala. As children are in kaphaprayaavastha they are more prone to jatrurdhwarogas since shiras is a kaphasthana.In ayurveda also pratisyaya is one of the nidana for both nasaroga and karnaroga. Four common otolaryngeal disease among school going children have been analysed to understand ayurvedic approach in the management of these disease. ASOM, Otitis media with effusion, tonsillitis and adenoid hypertrophy were taken for the study. Staging, prognosis and dosha analysis were made by evaluating signs and symptoms. Treatment protocol includes Nasya, Kavala, Gandoosha, Dhoomapana along with internal medications which are Kaphahara in nature. Adequate diagnostic tools were used before and after treatment to check the efficacy of the treatment. Prognosis of the treatment was made through subjective analysis of signs and symptoms. Pre and post analysis of diagnostic tools showed marked improvement. Nidanarthakara rogas are important concept in ayurveda. So timely detection and treatment of diseases are very important. Preventable ENT diseases posed a significant health problem among school going children. Early detection and management is essential for preserving their health as well as nation's wealth

Keywords: Children, ENT Disease, Pratisyaya, Prevention, Immune measure URTI Complications

Registration Code: ABOP 1320



PREVENTIVE OPHTHALMOLOGY THROUGH AYURVEDA

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Prevention of ocular ailments is critical, as changing lifestyles have resulted in a lot of newer eye disorders and a slew of other problems. For eye problems, Ayurvedic classics recommend a variety of preventive and therapeutic strategies including dietary recommendations. Ayurveda, with a prime focus on the maintenance of health, has a wealth of knowledge about how to live a healthy life and prevent the occurrence of various imbalances in homeostasis. Several simple daily regimens are advocated as high-end measures for the prevention of eye problems, such as Aschyotana (eye drops), Anjana (Collyrium), Nasya (nasal application of medications), and Abhyanga (oil massage), Yogas, Trataka, Mudra, etc in various treatises with proven efficacy. Its high time these activities are re-introduced in the modern lifestyle in an accessible manner from early childhood to prevent the so-called new age ailments from causing misery to the modern man.

Keywords: Dincharya, Aschyotana, Shalakya Tantra, Ayurveda.

Registration Code: ABOP 1343



PRE ANDPOST TEST TO STUDY THE EFFECT OF TRIVRIT VIRECANA YASTYADI PRATISARANA AND PANCAKSIRI VRIKSA KASAYA GANDUSA IN PERIODONTITIS

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Periodontitis is defined as an inflammatory disease of supporting tissue of teeth caused by a group of microorganisms which cause bone loss and leads to loose tooth. 47% of the adult population suffers from periodontitis. The disease is common in adults over age of 30. The bacteria involved in periodontal disease are mainly Gram-negative anaerobes. In Ayurveda specific symptoms of upakusa have similarities with clinical symptoms of Periodontitis such as swelling, bleeding gums, halitosis and pain. Treatment recommendations according to contemporary science are good oral hygiene, root scaling, medicated mouth washes and oral antibiotics. Surgical interventions include Flap surgery, bone and tissue grafting in severe cases. These modalities do not focus on regenerating and improving health of gingiva. 30 patients satisfying the criteria were treated with deepanapachana with vaiswanara choorna day 1- 3, from day 4-9 onwards snehapana with tiktaka grita, abhyanga with tila taila and usmasweda on day 10-12, virecana with trivrit lehyam, pratisarana with yasti, sarjaksara, sunti, saindava churna mixed with honey twice daily 5 minutes for 1 month, gandusa with pancaksirivriksha kasaya twice daily for 1 month. Subjective and objective parameters include pain, Bleeding gums, halitosis, discolouration of gums, loosening of teeth, plaque index, gingival index, saliva pH, microbial load- saliva were assessed before and after treatment. Treatment protocol for 44 days showed significant reductions in subjective and objective parameters which are statistically significant.

Keywords: Periodontitis, Periodontal pathogen, Oral hygiene, Pratisarana

Registration Code: ABOP 1371



PRE AND POST STUDY TO ASSESS THE COMBINED EFFECT OF ANUTHAILA NASYA MAHAUSHADA ANJANA AND JEEVANTHYADI GRITHA TARPANA IN DRY EYE SYNDROME A CASE SERIES

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Dry eye is a multifactorial disease of the ocular surface characterized by a loss of homeostasis of the tear film accompanied by ocular symptoms in which tear film instability and hyperosmolarity, ocular surface inflammation, damage and neurosensory abnormalities play etiologic roles. About 5–50% of world's population is affected by this condition. Severe diseases can result in corneal complications, including infectious keratitis, ulceration, and scarring, which may cause subsequent loss of vision. Several non-ocular associations can exist with DED, including depression, sleep and mood disorders, dyslipidemia, and migraine headaches. Treatment remains unsatisfactory. Based on the symptoms dry eye can be co-related with Sushkakshipaka, a sadya sarvagata netra roga. The present study was done to assess the significance of treatment principle in Sushkakshipaka as mentioned in our samhithas ie Kayashudhi, Nasya, Anjana and Tarpana. 30 patients of dry eye syndrome presenting with blurring of vision, dryness of eyes, foreign body sensation, burning sensation of eyes, photophobia, congestion, Schirmers test

Keywords: Sushkakshipaka, Dry eye disease, Anjana, Nasya, Tarpana

Registration Code: ABOP 1372



PATHYAHARA AND NUTRACEUTICALS IN URDWAJATRU SWASTHYA – A CONCEPTUAL VALIDATION

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Changing lifestyles, food habits, minimal exposure to environment has increased the incidence of metabolic and degenerative disorders, primarily due to nutritional deficiency. Study reports says a positive association between Vitamin D deficiency in Dry eye, Tinnitus and rhinitis, Vitamin B 12 deficiency and early changes in age related macular degeneration, deficiencies of many nutrients including Vitamin B1 and riboflavin deficiency and Migraine. Attending to this revolution has been made in the field of services such as health care promotion, food industries. Nutraceuticals is one such which includes dietary supplements, functional foods, Farmaceuticals and medical foods. Along with the available treatment nutraceuticals is a valuable intervention due to its nutritional benefits and safety profile. Ayurveda acharyas has emphasised the concept of Pathyahara where Ahara the Mahabhaishajya is prescribed to maintain the swasthya and in prevention of diseases. But the invented popularity of nutritional supplements by Nutraceutical companies and advertising agencies and its over the counter availability has exploited the concept.: to compile, validate Pathyahara and neutraceuticals related to Urdwajatru. Articles obtained on pubmed and google scholar related to nutraceuticals in eye and ENT health were analysed. Pathyahara told in context of urdwajatru was compiled and analysed, probable mode of mechanism was hypothesized. Ahara itself acts as bshajya when taken appropriately and its nutritive components when administered as pathya with bshajya enhances the potency of the drug. Nutraceuticals and pathyahara have both medicinal and nutritional property. Pathyaharas advised in urdwajatruvikaras also for maintaining the swasthya were validated. In future studies its nutritive values can be calculated, administration protocol can be standardised and advised as nutraceuticals in patients

Keywords: Nutritional deficiency Sense organs, Dietary supplements, Ahara Mahabhaishajya.

Registration Code: ABOP 1408



ROLE OF NETRA KRIYAKALPAS IN THE MANAGEMENT OF SIMPLE MYOPIA: A CONCEPTUAL STUDY

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Simple Myopia is also known as 'Short Sight' is that condition of eye in which parallel rays of light coming from infinity are focused in front of retina, when accommodation is at rest. Overall reported prevalence is 20-40% of population. Since the sharpest rise occurs at school going age i.e between 8-12 years so it is called as 'School Myopia'. Clinical features can be correlated with prathamapatalagata timira. Timira is one among drustigata rogas mentioned in shalakya tantra, features can be related with number of netra patalas involved. When vitiated doshas reaches the first patala of netra characterized by Avyakta darshana i.e blurred vision or reduced vision occasionally. Kriyakalpas are the unique contribution of Acharyas with the aim of promotion and preservation of vision. Hence, this paper taken up to assess its role in Simple Myopia. Materials and methods :nidana of netra rogas, simple myopia. Results: Kriyakalpas have promising good effects in timira. Netra kriyakalpas helps in restoring normal vision.

Keywords: Netra Kriyakalpas, Simple Myopia, Prathamapatalagata timira.

Registration Code: ABOP 1481



AYURVEDIC INSIGHTS INTO THE HEALTH-ENHANCING POWER OF SIGHT

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“Indriya,” rooted in the concept of “Indra” symbolizing Prana or life force, refers to the vital sensory organs within the body. Ayurveda recognizes these sensory gateways as the primary tools for knowledge acquisition. Among them, the eye stands as the premium sense organ with the aphorism “Sarvendriyanam Nayanam Pradhanam”. Visual stimulation, an essential part of daily life, plays a pivotal role in inducing both physiological and psychological relaxation. It exerts a substantial influence on homeostasis and lifespan by modulating hormonal signaling pathways. Additionally, visual stimuli synchronize with our circadian rhythm, the internal clock governing alertness and sleep patterns based on environmental light changes. This interaction between visual stimuli and the body extends to various aspects of health, including eating habits, digestion, body temperature, hormone release, and overall bodily functions. Remarkably, the eye actively contributes to regulating the systemic immune response through anterior chamber associated immune deviation (ACAID) therapy. Safety perceptions, emergency preparedness, and the ability to cope with potentially traumatic events are integral aspects of human existence. Vision plays a critical role in these aspects. This could be the underlying reason why Ayurveda emphasizes the normal functioning of Indriyas as a criterion for “Swastha Lakshana”. The aim of this review is to elucidate the pivotal role of visual stimulus in maintaining health from an Ayurvedic perspective.

Keywords: Indriya, Visual stimulus, Circadian rhythm, Homeostasis

Registration Code: ABOP 1501



TRATAKA AS A POTENTIAL TOOL IN REDUCING EYE STRAIN IN DIGITAL DEVICE USERS AND IN IMPROVING COGNITIVE BEHAVIOUR

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With the advancement of age and increasing use of digital media, most people often suffer from eye problems including vision strain and cognitive behavior related issues. Sensitivity to light, ocular fatigue, blurry vision and headache are symptoms of visual strain. Excessive improper prolonged use of digital media has been reported to cause several eye issues. In this era of information explosion and telecommunication, it is not possible to avoid use of digital media and reduce exposure of digital display screens. However, it is possible to design strategies and alternate therapies to reduce visual discomfort and enhance cognitive functions. A recent review suggested a few strategies such as use of colour filters, use of lubricant eye drops, blinking frequently in between digital use, and eye exercises. An emerging area in yoga therapy research is to study the impact of yoga practices on brain health, vision, and cognitive behavior changes such as memory, concentration, attention, and mindfulness. Hatha Pradipika and Gheranda Samhita, two traditional classical Hatha Yoga texts, emphasise six types of cleansing techniques. Trataka, also known as concentrated gazing, is one of the cleansing techniques that has been investigated further within the Shodana Kriya, which is considered to enhance vision and positively influence cognitive processes. This abstract aims at the effect of Trataka in reducing vision strain and cognitive behavioural related issues. A comprehensive literature search encompassing classical Ayurvedic texts, online resources and databases including Pubmed, Google Scholar. The practice of trataka was found to reduce the ocular fatigue, blurry vision. It can be implemented to mitigate visual strain and associated psychological implications due to prolonged exposure to digital displays, which has increased during the COVID-19 pandemic. Trataka kriya shows significant improvement in producing tears which help to keep the eye moist and improves the metabolism of rods and cones through the mechanism of dark and light adaptation.

Keywords: Trataka, Visual strain, Cognitive behavioural changes, Eye exercise, Eye strain, Diet and regimens.

Registration Code: ABOP 1503



MANAGEMENT OF ALLERGIC RHINITIS AND ROLE OF DIAMINE OXIDASE- SINGLE CASE REPORT

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Allergic rhinitis is a disorder of nose induced by an IgE mediated inflammation after allergen exposure leading to sneezing, rhinorrhea, nasal pruritis, nasal stuffiness, etc., Worldwide it effects between 10-25% of the population. Considering its signs and symptoms, It can be corelated with Vataja Pratishyaya. We can see the importance given to Pratishyaya in classics, as it has got a dedicated chapter in Sushruta Samhitha. In contemporary medicine it has been treated with anti- histamines and corticosteroids, which results in various side effects and reoccurrence of the same, thus it's the need of the hour to make use of Ayurveda to tackle the cause and make use of novel bio marker like DAO. A female patient of age 22 approached our OPD, with complaints of sneezing, running nose and nasal blockage since 4 years. Subject underwent Ayurvedic treatment comprising of Gudardraka Avaleha, Karpasasthyadi Taila Nasya and Pathya for a period of one month. Patient felt subjective improvement in the symptoms. Here we have taken the line of treatment which has been told for Vataja Pratishyaya, which includes Nasya in the later stages of the disease which does Srotho Shodhana as well as Snehana. The medicine administered initially have Shothahara and Rasayana properties. Also following a strict Pathya would also have made an impact.

Keywords: Allergic rhinitis, Vataja Pratishyaya, Nasya.

Registration Code: ABOP 1508



ASSOCIATION OF NETRASADHAKA IN THE PREVENTION OF REFRACTIVE ERRORS

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In Ayurveda refractive error can be considered as vata pradhana timira which are explained under drishtigata rogas. Treatment of refractive errors includes optical treatments and surgical treatments. Eye exercises are one among the methods suggested by ophthalmologists for the patients with refractive errors for preventing the progression, reducing the asthenopic symptoms and correcting mild refractive errors. Certain types of eye exercises, netrasadhaka are being practiced regularly by certain groups of performing artists. Design: Analytical cross-sectional study. A questionnaire survey method was adopted for obtaining the data. Questionnaire was prepared on the basis of demographic data of the subjects, clinical features of refractive errors, duration and method of netrasadhaka, common dietary habits and lifestyle of the subjects. Study population was 90 performing artists within the age group of 10-40 years, meeting the inclusion and exclusion criteria of Kerala Kalamandalam, deemed to be University of Art and Culture, Cheruthuruthy, Thrissur. Visual acuity was tested both for near and distant. The data collected were compiled and tabulated. Data were analyzed statistically for any significance and conclusions were made. By analyzing the data, prevalence of refractive error obtained was 24.4%. There was negative correlation between netrasadhaka and refractive error, eye pain, watering of eyes and other symptoms. The preventive action of netrasadhaka in refractive error was found statistically significant. Results are under verification from Kerala University of Health Sciences. Comparatively less prevalence of refractive error may be due to the presence of netrasadhaka among the performing artists along with reduced use of mobile phones and other gadgets, timely intake of healthy food and other outdoor activities that should be followed as per the rules and regulation of the institute.

Keywords: Eye exercises, Trataka

Registration Code: ABOP 1526



DISCOVERING ANTIOXIDANT EFFECT OF SAPTAMRUTHA LAUHA AIMING A PREVENTIVE CARE IN OPHTHALMOLOGY

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The human eye is the highly specialized organ of vision which is greatly influenced by oxidants of endogenous and exogenous origin. Age-related ocular pathologies including cataracts and age-related macular degeneration are largely mediated by the oxidative stress thus highlighting the need to enlighten a preventive measure that can address oxidative stress and slow the progression of age-related ocular pathologies. Hence an attempt was made to discover an antioxidant drug which could combat this oxidative stress. Saptamrutha lauha is a herbo mineral formulation of seven drugs. The word Sapta means seven and amrutha means nector. It implies that Saptamrutha lauha is formulation of seven drugs which could act as rasayana. They all are supposed to possess antioxidant activity, so here they are hoped for an antioxidant network activity. Experimental pharmacology- 36 male Wistar albino rats were divided into 6 groups. Single dose of Naphthalene was administered orally for all groups, except the control group on first day. Group I: control or normal untreated group, Group II: Silymarin administered orally for 10 days. Group III: low dose of Saptamrutha lauha administered orally for 10 days. Group IV: medium dose of Saptamruthalauha administered orally for 10 days. Group V: high dose of Saptamrutha lauha administered orally for 10 days. Group VI: naphthalene group, treated with naphthalene alone. After 10th day rats were sacrificed, antioxidant effect was analysed from serum biochemical parameters like ALP, AST, ALT and Also from antioxidant assays like CAT and SOD assay. Results are analysed by one way ANOVA with multiple comparison (post hoc test) and is found statistically significant with ($p < 0.05$). It has been send university for validation.>

Keywords: Oxidative Stress, Antioxidant, Saptamrutha Lauha

Registration Code: ABOP 1545



ROLE OF AYURVEDA IN NATIONAL BLINDNESS CONTROL PROGRAMME AND VISUAL IMPAIRMENT NBCPVI

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National Programme for Control of Blindness & Visual Impairment (NPCBVI) was launched in the year 1976 with the goal to reduce the prevalence of blindness. Aims of NPCBVI mainly include, “To reduce the backlog of avoidable blindness through identification and treatment of curable blind at primary, secondary and tertiary levels” and the leading cause of blindness include Cataract, Refractive Error, Corneal Blindness, Glaucoma, Surgical Complication, Posterior Capsular Opacification, Posterior Segment Disorder, Others. About 85% of these causes are preventable (Preventable Blindness), and this can be efficiently achieved by following certain measures in Ayurveda like Dinacharya, Chakshushya Rasayana, Achara Rasayana, Kriyakalpa, Kaya Shodhana which helps in maintaining the healthy state of the eyes and prevent diseases in the eye – “Swastha Paripalana”. Some of the causes of blindness are also curable, provided it is treated at the right time (Curable Blindness) delay in treatment for visual impairment causes complications, sometimes resulting in irreversible loss of vision. Basic principles of Ayurveda are helpful here for the management. Ayurveda management aims on avoiding ageing effects in eye, treating the disease and improve function of eye – “Vikara Prashamana”. The NPCBVI also targets to “Increase and expand research for prevention of blindness and visual impairment”. Since Ayurveda plays a major role in prevention of eye diseases than any other contemporary sciences, it would be quite ideal to have an integrated approach to achieve the objectives which will ultimately benefit the visually impaired public. Thus, this Paper aims to highlight the roles of Ayurveda in prevention of Blindness and its probable contribution in NPCBVI, it also throws focus on how, An Integrative approach can be incorporated in the National programme so as to mark a milestone in the “Eye Health for all” campaign of the government.

Keywords: Blindness Control, Ayurveda, Swastha Paripalana, Preventable Blindness

Registration Code: ABOP 1565



PREVENTIVE ASPECTS OF CHRONIC SINUSITIS IN AYURVEDA

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Chronic sinusitis is an inflammation of the sinus or the nasal passage for more than 12 weeks at a time and is confirmed by any two among the four symptoms that is purulent drainage, facial or dental pain, nasal obstruction, hyposmia. The prevalence of chronic sinusitis is increasing day by day affecting about 5-12% of the total population. Modern intervention include nasal steroids, antihistamines, decongestants etc. Long term use of which can reduce the quality of life. In Ayurveda chronic sinusitis may be corelated to dushta pratishyaya. Both the conditions are characterized by nasal blockage, nasal discharge, headache, anosmia, heaviness of head. Pratishyaya occurs due to the accumulation of all the three doshas in the nasa. All pratishyaya if not treated or controlled leads to Dushtapratishyaya. So controlling pratishyaya in the initial stage can help in the prevention of dushtapratishyaya. In Ashtanga Hridaya Utharatantra nasa roga pratisheda Sneha sweda ,vamana, gandusha are mentioned along with the intake of laghu amla lavana snigda usna bhojana and the use of luke warm dasamoolambu along with other drugs in the initial stage of pratishyaya which helps in preventing the further aggravation of the doshas mainly vata and the sthanika dosha kapha and thereby preventing the further advancement to dushtapratishyaya.

Keywords: Chronic sinusitis ,dushta pratishyaya

Registration Code: ABOP 1609



THE ROLE OF AYURVEDA IN NATIONAL PROGRAM FOR PREVENTION AND CONTROL OF DEAFNESS NPPCD

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Hearing loss is the most common sensory deficit in today's population and 2nd leading cause for years lived with disability (YLD). As per WHO, the prevalence rate is 6.3%, who are suffering from significant auditory impairment in India. The NPPCD aims at early identification, diagnosis, and treatment of ear problems responsible for hearing loss and to prevent avoidable hearing loss on account of disease or injury and to orient the health care personnel from district to grassroot level about prevention, promotion, early identification and rehabilitation. If deafness left untreated leads to social isolation and depression. Ayurveda can be the greatest choice for achieving the goal of NPPCD, as Ayurveda gives prior importance to the prevention of diseases rather than curing pathologies. Swasthasya Swasthyarakshanam Aturasya Vikaraprashana. This can be achieved by regimens described in classical texts. The treatment choice are, Nidana parivarjana which plays an important role in prevention of hearing loss, regular practise of Nasya-in most instances ear infection is preceded by upper respiratory infection, thus Nasya prevents respiratory infection and also help in decongesting Eustachian tube and increasing middle ear aeration and increase the immunity. Karnapoorana- nourishes the acoustic nerve and improves nerve impulse to brain and enhance better interpretation of sound by the hearing center of brain. Karnaprakshalana, Karnapradeha these control infection by their anti-infective potential and relieving local congestion. Karnadhoopana reduce inflammation and clears infection and stimulate the vestibule cochlear nerve there by helps in proper functioning of ear. Hence, the prevention of hearing loss can be achieved by adopting the classical Ayurveda procedures in daily life. if people are made aware of taking care of their ears by various health promoting therapies mentioned in ancient science and creating awareness about Ayurveda & and its treatment principles.

Keywords: Hearing loss, NPPCD, Ayurveda prevention, Treatment modalities.

Registration Code: ABOP 1625



AYURVEDIC FORMULATIONS TO PREVENT AND DECELERATE THE PROGRESSION OF TIMIRA WITH A SPECIAL FOCUS ON CATARACT

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Timira is a condition characterised by impaired vision (avyakta darshana) initially which further progress into complete loss of vision (linganasa). It may be correlated to cataract. Clinically, the term cataract refers to an opacification of sufficient severity to impair the vision. The prevalence of unoperated cataract in people of age > 60 being over 50% in India explains the importance of preventive ophthalmology to improve and retain eye sight. A few formulations that can be used at an out patient level has been explored here.: Ashtanga hridaya, susruta samhitha, charaka samhitha and ashtanga sangrahala where the Timira pratisheda is mentioned. Relevance of timira in modern context, it's prevention and treatment from Comprehensive Ophthalmology by AK Khurana. Some of the formulations explained by the acharyas are 1. Triphala churna + yastimadhu churna + ghee + honey 2. Triphala kashaya + ghee 3. Payasa + vara + honey + sugar 4. Pathya + mridweeka + sarkara + honey 5. Anjana with varti of sariva + padmaka + usira + mustha + chandana 6. Nasya with ghee prepared with ksheera + jeevaniya gana + sitopala 7. Purana ghrta 8. Triphala churna + ghrta / tila taila / madhu 9. Nasya with trivrit ghrta 10. Nasya with ghrta of aswagandha + atibala + satavari 11. Diet that include purana ghrta, triphala, satavari, patola, mudga, amalaka, yava. 12. Triphala churna + bhasma of gold / silver / iron + ghee + honey 13. Sakthu + ghrta + triphala churna 14. Nasya with ajadugdha cooked with jeevaniya drugs and sitopala . Timira is a drishti mandala disorder that begins with hazy vision and can progress to severe vision loss if untreated. Treatment modalities described above helps to prevent vision disorder and to maintain visual acuity.

Keywords: Timira, Linganasa, Cataract, Formulations, Prevention, Triphala

Registration Code: ABOP 1713



PREVENTIVE ORAL CARE THROUGH AYURVEDA

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Prevention of oral health is not only important for prevention of oral diseases but also for improving the general health. Oral cavity has a multitude of functions in relation to daily life such as food intake, speech, social contact and appearance. Poor oral health has thus the potential of affecting the quality of life by causing various issues like dental caries, gingivitis, halitosis and even systemic health problems. Mouth is the entry point of digestive and respiratory tracts, hence its hygiene and health is very important. According to Ayurveda Mukha rogas (oral diseases) are mainly caused by rasa and raktha dhathu involvement. Rasa and raktha dhatus play an important role controlling the immunity. Diseases like oral ulcers are very common in immunodeficient conditions. So maintaining an optimum level of dosha, dhatu, malas in the body by following Ayurvedic principles is essential. Ayurveda is a unique science which has given prime importance to prevention of diseases by following dinacharya, ritucharya etc. The procedures like danta dhavana, jihwa nirlekhana, dhooma pana, Gandusha, kabala, pratisarana and tamboola sevana are having a great effect in preventive as well as curative aspect of oral diseases. The herbal drugs which Ayurveda mainly uses are having the properties like anti-microbial, anti-inflammatory and anti-ulcerative properties. Even though modern science has invented many techniques for protecting oral health, on long term use it may cause adverse effects. In the current scenario most of the people neglect proper oral hygiene due to the hectic life schedule. So the practice of Ayurveda which is safe, cost effective and economic could be utilised. Incorporating Ayurvedic principles into oral care routine can provide a holistic approach in maintaining good oral health.

Keywords: Mukha roga, Dinacharya, Ritucharya

Registration Code: ABOP 1747



SIGNIFICANCE OF ANJANAM IN PREVENTIVE OPHTHALMOLOGY

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Vision is essential for human social and intellectual development, So eyes have a distinctive place among the sense organs. As a result, numerous preventive and therapeutic methods have been proposed by Acharyas for the management of ocular illnesses. Netra Kriyakalpas have very fast action on the target tissues of the eye. Kriyakalpa includes various procedures like Tarpana, Putapaka, Seka, Ashchyotana, Anjana etc. for the treatment of eye diseases, as local measures. "Anakthi thi Anjanam" is the definition of Anjana and word root is Anji because it gives moving, cleaning and clarity to eyes. The process in which herbomineral preparation (Gutika, Rasakriya & Churna) mixed with water and applied on the lower eyelid margin with the help of Shalaka is called Anjana Karma. Its active principles may be transferred to the interior of the eye depending on their hydrophilic and lipophilic nature through the conjunctiva and cornea by paracellular and transcellular pathways respectively. Anjanam is not only indicated for treating eye disorders but also as a part of dinacharya to maintenance of eye health. Most of the Anjana contain Arsenic and Antimony compounds. The molecular size of these compounds are very high. They can't cross blood aqueous barrier when they are administered orally/systemically. Anjana form increases the bio availability of drug by increasing the tissue contact time. So, the problem can be overcome when we apply it topically in the form of Anjana. Having the knowledge of these barriers our ancients advised to use such heavy drugs in the form of Anjana. Anjana therapy is highly beneficial in the anterior segment and also in the posterior segment disorders of the eye. An Ayurvedic review & probable mode of action of Anjana Karma discussed in present abstract.

Keywords: Kriyakalpa, Anjana karma, Hydrophilic, Lipophilic, Dinacharya

Registration Code: ABOP 1790



PREVENTIVE EYE CARE IN THE ERA OF DIGITALIZATION AN AYURVEDIC VIEW

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In the 21st century, the whole world is changing into world of digitalization. Online connectivity for communication, teaching, learning, working etc. have brought us excess of digital gadgets that make our lives easier. This digitalization has increased the job opportunities like digital creators, programmers etc.. The trend of mobile health apps, electronic health records, telehealth and telemedicine is also increased in health sector recently. During Covid -19 pandemic, the use of digital services has increased drastically. Traditional media such as newspapers, passbooks, and books, have shifted to digital formats, even teaching mode from offline classes to online. This needs more screen time than usual leading both children and adults to spend excessive time on digital gadgets. One side this made the life easier but having many ill effects too. One should know that overusing these digital devices can harm our health, primarily by straining our eyes. Excessive exposure to light emitting from screens disrupt the sleep pattern causing many health issues. In present era of digitalization, it is impossible to avoid these gadgets completely but the ill effects caused can be reduced by limiting the use of the digital devices and also following Ahara , Vihara explained in our ayurvedic classics. The Chakshushya Aahar in form of GoDugadh , GoGhrit, Amla , ShaliRice, Draksha, rocksalt etc , many RasayanYogas like Triphala, Amlaki Rasayan, Bramhrasayan etc. and way to proper diet intake explained by all Acharayas should be followed. The daily use of Anjana, Nasya, care of feet by proper washing and massage, proper sleep, and eyewash should be done for maintenance of ocular health. One should practice eye exercise, Shatkarmas specially Neti , Tratak, Pranayam along with physical exercise for prolonged disease-free good health and healthy vision and must avoid Achakshushya AaharVihara. It will be explained in detail during paper presentation.

Keywords: Digital ocular health, Chakshusya Aahar, Anjana, Tratak

Registration Code: ABOP 1849



ASSOCIATION OF IMPROPER EATING BEHAVIOUR WITH RESPECT TO AHARA VIDHI IN SIMPLE MYOPIA- A CASE CONTROL STUDY

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Around the globe, adults and schoolchildren are experiencing an alarming increase in simple myopia onset. The actual aetiology of simple myopia is yet undetermined. There is an array of risk factors for the development of simple myopia. Multiple factors have been recognized by Ayurveda classics as contributing to the development of eye diseases, or Netraroga. Inappropriate eating behaviours are one of the lifestyle errors that has been linked to eye disorders, however there is a dearth of solid research to support this theory. The research employed a case-control methodology. Cases (122) were participants of either sex, 8 to 18 years old, who had been diagnosed with simple myopia within the previous two years and were receiving care in an Ayurvedic hospital's outpatient department. Hospital controls from the same hospital were included in the controls (122). The Case Record Form, an eating behaviour questionnaire, and participant interviews were used to determine the exposure status. Odds ratios and chi-square tests were computed. Skipping breakfast frequently and sleeping immediately after having dinner showed odds ratio of 12.914 and 2.576 respectively. Not maintaining a regular time schedule for food intake has a positive association with simple myopia. Study indicated high association of skipping breakfast frequently and sleeping immediately after having dinner with simple myopia. Contributions Avoiding such nonconductive factors could control and prevent myopia onset cost effectively and ideally act at the level of primordial prevention.

Keywords: Netra roga, Lifestyle error, Skipping breakfast, Nonconductive factors

Registration Code: ABOP 1855



AYURVEDIC MANAGEMENT OF SAVRANA SHUKLA WSR TO SUPERFICIAL CORNEAL ULCER- A SINGLE CASE STUDY

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Savrana Shukla is one among 4 types of Krishnagata Rogas (Diseases of Cornea) according to Acharya Sushruta and 5 types according to Acharya Vagbhata. Savrana Shukla means an ulcer of white colour and the causative doshas are Rakta (Su.) and Pitta (Va.). It is mainly characterized by Nimagnaroopa on Krishnamanadala (Saucer shaped deformity of ulcer), Suchyevavidam (Pricking pain), Ushnasrava (Warm discharge), Teevraruk (Acute pain), Toda (Pricking sensation) and Raga (congestion). Considering the clinical features of Savrana Shukla it can be corelated with Corneal Ulcer. Aim: To evaluate the effect of Aschyotana of Yastimadhu Ghrita, Triphala Guggulu and Triphala Churna in the management of Savrana Shukla. The subject approached to Shalakya Tantra OPD of Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar, with symptoms of ocular pain in left eye, difficulty in opening of eye, mild congestion since 20 days along with history of trauma with some vegetative matter was systemically reviewed and Aschyotana and oral medications were prescribed. The subject showed marked improvement symptomatically as well as under slit-lamp examination done at different interval of treatment. The manifestation of symptoms and its severity depends on its extent of involvement of Dosha-Dushya Sammurcchana. Though the disease is Rakta and Pitta predominant, there is involvement of Vata Dosha in the Samprapti of Savrana Shukla. By adopting the holistic approach with external treatment modality an attempt is made to bring about satisfactory results.

Keywords: Savrana Shukla, Corneal Ulcer, Aschyotana, Triphala Guggulu, Triphala churna

Registration Code: ABOP 1856



ROLE OF SAMSHODHAN CHIKITSA AND KRIYAKALPA IN THE MANAGEMENT OF UVEITIS WITH SPECIAL REFERENCE TO ABHISHYANDA – A CASE STUDY

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In developing nations, 25% of cases of blindness in developing nations and 15% of the cases of visual impairment worldwide are attributed to uveitis(1), the inflammation of the uveal coat of the eye. It may be associated with systemic inflammatory and autoimmune diseases. Its probable comparison in Ayurveda is Abhishyanda, a Sarvakshi Roga or disease of the entire eye. Abhishyanda, the Nimitta Mula of Netra Roga can be both Nija (internal) and Agantuja (external) due to its inclusion in Sankramana or Aupasargika Vyadhi (communicable diseases). The focus of this study was given towards the Nija variety of Abhishyanda. Its treatments include Sodhana (purification), Samana (palliative medicines), and Kriyakalpa (local ophthalmic procedures). In the current study, analysis of 5 patient of uveitis diagnosed by slit-lamp examination and lab investigations. The patients presented with symptoms like redness, photophobia, pain, foreign body sensation, and discharge. All patients followed a similar line of management, which included Sodhana (Pachana, snehapanam, swedanam, sneha virechanam, basti, nasya, Raktamokshana) and Kriyakalpa (seka, ashotana, bidalaka, anjana and tarpanam). Sodhana was done to achieve Srota Sodhana, and Indriya Prasada (clarity of sense organs). Seka, Ashotana, and Bidalaka were administered to resolve Amavastha of Netra. Tarpana and Anjana were administered to enhance Indriya Bala (strength of the senses). Evaluation was done based on slit-lamp examination, subjective parameters like pain, redness, foreign body sensation, photophobia, and excessive lacrimation measured by the 0-4 Likert Scale, and lab investigations for inflammatory markers. These treatments were found to reduce the symptoms and demonstrate improved findings on slit-lamp examination. Results obtained in the study may be validated with clinical trials using larger samples. 1. Tan H, Feng X, Yang P, Association between uveitis onset and economic development in mainland China, BMC Pub Health, 2023;23

Keywords: Abhishyanda, Uveitis, Samshodhana, Kriyakalpa, Slit lamp, Inflammatory markers.

Registration Code: ABOP 1865



A CASE REPORT ON THE ROLE OF AYURVEDA IN THE MANAGEMENT OF CHRONIC RECURRENT DACRYOCYSTITIS

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Chronic dacryocystitis is a persistent and inflammatory condition of the lacrimal sac which causes obstruction of nasolacrimal duct at junction of lacrimal sac followed by stasis. It manifests with recurrent episodes of watering and discharge from the eye, often associated with mild pain and swelling over the lacrimal sac area. Acquired causes of dacryocystitis include involuntional changes, systemic disorders, trauma, surgeries, neoplasm and certain medications. Chronic low grade bacterial infection inside the lacrimal sac is caused by *Staphylococcus aureus* and *Streptococcus pneumoniae*. Treatment options include conservative measures like warm compresses and antibiotics and in most cases surgical interventions like dacryocystorhinostomy are advised. Chronic dacryocystitis can lead to recurrent eye infection and cosmetic concerns if left untreated. In this case report, a 40 year old female patient with a history of recurrent attacks of dacryocystitis and allergic rhinitis presented in OPD with epiphora, persistent swelling near medial canthus, redness and dryness of eyes. She was clinically managed with external shophahara and ropana applications along with internal administration of kaphahara, chaksushya, anti-inflammatory and ojo-balakara medications which led to symptomatic relief. It was noted that her visual acuity also improved during the course of treatment. This case demonstrates the management of a serious chronic recurrent pathology without any antibiotics or surgical interventions and that timely management using fundamental principles of Ayurveda can enhance healing in a safe and cost effective manner, preventing further ophthalmic complications.

Keywords: Ayurveda, Dacryocystitis, Shophahara, Epiphora, Dacryocystorhinostomy

Registration Code: ABOP 1978



MANAGEMENT OF A SEVERE DRY EYE SYNDROME DES- AN EXPERIENCE

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Dry eye syndrome (DES) encompasses conditions that affect the surface of the eye due to insufficient tear volume or function, resulting in an unstable tear film. A recent study conducted in a hospital setting indicated a prevalence of 55%, while other community-based studies in India have reported rates of approximately 30%. Among the numerous factors contributing to this syndrome, overtime screen exposure is a common occurrence among both the working population and students who have been diagnosed with this condition. With the increased severity and prolonged duration, the risk of complications in nearby structures, such as the cornea, increases significantly. This, in turn, can substantially diminish the affected individual's quality of life. **Materials and methods:** A case presented with severe blinking of bilateral eyes and severe photophobia to the extent of inability to keep eyes open for last 05 months. He was evaluated for DES by Schirmer I test, TBUT test and Rose Bengal staining test and was diagnosed as same with severe grading. Ayurvedic interventions were initiated according to the condition with internal medications and local treatment procedures Netra Seka and Marsha Nasya. Patient showed considerable improvement in symptoms with least features of photophobia. On objective evaluation, betterment in grades of TBUT and Rose Bengal staining was achieved. Substituting normal tears with its artificial components for long term is tiresome for majority of the DES patients. Ayurvedic interventions have the unique nature of correcting the pathophysiology in its totality, by which the outputs are more evident and lasting. Along with proper counselling and precision intervention, both disease-free and medicine-free statuses can be achieved in mild-moderate cases of DES.

Keywords: Des, Photophobia, Marsha Nasya, Tbut, Rose Bengal Staining

Registration Code: ABOP 2000



INDIA AT ITS EDGE TO BATTLE ORAL CANCER AND APPROACH OF AYURVEDA IN PREVENTION

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Oral cancer includes cancer affecting lips, tongue, floor of the mouth, palate, gingiva, alveolar mucosa, buccal mucosa, and oropharynx. India estimates about 77,000 new cases on oral cancer each year, with men being at higher risk than women. Oral squamous cell carcinoma (OSCC) dominates all the oral cancer cases with potentially malignant disorders, which is also recognized as a detectable pre-clinical phase of oral cancer. Tobacco consumption including smokeless tobacco, betel-quid chewing, excessive alcohol consumption, unhygienic oral condition, and sustained viral infections that include the human papillomavirus are some of the risk aspects for the incidence of oral cancer. As compared to the western countries, in India 70 percentage of the cases are reported in the advanced stages due to detection in late phase. In ayurveda description of arbuda and granthi are closest to nature of cancer and according to the site of manifestation it has been named accordingly. The treatment measures for oral cancer are very costly and affordability is very low. Hence, taking preventive measures at first place becomes utmost importance. Certain Ayurvedic modalities like Dantadhawana, Jivha Nirlekhana, Kavala, Gandusha, Pratisarana along with supportive Pranayama like Sheetali, Sitkari and treatments like Rasayana therapies will prevent Oral cancer and its metastasis. Methodology: All literature related to Oral cancer and its Ayurvedic preventive aspects is compiled from ayurveda textbooks, internet, articles, scientific journals. Summary of findings: Ayurveda with amalgamation of other science will be able to prevent Oral cancer when treated in early stage. Role of different ayurvedic preventive measures will be helpful in prevention of Oral cancer in India. Significance and contribution of the study: Practical applicability of ayurveda in prevention of oral cancer to reach socio economically affected society of India at its best.

Keywords: Oral cancer, Arbuda ,Granthi, Rasayana therapy,yoga.

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PREVENTION AND EARLY DETECTION OF MYOPIA

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Myopia is fast becoming a global, public health burden with the increasing prevalence in developed and developing countries. On an average 30 % of the today's world population is Myopic. It is said that, by 2050, 50 % of the world population will be myopic. (1). Based on the symptoms of myopia we can correlate it as Prathama or Dwitiya Patalagata Timira. Uncorrected and improper management of myopia often leads to complications like atrophy of choroid and subsequent retinal macular degeneration with loss of central visual acuity and high incidence of retinal detachment and glaucoma, hence early identification and prevention of the structural changes due to myopia is of prime importance. The most common causes being improper reading habits, indulgence in excessive near work especially in poor lighting, stress and nutritional variables and sometimes it can be hereditary also. In this fast moving world, avoiding the Nidhanas like screen time, reading habits, etc are nearly impossible especially in children. This is where the Dinacharya, Sadvritta, Pathya Ahara and Vihara plays a vital role. Ayurveda advocates, enhancing quality of vision through practicing daily regimen and therapeutic procedures like Netra Prakshalanam, Padabhyangam, Snanam, Nasyam, Anjanam along with Pathya Ahaara Vihaara, Netravayama. This helps to improve ocular health and to arrest further deterioration of vision. This article tries to highlight the importance of creating public awareness on the preventive aspects mentioned in Ayurveda for avoidance, early detection of myopia by conducting regular screening tests in schools and by creating social awareness among the parents with myopia through ash workers, Anganvadi and Kudumasree units can also be helpful.

Keywords: Community participation, Dinacharya, Eye Exercise, Timiram,

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ROLE OF YOGASANAS IN NETRASWASTHYA

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Shalakyatantra is one of the most important branch had described the impotance of Netra, without which a life is miserable like kudabha sannibha. “Sarvedriyaanam Nayanam Pradhaanam”. Eye is the most precious organ in the body. So, it is the prime duty of every person to take care of his eyes. Now a days, due to busy life style people don't have time to think and act for the healthy life and unable to follow proper Sadvrutta palan. It may be responsible for etiopathogenesis of visual disorders. In such situations normal functioning of eyes can be maintained optimum with proper diet and therapies like Yoga, Pranayama, Mudra, Aasana and shatkarmas like trataka. Which are helpful to prevent multiple eye diseases, helpful to provide strength to eyes and improvement of vision. It can minimize the use of drug and also minimizes the side effects of drug therapy and acts as an overall key factor in mainataining netraswasthya. A comprehensive review will be undertaken to explore the role of yogasanas in maintaining the netraswasthya. Literatures will be reviewed from classical textbooks, contemporary textbooks, e-books and published articles Many of yogic poses like Yoga, Aasana, Pranayama, etc. are aimed at in improving the functioning of specific organ of our body. These therapies reduce the tension in eye muscles, as well as reduce general tension. They also tone up the eye muscles and keep them elastic. Thus they improve functioning of the eyes and help to overcome from eye related problems. This review provides insights into how yogasanas plays as a keyfactor in maintaining netraswasthya.

Keywords: Netraroga, Yoga,Pranayama, Mudra, Trataka

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THE ROLE OF AYURVEDA IN NATIONAL PROGRAM FOR PREVENTION AND CONTROL OF DEAFNESS NPPCD

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Hearing loss is the most common sensory deficit in today's population and 2nd leading cause for years lived with disability (YLD). As per WHO, the prevalence rate is 6.3%, who are suffering from significant auditory impairment in India. The NPPCD aims at early identification, diagnosis, and treatment of ear problems responsible for hearing loss and to prevent avoidable hearing loss on account of disease or injury and to orient the health care personnel from district to grassroot level about prevention, promotion, early identification and rehabilitation. If deafness left untreated leads to social isolation and depression. Ayurveda can be the greatest choice for achieving the goal of NPPCD, as Ayurveda gives prior importance to the prevention of diseases. Swasthasya Swasthyarakshanam Aturasya Vikaraprashana. This can be achieved by regimes described in classical texts. The root cause for karnagata rogas lies in Shabdavaha srotas. The treatment choice are, Nidana parivarjana which plays an important role in prevention of hearing loss, regular practise of Nasya-in most instances ear infection is preceded by upper respiratory infection, thus Nasya prevents respiratory infection and also help in decongesting Eustachian tube and increasing middle ear aeration and increase the immunity. Karnapoorana- nourishes the acoustic nerve and improves nerve impulse to brain and enhance better interpretation of sound by the hearing center of brain. Karnaprakshalana, Karnapradeha these control infection by their anti infective potential and relieving local congestion. Karnadhoopana reduce inflammation and clears infection and stimulate the vestibule cochlear nerve there by helps in proper functioning of ear. Hence , the prevention of hearing loss can be prevented by adopting the Classical Ayurveda Procedures in daily Life., if people are made aware of taking care of their ears by various Health Promoting therapies mentioned in ancient science and creating awareness about Ayurveda & and its treatment principles.

Keywords: Hearing loss, NPPCD, Ayurveda prevention, Treatment modalities.

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ROLE OF AYURVEDA IN PREVENTION OF DEGENERATIVE DISEASES OF EYE

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Aging is defined as the time related deterioration of physiological functions necessary for survival. Risk of any disease increases as a person ages, deterioration of vision is not excluded from this aging process. Loss of vision affects a person's ability to work or perform day to day activities, increases dependency, ultimately impacts the quality of life. Need for the study: As a result of sedentary life style and consumption of processed foods Systemic disease like Diabetes Mellitus, Hypertension and Dyslipidaemia etc are affecting younger generation. Long standing systemic diseases affects the body metabolism and produces degenerative changes earlier than the anticipated age, Apart from the disease itself, medications like Amiodarone, Calcium channel blockers, increases the risk of degenerative changes in optic nerve. Increased use of gadgets and decreased outdoor activities also contribute to degenerative changes in the eye. Ayurveda gives utmost importance to eye among all sense organs, Acharya Sharangadhara has explained that Drishti haani starts between 50-60 years of age, As Swasthasya swasthya rakshanam the main objective of Ayurveda various procedure are explained under the Dinacharya, Ritucharya, Netra Kriyakalpa specifically for eye. Rasayana is a unique concept of Ayurveda which aims to delay the degenerative changes occurring in the body, Rasayana drugs that are specifically indicated for the benefit of eyes can be grouped under Chakshushya drugs. This paper aims to address on Role of Ayurveda in prevention of degenerative diseases of eye highlighting on degenerative diseases of eyes like Presbyopia, Glaucoma, Cataract, Age Related Macular Degeneration.

Keywords: Degenerative diseases of eye, Preventive Ophthalmology, Ayurveda for eye, Netraswasthya, Chakshushya.

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AYURVEDIC MANAGEMENT OF ORAL LEUKOPLAKIA A CASE REPORT

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Oral leukoplakia (OL) is a premalignant lesion described as “a predominant white lesion of the oral mucosa which cannot be defined as any other known lesion”. OL located on the floor of the mouth, soft palate and tongue are considered as high-risk lesions, while, in other areas, they may be considered as of low malignancy risk. A 68 years old male patient had complaints of white lesion on left lateral surface of tongue, along with mild burning sensation since 2- months. He had similar lesion on right lateral side of tongue and was diagnosed with Oral Leukoplakia. He had taken allopathic medicine for 4 to 5 times, but it was inversely relapsed, and later converted into cancerous lesion which was managed surgically. The patient came to us and want ayurvedic management so he was treated with Curcuma longa extract curcuminoids, Amrit kalasha, Chandraprabhavati orally, Pratisharana with Tankana Bhashma and Irimedadi taila and Gandusha Panchvalakala kwatha churana for a period of 2-months and advised for taking salads having antioxidant properties like Carrot and Tomato Results: After 2- months of therapy, white lesion became disappear and no burning sensation was experienced by patient. Thus, this patient was successfully treated with above therapy with no recurrence or any complications till date. Ayurvedic management can provide significant results in Oral leukoplakia by giving medicine orally, locally and with some dietary advises.

Keywords: Ayurveda, Oral leukoplakia, Curcuminoids, Pratisharana, Amrit kalasha, Chandraprabha vati

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PATHYA FOR NETRA VIS-A-VIS NUTRACEUTICALS FOR HEALTHY EYE

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Specific diets, processed foods, dietary supplements that are used as medicines, apart from medicines are termed as nutraceuticals. It has physiological benefits and provides protection against chronic diseases. They help in improving health, delaying the aging process, preventing chronic diseases, increasing life expectancy and supporting the structure or function of the body. Ayurveda, the science of life, has given hints of the concept of nutraceuticals in the description of pathya ahara. (wholesome diet). As far as ophthalmology is considered, ocular nutraceuticals is of prime importance, as it deals with preventing various ocular diseases, decreasing the chronicity of chronic diseases, and helps in recovery of diseases. This paper is a review of the description of ocular nutraceuticals in various textbooks of Ayurveda, their contemporary relevance including their practical usage. The review shall help in creating a concrete idea about the application of ocular nutraceutical so that the same may be used in clinics and can help in getting newer research leads.

Keywords: Ayurveda, Eye, Netra, Nutraceuticals, Pathya

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EFFICACY OF YASHTIMADHU IN URDHWAJATRU SWASTHYA

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Yashtimadhu is one of the important and widely used classical herbal medicinal plant with vast clinical action used in various diseases in vedas and samhitas. In charaka samhita yashtimadhu is included as one among kanthya dashemani and in sutrastahana 25 th chapter charaka mentions as chakshushya (improves vision), keshya (promotes hair growth), kanthya (improves clarity of voice). It has multifaceted action on overall health of organs above clavicle due to its rasayana properties. It acts as a rasayana dravya because of its madhura rasa, madhura vipaka, sheeta virya, guru and snigdha properties. Rasayana properties of yashtimadhu accelerates and pacifies the uttarotara dhatu paka and is responsible for proper dhatu poshana. Yashtimadhu ghrita tarpana or taken orally prevents damage by free radicals due to its antioxidant property which can contribute to development and progression of cataract. Yashtimadhu enhances visual function with one of its active principle called glycyrrhetic acid. It strengthens eye and promotes eye health. Netra prakshalan with triphala and yashti kashaya is very beneficial for eye health. Yashtimadhu is rich in flavanoids and phytoestrogens that improve scalp hair health and also prevents scalp infection by stimulating hair growth. Yashtimadhu can be used for dantadhavana it has an anti cavity action and reduces plaque formation. Yashtimadhu kashaya kavala or gandusha prevents oral mucositis and pharyngitis due to its anti inflammatory properties. Yashtimadhu has swarya properties that helps cleanse your vocal cords improves tone of voice and is commonly used by singers to keep their vocal cords healthy. This study endeavors to provide conceptual analysis of efficacy of yashtimadhu in urdhwajatru swasthya by drawing insights from various ayurvedic literature and contemporary science

Keywords: Yashtimadhu, Rasayana, Swasthya, Chakshushya, Keshya, Kanthya, Urdhwajatru

Registration Code: ABOP 2394



AYURVEDIC MANAGEMENT OF SUBJECTIVE TINNITUS WITH CONDUCTIVE HEARING LOSS - A CASE REPORT

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Tinnitus (~Karnanada) is the sense of hearing multiple sounds like ringing, buzzing, hissing, chirping, whistling in absence of any relevant external stimulus in either or both ears. The noise can be intermittent or continuous and can vary in loudness. It is often worse when background noise is low. The disease Karnanada (~Tinnitus) can be correlated with tinnitus on the basis of sign and symptoms. Karnanada is one among the 28 Karna rogas which is characterised by hearing various types of sound. Patient Information - A 31-year-old female patient came to OPD of Shalaky Tantra with complaints of annoying sound in both ears associated with hearing loss in right ear for 3 years. She also complained of headache. Treatment History - She took Allopathic treatment for tinnitus but got no relief. For Karnapoorana, 16-20 drops of Nirgundyadi taila were instilled in both ears daily for a period of 21 days and for Bruhana Sneha, Ashwagandhadi ghrita 10 mL twice a day orally after food with lukewarm water. The duration of treatment was for 21 days. After 21 days of treatment, the symptoms were relieved. The THI score was reduced. PTA showed an improvement. Ayurvedic management can provide significant results in tinnitus by giving medicine orally and locally.

Keywords: Tinnitus, Karnanada, Hearing loss, Karnapoorana, Ashwagandha

Registration Code: ABOP 2423



GHRITAPANA TARPANA AND ASHCHYOTANA IN THE MANAGEMENT OF DRY EYE SHUSHKAKSHIPAKA -A CASE STUDY

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Exploring Ayurvedic approaches to alleviate Dry Eyes. Introduction: This is a case study of a 30-year-old female who complained of redness and pricking sensation in both of her eyes associated with blurring of vision for 1 month. The patient gives a history of mobile watching in the dark continuously every night for 2 months before the complaints started. She was a Sitar artist by profession and is not involved in any computer work. On inspection, her near vision was N6 and distant vision was 6/6 in both eyes. The intraocular pressure was within the normal range and Schirmer's tear test revealed mild dryness of eyes. The patient was given a course of Ghritapana with Jeevantyadi Ghrita in the night for 2 weeks followed by Netraseka with Ksheera Saindhava and Tarpana with Jeevantyadi Ghrita for 5 days. After the treatment, there was an improvement from mild dryness to no dryness in Schirmer's tear test. Dryness was absent in the follow-up after 3 months.: Considering the lakshana like redness (Raaga) and pricking sensation (Thoda), the Vata-Pitta Dosha Dushti can be inferred and Shushkakshipaka is also a Vata-Pittaja Vyadhi. The treatment for Shushkakshipaka is said to be the same as Vataja Abhishyanda and hence Ksheera Saindhava Netraseka, Ghrita Tarpana, and Ashchyotana were adopted in the treatment. Ghritapana was administered at night only for the reason that the medicine for Urdhwajatrugata Roga should be administered during Nishi (Night).

Keywords: Dry eyes, Ghrita, Tarpana, Ayurveda

Registration Code: ABOP 2557



AYURVEDIC MANAGEMENT OF VOCAL CORD POLYP - A CASE REPORT

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Avocal cord polyp is a solid non-neoplastic swelling of vocal cord mucosa at the junction of anterior 1/3 and posterior 2/3 in the vocal cord. This is the area of maximum vibration of the cord and thus subject to maximum trauma. In Ayurveda, it shows correlation with Kaphaja Swarabheda (~vocal cord polyp). Patient information: A 52-year-old male patient came to the outpatient department of Shalaky Tantra with the chief complaint of hoarseness of voice and feeling of something stuck in the throat for 2 months. The complaints were increasing with frequent talks and high-volume speech. Treatment given: the treatment consisting of Anu taila pratimarsha nasya, Sitopaladi churna, Lakshmvilas rasa, Dashmoola kwatha, Yashtimadhu ghan vati and Gojihwadi kwatha was planned. Assessment was done after 1 month, 2 months and 3 months. By the end of 3 months of the treatment, the vocal cord polyp was completely resolved. The complete relief in hoarseness of voice was also observed. Ayurvedic management can provide significant results in vocal cord polyp by giving medicine orally and locally.

Keywords: Vocal cord polyp, Kaphaja Swarabheda, Laryngoscopy, Hoarseness of voice

Registration Code: ABOP 2593



ROLE OF AYURVEDIC MANAGEMENT IN BELLS PALSY - A CASE REPORT

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Bell's palsy is the most common peripheral paralysis of the seventh cranial nerve, with an onset that is rapid and unilateral. This is an idiopathic condition causing partial or complete weakness of one-half of the face along with changes in taste, sensitivity to sound, and alteration in lacrimation and salivation. Ardita is one of the eighty Naanatmaja Vata Vyadhi, according to Ayurvedic Acharyas, and its main symptoms are comparable to "Bell's palsy" in contemporary terms. In the present study a 39 years old male patient approached to Shalakyatantra OPD complaining of deviation of mouth towards left side, difficulty in closing right eye, unable to move right eyebrow and headache for 4 days. After screening and relevant examinations, it was diagnosed as Bells palsy. The patient was admitted to the All India Institute of Ayurveda in Delhi with the goal of speedy recovery and complete resolution of the disease. A seven-day course of treatment comprising Nasya, Ksheeradhooma, and Talam was given, along with oral medication. In just one week, the patient fully recovered from all of the symptoms, with no lingering weakness or deformity which is much sooner than the six-month self-resolving timeframe. So, in this report the scope of Ayurveda in Bell's palsy management is discussed.

Keywords: Ardita, Virechana, Ksheeradhooma, Nasya, Talam, Mukhabhyanga

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AYURVEDIC PREVENTIVE OPHTHALMOLOGY WITH SPECIAL EMPHASIS ON DIABETIC RETINOPATHY

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Diabetic retinopathy is a microvascular complication of diabetes mellitus affecting the retina with a high prevalence of 21.7% in India and 27% worldwide. Timely diagnosis and management are crucial in preventing blindness due to diabetic retinopathy. Ayurveda deals with preventive and curative aspects of ocular health through modalities like Nidanaparivarjana, Pathyahara-vihara seva and Dinacharya. In this paper Ayurvedic principles of prevention and management of diabetic retinopathy have been meticulously elucidate by drawing insights from all the three Brihathrayees. Result: The compilation of data from these various sources forms the solid foundation of this paper providing a well-rounded understanding of diabetic retinopathy. This knowledge is translated into practical application through a lifestyle modification action plan tailored to prevent retinopathy in diabetic patients. Prevention methods for diabetic retinopathy can be seamlessly integrated into one's daily routine and dietary habits. This plan scales to make modifications that are both affordable and acceptable without disrupting the lifestyle of general population. This incorporates preventive interventions like Siroabhyanga ,Pratimarsha nasyam, and Anjanam offering an accessible and sustainable path to better health for all.

Keywords: Anjanam, Diabetic retinopathy, Nidana parivarjana, Pathya ahara-viahara seva, Pratimarsha nasyam, Siroabhyanga

Registration Code: ABOP 2639



SIGNIFICANCE OF AYURVEDA IN THE PREVENTION OF DIGITAL EYE STRAIN

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Digital eye strain (DES) is an entity encompassing visual and ocular symptoms arising due to the prolonged use of digital electronic devices. The Covid-19 pandemic considerably increased the time spent on digital screens among people of all ages. Post the pandemic, we have seen an exponential rise in eye-related ailments, especially those connected to eye strain. It is characterized by dry eyes, itching, foreign body sensation, watering, blurring of vision, and headache. Non-ocular symptoms associated with eye strain include a stiff neck, general fatigue, headache, and backache. A range of management approaches exist for DES including correction of refractive error and/or presbyopia, management of dry eye, incorporating regular screen breaks, and consideration of vergence and accommodative problems. However, prevention is key, since on the one hand all symptoms are potentially avoidable to a significant extent and on the other hand treating the symptoms without resolving their root causes will lead to a relapse. Ayurveda suggests various eye exercises to strengthen eye muscles, improve blood circulation, and reduce strain. Eye exercises are relaxing techniques, they help to break the staring habit, increasing the accommodating and focusing power of the eyes and toning up the eye muscles, in turn having an effect on the restoration and improvement of eyesight. These exercises include palming (covering the eyes with palms), blinking, rotational eye movements, and focusing on distant and nearby objects alternately. This exercise aids in relieving muscle strain and strengthens the ocular muscles. As they are simple and easy to practice, they can be advised to all age groups. Maintaining good eye health is not limited to a single approach; it requires a comprehensive lifestyle that prioritizes self-care, mindful practices, and a balanced approach to overall well-being

Keywords: Ayurveda, Digital eye strain, Covid-19, Eye exercise, Refractive errors

Registration Code: ABOP 2660



AYURVEDIC INSIGHTS IN THE MANAGEMENT OF CENTRAL SEROUS RETINOPATHY

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Central serous chorioretinopathy (CSCR) is the fourth most common retinopathy after age-related macular degeneration, diabetic retinopathy, and branch retinal vein occlusion. CSR causes unilateral vision loss usually in males due to the development of sub-retinal fluid. It is one of the common causes of visual handicaps affecting young highly intellectual professionals at the peak of their careers which can lead to irrecoverable loss of vision. The practitioners of contemporary science offer treatment only after observing for 3–4 months to resolve the fluid. Oedema persistent beyond four months is subjected to laser photodynamic therapy, photocoagulation, and oral mineralocorticoids. The blurring of vision may persist even after the edema has resolved. Despite their substantiated deficiencies, CSR patients are subjected to these treatment modalities, resulting in a further degraded visual outcome. In Ayurvedic literature, all the conditions which cause impairment of vision are included under Timira roga. Sadyo Vamana can be incorporated into the management of CSR. As per the specific pathophysiology of CSCR is concerned, the sudden change in the venous pressure may enhance the immediate absorption of SRF. Vitiating & aggressive Kapha dosha is expelled from the body, leading to a cure for the disease. This will certainly improve the functions of retinal pigment epithelium and normal health of RPE and choroid is restored. Though CSR is self-limiting disease treatment has to be done to protect gradual degeneration of photoreceptors and RPE which causes permanently reduced vision. Ayurvedic treatment effectively resolves edema within a short time with a marked visual outcome. Patients of CSR would benefit from the same if treated promptly in the early stage itself. Such patients shall be encouraged to opt for Ayurveda as a primary treatment modality.

Keywords: Central serous chorioretinopathy , Unilateral vision loss, Sadyo Vamana

Registration Code: ABOP 2667



EVIDENCE BASED MANAGEMENT OF CHRONIC SINUSITIS WITH VIRECHANA NASYA AND VAIRECHANIKA DHOOMAPANA

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Chronic sinusitis is most rampant and highly prevalent disease with a large social and economic burden. The pathophysiology of sinusitis is multifactorial. Environmental pollutants play a role in the inflammatory component of the disease process. When sinusitis persists for more than 12 weeks that can be considered chronic sinusitis. The main symptoms include nasal obstruction, nasal discharge, heaviness of the head, and dull headache. The symptoms of chronic sinusitis have proximity to those of Dushta pratishyaya in Ayurveda. methodology: A 32yearold male patient has approached the OPD with chief complaints of severe headache associated with heaviness of the head, postnasal dripping, nasal obstruction more toward evening, and mild hyposmia in the past 2 weeks. The symptoms have been recurring for the past 3 years. He was managed with internal medicines, Shirovirechana nasya with Vyaghri taila (~medication through the nose for cleansing), and Dhoomapana with Saraladi dhoomavarti (~therapeutic smoking). After the treatment of 1 month, he got significant relief. Followup was done after 6 months and there was no recurrence of the symptoms inferring that Ayurveda treatment modalities are useful in the management of chronic sinusitis.: The case report demonstrates the clinical improvement in Dushta pratishyaya with Ayurveda approaches. Headache with the heaviness of the head, postnasal dripping, and nasal obstruction were reduced with the adopted therapeutic approaches. There was no recurrence of symptoms after 6 months of followup. The treatment used here is found to be effective, simple, and economical. Thus, can be followed in the cases of Dushta pratishyaya.

Keywords: Chitraka haritaki avaleha, Dushta pratishyaya, Saraladi varti, Vyaghri taila

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AYURVEDIC MANAGEMENT OF NYSTAGMUS: A CASE STUDY

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Nystagmus is a complex oculomotor disorder characterized by involuntary rhythmic eye movements, which can significantly impact an individual's visual perception and quality of life. This case study provides a comprehensive overview of a patient diagnosed with congenital nystagmus. The case study follows a 23 years old male patient who presented with rapid, involuntary, jerky eye movements and visual disturbances, ultimately leading to the diagnosis of congenital nystagmus, a condition he had lived with since birth. Methods: As the disease is predominance of Vata dosha, so, Vata hara chikitsa was done. Nasya followed by Akshitarpana, matravasti, shirodhara and shamana chikitsa. Total study period was 120 days. It was observed that patients visual acuity has been improved from 6/60 to 6/30 (Right eye), 6/48 to 6/24 (left eye). Patient ocular movement was also moderately improved. The results revealed that Nystagmus can be managed effectively with collaborative approach of various procedures like Nasya, akshitarpana, matra vasti, shirodhara.

Keywords: Nystagmus, Nasya, Akshitarpana,

Registration Code: ABOP 2930



EFFECT OF NIRGUNDI, *VITEX NEGUNDO* LINN. PATRA ARKA AS ASCHOTHANA EYE DROPS IN CATARACT

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Age-related cataract is one of the leading causes of blindness and avoidable visual impairment in the world. There is no time-tested, FDA-approved, or clinically proven medical treatment exists till date to delay, prevent, or reverse the progression of senile cataract. Nirgundi (*Vitex negundo*) is a chakshushya single drug mentioned in Ayurvedic classics. Various animal experimental study and invitrio studies in recent years using flavonoids extracted from leaves of *Vitex negundo* on selenite induced cataract models proved to be beneficial in arresting the progression of cataract. Hence a clinical study with *Vitex negundo* eye drops in the form of arka was planned with primary objective to assess the effect of Nirgundi patra arka as aschotana (eye drops) in pre senile cataract. The study design was interventional pre and post evaluation without control. Patients were advised to instill Nirgundi patra arka two drops thrice daily i.e. 6 am, 12 pm and 6pm for a period of 6months. Log mar visual acuity score and contrast sensitivity score were recorded before treatment, 3rd month of treatment, after treatment, 9th month (1st follow up) and 12th month (2nd follow up). Slit lamp photographs were recorded before treatment and 12th month. Paired comparison of ordinal variables were done using paired 't' test and 'Wilcoxon signed rank' test according to the nature of data. The intervention is statistically significant while considering visual acuity and contrast sensitivity. All the 27 cases of nuclear cataract responded to the intervention, while only 83.3% of posterior sub capsular cataract and 60% of cortical cataract showed response. Conclusion: The intervention was effective in improving visual acuity and contrast sensitivity in all types of pre senile cataract. Clinical assessment revealed the study was effective in preventing the progression of pathogenesis in early stage of nuclear cataract.

Keywords: Nirgundipatra, Cataract, Timira

Registration Code: ABOP 3009

A CASE PRESENTATION ACUTE VESTIBULAR NEURITIS

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A case of acute vestibular neuritis q chief complaint q Pain in both ear left ear > Right ear 8 years q Headache- 14 years q Giddiness 14 years q History of present illness- Patient was apparently well 14 years back then she noticed mild Headache, mostly in temporal and parietal region. q Patient took medication from local medical store (since 13 years). Systemic examination q CNS: Patient was conscious, well oriented with place and time q CVS: S1 and S2 heard normally q RS: Normal vesicular breath sounds heard and no added sounds Ear examination RIGHT LEFT EAC CLEAR EAC CLEAR TM Central perforation Central perforation BERA TEST Differential diagnosis Peripheral Causes § Benign paroxysmal positional vertigo (BPPV) § Meniere disease § Labyrinthitis Central Causes § Vestibular migraine § Vertebrobasilar TIA § Brainstem ischemia/infarct § Cerebellar infarct or hemorrhage ORAL MEDICATION 1. Pathyadhatdhatryadi kashaya 20 ml bd b/f 2. Laghusuthshekhar ras 250mg Tds a/f 3. Smritisagar rasa 250 mg bd a/f 4. Shankh vati 250 mg bd a/f 5. Ajmodadi churna 5 gm bd b/f 6. Dashmoolarishtha 15 bd with equal water b/f Procedure 1. Anu taila marsha nasya 2. Takradhara 3. Shirodhara Panch nidana § Nidan - Specific etiology factors for each ear disease is not available in classics ,but general etiological factors like, mist/ fod/cold breeze (Avashyaya), aquatic games (jalakreeda),scratching the ears (Karna kandu) , improper usage of instruments improper usage of instruments (Mithyayogena shastrasya) § Purvaroop/ prodromal symptoms- Headache § Roopa/ symptoms : Severe dizziness , vertigo § Disease Review § Vestibular neuritis is the inflammation of the inner ear, Vestibular neuritis also known as vestibular neuronitis, is the third most common peripheral vestibular disorder after benign paroxysmal positional vertigo and Ménière disease. The cause of vestibular neuritis remains unclear.

Keywords: Ayurveda management of acute vestibular neuritis

Registration Code: ABOP 3150



PREVENTION OF OCULAR MANIFESTATIONS IN PREGNANCY - A REVIEW

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The ocular manifestations in pregnancy involves a wide spectrum of physiological and pathological changes. All components of visual system can undergo physiological changes by gestational fluctuations in sex hormones. This effect occurs mostly due to interaction of estrogen and progesterone with their counterpart receptors in eye tissues. In Ayurveda, signs like Chakshu glani have been mentioned in Vyaktha-Garbhakshana. Moreover, Sarvendriyaani and sarvangaavayava are mentioned to be start developing in third month of pregnancy. This abstract explores a multifaceted approach to prevent ocular complications in pregnant women, emphasizing the importance of healthcare measures and timely interventions. Comprehensive literature search comprising classical Ayurvedic texts, online resources and databases including Pubmed. Physiological changes during pregnancy includes Chloasma, Contact lens intolerance, Dry eye, Intraocular pressure, Lens changes, Ptosis and Refractive changes. Hormonal fluctuation during pregnancy may give rise to a couple of pathological conditions. The pathological eye conditions can be classified into preexisting pathologies and emerging ocular diseases. Ocular diseases in pregnancy includes Diabetic retinopathy(57%–62%), Central serous chorioretinopathy(0.008% per-year), Glaucoma(2%-3%) and Uveitis(64%). Pre-existing retinal changes worsen during pregnancy in 55% of cases. Addressing these issues begins with comprehensive prenatal care. Regular check-ups should include thorough eye examinations to detect early signs of ocular abnormalities. Additionally, maintaining optimal maternal health through proper nutrition, exercise, and stress management can significantly reduce the risk. Ayurveda considers food to be the best source of nourishment as well as medication for pregnant women. The nine monthly diet is unique to Ayurveda. It changes in accordance with growth of fetus in womb and at the same time ensures health of mother. Enable clinicians to distinguish gestational physiological ocular changes from pathological eye conditions and establish tailored screening, diagnostic and holistic approach to prevent ocular manifestations in pregnancy by encompassing regular eye check-ups, lifestyle modifications, awareness campaigns, and interdisciplinary collaboration.

Keywords: Gestation, Physiological ocular changes, Pathological eye disease, Nutrition, Antenatal check-up, stress management

Registration Code: ABPO 1243



PREVENTIVE CARE OF ENT AND OPHTHALMOLOGY THROUGH AYURVEDA

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‘Prevention is better than cure’. Ayurveda, the science of life focuses both on curative as well as preventive aspects. Shalakyatantra is one part of Ashtang ayurveda which deals with the urdhwa jatru vikaaras. Many ocular and ENT disorders arise due to lifestyle changes. Indriyas are the source where the ‘atma’ experiences the Indriya gyana. Susruta samhitha, Charaka samhitha, Ashtangahridaya and Laguthrayees stated the importance of preventive procedures of Akshi, Karna, Nasa, Kantha and Shira. Their wellbeing is maintained through dinacharya, rathricharya, rthucharya and sadvritta. Classical regimens like dantadavana, anjanam, jihwanirlekhana, gandusha, kavala, nasya, abhyanga, padaabhyanga, pathya aaharas are highly recommended for the effective and healthy maintenance of Eye, Ear, Nose and Throat. Effectiveness of rasayana (rejuvenation) therapy for the healthy eye and ENT is highly appreciable. Various yogasanas are also explored for the clarity of these senses. Following this regimen and advices advocated by ayurveda will definitely improve the health of eye and ENT in preventive aspect.

Keywords: Dinacharya, Rthucharya, Rathricharya, Rasayana, Sadvritta, Yogasana

Registration Code: ABPO 1264



PREVENTIVE MEASURES TO AVOID HEARING LOSS THROUGH AYURVEDA

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Hearing loss is a condition that affects a lot of people on a daily basis. The majority of practitioners still have concerns about the effectiveness of managing hearing loss, which is a difficult task. So it is preferable to avoid hearing loss by raising people's awareness of it.: Visits to bars and clubs (96%), seeing plays or movies (88%), using headphones while listening to PMPs (86%) and going to concerts or festivals (69%) are activities that cause hearing impairment. Nowadays, as a result of online education, more people are using headphones or earphones. This causes the cochlea to damage prematurely, which compromises hearing. Prevention and treatment of diseases occurring in ear includes Nidana Parivarjana (avoidance of causative factors), following Pathya- Apathya (do and don't) along with treatment available like Karnapoorana (filling of ear canal with medicated oil and other decoctions), Karna Prakshalana (washing of ear canal/aural toileting with medicated liquids), Karnadhoopana (application of medicated smoke to ear canal), Karnapradeha (application of packs around ear), Swedana (local fomentation), Shirobasti (filling of scalp with medicated oil), Karna Avachoorana (dusting of medicated powders in ear canal), Nasya (instillation of medicated oil into nasal cavity), etc. If one consistently does Pratimarsha Nasya, Karnapoorana, and Shiro Abhyanga as part of Dinacharya, they will not be as susceptible to hearing loss. Shiro Abhyanga, or regular head massage, provides Gyanendriya (the senses of hearing, vision, smell, and taste) with Santarpana, or sustenance. By massaging the head, the body is nourished in the same manner that watering a tree's roots causes it to grow. In other words, if individuals are educated on how to take care of their ears using numerous methods described in the science of Ayurveda, hearing loss can be prevented.

Keywords: Hearing loss, Prevention, Karnapoorana, Ayurveda.

Registration Code: ABPO 1308



THAZHI-THE CONTRIBUTION OF KERALEEYA VAIDYAS IN NETRACHIKITSA

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Thazhi is a local therapeutic procedure mentioned in Keraleeya Ayurveda Netrachikitsa. It is the method of applying paste of drugs over eyelids after placing a thin layer of cloth. The word thazhi as such is not found in any classical texts of ayurveda. The etymological derivation of the word couldn't be traced from available literature. It is believed to be a colloquial term. The Vaidyas of Kerala have successfully adapted a number of traditional therapeutic procedures in light of their practicality. Many classical treatment modalities have been efficiently modified by them. Netra chikitsa had a great root in kerala and there were eminent physicians who practiced and propogated this. Thazhi must have been a modified version of Netra kriyakalpa practiced among the ancient Vaidyas. There is no clarity regarding which author used this phrase for the first time and who came up with this strategy. Unlike the classical kriyakalpas there is no detailed description of the procedure, its pre and post care, duration of application and time to be done. The Thazhi references are scattered across various texts, with no detailed description currently available. It is mostly indicated in inflammatory conditions of the anterior segment. This article aims in throwing light on this not so commonly practiced kriyakalpa which may yield good result in managing various netrarogas.

Keywords: Kriyakalpa, Thazhi, Netrarogas, Netra chikitsa

Registration Code: ABPO 1321



EFFICACY OF GHRITHAPANAM IN REFRACTIVE ERRORS WSR TO MYOPIA AND ASTIGMATISM IN SCHOOL GOING CHILDREN - A CASE STUDY

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Eyesight is one of the most important senses. 80% of what we perceive comes through our sense of sight. Healthy brain function needs healthy eyesight. Refractive errors are the most common cause of visual impairment and disability in children and adolescents worldwide. They can be classified into myopia, hyperopia, and astigmatism. Globally, it was estimated that 12.8 million children have visual impairment from uncorrected refractive errors, and this is set to rise with increasing incidence of myopia and astigmatism in children. Clinical features of Timira can be correlated with refractive errors. Out of 6 Netra Patala described the last four patalas are related with eyeball Antero-Posteriorly, in which Timira roga occurs in first two layers of the eyeball. A clinical study was conducted to evaluate the role of Ghrithapanam in myopia and astigmatism. Ghritha is considered as best among all four Sneha because of its Samskarasya Anuvartanat property. Ghritha has Madhura, Snigdha, Sheeta guna. It mitigates Vita and Pitta dosha also It balances Kapha dosha. It improves Digestive fire, Immunity, Strength, Vision, Memory, Intelligence, Voice, Skin luster and Lifespan of individual. In this observational study 10 patients who fulfill the inclusion criteria are selected. Treatment started after Dashvidhparikshan and internal medication started for the purpose of Agnideepan & Amapachana. When niramavastha attains Ghrithapanam started as per avastha. It was observed that there was a marked difference in the visual acuity after starting Ghrithapanam which continued till visual acuity became stabilized.

Keywords: Ghrithapanam, Refractive errors, Patala ashrita Drishtigataroga, Myopia, Astigmatism, Hyperopia

Registration Code: ABPO 1326



INTEGRATION OF KSHEERAPAKA IN THE PREVENTIVE MANAGEMENT OF URDWAJATRUGATA VIKARA CASE SERIES

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Ksheerapaka is an Upakalpana of Kwathakalpana. The basic ingredient of Ksheerapaka is milk which will be processed with drugs attributed to subside the particular condition. Milk is vitamins and mineral rich, has antioxidant and immunomodulatory property, contains water, proteins, lipids, fatty acids. Acharyas say Ksheera has properties similar to ojas, is ajanmyasatmya, possess jeevaniya, balya, rasayana guna and is used as a medium to extract the medicinally active components. Ayurveda shows therapeutic potential of ksheerapaka for systemic administration, as local treatments like aschotana, gandoosha, parisheka . To assess the potential effect of ksheerapaka as an integrated management in the prevention of urdwajatrugata vikara. Cases of Migraine, Dry eye disease, Insomnia were selected. Detailed history was taken, evaluation of the disease was done based on the signs and symptoms, along with the treatments Varanadi , Shatavari and Jatiphala ksheerapakas were administered respectively. Pre and post treatment Pain assessment VAS scale in migraine, Schirmers test in Dry eye, subjective assessment of sleep in insomnia was done. Improvement in subjective and objective parameters. Ksheerapaka is used as a medicament and can be administered for longer duration as it provides nutrition, enhancing the attributes of the drugs. Due to its easy palatability and nutritional benefits it can be administered in all categories of patient except those with lactose intolerance and kaphaja vikaras. Ksheerapaka will have the active constituents which can be extracted by both water and fat as it has water and lipid contents. It can act as rasayana as well due to the basic property of ksheera.

Keywords: Kwatha upakalpana, Rasayana, Immuno modulator, Nutrition.

Registration Code: ABPO 1403



TONGUE AS AN INDICATOR OF HEALTH

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The tongue fulfils a fundamental role in a range of bodily functions, encompassing swallowing, breathing, speech, and chewing. Assessment of health status of an individual becomes utmost important in clinical practice. The tongue plays a pivotal role in assessing one's health, providing valuable insights into the body's well-being. In Ayurveda, the tongue (Jihwa) holds a significant role as one of the Panchendriya, the five sensory organs. It is a valuable indicator of an individual's status, offering insights into their well-being and disease conditions. A comprehensive review will be undertaken to explore the tongue's role as an indicator of health and as well as ill-health through Ayurvedic and modern viewpoints.: Literatures will be reviewed from classical textbooks, contemporary textbooks, e-books and published articles.: Tongue has connections to several vital organs and its various colours, textures, coatings, and shapes can yield substantial health related information. Incorporation of Jihwa pariksha into the Ashta sthana pariksha in Ayurveda shows its high significance. This practice aids in identifying symptoms associated with both local and systemic diseases, thereby assisting in the diagnosis of various health conditions. This review provides insights into how the tongue can serve as an indicator of one's health condition.

Keywords: Health, Tongue, Jihwa, Panchendriya, Ashta sthana pariksha

Registration Code: ABPO 1454



ROLE OF NETRA SWASTYA IN MANAGEMENT OF OCULAR DISORDER

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There are five sense organs. Among them eye is prime organ. Ayurveda says 'Sarvairindriyanam Nayanam Pradhanam' eyes help to understand and navigate the world around you. Prevention of ocular disorders along with preservation of ocular health has become duly essential. Presently, the environmental factors, sedentary lifestyle and other hormonal imbalances people are more prone to eye disorders at very young age. In Ayurveda, classical daily regimes like netraprakshalana, anjana, snana, padabhyanga, nasya, pathya & apathya are promoted as high end measures for maintenance of eye health also various netra vyayamas, yogasanas, pranayamas are said to be beneficial. These procedures help in proper functioning of eye muscles and promote restoration of vision. Chakshushya dravyas like Triphala, Yashtimadhu, Shatavari, Amalaki, Patola, etc which are rich in antioxidants and helps in maintenance of redox homeostasis in eye and acts as defensive mechanism on oxidative damage. Nutrients, such as lutein and zeaxanthin, vitamin C, vitamin E and zinc, helps in reducing oxidative stress and the risk of certain chronic eye diseases like age-related macular degeneration, retinopathy, glaucoma and cataracts. This review study has been taken to study in detail about prevention aspects in eye diseases.

Keywords: Netraswastya, Antioxidants, Preventive ophthalmology

Registration Code: ABPO 1460



A COMPARATIVE CLINICAL TRIAL TO EVALUATE THE EFFECT OF TOOTH EXTRACTION THROUGH JALANDHAR BANDHA OVER CONVENTIONAL METHOD IN DIABETES MELLITUS PATIENT

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Diabetes Mellitus is one of the most common chronic disorders characterized by hyperglycemia. The disease can have many complication in various regions of the body, including the oral cavity. The risk of developing dental caries, periodontitis and other disease in diabetes has been reported to be three times higher than the general population. And the endpoint of periodontal disease and dental caries is tooth extraction. The problem which come across while extracting tooth in diabetic patient are bleeding, pain , discomfort, Dry socket, Infection, etc. A clinical interventional trial to evaluate the effect of Jalandhar bandha for tooth extraction need in dental problem with Diabetic patient in 32 subject in one group and in another group conventional tooth extraction will be done according to the consent of patient from the Dental OP of Salakyatantra department of Govt. Ayurveda College Tripunithura based on inclusion and exclusion criteria. Scaling will be done on 0th day in all subject. Blood sugar level, Blood Pressure will be done before procedure. A follow up of 3rd , 7th, 21st and 60th day will be done . A case porforma will be created and data will be collected .outcome of study graded as per the parameters and results will be statistically analysed by Student's T test, (unpaired / Mann Whitney U test),and ANOVA test / Fried mann's test.

Keywords: Diabetes mellitus, Periodontal disease , Tooth extraction, Jalandhar bandha

Registration Code: ABOP 1485



A COMPREHENSIVE REVIEW ON THE PREVENTION OF COMPUTER VISION SYNDROME

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Improper use of sense organs, violating moral code of conduct and the effect of time are the 3 basic causative factors behind all the health problems. The invention of computer and advancement in information technology has revolutionized and benefited the society, but at the same time has caused symptoms related to its usage such as ocular strain, irritation, redness, dryness, blurred vision, double vision, headache. this cluster of symptoms is known as computer vision syndrome (CVS). The aim of this paper is to point out the most common manifestation of CVS and how to minimise or prevent the occurrence of it. It is more related to symptoms of shushkakshipaka of sarvakshiroga. Nidana and samprapti are understood by trividahetu. CVS is vata dominating pithaja ocular problem. The visual effect of the computer such as brightness, glare, resolution, and quality all are known factors that contribute to CVS. Prevention is most important strategy for managing CVS. The common preventive measures of CVS were compiled through a comprehensive literature search encompassed classical ayurvedic texts, online resources and databases including pubmed and google scholar. Following the rules of visual hygiene, following ergonomics in the working environment, educating or counseling the workers, proper eye care and eye checkup, eye exercises, proper ahara and vihara and kriyakalpa like seka, ashchytana, tarpana are crucial in managing CVS. To improve the quality of work with digital devices, it is necessary to work on alleviating the manifestations of CVS. Ayurveda plays an important role in prevention and management of CVS. Significance: Acharya vagbhat quotes that loss of vision is loss of life. Vision is our primary connection with this world. Computer, the knowledge bank of modern life, has emerged as a profession So we should prevent or manage CVS.

Keywords: Computer vision syndrome, Workspace ergonomics, Eye exercise, Eye strain, Diet and regimens, Ayurvedic prevention

Registration Code: ABPO 1510



CONCEPT OF AYURVEDA OPHTHALMOLOGY IN THE PREVENTION OF OCULAR SURFACE DISEASES A REVIEW

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Ocular surface disease (OSD) is a group of multiple eye disorders that affects millions of people worldwide. The disease is characterized by eye discomfort, visual impairment and ocular surface damage in cornea and conjunctiva which in turn adversely affect the quality of life of the patients. Even though the prevalence of Ocular surface disease (OSD) in the general population varied greatly between studies, ranging from 25% to 35% which is very high in the current era, the cases are often being undiagnosed and untreated due to lack of proper awareness about the symptoms and inaccurate evaluation. Ayurveda is an ancient medical system, which aims both prevention and cure of diseases. Prevention of ocular surface diseases and preservation of ocular health and vision were given prime importance by the ancient sages. They considered eyes as the most important among the five sense organs. Ocular surface diseases have been explained by Ayurveda Acharyas under the Varthmagatha and Sarvakshi gatha rogas. Acharyas have given detailed instructions for maintaining ocular health. In this paper an effort is being made to investigate the methods for preserving eye health with special reference to ocular surface diseases regarding factors such as the ahara & vihara (diet and physical activities), dinacharya, rithucharya, ratricharya (daily, seasonal and night regimens). Netra kriyakramas and Moordhni taila prayogas considered highly effective in daily practices for preventing ocular surface diseases.

Keywords: Preventive ophthalmology, Ocular surface diseases (OSD), Ayurveda, Sarvakshi rogas, Netrakriyakrama

Registration Code: ABPO 1518

OPEN CLINICAL TRIAL OF MANSHILA AND PRIYANGU BIDALAKA IN THE MANAGEMENT OF KRIMIGRANTHI WITH SPECIAL REFERENCE TO BLEPHARITIS

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Shalakyatantra is one of the important Branch which includes study of Urdhva Jatrugata Rogas and their Management Vagbhata described importance of eyes in Ashtang Hridaya Out of the all available Samhitas wide description of Netraroga is given by Sushruta Samhita. Sushruta has described 76 types of Netraroga which are classified according to Adhishthan, Sadhya-asadhyatva and Chikitsa. Krimigranthi is a Paksh mavartmagata (eyelid) disease. Sushruta has describe this diseases as Kapha dominating and prognosis of disease is Sadhya and it can be treated with Bhedan karma. According to Sushruta Krimigranthi is a swelling in which organisms get lodged in the junction of eyelid and eyelashes which produces severe itching, in different forms of organisms move along the junction of eyelids and penetrate into Shukla mandal (conjunctiva, sclera) and even into the inner structures of eye, According to Vagbhat Krimigranthi is a painfull cystic swelling produce by pathogenic organism with pus discharge itching, burning and crack over the skin can be seen even in Apang and Kaninika sandhi in addition to eyelid. Blepharitis is one of the most common diseases seen by ophthalmologist which is a chronic inflammation of the eye lid margins. According to modern science various antibiotics with steroids, anti- inflammatory is used to treat Blepharitis such as Chlorocol- H eye ointment, Optichlor eye ointment, Neosporin ointment which causes side effects on long standing use. In Ayurveda, many local therapies to treat Krimigranthi e.g. lekhan, Anjan Raktmokshan, Aschotyana has Explained. There are some preparations which can be used as local external applications for the Krumigranthi. Manashila and Priyangu Bidalaka is one of them mentioned by Charak in Chikitasasthan Bidalaka is applied externally on eye leaving aside the eye lashes and eye appears like a cat's eye (Bidal) is called Bidalaka. Bidalaka is applied like the Mukhalepa.

Keywords: Krimigranthi, Blepharitis, Bidalaka, Manashila, Priyangu

Registration Code: ABOP 1522



MANAGEMENT OCULAR MANIFESTATIONS IN LIVER METABOLIC DISORDERS

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Ocular changes are associated with a wide spectrum of congenital, familial and acquired liver diseases and disorders. Liver and eyes are interlinked to each other in various medical conditions. There are certain ocular findings specific to liver disorders which is crucial in ocular diagnosis. Eye abnormalities could be due to, either direct toxic effects of abnormal metabolites, excess of normal metabolites, or by deficient energy metabolism. The age of onset of ocular abnormalities in metabolic liver disease is variable. Ocular examination becomes mandatory in all suspected cases of liver metabolic disorders where ocular lesions co-exist. For instance, in hepatomegaly central corneal clouding is observed. Chronic deficiency of Vitamin A resulting in retinal rod photoreceptors dysfunction is common in advanced primary biliary cirrhosis. Ayurveda mentions certain drugs such as amalaki (*Emblica officinalis*), haritaki (*Terminalia chebula*), pippali (*Piper longum*), chitrak (*Plumbago zeylanica*), punarnava (*Boerhavia diffusa*) that are beneficial for liver and eyes. Literature review of various ayurvedic texts, online resources and databases including pubmed, science direct. Administration of amalakyadi gana regulates, balance the pitta and kapha doshas and have shown significant hepatoprotective activities and also have chakshushya and rasayana properties conducive for eyes. Punarnava pacifies the vata and kapha doshas and effectively remove the ama dosha i.e. toxins from the body.: Liver and eyes are the prime seats for pitta and hence, certain drugs can be judiciously used in managing the conditions involving both organs. As the incidence of hepatic and ocular disorders continues to rise globally, ayurvedic insights into preventive care and holistic management offer an invaluable adjunct to conventional medical treatments. It emphasizes personalized care, emphasizing diet, lifestyle, and herbal remedies.

Keywords: *Plumbago zeylanica*, Hepatoprotective, *Boerhavia diffusa*, *Emblica officinalis*, Amalakyadi gana, Chakshushya

Registration Code: ABOP 1556



PRESERVING HEARING HEALTH AYURVEDIC APPROACH TO PREVENTIVE ENT CARE

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Sensory inputs profoundly influence neural organization and sensory functions in the brain. In Ayurveda, maintaining 'Prasanna Indriya' is essential for overall well-being, with ear (Srotra) being the key to various sensory and motor responses. According to WHO's 2021 report, hearing disorders rank as the third most impactful issues on quality of life in developed countries. Hearing loss's etiology is complex, involving factors like occupational noise, genetics, ototoxic drugs, socio-economic status, and the environment. Noise exposure, often underestimated, can disrupt the immune system, leading to physiological and mental disorders. In the contemporary era, modern lifestyle choices and technological advancements have introduced novel contributors to the exacerbation of hearing loss. The ubiquitous use of portable audio devices such as iPods and MP3 players, attendance at raucous concerts and clubs, indulgence in alcohol and tobacco, and even participation in underwater sports have all seamlessly integrated with the profound Ayurvedic principles encapsulated within the 'Trividha Hetu' framework. These encompass 'Asathmyaindriyarth Samyoga,' 'Prajnaparadha,' and 'Parinama.' Within the realm of Ayurveda, 'Nidana Parivarjana' is the foremost approach to managing any ailment. With this principle as a guiding light, the present work endeavours to comprehensively scrutinize the etiology of hearing loss, which afflicts both developed and developing countries, through the timeless lens of Ayurveda. This paper offers an illuminating exploration into preventive strategies, adeptly intertwining the sagacity of contemporary medicine and the age-old wisdom of Ayurveda. In the symphony of health and well-being, the goal is to harmonize the past and the present, offering a vision for a future marked by the restoration of auditory vitality. The

review achieves this through a critical analysis of the contemporary understanding of hearing loss etiology, which is juxtaposed with Ayurvedic knowledge. The ensuing exploration unveils tailored preventive strategies, effectively bridging the gap between tradition and modern science.

Keywords: Srotra, Hearing loss, Nidanaparivarjana, Auditory vitality

Registration Code: ABPO 1584



PREVENTION AND MANAGEMENT OF ALLERGIC RHINITIS WITH SPECIAL REFERENCE TO KSHAVADHU

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Allergic rhinitis is a disease characterized by inflammatory nasal changes secondary to exposure to inhaled allergens termed aeroallergens. It occurs in previously exposed individuals who have gone on to express allergen-specific immunoglobulin E (IgE), which coats tissue mast cells by binding to cell surface receptors. worldwide prevalence of rhinitis is 31.7% (ranging from 11.9% to 80.6%). Environmental factors, industrialization, increased urbanization, and changes in lifestyle put an impact on allergic rhinitis. Numerous complications of allergic rhinitis can lead to increased morbidity. The disease adversely affects the scholastic performance of children; working standard of young officials thus ultimately affects the productivity of mankind. Treatments involve a combination of medications and lifestyle changes. Antihistamines, decongestants, anticholinergic agents, corticosteroids, alone or in combination, are used to treat allergic rhinitis, which may cause side effects like sedation and impaired learning. Surgical options may also be indicated if the patient has comorbid conditions such as nasal obstruction from severe nasal septal deviation or inferior turbinate hypertrophy, adenoidal hypertrophy, or refractory sinusitis. But the recurrence rate is very high in patients even after surgeries. In Ayurveda, kshavadhu is a nasagata rora and clinical symptoms of kshavadhu is seen in allergic rhinitis. Vagbhata and Susruta mentioned that the treatment of kshavadhu is pradhmana nasya. In Dalhana commentary, after pradhmana kapha will undergo ksheena and vata vridhi will occur. In order to pacify vata, snigdha nasya is indicated. Nimbadi pradhmana nasya and shundyadi taila nasya are mentioned by Vagbhata in the management of kshavadhu. Author: Munavvara Thasleena P Co-author: Dr. Mitra Das M. MS (Ayu)

Keywords: nimbadi pradhmana nasya, shundyadi taila nasya

Registration Code: ABPO 1596



PREVENTION AND MANAGEMENT OF ORAL CAVITY DISORDERS IIN AYURVEDA

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Mukha i.e Oral cavity is considered as a gateway for the alimentary canal, health of the oral cavity reflects the body health as healthy oral cavity aids in proper digestion of the food consumed. The oral cavity also takes part in bodily functions like respiration and speech. Mukha is comprised of Osta (lips), Dantamula (Gums), Danta (Tooth), Jinhva (Tongue), Taalu (Palate), Gala (Throat). Since the Oral cavity is constantly exposed to the external environment, there are more chances of trauma and infections. Hence to avoid the chances of oral cavity diseases it is very important to maintain good oral hygiene. The Procedures explained under Dinacharya are merely to prevent life style diseases and protect health, practices like Dantadhavana, Jihvanirlekha, Kavala, Gandusha, Prathisarana and Tambula sevana are best practices described under Dinacharya to prevent diseases of oral cavity and promote Oral hygiene. Oral diseases are major problem in worldwide and western medicine having limited success in prevention of diseases concern to oral cavity. This therapeutic procedure due to their cleaning action and by increasing defence mechanism, promotes oral health and prevents many oral disorders. Various formulations are available for a healthy person based on prakriti and for treatment based on vitiated dosha avastha in Oral cavity.

Keywords: Oral Health, Oral diseases, Ayurveda prevention, Treatment modalities.

Registration Code: ABPO 1611



REJUVENATING EYES -THE IN BUILT TRANSDUCERS

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In a world dominated by screens, maintaining successful social and professional lives depends heavily on our eyes. Eye care and rehabilitation services should be accessible and affordable to everyone, regardless of their location or socio-economic status. Ayurveda emphasises the concept of swasthasya swathya rakshanam and aturasya vikara prasamana. Every aspect of health has a thorough description of the preventive elements in Ayurveda. Eyes are given significant priority among the sense organs in Ayurvedic classics. The need of the hour is to propagate and popularise the time-tested concepts of Ayurvedic ophthalmic practices in maintaining ocular health among the public. It is fascinating that modern medical science has expanded its horizons beyond specialities. An ayurvedic eye care facility, providing comprehensive eye care on a regular basis for the preventive and aesthetic needs of eyes would be a giant leap in an era when even nails are given delicate attention. This facility will be equipped with salakis focussing on preventive eye care. Periodic sessions on eye exercises addressing refractive errors, strabismus, amblyopia etc, exclusive eye care packages for IT professionals which include modernised methods of kriyakalpas like automated sekas, ready-to-use eye packs (pindi), medicated eye drops, medicated eye mask (thazhi), eye massages. Nutraceuticals in the form of chakshushya tea bags, yoghurts, gummies, and soups customised to pacify the vitiated doshas in netra will be provided. A diet and regimen plan will be included in the eye care packages. Cosmetic concerns like under-eye circles, falling of eyelashes, under-eye bags, and puffiness around the eyes will also be a target area. These customer-friendly, affordable, easily accessible walk-in eye care hubs will open a novel arena in rejuvenating eyes -the in-built transducers.

Keywords: Preventive, Eye care, Kriyakalpa, Chakshushya, Cosmetic

Registration Code: ABPO 1613



AYURVEDIC PERSPECTIVE OF PREVENTIVE ENT CARE: A CRITICAL REVIEW

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Ayurveda is a science of life that focuses on both the diseases and preventive & promotive components of ENT care. Due to changing lifestyle most people pay attention to their ENT diseases only if they got any ENT disorder.: In this developmental stage, man is unable to put his own health first and suffers from a number of ailments. Ayurveda's main objectives are to preserve the patient's health and keep healthy individuals from getting sick. This point of view holds that maintaining human health is essential, and Indriyas hold a special place in this regard since they are the means by which Atma gains knowledge of sense objects. Gyanendriyas are made up of five sense organs: Rasendriya, Chakshurendriya, Shrotendriya (Ear), and Ghranendriya (Nose). Each Indriya has a distinct importance that is in charge of a certain Gyanjanana. For the long-term wellbeing of Karna, Nasa, Kantha, and Shira, preventative measures are crucial, as indicated in ancient books like the Charaka Samhita, Sushruta Samhita, Asatanga Hridayam, and others. Four factors had an effect on this: Sadavrutta, Ratricharya, Dinacharya, and Ritucharya. In Ayurveda, some traditional daily routines are described as high-end procedures for the maintenance of Karna-Nasa-Kantha & Shira health. These include Dantapavan, Jihvanirlekhna, Gandusha & Kavala, Nasya, Dhoompana, Karnapoorana and Abhyanga. In this article, the primary Ayurvedic promotion strategies and ideas for maintaining ENT health and preventing its illnesses are discussed.

Keywords: Indriyas, ENT Health, Ayurvedic, Preventive & Promotive

Registration Code: ABPO 1659



ROLE OF PRATIMARSHA NASYA IN URDWAJATRUGATA VIKARA

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In this highly competitive age, maintaining a healthy lifestyle poses a significant challenge. Ayurveda, with its focus on personalized wellness and preventive measures, offers a comprehensive approach to maintaining a healthy life. Ayurveda provides detailed guidance on preventive measures, including Dincharya (daily routine), Ritucharya (seasonal regimen), Rasayana (rejuvenation), and Yoga (physical exercise). In addition to these preventive aspects, factors like Ritu-Shodhana, which involves seasonal body purification, play a crucial role. There are five types of Shodhana procedures, and Nasya is one among them. Nasya is primarily recommended for addressing Urdhwajatrugata Vikaras, in which doshas are eliminated through the closest and most accessible opening, which is nose. Pratimarsha Nasya is a unique form of Snehana Nasya, featuring low doses and minimal risks. It can be safely administered on a daily basis and is suitable for all seasons. Pratimarsha Nasya is administered by dipping the finger in the necessary Sneha (oil or medicated substance) and then gently instilling it into each nostril. Acharya Vagbhata has elaborated that Pratimarsha Nasya can be performed at 15 different specific times, offering users the flexibility to choose the timing that best suits their individual requirements. Acharya also opines that Pratimarsha nasya is suitable for individuals throughout their lives, much like Matrabasti. Through daily practice, it offers similar benefits to Marsha Nasya, without the associated complications (vyapats) commonly found in the latter. This study endeavors to provide a conceptual analysis of the role of Pratimarsha Nasya Karma in addressing Urdhwajatrugata Rogas by drawing insights from various Ayurvedic literature sources as well as contemporary scientific perspectives.

Keywords: Ayurveda, Urdhwajatrugata Vikara, Pratimarsha Nasya, Shodana

Registration Code: ABPO 1663



REVIEW ON THE ROLE OF AMALAKI RASAYANA IN PREVENTION AND CURE OF CATARACT

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A cataract is an eye disorder in which the typically transparent lens has opacified, obscuring light transmission. Cataracts are the leading cause of blindness worldwide. Rasayana therapy (particularly Amalaki Rasayana) has been shown to be effective in the prevention and treatment of eye problems. Scientific studies on the evidences in favor of Amalaki Rasayana show Rasayana's ability to act as anticataract agents via one or more molecular mechanisms. Cataract is the second commonest cause of blindness. Early usage of Amalaki Rasayana helps to prevent the degeneration the lens. Rasayana Therapy texts, modern literature, and journals were analyzed to gain a comprehensive understanding of the concept of Rasayana Therapy, its historical review, types, and modes. The antioxidant, aldose reductase inhibitor, and antiglycating activity of Rasayana components in these single/polyherbal preparations was evaluated. Rasayana chikitsa is one of the traditional anti-cataract strategies in Ayurveda. *Emblica officinalis* as the main ingredient that is rich source of vitamin C; so, it possesses antioxidant as well as free radical scavenging activity to minimize free radical induced damage in cataract. Although modern medicine has made significant advances in the treatment of cataracts, traditional medicine, specifically Rasayana therapy, remains an important pillar in the prevention and treatment of cataracts. Amalaki Rasayana have antioxidant, antiglycating, and aldose reductase inhibitory activity, and thus can prevent or reverse cataract pathogenesis.

Keywords: Cloudy vision, *Emblica officinalis*, Antioxidant activity, Rasayana, Lens degeneration

Registration Code: ABPO 1665



EXTRA OCULAR FOREIGN BODIES-ITS PREVENTION AND MANAGEMENT

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‘SarvendriyanamNayanamPradhanam’ among all the Indriyas, Netra is considered most important. It is said that if vision is lost the whole world becomes blind for that person. Hence for every individual protecting his sense of vision is very important for his existence. According to Acharya Vagbhatta, all efforts should be made to protect eyes throughout the life. Acharya Sushruta has contributed more with regards to Nayanabhighata. Many Acharyas explains the treatment methodology which is useful for Nayanabhighata since Vedic periods as we have reference of replacement of injured eye with artificial eye in Rigveda. Vision loss due to injuries is a serious health problem worldwide. In the era of high speed traffic and rapid industrialisation, the incidence of trauma is increasing very fast and becoming life threatening. In spite of having many advancements in medical fields for the preservation and restoration of vision, ocular injuries remain a major cause of visual loss. WHO has reported 55 million eye injuries, of which 1.6 million go blind every day which range from a small foreign body on the cornea to a ruptured globe presenting with 6/6 vision to no perception of light. In this paper we will discuss about various preventive measures and therapeutical procedure explained in our classics to prevent and manage Extra ocular foreign bodies. The treatment modalities for Nayanabhighata explained by our Acharyas include Sashalyanetrachikitsa and Kriyakalpas.

Keywords: Nayanabhighata, Ocular Injuries, Kriyakalpas

Registration Code: ABPO 1673



ROLE AND SIGNIFICANCE OF AYURVEDA IN THE MANAGEMENT OF AGE-RELATED MACULAR DEGENERATION

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Age-Related Macular Degeneration (AMD) is a leading cause of vision loss among the elderly, and its prevalence is expected to increase as the global population ages. This abstract discusses the importance of preventive ophthalmology in managing AMD, with a focus on lifestyle modifications and early detection. Age-Related Macular Degeneration is a significant concern in the field of preventive ophthalmology, and Ayurveda offers valuable insights and strategies for its prevention. Dietary modifications based on Ayurvedic guidelines involve incorporating foods that support eye health, such as those rich in antioxidants, vitamins, and minerals. Herbs like Triphala and different chakshushya rasayana preparations etc are recommended for their potential in preventing AMD. These herbs have antioxidative properties and are believed to promote overall eye health. procedures like Anjana, Aschyotan, Snana, Padabhyanga, Nasya, Abhyanga are considered as highly effective daily procedures for the maintenance of eye health. Eye diseases due to ageing process are inevitable but can be delayed by taking Chakshushya Rasayana along with pratimarsa nasya and Anjana. Comprehensive eye exams allow for the identification of drusen, pigmentary changes, and other signs of AMD in its early stages, enabling timely intervention to slow its progression. In conclusion, Ayurveda provides a holistic and individualized approach to preventive ophthalmology in the context of AMD. Incorporating Ayurvedic dietary, lifestyle, and therapeutic practices can help maintain eye health, balance the doshas, and reduce the risk of AMD, ensuring the preservation of vision and overall well-being in the elderly population. Promoting Ayurvedic principles and awareness of these preventive measures is essential for the effective prevention of AMD.

Keywords: Chakshushya rasayana, Nasya, triphala

Registration Code: ABPO 1723



IMPORTANCE OF KRIYAKALP IN SHALAKYA TANTRA

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Kriyakalpa comes under the Department of SHALAKYA TANTRA, which is a branch of Astanga Ayurveda. Shalakya Tantra specialises in the treatment of Eye, ENT and Dental disorders. In ayurvedic samhitas, the local treatment procedures of netra are explained in the name of netra kriya kalpa. In that specific information used for therapy in ayurvedic Ophthalmology. Kriyakalpa is the treatment that refers to the procedures in which medications/drugs are applied in or around the eyeball as a method of treatment. It is very necessary to keep the eyes healthy, because without sight the world becomes dark for the individual. As such, in this article we will expound briefly the various Kriyakalpa and various formulations mentioned in Ayurveda. Ayurveda, Kriyakalpa, Netra Roga, Panchakarma.

Keywords: Ayurveda, Kriyakalp, Netra roga, Panchkarma.

Registration Code: ABPO 1741



THE ROLE OF PATHYA-APATHYA IN NETRA ROGA - A PREVENTIVE APPROACH

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Yes are considered as most important among all sense organs. Shalakyta tantra gives prime importance to netra roga . Hence utmost care should be given to netra . The classical text of Ayurveda gives an intricate section to the intake of foods than any other medical system. In Ayurveda, diagnosis are based on the etiological factors, pathogenesis, and clinical symptomatology. According to modern science, there are many idiopathic diseases (diseases with unknown causes) whereas, in Ayurveda, every disease is caused by some causative factors (nidana). In Ayurveda, ahara and vihara is considered as one of the important factors in the nidana of disease and in the pathya-apathyas to be followed in a disease condition. For the prevention and management of the diseases and their complication, it is necessary to follow the first line of treatment which is “Nidana parivarjana. The study of the relationship between pathya apathyas and diseases is highly relevant due to its profound implication on public health and individual well-being. It influences nutritional advice and preventive measures, thereby enhancing people’s quality of life and their ability to live healthier lives. Intake of pathya ahara improves cellular metabolism, lowers blood glucose levels, reduces excessive accumulation of waste products after metabolism and can help in preventing age-related eye disorders, diabetic retinopathy, Hypertensive -retinopathy ,CME, BRVO etc. Improper habits and sedentary lifestyle also contribute to eye diseases such as CSR, diabetic retinopathy, dry eye etc. Therefore, we should work to protect ourselves from all these risk factors for preventing ocular diseases.

Keywords: Shalakyta Tantra, Netra roga, Nidana, Nidana parivarjana

Registration Code: ABOP 1766



PREVENTIVE OPHTHALMOLOGY IN AYURVEDA

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Preventive Ophthalmology in Ayurveda is an emerging field that focuses on holistic approaches to maintain eye health and prevent ocular disorders. This abstract provides an overview of the principles, practices, and treatments prescribed in Ayurveda for the prevention of eye-related issues. Ayurvedic texts, classical literature, and modern research in the realm of Ayurvedic Ophthalmology were reviewed to gather essential information on preventive measures and therapeutic strategies. **Prevention of Ophthalmic Disorders:** 1. Aahar and Vihar (Dinacharya) : Ayurveda emphasizes a balanced diet and lifestyle that includes eye-friendly foods and practices for overall well-being. 2. Netra Kriyakalpa : A preventive series of therapies involving the application of drugs in various forms to the eyes to nourish and protect them. 3. Eye exercises: Mostly used for mobilisation, fixation, and accommodation which helps in rejuvenating the eyes. **Care and Treatment:** 1. Ayurvedic Medications: Various ayurvedic formulations are available for maintaining eye health. 2. Anjana (Collyrium): Medicated eye drops or collyrium preparations are used for eye care and to prevent eye strain. 3. Pranayama and Meditation: Breathing exercises and meditation are encouraged to improve overall well-being and alleviate eye strain. Preventive Ophthalmology in Ayurveda advocates a comprehensive approach to safeguarding eye health. It combines dietary, lifestyle, and therapeutic interventions to maintain optimal vision and prevent eye disorders. These Ayurvedic practices offer promise in mitigating the risk of various ophthalmic issues. However, further research and clinical studies are going on in this field to validate and document their efficacy and adapt them to modern healthcare practices. The integration of Ayurvedic principles into preventive ophthalmology holds potential for holistic eye care in contemporary society.

Keywords: Preventing ophthalmology, Netra kriyakalap, Aahar and vihar(dinacharya)

Registration Code: ABOP 1810



DIAGNOSIS OF SYSTEMIC DISEASES THROUGH OCULAR EXAMINATION

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The human eye is a specialized sense organ that is a part of the visual system. It is not only the source of vision but also acts as a key medium through which the health status of a person can be known. A thorough ocular examination can reveal an underlying systemic illness. Purpose of Study: A significant number of systemic diseases are associated with ocular manifestations, for example - • Diabetes Mellitus – Macular edema, Neovascularization • Hypertension – Retinal changes such as Flame-shaped Hemorrhages, Cotton Wool Spots • Sickle Cell Disease – Retinal Arterial Occlusion, Vitreous Hemorrhage • Rheumatoid Arthritis – Episcleritis, Scleritis • Systemic Lupus Erythematosus – Dry eye, Corneal ulcer • Thyroid Disease – Proptosis, Corneal ulcer • Myasthenia gravis – Ptosis, restricted eye movements, diplopia • Metastatic Lung Cancer – Decreased or distorted vision Sometimes the ocular manifestations present as the primary symptom which further lead to the diagnosis of the condition. Hence it is essential for any physician to be aware of the ocular symptoms associated with the diseases for early diagnosis and treatment. This presentation aims at understanding the common systemic illnesses and its ocular manifestations. Ocular examinations should be conducted regularly as a part of routine physical examination as, many a times the ocular symptoms are overlooked as a mere local manifestation, while these could be a sign of an underlying systemic illness. Ocular examinations play a significant role in early diagnosis and in determining a timely intervention.

Keywords: Eye, Ocular Manifestations, Diabetes Mellitus, Hypertension, Rheumatoid Arthritis

Registration Code: ABPO 1813



AYURVEDIC MANAGEMENT OF DIABETIC MACULAR OEDEMA- AN OBSERVATIONAL STUDY

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Diabetic Macular Oedema is a complication of diabetes caused by increased permeability of retinal layers at macula. (where the vision is the sharpest). Vision loss from diabetic macular oedema can progress over a period of months and make it impossible to focus clearly. In ayurveda this stage can be well correlated with 'SHOPHA'(Ch.ch.12)¹ and Dvitiya Patalagata Timira(Sh. Ut.17)² 15 patients diagnosed with diabetic macular oedema by fundus photography and optical coherence tomography (OCT) were included in this study. Patients with HbA1c below 8% were included in this study. Proliferative diabetic retinopathy was excluded. A pre-defined set of Kriyakalpas and external therapies comprising of Virecana, Pratimarsa Nasya, Thala, Siroveshtana, Netra Dhara, Ascyotana, Bidalaka, Anjana, and Netra Purana was employed. The initial line of management was Ama Pachana and Sroto Sodhana with procedures such as Thala, Siroveshtana, Pratimarsa Nasya, Netra Dhara, Ascyotana, and Bidalaka. Virecana was done afterwards for Kaya Shuddhi. Later on, treatments such as Anjana and Netra Purana were done for Indriya Balaprada (enhancing strength of the eyes). The medicines for these therapies were selected based on the Rogi-Roga Avastha of the patients. The treatment protocol was conducted for fourteen days, after which the patients followed up after one month. The outcome variables measured were best-corrected visual acuity (BCVA), changes in fundus photography and OCT, both central and average macular thickness, and total volume. BCVA was measured at baseline, at discharge, and at the follow-up. Fundus photography and OCT were conducted at baseline and at the follow-up.

Keywords: Diabetes, Kriya Kalpa, macular edema, OCT, Shophya, Timira

Registration Code: ABPO 1852



AYURVEDIC MANAGEMENT OF DRY EYE DISEASE A CASE REPORT

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Dry eye has been defined by the International Dry Eye Workshop as a “A multifactorial disease of the ocular surface characterized by a loss of homeostasis of the tear film, and accompanied by ocular symptoms, in which tear film instability and hyperosmolarity, ocular surface inflammation and damage, and neurosensory abnormalities play etiological roles”. Prevalence of dry eye disease is estimated to be 5% to 35% worldwide i.e., 1 out of every 3 to 7 patients could have this condition and is higher in India than the global prevalence, ranging from 18.4% to 54.3%. Contemporary medicine is by instillation of artificial tear supplements and preservation of natural tears, mainly this has a local effect only and, it can't break the root cause of pathology which often results in recurrence. In Ayurveda it can be compare with Shushkaakshipaka. A 62-year-old female patient complaining of Dryness, foreign body sensation, difficulty to open and close eyes for the past 3 months and diagnosed as severe dry eye disease. Subject underwent Ayurveda treatment Which consist of Deepana Pachana with Amruthotharam Kashayam, Koshta Sodhana with Avipathikara churna, Netra Seka with Saindhava Lavana and Godugdha, Shunthyadi Aschyotana, Nasya with Anutaila Tarpana with Ghrita Manda and orally Mahatriphaladighrita and Rasayana churna. At the end of the study, improvement in dryness, foreign body sensation, difficulty in open and close eyes, Schirmer'1 test and tear film breakup time in both eyes were found. The Ayurveda protocol was found to be effective in severe dry eye disease.

Keywords: Shushkaakshipaka, Ayurvedic management, Seka, Aschyotana, Nasya, Tarpana

Registration Code: ABPO 1853



AYURVEDIC MODALITIES IN PROTECTION AND TREATMENT OF SENSE ORGANS IN THE CURRENT ERA

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We live in a world, where our sense organs are constantly stimulated more than ever before. The advent of electronic gadgets and our dependence on smartphones for entertainment purposes on a daily basis, has contributed to the overuse of sense organs (Athiyoga), especially that of eyes and ears. The increase in environmental pollution is most adversely affecting the respiratory and the integumentary systems. The foodie culture is influencing youngsters to choose unhealthy eating habits, which in turn affects digestive system negatively. Through all these, it is evident that our 5 njanendriyas are being overwhelmed. Ayurveda, being a science that not only advocates for the cure of the ill, but also the protection of health in a normal individual, has laid down certain treatments and practices, which can help a person stay healthy, and gracefully age, even in this fast-paced era. Many medical practices included under Shalakyatantra, like kriyakalpas, and, certain dinacharyas mentioned in classics, promises a wide range of application in these times. There is huge potential in Ayurveda, in prevention of diseases, as well as in restoring the quality of functions of sense organs. However, the public is largely unaware of these options offered by Ayurveda. Modern medicine is more accessible, but is inefficient in preventive care of sense organs, or in restoring the quality of sensorium back to its full quality. Treatments like LASIK, helps a person with spectacles to remove it permanently, but is very expensive. Meanwhile, in Ayurveda, procedures like Netratarpana can correct the disorder, prevent further progression and even remove the need for spectacles, when treated early. Similar is the case with any sense organs. Ayurveda is capable of permanently curing diseases of sense organs, and in improving the precision of these, so that individuals can live without compromising their quality of life.

Keywords: Sense organs, Overuse, Kriyakalpa, Restoring, Prevention

Registration Code: ABPO 2017



PREVENTION OF ENT DISORDERS THROUGH AYURVEDA

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Prevention of ENT disorders is difficult, as changing lifestyles, disturbed daily routines, an increase in environmental pollution, and other causative factors are linked to many diseases such as allergic rhinitis, sinusitis, tonsillitis, dysphagia, hearing loss, etc. The prime principle of Ayurvedic system of medicine is preventive aspect, can be achieved by following various regimes mentioned in the texts of Ayurveda such as Charaka Samhita, Susruta Samhita, Ashtanga Hridayam and many other texts. In such disorders, Dincharya(daily regime), Ritucharya(Seasonal Regimen), Karnapurana(Instillation of oil in ear), Nasya (instillation of oil in nose), Dhoomapana(inhalation of medicated fumes), Kavala(oral rinse) and Gandusha(Holding fluid inside the mouth) and other Ayurvedic procedures, if practiced regularly, will definitely be helpful not only in the prevention or alleviation of such diseases but also in improving our physical and mental well being. This is the right time to follow Ayurvedic regimes when there is a high consciousness in the society about healthy living, prevention and promoting good health, which is the ultimate goal of life.

Keywords: Dincharya, Ritucharya, Karnapurana, Nasya, Kavala, Gandusha.

Registration Code: ABOP 2147



DO RIGHT FOR YOUR EYES A PROMOTIVE AND PREVENTIVE EYE CARE IN AYURVEDA

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Netra is an important sense organ out of panchendriyas. Ayurveda gives prime importance to the eye. It says “Sarvendriyaanam Nayanam Pradhanam”. Eyes allow to understand and navigate the world around you. Suffering from eye disorders with uncorrected refractive error result into adverse effect on quality of life & significantly affect their vision, education and psychosocial development. Most of people pay attention to their eyes only if they have eye problems. However, the hours spent in reading, writing, watching TV, mobile and working on computers take their toll on eye health. Working in artificial light (either dim light or bright light) is another culprit for deterioration of eye health. According to WHO, Globally, at least 2.2 billion people have a near or distance vision impairment. In at least 1 billion of these, vision impairment could have been prevented. In Ayurveda, selected classical daily regimens like Netraprakshalna (eye wash), Anjana (Collyrium), Snana (Bath), Padabhyanga (Foot massage with oil), Nasya (nasal application of drugs), wholesome and unwholesome dietetic are promoted as high-end measures for the maintenance of eye health. Various Netra Vyayamas (eye exercises), Yogasanas, Pranayamas, Neti and Trataka are also said to be beneficial for the same cause. Kriyakalpa is the treatment method usually adopted in Netra Vikaras. Netra Tarpana is one among the Kriyakalpas which is advised in many netrarogas to normalize the vitiated doshas. Tarpana is a snigdha kriya indicated in vata dusta ophthalmic conditions mainly in Dristigatarogas. In healthy people eye care treatment is carried out to protect the eyes from degeneration due to ageing process and to improve the eye sight. Thus Akshi Tarpana is an excellent soothing, relaxing eye treatment to rejuvenate eyes and surrounding tissues. The aim of this review is to spread the awareness of simple visual health promotive procedures in Ayurveda.

Keywords: Daily Regimen, Promotive Ophthalmology, Lifestyle disorders, Kriyakalpa, Akshi Tarpana

Registration Code: ABOP 2198



PREVENTION AND MANAGEMENT NETRA ROGAS

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Ayurvedic ophthalmology is a branch of a science that is solely founded on ayurvedic principles. A disrupted lifestyle is the cause of many ocular problems. Ophthalmology and eye hygiene have been the subject of classic literature for centuries, yet the material is dispersed throughout different books. From the available Ayurvedic literature, there is a clear need for in-depth literary analysis of the preventive and management elements of ophthalmology. It can be helpful to know from the current review article that Ayurveda was familiar with the basic pathology and preventive elements of ophthalmology. This article compiles information on ophthalmology from Ayurvedic Samhita to provide detailed knowledge and understanding about the prevention and management of eye diseases

Keywords: Ophthalmology, Netra Rogas, Prevention, Management, Ayurveda.

Registration Code: ABPO 2218



KARNASRAVA A STUDY IN RELATION TO CONTEMPORARY ASPECT

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In Ayurveda, various Karnarogas are described and explained very vastly. Karnasrava is one such disease described in our classics. The term Karnasrava simply means any type of discharge, oozing and exudates from ear. Based on aetiology and clinical manifestations Karnasrava can be correlated with CSOM, ASOM and Otomycosis. India has a high overall incidence of this disease. Modern system of medicine has various limitations in the management in the form of either high resistance to antibiotics or ototoxicity of drugs limiting their role. Surgical options are not easily available and have serious complications. Ayurveda describes handful of modalities to be used in it with good outcome. These modalities include use of oral and topical drugs, special cleansing procedures and systemic approach. These treatment modalities and possible benefits are discussed in this paper. This paper successfully correlates Karnasrava with its contemporary aspect. It is need of the hour to understand the classically explained disease w.r.t. contemporary science for wider acceptance and evidence based approach of Ayurveda.

Keywords: Karnasrava, CSOM, Antibiotics, Ototoxicity, Otomycosis, ASOM

Registration Code: ABPO 2251



EYE AND SKIN HEALTH

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Skin and eyes share a common embryological origin from the embryonic surface ectoderm. Ocular manifestations are one of the most important and common associations of dermatological diseases. Cornea and conjunctiva which forms the surface of the eye are regarded as modified skin. Therefore these are associated with diseases of skin. A comprehensive review will be undertaken to understand the association of skin diseases with inflammatory conditions of eye and role of mukhalepa in preventing such conditions. Literatures will be reviewed from classical textbooks, contemporary textbook, e-books, and published articles.: Dermatological conditions like Seborrheic dermatitis, rosacea, molluscum contagiosum, acne vulgaris, herpes which affects the facial skin have higher risk of affecting ocular tissues and leads to various inflammatory conditions like Blepharitis, Conjunctivitis, Keratitis etc and sometimes may even lead to sight threatening complications. It is important to prevent such eye diseases and Mukhalepa(face pack), a procedure mentioned under dinacharya in Ayurveda , which is said to be chakshusyha and cures timira, may be helpful in such conditions. This study endeavors to provide a conceptual analysis to understand the association of facial skin lesions and eye diseases and role of mukhalepa in its prevention.

Keywords: Mukhalepa, Eye diseases, Skin diseases, Prevention

Registration Code: ABPO 2252



PREVENTIVE CARE THROUGH AYURVEDA RELATED TO OCULAR DISEASES

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Shalakya Tantra is a stream of Ayurveda that deals with the problem of Urdhwajatru (parts of the body located above the clavicle bone; eye, ear, nose, throat, etc). The eye is the sense organ that Ayurveda values most highly among these. “Sarvendriyaanam Nayanam Pradhanam” is written there. The risk of developing eye diseases is notably increased by modern work practices that call for extended hours spent in front of computers, nutritional deficiency, pollution, stress, smoking, alcohol consumption, a diet high in fat and sugar, indiscriminate use of topical ocular drugs, an increased incidence of allergic disorders, etc. Ayurveda is a blessing for treating illnesses related to a sedentary lifestyle. It is essential for preventing certain disorders and promoting wellness. In Ayurveda, several traditional daily routines like Netraprakshalna (eye wash), Anjana (Collyrium), Snana (bath), Padabhyanga (foot massage with oil), Nasya (nasal application of medications), and wholesome and unwholesome dietary practices are encouraged as high-end methods for the maintenance of eye health. For the same purpose, various Netra Vyayamas (eye exercises), Yogasanas, Pranayamas, Neti, and Trataka are also said to be effective. In this essay, we review the main Ayurvedic views on maintaining eye health and avoiding eye problems.

Keywords: Shalaky, Daily Regimen, Eye Exercises, Preventive Ophthalmology.

Registration Code: ABPO 2286



AYURVEDIC MANAGEMENT OF ORAL LEUKOPLAKIA A CASE REPORT

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Oral leukoplakia (OL) is a premalignant lesion described as “a predominant white lesion of the oral mucosa which cannot be defined as any other known lesion”. OL located on the floor of the mouth, soft palate and tongue are considered as high-risk lesions, while, in other areas, they may be considered as of low malignancy risk. Patient information: A 68 years old male patient had complaints of white lesion on left lateral surface of tongue, along with mild burning sensation since 2- months. He had similar lesion on right lateral side of tongue and was diagnosed with Oral Leukoplakia. He had taken allopathic medicine for 4 to 5 times, but it was inversely relapsed, and later converted into cancerous lesion which was managed surgically. The patient came to us and want ayurvedic management so he was treated with Curcuma longa extract curcuminoids, Amrit kalasha, Chandraprabhavati orally, Pratisharana with Tankana Bhashma and Irimedadi taila and Gandusha Panchvalakala kwatha churana for a period of 2-months and advised for taking salads having antioxidant properties like Carrot and Tomato Results: After 2- months of therapy, white lesion became disappear and no burning sensation was experienced by patient. Thus, this patient was successfully treated with above therapy with no recurrence or any complications till date. Ayurvedic management can provide significant results in Oral leukoplakia by giving medicine orally, locally and with some dietary advises.

Keywords: Ayurveda, Oral leukoplakia, Curcuminoids, Pratisharana, Amrit kalasha, Chandraprabha vati

Registration Code: ABPO 2291



A REVIEW ON AYURVEDIC PREVENTIVE MEASURES IN PRATISHYAYA

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Ayurveda is a holistic science which plays a significant role in prevention and maintainance of health and well being of an individual. Prevention is considered as an important aspect of ayurvedic philosophy. Pratishyaya being one among the nasagata rogas is considered as one of the most important disease which if neglected leads to badhira, andhata, kasa, netra amayas, agnisada and sophia. In the present era people who live in the metropolitan cities are more prone to upper respiratory tract infections because of the polluted atmospheric air. Hence it is important to prevent upper respiratory tract infections and build immunity against it by following the guidelines given in our classics like dinacharya, ritucharya, pathya ahara and vihara and also various rasoushadhis and rasayanas. This study aspires in providing a conceptual analysis of the role of ayurveda in preventing pratishyaya by interpreting the various methods said in ayurvedic literature .

Keywords: Pratishyaya, Prevention, Dinacharya, Ritucharya, Rasoushadhi, Rasayana

Registration Code: ABPO 2325



SENSE ORGANS AND HEALTH - A CONTEMPORARY UNDERSTANDING

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Shalakya tantra is one among ashtanga ayurveda, dealing with the study of diseases occurring above the Jatru, which includes Shiras, Karna, Nasa, Netra and Mukha and their management. Shalakya tantra mainly deals with the prevention and restoration of the health of Indriyas. In modern science ear, nose and throat are collectively in a specialized field called otolaryngology or upper respiratory tract diseases collectively k.a. ENT. The modern life style, faulty food habits, stress, junk food, restlessness, overpopulation and pollution are causing dangerous effect on sense organs. Our ayurvedic system of medicine have more preventive measures, which are lacking in contemporary science. In Ayurveda following Dincharya and procedures such as Shiro Abhyanga, Shiropichu, Shiro Lepa, Nasya Karma, Dhoompana, Nasa pichu, Karna Poorana, Pratisarana, Karna Vaidhana, etc are helpful in prevention and treatment of diseases. Identifying the nidana and avoiding it, plays a key role in prevention of diseases.

Keywords: Indriyas, Otolaryngology, Shiropichu, Nasya Karma, Dhoompana, Pratisarana.

Registration Code: ABPO 2408



AYURVEDIC PROMOTIVE AND PREVENTIVE MEASURES IN EYE CARE

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Human eye is very sensitive organ of our body, and in present scenario due to lots of stress, weight gain, low activity level, sedentary life style and polluted environment person suffer from lots of eye disease such as refractive error, pterygium, diabetic retinopathy, cataract etc. Refractive error is the major cause of blindness. Children suffering from refractive error result into adverse effect on quality of life and significantly affect vision, education and psychosocial development. Ayurveda has various preventive measures that delay the degenerative process and nourish the visual structure. Because once the permanent mechanical change develops in the eye ball it is impossible to reverse it. Here are various modalities in Ayurveda such as Anjana, Nasya, Seka, Aschyotana, Padabhyanga along with the change in personal behaviour as well as in family and community level for maintains of visual health and ocular disorder. Descriptions were taken from various Ayurvedic samhita and research papers online from pubmed, google researchers and web of science. It's understood that acquiring modern lifestyle affected ocular health and brought affliction to human society. Ayurveda prescribes to overcome undesirable consequence on our daily routine life and few fine changes in our lifestyle can result into optimum visual health. There are various preventive modalities in Ayurveda such as Anjana, Nasya, Seka, Aschyotana etc. for the visual health. Our aim is to spread the awareness of simple visual health promotive measures advocated in Ayurveda. Most of the people pay their attention towards their eye when they have eye problems. The 'vision for all 2030 - Right to Sight' - can be achieved by proper counselling and encouragement of general public to look for simple preventive and promotive eye measures.

Keywords: IEye, Anjana, Netra seka, Aschyotana, Padabhyanga

Registration Code: ABPO 3152



SALYA





NEW TECHNIQUE FOR THE TREATMENT IN CASES OF CALCANEAL SPUR

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Here I want to keep your attention to our Ayurved Science regarding the treatment of calcaneal spur. Actually we have only reference of Calcaneal spur which is co related with KURCH SHIR MARMA in our samhita's. Which is described as snayumarma and it's location as well as it's laxana while getting injury, But the part of the treatment is mentioned as lepan and svedan. I have did some research on this subject from last 13 year's. I have experience of doing Raktmokshan on the area which is not mentioned in our text but I have did PRACHCHHAN on the lateral side of the heel area with the application of syringe which is cutted from the top and doing hole inside the piston to make it self retain on the surface. Allowing the suction of the blood from the calcaneal area approximately about 15 minutes. After 15 minutes of the procedure patient can go home without any problem. Tools for the treatment: 5ml syringe which is cutting from the nosal end properly. Cotton, Trifala quath Blade no 11, it has sharp edge Kidney trays Procedure: Examine the painful area and mark it with pen and make circle where is prachchhan karma is to be done. Just give cuts over the skin till the superficial capillary bleed. On that bleeding point keeping the syringe and allow suction upto 5ml. Observation: After 15 minutes of the procedure there is collection of occult blood which is AVGADH RAKT. After the procedure patient get complete relief from pain of Calcaneal area . We can cure the patients of Calcaneal spur with the help of Raktmokshan. Though the procedure is not mentioned in our text but we can make innovative work like this. I will show the video of same if you permit me in this festival.

Keywords: Calcaneal , Raktmokshan.

Registration Code: ABOP 1021



ROLE OF MATRABASTI IN CASES OF PARIKARTIKA FISSURE IN ANO

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Role of Matrabasti in cases of Parikartika (Fissure in Ano) .This is very beautiful thing found while doing practice. We all face patient \s of gud daah and severe burning in anal area that patients are unable to bear so they come to us for remedies. Actually modern science treatment is very short about this diseases. But from last 20 years I gone through the Matrabasti in cases of Parikartika and found miraculous recovery within very short time and our patients go happily to their home. As described in the text. Patient must be in lithotomy position. Cover him with tovels. Syringe of 10 ml with rubber catheter number 12. Yastimadhu siddh tail in 5 ml quantity. Give nadisweda before and after basti. Insert rubber catheter in the anus with 5 ml yastimadhu siddh tail. Gentle push the oil in the anus. Allow the patient for 10 minutes in same position. Findings: After giving basti of yastimadhu siddh tail, patient tell us that his pain and burning are totally reduced and he is feeling better now. So I have used this with Shankh bati 1 tab for three times with Trifala Guggul 2 tabs 3 times for 5 days. I advise that the food should be very little light with plenty of water. After five days, when patient come for follow up, he says that almost all the symptoms are vanished. So we can use Matrabasti of Yastimadhu siddh tail in 5 ml quantity in cases of Parikartika (Fissure in Ano) I got this reference in Sushrut samhita that Yastimadhu is very effective in painful conditions. So making yastimadhu siddh tail and use in Matrabasti.

Keywords: Parikartika, Yastimadhu.

Registration Code: ABOP 1055

INTEGRATED APPROACH IN THE MANAGEMENT OF HIGHLY COMPLICATED RIFIL FISTULA

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Purpose of study- RIFIL fistulas (fistula at the roof of ischiorectal fossa inside levator Ani muscle) is most complicated among the complicated peri-levator High-5 anal fistulas according to Garg classification of fistula. The High-5 fistulas are Suprlevator, suprasphincteric, extrasphincteric, high intrarectal and RIFIL fistulas. The diagnosis, management, and prognosis of RIFIL fistulas is reported to be even worse than suprlevator / suprasphincteric fistulas. Aim is to check the efficacy of integrated approach; such as TROPIS, ksharakarma & ksharasutra in the management of RIFIL fistula. Methodology- The entire operative procedure has the following steps, a) TROPIS - Transanal laying open of the intersphinctic space done with electrocautery, pus and unhealthy granulation tissues were thoroughly curetted, hemostasis achieved. b) Ksharakarma - Prathisaraniya kshara applied on TROPIS wound, washed thoroughly with normal saline. c) Ksharasutra ligation - External sphincter isolated by probing and double loop ksharasutra applied (one tight loop for cutting the sphincter and other loose loop for changing ksharasutra) which help easy changing of ksharasutra intra-anal weekly. Summary of findings- Fistula completely healed in 65 days of treatment period. Patient is completely continent. Contributions of the study- The integrated approach is new ray of hope in effectively managing RIFIL fistulas.

Keywords: RIFIL fistula, TROPIS, Ksharakarma, Ksharasutra

Registration Code: ABOP 1058



THE ROLE OF KSHARKARMA IN THE MANAGEMENT OF PILONIDAL SINUS AND ITS CLINICAL OVERVIEW

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Pilonidal sinus is a prevalent condition with a specific sedentary characteristic prolonged sitting habits in an individual predisposed in manifesting seropurulent foul discharge occurring between The buttocks and natal cleft. Herbert Mayo was the first to describe this condition as a cyst filled with hair in 1833. Subsequently, in 1880, HODG coined the term "pilonidal sinus," deriving it from the Latin words "Pilus," signifying tuft of hair, and "Nidus," indicating nest. In Ayurveda, it is also referred to as "Shalyaj nadi varna" (Sushruta - 800BC) (A tract Filled with foreign body). The predominant surgical methods for addressing pilonidal sinus include excision with primary closure and excision with reconstructive flap. However, the likelihood of recurrence is heightened after these procedures. In an endeavor to mitigate extended postoperative care and varied recovery periods, we executed excision of the tract along with the application of kshar . This approach adheres to the guidelines outlined by Sushrut (800 BC). This paper present a detailed investigation on 10 patients with their subjective assessment of symptoms and an objective evaluation of healing tract along with the post operative assessment with a scientific outlook

Keywords: Tuft of hair, Reconstructive flap, Shalyaj nadi varna, Ksharkarma, Pilonidal Sinus

Registration Code: ABOP 1059

LEECH THERAPY IN THE MANAGEMENT OF VARICOCELE -A SUCCESSFUL SINGLE CASE STUDY

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A Varicocele is a dilation and tortuosity of the pampiniform venous plexus within the Spermatic cord . It is commonly associated with male infertility, Testicular Atrophy and Chronic pain. The prevalence of varicocele is approximately 15-20% of the healthy fertile male population, however 40% of infertile male have their varicocele presence. It is generally reported out of 15% of male population 35% with Primary infertility and 80% of male with secondary infertility. In Ayurveda , Varicocele may be correlated with Vrushankosh Siragranthi soth. In the management of Varicocele available treatment protocols like advance Laparoscopic Ligation of testicular veins and open varicocelectomy may solve the problem temporarily but cannot be a permanent solution in solving the disease entity. The basic purpose of infertility and final outcome of testicular atrophy will not have a final remedy . Keeping these disadvantages of surgery in mind Raktmokshan with leech therapy was executed in a single Case trial. Since Leech therapy could be a best option the testicular varices due to its smaller diameter. This non-invasive procedure not only lessens the oxidative stress of the testis but also relieves hypoxia to the testis preventing further permanent damage . Here in this study Case report of the patient,Methods of leech therapy,Assessment Criteria,Observations & results,Discussion & Conclusion were incorporated to review the final outcome of Leech therapy in its successful management.

Keywords: Jaluka, Raktmokshan, Varicocele

Registration Code: ABOP 1062



CARBON NANO TUBES AND NEW AGE RAKTAMOKSHA BLOODLETTING

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Raktamoksha is one of the most important kriyakarma in Ayurveda especially in Salya Tantra. As we all know that there are different types of raktamoksha being practiced like Jaluka(leech), Pracharana, Siraveydha for different variety of diseases. The amount of impact these procedures create in healing of all those diseases are impeccable. But due the change in attitude of present generation have created a big aversion towards these procedures. Seeing it as unhygienic, primitive and many more reasons. What can we do towards this attitude and still practice Raktamoksha. For solving this problem, we have created a medical device which can be used for multiple Raktamoksha procedures. Micro painless needles made of Carbon Nano tubes are used here and piezoelectric motors for suction of blood. With a dial system for quantifiable collection of blood. The collection of blood will be painless. Easy to use, one time investment and can be autoclave for sterilization. Not only for raktamoksha the device can be also used for medicine administration after pracharana, for cosmetic treatments like PRP, and all sectors of phlebotomy. This innovation can be used over wide variety of bloodletting therapies. By this device we can counter problems like hygiene, availability of leeches, patient friendly procedures etc. The project completes its ideation stage and now stepped into prototype stage. This Innovation have won the state award for Young Innovation Program 2023 under Kerala Development and Innovation Strategic Council.

Keywords: Micro needles, piezoelectric motors, Dial system, PRP treatments.

Registration Code: ABOP 1075

THE INFLUENCE OF ENVIRONMENTAL FACTORS WITH VARICOSE VEIN AND CHRONIC VENOUS DISEASE A CROSS SECTIONAL OBSERVATIONAL STUDY

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The influence of several risk factors, such as obesity, prolonged standing, pregnancy has been hypothesized for the development of varicose veins and chronic venous disease (CVD). However, no theory has been proposed as the causative factor for the structural modification of veins and its complications. Siragranthi mentioned in Ayurvedic texts, ideally explains the various venous abnormalities and specifically varicose veins. There is a clear mention of various etiological factors in various Ayurvedic texts. To investigate the influence of various environmental factors on varicose veins and chronic venous disease. A total of 135 patients were examined at a tertiary Ayurvedic research hospital during the period from Jan 2021 to Dec 2022. A well-structured case sheet was used to record the various epidemiological information and clinical features. In the study, 53% of patients were male, and the mean age was 49 ± 12 years. Bilateral limb involvement was seen in 38% of cases. Pain, itching, and swelling were the common complaints of the cases. 102 patients (76%) reported that they were involved in exposure to cold water to lower limbs immediately after any type of exertion. Among 65 patients in C2 (of CEAP classification), 44 patients were involved in the above mentioned habit. Similarly, 22 of 29 patients in C4a and 18 of 21 patients in C3 were also involved in the above mentioned habit. The association of sudden exposure to cold water to lower limbs immediately after any exertion, like walking or exercise, can be considered an important etiological factor for varicose veins and CVD. It may be hypothesized that when the veins are dilated during exertion, they will get contracted by sudden exposure to cold water. Continuous practice of this will lead to loss of elasticity of venous walls, which results in venous wall collapse.

Keywords: Siragranthi, Chronic venous disease, Varicose veins, Risk factor, Observational study

Registration Code: ABOP 1098



COMPARATIVE EFFICACY OF 8-SHAPED KSHARSUTRA VS SINGLE LOOP KSHARSUTRA IN PILONIDAL SINUS TREATMENT A PROSPECTIVE STUDY

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Ksharsutra therapy is long known for effectively treating Pilonidal sinus (Nadi Vrana). This study aims to compare the efficacy of two Ksharsutra insertion techniques: the 8-Shaped Ksharsutra and the standard single loop pattern Ksharsutra in patients with Pilonidal Sinus (Nadi Vrana). Ten patients diagnosed with Pilonidal sinus at the outpatient department of Shalya Tantra, TMAES Ayurvedic Medical College, Hospete, Karnataka, India, were selected for this study. These patients were equally divided into two groups: Group A (n=5, 8-Shaped Ksharsutra) and Group B (n=5, Single loop Ksharsutra). Both groups received a standard Ksharsutra (21 Bhawana) made with Apamarga, Snuhi, and Haridra. The study evaluated three parameters: VAS score, time taken for cutting through the track and timespan for complete healing. The Ksharsutra was changed weekly using the rail-road technique on an outpatient basis. Efficacy was assessed from insertion to complete wound healing. A significant difference was observed between Group A and Group B concerning the time taken for cutting through the track, disinfection and complete healing of the Pilonidal Sinus track. However, there was no significant difference in VAS score between the two groups during the treatment course. 8-Shaped Ksharsutra offers the advantage of faster tract cutting, more efficient disinfection and quicker wound healing compared to the single loop pattern Ksharsutra.

Keywords: 8-Shaped Ksharsura in Pilonidal Sinus

Registration Code: ABOP 1118

EFFECT OF APAMRGA KRA TAILA IN DIABETIC PRESSURE ULCER A CASE REPORT

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Diabetes mellitus is a group of metabolic disorders characterized by chronic hyperglycemia and Diabetic Pressure Ulcer (DPU) is one of the major complication. DPU develop due to the effect of continuous forces directed to the distal pulp, causing progressive skin ischemia and usually occurs above the bony prominence. 62 million people are affected with diabetics in India, and among that 25% develop DPU. Out of these, 45% - 60% ulcers are purely neuropathic as well as ischemic components and if it is not treated, it will lead to the risk of amputation. Characteristic features of DPU must be assessed and compared with the features of Duṣṭa vraṇa and treatment can be planned from the context of Duṣṭa vraṇa and Madhumehaja vraṇa. 63-year-old male with known case of Diabetes Mellitus for 15 years presented with a wound over big toe of right foot for 9 months, associated with loss of sensation, swelling and discoloration. For which external application of Apamārga kṣāra taila along with internal medications were given for 2 months. The size of the ulcer measuring 1.5cm length, 1cm breadth and 4 cm depth got completely healed by 3 months of treatment. Acharya Susruta highlighted the importance of kṣāra for debridement of wound in Duṣṭa vraṇa cikitsā. Apamārga kṣāra taila has a pH of 7.3, minimal acid values and high saponification values and thus it provides an autolytic wound debridement. Internal medications such as Triphala guggulu possess vraṇaśodhana and vraṇaropaṇa properties and śivagulika acts as an anti-diabetic, anti-inflammatory and antimicrobial actions helped to reduce the symptoms and promote wound healing.

Keywords: Diabetic Pressure Ulcer, Duṣṭa vraṇa, Apamārga kṣāra taila, Case Report

Registration Code: ABOP 1179



KSHARA PRAYOGA - PANEEYA KSHARA IN BPH MUTRAGHATA

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Benign prostatic hyperplasia is a condition which occurs in elderly male persons with obstructive and irritative symptoms, which resembles the condition of mutraghata. Kshara prayoga is one among the treatment modality for the management of mutraghata advised by Acharya Sushruta. This study was carried out to compare the effect of two drugs - Yavanala and Patala in paneeyakshara form, both of which are ushna-teekshna guna, katu vipaka and mutrala, and find out which drug has better action on mutraghata. The period of intervention was 28 days, followed by 1 month of follow-up. The subjects were assessed using the assessment criteria which included the parameters of IPSS Sheet and USS findings. The observations were done and recorded before treatment, on 15th day, 29th day after treatment and on 45th day and 60th day of follow-up. Study revealed that both the drugs produced significant reduction of the symptoms after the treatment in both groups. There was no significant difference between both study groups of yavanala paneeyakshara and Patala paneeyakshara in the reduction of the objective parameters of the mutraghata caused by BPH. But in case of subjective parameters it revealed that there was significant difference between yavanala paneeyakshara and Patala paneeyakshara in the reduction assessed parameters of the mutraghata caused by BPH. Hence the study has proved that Yavanala paneeyakshara and Patala paneeyakshara are equally effective in the management of Mutraghata.

Keywords: BPH, Mutraghata, Kshara, Yavanala, Patala, IPSS Sheet

Registration Code: ABOP 1192

RESTRUCTURING VENOUS ULCER CARE AN EFFECTIVE NON- INVASIVE TREATMENT PROTOCOL

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Purpose of the study Venous leg ulcer (VLU) is the most severe manifestation of chronic venous insufficiency. It significantly impacts patients by causing increased pain, disrupted sleep patterns, and decreased mobility. Patients may also avoid social situations to minimize the risk of injury, and their work capacity may be impaired due to their condition. Individuals diagnosed with VLU have a significantly lower health-related quality of life when compared to the general population norms. Management of varicose ulcers is a nightmare for many physicians. The patient experiencing pain and swelling on their right lower limb, as well as a septic non-healing ulcer since 2016. The patient's medical history includes varicose veins. He had previously received treatment through modern medicine, which provided some relief initially, but the condition eventually worsened. In response, the patient was treated with patradāna, according to Susruta Acharya's 60 principles of vrasa management. The grihadhoomadi lepas choorna was addressed to the patient's condition for 6 consecutive days. Along with oral medications. The patient was satisfied with the treatment as the wound healed along with the reduction in pain and swelling. The results are assessed using visual documentation (photographs). The patradāna promoted the wound healing rate by improving circulation. Each day remarkable changes were noticed and with reduced symptoms. Progression of the wound was arrested and in tandem with ayurvedic oral medication, the wound healed. The study shows a noteworthy change in the patient's condition. By the time circulation has improved, swelling and stiffness have reduced along with the pain reduction. The main motto behind the treatment adopted was to make healing faster. The treatment opted for was based on the dosas involved.

Keywords: Varicose ulcer, Patradhana, Wound healing

Registration Code: ABOP 1199



EFFECTIVE AYURVEDIC MANAGEMENT OF CHOLELITHIASIS PITTASHMARI A CASE STUDY

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Gallstone is one of the most common disorder of hepato-biliary tract. The process of formation of gallstones is called cholelithiasis. Prevalance of gall stone in children is approximately 5%, in age group between 30 - 69 years the prevalence is up to 10% in male and 19% in females and the prevalence increase to 30 - 40 % in 70 - 80 year old people. As per Ayurveda Gall bladder is the organ which stores Pitta, hence gall bladder is considered as Kloma/Pittashaya and the stone formed in it is considered as Pittashmari. In medical management of cholelithiasis apart surgical corrections, oral bile acid pills, extracorporeal shock-wave lithotripsy (ESWL), contact dissolution therapy, Percutaneous cholecystostomy are the main treatment measures but they have limited roles and these are not free from adverse effects. In present era alternative therapy has important role to counter these difficulties. This presentation is a step in providing a safe and effective non surgical management of cholelidocholithiasis with Ayurveda. This paper shows the effective management of gall bladder stones with symptom of pain and mild tenderness in right hypochondric region and size of 17mm to 4.1 mm with opd level Ayurvedic management and Pathya. Pithasmari with shoola and vibandha can be effectively managed with proper Ayurveda treatment protocol in Opd facility within a period of 3months .

Keywords: Cholelithiasis, Kloma/Pittashaya, Pittashmari, Pathya

Registration Code: ABOP 1206

EFFECT OF KSHARA TAILA DRESSING IN CHRONIC NON-HEALING PRESSURE ULCER - A CASE REPORT

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Pressure ulcer is tissue necrosis and ulceration due to prolonged pressure. It is a localized damage to the skin or underlying tissues. It occurs over a bony prominence due to constant pressure, or pressure in combination with shear or friction. Incidence of Pressure ulcer varies from 0.4 to 38.0% in major hospitals, 2.2 to 23.9% in those on long-term care and 0 to 17% in home care settings¹. This chronic, non-healing wound is prone to infection, and causes pain, diminished quality of life. This can be correlated with Dūṣṭā Vṛāṇā. Kṣāra karma is one among Shāshṭī Ūpākhrāmā which has explained in the management of Dūṣṭā Vṛāṇā by Susrutha Acharya. A comprehensive literature search was done on databases including Pubmed, Google scholar, Scopus and Ayush portal. Classical references of this condition are evident in Brihatrayi and Bhaishajya Ratnavali. The present clinical situation exhibits a 39 year old diabetic female patient complain of chronic non-healing painless ulcer on the plantar aspect of heel (Rt) since 1 and ½ years. On clinical examination it was diagnosed as Chronic pressure ulcer which is non-purulent with fibrosed edges. Comprehensive treatment protocol aimed at making the wound aseptic and promoting healing with Apamargakṣāra Taila impregnated gauze packing followed by non-adherent primary dressings. Concomitant systemic medication including Triphala guggulu and Gandhaka Rasayana was given orally for 2 months. Evident wound epithelization and significant wound closure within 2 months of internal and external medications. Apamargakṣāra Taila impregnated wound dressing and oral administration of Triphala guggulu and Gandhaka Rasayanam was found to be effective in faster wound epithelialization and wound closure. Incidence of adverse event including allergic reaction was not exhibited during the entire treatment period. Hence this can be safely used in chronic non healing wound.

Keywords: Pressure ulcer, Dūṣṭā Vṛāṇā, Kṣāra, Non-healing wound, Case report.

Registration Code: ABOP 1226



IMPROVING HEALTH WITH AYURVEDA INTEGRATIVE MANAGEMENT APPROACH FOR HASHIMOTOS THYROIDITIS A CASE STUDY

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Purpose of the study Hashimoto's thyroiditis is characterized clinically as a commonly occurring, painless, diffuse enlargement of the thyroid gland occurring predominantly in middle-aged women. Hashimoto's disease is an autoimmune condition. Generally, auto immune diseases are difficulty to treat. Here trying to explore integrative treatment strategies in Hashimoto's thyroiditis. A 37-year-old moderately built woman complained of tiredness, fatigue and severe weakness of body after exertion and also associated with small enlargement in neck region. After careful clinical examinations and blood investigations patient have some irregularities is noted in thyroid functions. Detailed thyroid function tests shows that raised TSH level (34.22 μ IU/ml) and Thyroglobulin Antibody (341.8 IU/mL) and USG neck suggest thyroiditis. The insights of this reports indicate that this is a case of Hashimoto's thyroiditis. It is treated with Snehapana followed by Vamana and an integrated approach is followed to prescribe the conservative medicines. Summary of findings/results Within 15 days of internal and external ayurvedic treatments the TSH level drops into 8.80 μ IU/mL. Conservative medicines continue for 1 year then TSH value comes to normal range (3.39 μ IU/mL) and also patient get complete relief from symptoms. After 2 months of stoppage of medicine there is no variations was found in blood investigations and clinical symptoms. Conclusion Integrative approach in Hashimoto's diseases aimed at hormone replacement therapy and along with Ayurvedic medicines, diet and lifestyle changes should be significantly decrease antibody levels, improve thyroid function, and reduce symptoms caused by Hashimoto's thyroiditis Significance / contributions of the study The treatment protocol was found to be effective in symptomatic relief and biochemical profiles of the patient. This is a single case study and this protocol can be used in all other similar cases thereby achieving improvement in the quality of life of patients.

Keywords: Hypothyroidism, Autoimmune thyroid diseases, Vamana, Thyroid stimulating hormones, Thyroglobulin Antibody

Registration Code: ABOP 1291

A NON-INVASIVE AYURVEDIC TREATMENT PROTOCOL FOR PROGRESSIVE GRADE 2 SPONDYLOLISTHESIS- A CASE REPORT

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Spondylolisthesis is defined as a condition which happens when one vertebral body slips over the other resulting in radicular or mechanical symptoms". The incidence of spondylolisthesis in "older people is 12%" with a "prevalence of 29%" in which elderly females are more prone. Advanced age, increased BMI & BMD, and DA are associated with spondylolisthesis. Purpose of study is "The standard conservative management includes NSAIDs, therapeutic heat application, moderate exercise, traction, bracing, and bed rest". If left untreated it can even lead to lumbar spinal stenosis. The surgical intervention combines decompression, fusion with/without instrumentation or interbody fusion, all of which bear associated risks including nerve root or spinal cord injury. This paper aims to narrate the effective management of progressive grade 2 spondylolisthesis with non-invasive Ayurvedic protocol by avoiding surgery. A female patient, aged 65, presented with severe low back pain radiating towards the left leg, associated with walking difficulty, since 3 months following a fall in the lower back 4 months before. The MRI findings revealed L4-L5 grade 2 spondylolisthesis with radiculopathy. Conservative Ayurvedic management including panchakarma treatment, hip bandage, restorative spinal manipulation techniques, and specific therapeutic low-back exercises had brought about symptomatic relief. Reduction in pain and associated complaints was clinically assessed using VAS scoring system and regularly monitored. Conclusion Minimal neurological deficits and complications in the present condition made her an ideal candidate for the above treatment protocol which offered successful pain relief and improvement in walking. Internal medications along with panchakarma treatments, followed by restorative manipulation techniques served to reduce inflammation and relieve pain. The Patient was guided to therapeutic exercises for strengthening the muscle complex. Significance The study has proven effective in relieving the symptoms and increasing the QOL thus preventing surgery

Keywords: Katigraham, Low back pain, Spinal manipulation, Spondylosis

Registration Code: ABOP 1337



A COMPREHENSIVE REVIEW OF MARMA CHIKITSA IN AVABAHUKA MANAGEMENT ENHANCED BY SYNERGIZING CHIROPRACTIC TECHNIQUES

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In our rapidly evolving technological era, non-life-threatening ailments can severely hinder daily life and productivity. Avabahuka is such a common ailment, often affecting middle-aged and elderly individuals. Avabahuka categorized as a vata vyadhi affecting upper limb functionality, is often a result of marma abhigata. Ayurveda provides highly effective remedies, including unmardana, a facet of marmachikitsa, designed to address snayu sandhi asthi gata vata. Although Ayurvedic texts provide knowledge about marma points, practical guidance on treating related ailments is lacking. Complementing these Ayurvedic approaches, chiropractic treatment has gained recognition for its efficacy in managing conditions like frozen shoulder. Chiropractic care offers non-invasive, drug-free methods to alleviate pain, enhance mobility, and elevate the overall well-being of individuals dealing with this debilitating condition. This paper explores the potential integration of SOPs from chiropractic into Marma Chikitsa, aiming to enhance the management of conditions like Avabahuka and foster broader acceptance in healthcare. **Methodology:** A comprehensive literature search was conducted, encompassing classical Ayurvedic texts, and digital databases. After eliminating duplicates and applying filters from 2010 to 2023. **Results:** Marma Chikitsa, when applied comprehensively over an extended duration, effectively manages Avabahuka by addressing symptoms of stiffness and pain symptoms, with initial discomfort gradually subsiding and patients regaining pain-free limb mobility. Chiropractic treatment involved conservative management with adjustments to the affected shoulder joint and cervicothoracic spine using an Activator Adjusting Instrument, leading to the successful resolution of symptoms. **Discussion & Conclusion:** We propose combining principles from Keraleeya Marma Chikitsa and chiropractic techniques to enhance Avabahuka treatment. Chiropractic methods, focusing on spinal and musculoskeletal adjustments, offer an alternative pain management approach. Integrating these approaches could provide a holistic strategy for Avabahuka, addressing both local and systemic factors. Further research using contemporary techniques is needed to explore the potential benefits of this combined approach.

Keywords: Avabahuka, Chiropractic, Marma, Pain management.

Registration Code: ABOP 1349



EXPLORING TRANSDERMAL DRUG DELIVERY THROUGH AYURVEDIC LIPID BASED LEPA

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Transdermal drug delivery offers a promising approach to combine Ayurvedic herbal principles with modern pharmaceutical technology. This study explores Lepa, as an Ayurvedic transdermal drug delivery using a lipid-based matrix system, which has the potential to modulate COX and LOX pathways. Evaluation of lepa as an Ayurvedic TDDS for authenticating local treatments advocated in Ayurveda and to understand dermal absorption of the lipid-based lepa. For this purpose, a bibliographic search was performed for the period of 1990 to 2023, in PubMed, Elsevier and other data bases. Skin penetration can be enhanced by increasing lipophilic character of drug and so a TDDS with a lipid-based matrix system is ideal. Absorption occurs through diffusion across stratum corneum which favours lipophilic molecules. Skin permeation can be studied using Franz diffusion cells or Keshary-Chien (KC) cell, and skin uptake and metabolism can be assessed by Valia-Chien (V cell). Dermal absorption and modulation of COX and LOX pathways can be examined in vitro. The lipid-based lepa will exhibit sustained drug release. In vitro studies may show inhibition of COX and LOX pathways. Dermal absorption studies will demonstrate efficient penetration. **CONCLUSION** Lepa, which can be taken as an Ayurvedic TDDS, may effectively modulates COX and LOX pathways and it can be correlated to efficient dermal absorption. This study integrates Ayurvedic principles with modern pharmaceutical technology, presenting a novel transdermal drug delivery approach for authenticating local treatments advocated in Ayurveda

Keywords: Lepa, Lipid-based formulation, Transdermal absorption (TDDS)

Registration Code: ABOP 1335



AYURVEDIC APPROACH IN THE MANGEMENT OF POST SURGICAL COMPLICATION OF ACL TEAR- JANU MARMA KSHATAM- A CASE STUDY

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Knee joint is the strongest joint in the body. It is energized by pair of Cruciate Ligaments. Knee ligament injuries are increasing due to the increase in number of accidents and sports trauma, most commonly in Anterior Cruciate Ligament. Surgical complication of Anterior Cruciate Ligament is ending up in post-surgical complication especially joint stiffness with incidence of 63% during recovery period. However, rehabilitation after surgical reconstruction may take six months for full recovery but it is incertitude. Hence by this study an effort is made to evaluate the efficacy of Ayurvedic treatment in the management of post-surgical complication of ACL tear. A 30-year-old male patient suffering from Knee joint stiffness for 6 months after ACL tear reconstruction was managed with Vatahara line of treatment with Ayurveda Medicaments and external therapies for 28 days. The patient was assessed with Lower Extremity Function Scale for Stiffness and EPM- ROM for range of motion on 1st, 7th, 14th, 21st and 28th day of treatment. Conclusion Post Surgical Complication like Knee joint Stiffness, if not managed may lead to Osteoarthritis. Knee joint Stiffness after surgery can be symptomatically co-related to Janu Marma Kshata. Due to Abhighata, there will be Rasaraktadi dhathu dushti and Vataprakopa ultimately leading to Sandhigata Vata. The treatment adopted here in this case is kevala Vatahara and Dhathuposhana which helped to manage Joint Stiffness and Restriction of movement. Contribution of Study This study assures that Ayurveda treatment plays a significant role in improving relief from complaints and reducing the course of treatment. In future studies, clinical evaluation can be done with either Ayurvedic treatment alone or with a combination of Ayurvedic treatment and Rehabilitation.

Keywords: Knee Joint, ACL Tear, Rehabilitation, Post Operative Joint Stiffness, Janu Marma, Sandhigatavata.

Registration Code: ABOP 1430

TRANSANAL SUTURE MUCOPEXY WITH KSHAR PATANA IN RECTAL PROLAPSE WSR TO GUDBHRAMSHA A CASE STUDY

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Guda means anus /rectum. Bhramsha refers to dislocation or dislodge, moved away from its main site. In Ayurvedic Samhita 'Gudabhramsha(rectal prolapse)' is described to be formed because of vitiated Apan Vata(Vayu situated in the pelvic region) . In Classical Text Rectal prolapse is described under entitled of 'Gudabhramsha'. Chronic constipation with straining, diarrhoea, malnutrition is common aetiological factors for rectal prolapse. In current era ample of office based and operative modalities are available for partial and complete rectal prolapse. In Sushruta Samhita Kshara Karma(Caustic therapy) is indicated in many conditions including Gudabhramsha. In this case study 24 years old male patient presented in Shalya Tantra OPD with complaints of protrusion of mass from ano which was manually reducible, pain in ano during defecation, occasional bleeding and mucus discharge since 4 months. On examination with slit proctoscope patient was diagnosed as a case of Rectal Prolapse. Patient was treated with Transanal suture mucopexy followed by circumferential application of Pratisaraneeya Teekshna Apamarga Kshara below dentate line. Kshara was left on for two minutes until the mucosa turned to Pakwa Jambuphala Varna, after that Kshara was cleaned with Nimbu Swarasa and normal saline. Post operatively 20ml Yashtimadhu Matrabasti was given for seven days and Changeri Ghrita two table spoon twice a day with luke warm water was given for 15 days. Patient experienced relief from rectal prolapse symptoms pain, bleeding, discharge, prolapse during the follow-up period. This case study shows the potential effect of Kshara Karma with transanal mucopexy in the treatment of rectal prolapse.

Keywords: Gudabhramsha, Kshara Karma, Rectal Prolapse, Transanal Mucopexy

Registration Code: ABOP 1432



MANAGEMENT OF TENNIS ELBOW BY MARM CHIKITSA SNAYUGATA VATA-A CASE STUDY

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In Ayurveda, Snayugata Vata is explained under the concept of Vatavyadhi. The Vata Dosha vitiation occurs which settles down in the Snayu of the Sharira. In Snayugata Vata, there is Shoola, Kampa, Stambha in the Kurpara Sandhi. Tennis elbow is the painful condition in which there is a torn tendon of the elbow joint due to excessive work load which leads to the pain in elbow joint and loss of strength in holding the things. It not only affects the tennis players but also the other persons those who are working with the heavy tools and even play without proper techniques, overuse of forearm, minor trauma, non-recognized trauma, weight lifting. Snayugata Vata can be correlated with Tennis elbow and Snayugata vata in Ayurveda. It is clinically diagnosed by sensation of pain and tenderness at the lateral epicondyle of humerus which aggravates during the resisted dorsiflexion of the wrist and fingers. Marma chikitsa has a profound effect on nerves, joints, arteries and muscles. The purpose of Marma Chikista is to stimulate various organs and systems. This is a case of Snayugata Vata (Tennis elbow) effectively Managed by Marma chikitsa. This case illustrates the importance of Marma chikitsa in relation to musculoskeletal disorder. Marma chikitsa is hidden treasure of Ayurveda.

Keywords: Snayugat Vata, Tennis elbow, Marma Chikitsa, musculoskeletal disorder, Vata dosha

Registration Code: ABOP 1478

A CASE STUDY ON THE MANAGEMENT OF TENNIS ELBOW WITH MODIFIED AGNIKARMA-ELECTROCAUTERY

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Lateral epicondylitis, commonly known as 'tennis elbow,' is a common condition characterized by pain and tenderness on the lateral side of the elbow, often caused by repetitive stress and inflammation of the common extensor tendon. In Ayurveda, it is correlated with "Snayugata Vikara." Agnikarma, is an important procedure considered effective in providing instant pain relief for various musculoskeletal conditions, including tennis elbow. Agnikarma is indicated in twak, mamsa, sira, snayu, sandhi. Electric cautery modified agnikarma is a variation of the traditional Ayurvedic treatment called "agnikarma" which involves the application refers to a process in which a direct or alternating current is passed through a resistant metal wire electrode, generating heat. The heated electrode is then applied to specific points on the body to manage musculoskeletal conditions. This modified agnikarma allows for precise control of the temperature applied to the treatment area, reducing the risk of overheating or burning the skin, pain management in deeper tissue and instant pain relief. A 39 year-old man visited our hospital's Out Patient Department of Shalyatantra, complains of pain and stiffness over right elbow and an inability to perform his daily activities. He received treatment involving modified agnikarma, which was administered three times with seven- day interval between the session. The pain was assessed using the Pain Visual Analogue Scale and a noticeable reduction in symptoms including pain was observed. This study suggest that among the tennis elbow patient an Ayurvedic treatment agnikarma in its modified form can manage the pain in deeper tissue and can give instant pain relief.

Keywords: Tennis elbow, Agnikarma, Electrocautery

Registration Code: ABOP 1482



AYURVEDIC MANAGEMENT OF OLECRANON FRACTURE A CASE STUDY OF AN OLECRANON FRACTURE HEALING BY AYURVEDIC PRINCIPLES

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The elbow is made up of three bones, the radius, ulna, and humerus. The bony prominence on the back of the elbow is the olecranon process. This olecranon is needed to stop the arm from extending backward. Fractures to the olecranon process of the elbow account for approximately 10% of all adult upper extremity fractures. These fractures are most often seen in active and elderly populations resulting from high-energy trauma or low-energy falls, respectively. In those living an active lifestyle this can be a debilitating injury potentially leading to less range of motion. Sushruta described exclusively mentioned about bhagna. He explained depending upon nature of trauma, shape of fracture displacement, fracture fragment and fracture with or without wound. Sushruta explained if fracture occurs in the bone is called as kand bhagna that is bone fracture. Conservative modalities includes kushabandha, Alepa, Chakrayoga, Taila Droni, Basti, based upon the consideration of the prakruti and nutritional status. By adopting these ayurvedic principles many such injuries can be managed successfully with minimal rate of complications. Even in injuries requiring surgical management these play a crucial role as adjuvant therapy. An 80-year old female, slipped over bathroom floor and had a fall on flexed elbow(Right) , and she consulted an allopathic hospital and diagnosed as olecranon fracture and got advised to do ORIF, she refused an came to our OPD for conservative management .The patient was admitted and managed by Shodhana (Purification) along with Shamana (Pacification) Chikitsa. Kushabandha (Splint) was administered for immobilization for a duration of 60 days. Patient had remarkable relief in signs and symptoms after shaman and shodhana chikitsa. Based on subjective and objective criteria, patient has been assessed before and after the treatment and found ayurvedic treatment is fruitful in olecranon fracture

Keywords: Olecranon, fracture, kushabandha

Registration Code: ABOP 1553

AYURVEDIC MANAGEMENT OF ACUTE FISSURE-IN-ANO - A CASE SERIES

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Fissure-in-ano is an ulcer in the longitudinal axis of the lower anal canal. It is a common distressing ano-rectal disorder, which mostly affecting the age group of 18 to 40. Acute anal fissure is a deep tear in the anal canal with excruciating pain, severe sphincter spasm with surrounding oedema. Bright streak of blood with the passage of stool and pain after defecation are the characteristic features. Intake of hot and spicy food items, junk food, daily intake of non-vegetarian food in increased quantity, skipping of food, irregular bowel habits, less intake of water, constipation, sleep deprivation, mental stress etc are the predisposing factors of this disease. Surgical management in fissure in-ano shows complications like persistent mucous discharge and faecal incontinence. In Ayurveda, fissure-in-ano is correlated with parikartika, which having vata-pitta predominant clinical features. Its treatment principle is vatanulomana, agnivaradhana, vata-pitta samana anna-pana-kriyas, vrana shodhana and ropana. In this case series, 18 to 20 years old 4 acute fissure-in-ano patients with severe pain, constipation, bleeding per rectum were selected. They were with common nidanas like intake of hot and spicy food items, junk food, daily intake of non-vegetarian food in increased quantity, skipping of food etc. On examination, linear ulcer on anal verge with slight bleeding, tenderness and sphincter spasm and diagnosed as acute fissure-in-ano. The selected patients were managed with nidana parivarjana, internal administration of gandharvahasthadi kashayam, brihat triphala choornam as laxative, triphala kashayam for sitz bath, anal dilatation and 10 ml instillation of haridradi ghritha. These patients got wound healing and complete relief from tenderness, pain, bleeding from fissure, sphincter spasm within 10 days. So, it can be concluded that, Ayurvedic management in acute fissure-in-ano is an effective and safe alternative method.

Keywords: Acute fissure-in-ano, Parikartika, Anal dilatation, Instillation, Haridradi ghritha

Registration Code: ABOP 1586



CLINICAL STUDY TO EVALUATE THE EFFECTIVENESS OF IR MURIVENNA APPLICATION AND MYRRHA LEPAM BANDAGE IN POST-FRACTURE REHABILITATION OF ANKLE JOINT STIFFNESS AFTER CAST REMOVAL

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Fracture is where there is a loss in the continuity of the periosteum or simply a crack in the bone. The general rule for fracture management is reduction, immobilization, and rehabilitation; in order to arrest complications like delayed union, malunion etc. Exploring the efficacy of ayurvedic management in joint effusion is needed to know its action in improper fracture management. A 23-year-old female patient came to the OPD with complaints of pain and swelling in her left ankle joint, also difficulty in walking for the past one month. Upon further investigation of her medical history, it was discovered that she suffered a fracture in her left first metatarsal in June 2023 and sought treatment at allopathic clinic for fracture management. She was subsequently advised to undergo a period of one and a half months of fiberglass casting below the knee, accompanied by two weeks of analgesic and anti-inflammatory oral medications. After the removal of the cast, for about one month she still experienced pain and swelling in her left ankle. An X-ray was recommended and revealed evidence of ankle effusion. As part of her treatment Murivenna application and IR were conducted for 10 minutes & Myrrha leepam overnight for five consecutive days. Following this, the patient received a Murivenna bandage for an additional 10 days to aid in her recovery. For the management of improper fracture care – a so-called complication, the use of Murivenna and IR has worked in reducing pain and swelling. As the circulation improved and hence the complications were reduced. Usually, proper fracture care does not result in any complications if carefully managed. Here is an attempt to show the post-fracture management complications and its effective remedy. Significance Patient was improved with no complications.

Keywords: Post fracture complication, Murivenna, IR, Myrrha Lepam (Herbal formulation), Ankle effusion

Registration Code: ABOP 1587

UNDERSTANDING THE CONCEPTS OF FRACTURE MANAGEMENT - AN AYURVEDIC APPROACH

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Susrutaacharya elucidated the principles of fracture management, which have been adopted by modern practitioners, i.e, āñchana (Traction) pīḍana (counter traction), sañkhepa (correction of deformity) bandhana (immobilization using bandage). As an approach toward fracture management; once reduction is done immobilization for a stipulated time period will be advised using POP slab or fiberglass. That eventually results in joint stiffness and muscular weakness. Understanding the tridosha concepts in fracture healing and providing better QOL. A 51-year-old female patient came to OPD with pain, swelling, and restricted movement of left elbow. On revealing the history came to understand a case of FOOSH injury. X-ray suggestive of fracture of the medial epicondyle of humerus. Managed with Manjistadi lepa bandage for 2 days. Thereafter posterior POP slab was applied with flexed elbow for 2 weeks. Revisit was advised after 7 days of POP casting to observe any signs of complication. The bandage was removed and observed for bruises and swelling. After Murivenna application and IR in order to improve the microcirculation, bandaging was done with the same slab. By the end of 2 weeks, all the symptoms were reduced; further to regain the strength and motility of the joint rehabilitation exercise was advised for 2 weeks. Application of RM bandage in the initial 2 days was an approach to arrest the kshato-ushma-pitta and vitiated vata at the fracture site which was responsible for the pain and swelling. For the stability of Kapha dosha, rehabilitation exercise was advised. Understanding the doshic involvement in different stages will accelerate the healing process. Post fracture, the QOL of the patient was improved with no complication, and painless ROM was regained by the patient within 2 weeks.

Keywords: Bhagna Chikitsa, Manjistadi lepa, Rehabilitation

Registration Code: ABOP 1605



REDEFINING THE SCOPE OF AYURVEDA IN CANCER MANAGEMENT

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Cancer is a generic term for a large group of diseases that can affect any part of the body, whose defining feature is the rapid creation of abnormal cells that grow beyond their usual boundaries. Cancer is a leading cause of death worldwide, accounting for nearly 10 million deaths in 2023 or nearly one in 6 deaths. According to Charakacharya, diseases are classified into 2 categories- Uktha vyadhi and Anuktha vyadhi (based on whether sufficient information was available at that time). Dushtarbuda (cancer) is one such among Anuktha group of diseases. Cancer is not mentioned in Ayurvedic texts as a single disease. Diseases similar to that of cancer are described in Ayurvedic samhithas as a group of diseases like dushtavrana, dushtavranasopha, dushta granthi, dushta arbuda, dushtavidradhi, dushtanadivrana and dushta visarpa which are endpoints of untreated sopha. Non solid tumors like leukemia resembles sannipathika jwara, rakthapitha, pandu and krimi. Dhathugata avastha and dhathupaka avastha of diseases mentioned in Ayurvedic texts are similar to that of metastasis and advanced necrotic stage of cancer respectively. Among all of them, grandhi and arbuda are commonly recorded diseases resembling cancer. Charakacharya has accurately explained the pathophysiology of Anuktha vyadhis and guidelines for treatment of such vyadhi's. In anuktha vyadhi's there is a need to consider vikaraprakrthi (state of vitiated dosha, dhatu and mala), adhishtananthara (site of vitiated dosha), and samuthanavushesha (cause of vitiated dosha) for executing better plan of management. Through the presentation I would like to make a humble attempt to understand the basic concept of cancer, bead stringing the principles of Ayurveda for better understanding of its nidanapanchaka through shatkriyakala paving a way for better management of cancer.

Keywords: Cancer, Ayurvedic perspective

Registration Code: ABOP 1637

EFFECT OF POOTEKATINTRINYADI TAILA BANDAGE IN MANAGEMENT OF SYMPTOMS WITH OSTEOARTHRITIS OF KNEE JOINT

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Osteoarthritis (OA) of the knee is a major cause of mobility impairment. The use of physiotherapy, patient education, weight control, and medication therapy which includes non-opioid analgesics, topical analgesics, opioid analgesics, and intra articular steroid injection are among the therapeutic approaches typically used for OA. Occasionally, OA instances also involve knee replacement surgery, or arthroplasty. However, side effect free, long-term management of this disease still remains a challenge. Classical ayurveda locks in the symptoms of as Janu Sandhigata Vata. In this scenario, the knee is called Janu, the joint is called Sandhi, and the air element that permeates the knee joint is called Vata. The body gradually deteriorates as a result of Vata dosha increasing effect with age. As an illness of the sandhi (articulation), sandhigata vata is characterized by symptoms such as sandhi shoola, which is pain in the joints, sandhi shotha, which is inflammation in the joints, etc. Pooteekatinrinyadi taila is a traditional Ayurvedic medicated oil having ingredients with anti-inflammatory and analgesic activities, which is used for external application and then swasthika bandha for 3 weeks will helps for the symptomatic management of osteoarthritis of knee. Acharya Susruta mentions the details of bandhana in Vrana alepana bandhana vidhi adhyaya and Bhagna chikitsa adhyaya. The medicine Pooteekatinrinyadi taila is a formulation obtained from text of compilation of manuscripts by Directorate of Ayurveda Medical Education, Department of Health and Family Welfare, Government of Kerala.

Keywords: Osteoarthritis knee, Janusandhigatavata, Pooteekatinrinyadi taila.

Registration Code: ABOP 1691



MANAGEMENT OF FISTULA IN ANO BY AN ADVANCED KSHARASUTRA TECHNIQUE IFTAK - A CASE REPORT

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Fistula in Ano is an abnormal communication between two epithelial surfaces and the track is usually lined by unhealthy granulation tissues. The main cause known for fistula in Ano (FIA) is crypto glandular infection of anal crypts. In Ayurveda classics, according to similar clinical features the disease Bhagandara can be correlated with fistula in Ano. Acharya Susruta has advocated various treatment modalities for Bhagandara, among them Ksharasutra is one method, which has high success rate of 96.67%. However, it has some limitations like it is time consuming process, has severe post -procedural pain and big scar mark. So, in present era, IFTAK (Interception of Fistulous Tract and Application of Ksharasutra) is emerging as an advanced innovative technique for the management of Fistula in Ano. In the present case, a 36 years old male visited our center with chief complaint of blood mixed pus discharge with pain from perianal region. MRI report suggest grade 1 intra sphincteric fistulous tract and IFTAK technique is used which showed a great potential in management by minimizing the duration of treatment, mild post procedural pain and minimal scar mark. Months of follow up reveals no recurrence.

Keywords: Fistula in Ano, Bhagandara, Ksharasutra, IFTAK(Interception of Fistulous tract and application of Ksharasutra)

Registration Code: ABOP 1718

CLINICAL STUDY OF APPLICATION OF KUTAJA KSHARA IN THE MANAGEMENT OF ABHYANTAR ARSHA WSR TO INTERNAL HAEMORRHOIDS - A CASE STUDY

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Haemorrhoids are certainly one of the commonest ailment that affects mankind and its prevalence in general population is much higher than seen in clinical practice. The incidence of haemorrhoids apparently increases with the age, almost 50% of people once in a lifetime suffer from haemorrhoids. According to Ayurveda Arsha is Guda- marmagata vyadhi which can be correlated with Haemorrhoids. It has been placed in groups of “Ashtamahagada” because it is situated at the site of guda which is sadyopranahara marma. Vitiation of tridosha adversely affect the digestive system causing Mandagni which further leads to constipation, prolonged contact of accumulated Mala taints Gudavali and Arsha develops. Acharya Sushruta has described Ksharakarma in Arsha having symptoms like Mruda(soft), Prasruta(spreaded), Avagadh(deep rooted), Uchrita. Internal haemorrhoids arises from superior haemorrhoidal plexus and are covered with rectal mucosa, these are painless in nature. IInd degree internal haemorrhoids are more prone to thrombosis. External haemorrhoids arise from veins draining inferior rectus artery and are covered with skin. These are painful in nature. According to Acharya Sushruta there are two types of kshara, paniya kshara and Pratisarniya kshara of which pratisarniya kshara is used to treat abhyantar Arsha by local application and mentioned about 23 Drugs for preparation of Kshara. Kutaja is one among 23 Drugs, which is abundantly available, easy for collection. Now a days many paniya and pratisarniya kshara are being used in management of various Ano-rectal diseases. Many of kshara preparation are available in market. This study is to assess utility and efficacy the ancient mode of treatment in the scientific era. In this case study a patient suffering from 2nd degree internal haemorrhoids was treated effectively with Kutaj Kshar application once a week for 3 consecutive weeks. Patient got relief regarding per rectal bleeding and reduce the size of haemorrhoids.

Keywords: Arsha, Gudavali, Ashtamahagada, Ksharkarma, Paniya kshar, Pratisarniya kshar.

Registration Code: ABOP 1744



EFFICACY OF AGNIKARMA IN EPIDIDYMO-ORCHITIS WITH SPECIAL REFERENCE TO VATAJA VRIDDHI- A CASE STUDY

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Inflammation of epididymis with testis is known as epididymo-orchitis. Orchitis is due to infection through blood, lymphatics or epididymis. There are various causes of epididymo- orchitis including viral, filarial, bacterial, sexually transmitted infections and trauma. Pain in the testis with epididymis, fever, tenderness in testis are common features of epididymo-orchitis. In modern medicine epididymo-orchitis is treated with antibiotics and analgesics with scrotal support. In Ayurveda the disease is best correlated with the 'Vridhi' roga, that is the enlargement of Phalakosha (scrotum). According to Sushruta there are seven types of Vridhi Roga. Among Vridhi Roga, particularly Vataja condition is best matched with orchitis. Vitiated Doshas pass through the channels of scrotum and cause swelling in Phalakosha. In Vataja Vridhi, Vataparipurna Bastimiva Vatataam (sac filled with air), Parushata (dry and hardness), Animitta Anila Ruja (pain) in the Phalakosha are the clinical features. Agnikarma has been one of the peculiar parasurgical procedure described in Sushruta Samhita. Sushruta has referred Agni in Agropaharaniya Adhyaya as Upayantra and Anushastra. Agnikarma is one which gives instant relief from pain by balancing local Vata and Kapha dosha without any untoward effect. Sushruta has mentioned Agnikarma at Angaviparyay (contralateral) Angushthamula in the management of Vataja and Kaphaja Vridhi Roga. This study is to assess utility and efficacy of the ancient mode of treatment in scientific era. In this case study a patient suffering from bilateral epididymo-orchitis was treated with Agnikarma. As per Sushruta Samhita chikitsa sthan, Vridhi upadansha shlipada chikitsa adhyaya, after all routine investigations Agnikarma was done on Bilateral angushthamula once and follow up taken on third and eighth day after agnikarma. Agnikarma over Angushthamula showed significant decrease in swelling of testis and reduced symptoms like pain. Positive results obtained in eighth day. Therefore Agnikarma has significant role in treatment of epididymo-orchitis

Keywords: Vridhi roga, Vataparipurna Bastimiva Vatataam, Parushata, Animitta Anila Ruja, Angaviparyay

Registration Code: ABOP 1755

A COMPREHENSIVE AYURVEDA SURGICAL INTERVENTIONAL PROTOCOL IN THE MANAGEMENT OF LABYRINTHINE FISTULA- IN -ANO-A CHRONOLOGY

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Fistula -in-ano is a recalcitrant disease that consists of an internal opening into the anal canal and an external opening on the perianal skin. It is a chronic persistent infection associated with considerable discomfort and morbidity of the patient. Sometimes fistula traverses a very unusual course and creates a diagnostic dilemma along with every chance of recurrence and even grave complications like extension into the adjacent organ and peritoneum. Purpose of the study This case report gives an idea of the complexity of this disease and the ayurvedic management along with surgical and para-surgical procedure. A 38 year old male patient diagnosed with complex Fistula-in-ano complaining of pain and swelling over the perianal region . On examination, moderate swelling beneath the scrotum along with induration inferiorly up to the superior part of the peri anal region is seen. MRI Fistulogram shows a track along the root of the penis the left paramedian location and opening internally at 12'o clock position with bifurcations described. Again a curved track is found which has an ext.opening at 11'o clock position and internal opening at 6'o clock position. Tying of ksharasutra along the track combined with fistulotomy was done incorporating internal ayurvedic medications. Result The treatment extended for 1 year depending upon its complexity and the track was completely healed. Conclusion The case stands testimony to the fact that ksharasutra along with chedana karma is an effective protocol to deal with complex fistula-in-ano with low recurrence. Significance of the study The significance of this case report is the challenge it presents itself. The close proximity of the track to the penis and scrotum makes it more prone to adjacent infection, bleeding, hematoma formation etc. Still complete cure with no residual complications was achieved and the course of treatment was uneventful.

Keywords: Ano rectal diseases, Peri anal fistula, Peri anal abscess, Cryptoglandular infection, Bhagandara,Ksharasutra

Registration Code: ABOP 1772



CLINICAL STUDY ON THE EFFECTIVENESS OF MARMA CHIKITSA IN APABAHUKA

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Apabahuka is a disease which is painful and affects the normal routine life style of an individual. Vitiated Vata located at Amsamula (root of the shoulders) causes Sirah Sankocha (constriction of veins presents there) and produce Apabahuka which results in Bahupraspanditahara (loss of movement of the arm). While accounting for the Samanya Vatavyadhi Nidana, Marma Abhigatha is mentioned as a causal factor. The Lakshanas (symptoms) of Amsa Marmabhighata (trauma to the Amsa Marma), where the Bahu lose its function and becomes stiff which resembles the symptoms of Apabahuka. So, Marmabhighata is also considered as one of the specific Nidana for Apabahuka. Hence stimulation of Marma points will help in relieving the symptoms. The present study was an open label single arm clinical study with a sample size of 30 subjects. It was conducted in In patient Department of Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India in subjects fulfilling desired inclusion, exclusion and diagnostic criteria. The subjects were administered with Marma Chikitsa for 7 Days, once every day. The assessment was done on day 1 before treatment and day 7 after treatment. IEC Number for the Trial: SDM/IEC/87/2021 CTRI Number for the Trial: CTRI/2022/05/042454 .Results were found to be statistically and clinically significant in relieving the assessment parameters like Pain VAS Score and objective parameters like Flexion, Extension, Abduction, External Rotation and Internal Rotation of Shoulder joint. In the present study, Effectiveness of Marma Chikitsa in pain and range of movements in Apabahuka is found to exhibit statistical and clinical improvement in the registered participants. Thus, it proves that Marma chikitsa is effective in the pain and range of movements in Apabahuka.

Keywords: Marma Abhigatha, Amsa Marma

Registration Code: ABOP 2083

AYURVEDIC MANAGEMENT OF ULCERATIVE COLITIS WITH CHURNA KALPANA CONTAINING VATAPRAROHAM VATASUNGAM UTPALAM AND KSHEERAM AS ANUPANA- A THERAPEUTIC APPROACH

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Ulcerative colitis is a persistent condition characterized by recurring symptoms and significant health challenges. The exact cause remains unidentified. Up to a quarter of ulcerative colitis patients experience symptoms affecting organs beyond the intestines. The primary indicators of ulcerative colitis include diarrhoea, rectal bleeding, tenesmus, the passage of mucus, and crampy abdominal discomfort. The diagnosis typically relies on endoscopic examinations. While tests like perinuclear antineutrophilic cytoplasmic antibodies and anti-Saccharomyces cerevisiae antibodies show promising result, but they are not yet recommended for routine use. Treatment approaches are determined by the disease's extent and severity. Surgical intervention for ulcerative colitis is typically reserved for patients who do not respond to medical treatments or those who experience severe complications such as hemorrhage, perforation, or the development of cancer. In Ayurveda, certain subtypes of Atisaram can be simulated with ulcerative colitis. Among these subtypes, Pittatisaram and Raktatisaram manifest bleeding with stool, and this symptom can be likened to a characteristic feature of ulcerative colitis. Individuals with Pittatisaram are more likely to progress to Raktatisaram, which represents the chronic stage of Pittatisaram, when they fail to adhere the Pathya Aaharam and Viharam. This paper presents an Ayurvedic approach to the treatment of ulcerative colitis, utilizing a specific churna formulation consisting of Vatapraroham, Vatasungam, Utpalam, with Ksheeram as Anupanam. This specific interventions aim to restore the body, alleviate symptoms, and enhance the overall quality of life for patients of ulcerative colitis.

Keywords: Ulcerative colitis, Raktatisaram, Pittatisaram

Registration Code: ABOP 2123



PAIN MANAGEMENT IN CERVICAL SPONDYLOSIS

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Pain can be described as any physical or mental suffering or discomfort caused by illness or injury. No matter however mild the pain is anywhere in the body it lands person in state of discomfort. Pain interferes with many daily activities. Cervical Spondylosis is a degenerative condition of the cervical spine in which pain is the main concern associated with neck stiffness and radicular symptoms. It is one of the leading causes of disability and rising health care costs. The prevalence of Cervical Spondylosis is similar for both sexes. Evidence of spondylosis change is frequently found in many asymptomatic adults with 25% of adult under the age of 40, 50% of adult over the age of 40 and 85% of adult over the age of 60 showing some evidence of disc degeneration. According to Ayurveda Cervical Spondylosis can be correlated with Greeva Stambha, a type of Vata Vyadhi. Ayurveda explains the origin of pain due to vitiated Vata Dosha and once Vata Dosha is treated efficiently the pain subsides automatically. For the relief of the pain every person seeks treatment which has minimum side effects and maximum benefits. On this parameter Ayurvedic procedures are selected. The Ayurveda means to manage pain includes Agnikarma, manipulation in Marma points in the neck and upper extremity, Raktamokshana and massage techniques.

Keywords: Cervical spondylosis, Greeva stambha, Marma, agnikarma

Registration Code: ABOP 2136

REVALIDATION OF SUSHRUTAS CONCEPT OF SHASTRA PAYANA AND NISHANA WITH SPECIAL REFERENCE TO SHARAREEMUKHA SHASTRA SURGICAL SCISSOR

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The era of surgical practices, the maintenance and sterilization of surgical instruments is of prime importance. The aim of the study was to evaluate the efficacy of Shastra Payana and Nishana, to evaluate the sterilization effect of Shastra Payana and Nishana and to standardise Shastra Payana and Nishana according to Ayurvedic principles. Seven pairs of Surgical scissors (Sharareemukha Shastras) were taken for study and it was grouped accordingly and it was assessed for the Microbial load, Hardness and Sharpness before and after intervention. Shastra Payana was done in the three media Apamarga Ksharodaka, Udaka (Distilled water) and Tila Taila. Hardness was assessed using Rockwell's Hardness Tester. Sharpness was assessed using cutting respective material. Microbial load was assessed using the three culture media NA, MSA and PDA methods. Results on hardness showed Udaka Payana, Kshara Payana and Kshara Payana with Nishana were highly significant. In terms sharpness, Taila Payana, Nishana, Taila Payana and Taila Payana with Nishana groups were highly significant. The microbial load significant reduction was seen in Udaka Payana, Nishana, Kshara Payana with Nishana, Taila Payana with Nishana and Udaka Payana with Nishana. Interpretation & Shastra Payana and Nishana are having the effect of sterilization along with the increase of hardness and sharpness. It was found that in the process of Shastra Payana the hardness increased. The quenching in Udaka showed great effect on hardness. The method of Taila Payana gave more sharpness to the instrument. All the Shastra Payana media showed reduction in microbial load which reveals the effect of sterilization.

Keywords: Shastra Payana, Nishana, Sharareemukha Shastras, Sterilization, Hardness, Sharpness.

Registration Code: ABOP 2184



MANAGEMENT OF LOW BACK PAIN THROUGH MARMA CHIKITSA

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Low back pain is one of the most common orthopaedic problems and which hamper the easy locomotion of human being. It is neurological as well as musculoskeletal disorder. Restricted movement of spine and pain over low back region are the cardinal features. Pain is the most common problem in today's hectic life, fastest action and quick relief from pain are most preferred line of management. In Ayurveda pain management is mainly done through pharmacological and nonpharmacological treatment modalities. Nonpharmacological modality includes Marma Chikitsa, Yoga and Meditation. Among them Marma Chikitsa has greater acceptance. Marma means the site where Prana or vital energy resides. Different texts of Ayurveda mentioned 107 Marma points in human body, based on anatomical position and different structures around them. Among them 14 are placed over back region. Marma as the anatomical site where Mamsa, Sira, Snayu, Sandhi and Asthi meet together. These are the points means to be protected from injuries. On the other hand, these Marmas are considered as healing points. The stimulation of selected Marmas in proper way will be very effective to relieve symptoms like pain and stiffness. Even though Ayurveda literature not directly mention Marma stimulation as therapy, there are instances in Ayurveda using external pressure or manipulation techniques to manage ailments. Marma Chikitsa has no adverse effect when it is done in proper method. It is economical, non invasive, easy to perform and has instant result. In Ayurveda Marma Chikitsa has not been explored to its complete potential, because of lack of proper awareness. This study aims to develop a brief knowledge about Marma points of lower back region and management of Low back pain through Marma Chikitsa.

Keywords: Low back pain, Marma Chikitsa

Registration Code: ABOP 2209



ANATOMICAL EXPLORATION OF KURCHA AND KURCHASHIRA MARMAS OF LOWER LIMB

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The science of life, Ayurveda, the traditional system of medicine in India is being looked upon as a treatment modality worldwide. The Western world always viewed this science as associated with a lot of mysticism. The science of Marma is not different. Ayurveda Samhita explains Marma as the region that should be protected at any cost as your life depends on it. In recent years there has been an evolution in the science of Marma with the advent of Marma therapy and the arrival of many new schools of Marma treatment. Identifying Marma is also important for the development of sports medicine in Ayurveda. A proper knowledge of anatomy is important to decipher the information regarding Marma. Kurcha and Kurchashira Marma are two closely related Snayu Marma's and are injury-prone due to their proximity to the ankle joint. Injuries to the ankle are among the most common lower extremity injuries in sports. The description given in Samhitas for Kurcha Marma can be related to extensor and flexor tendons which are closely related to ankle joint and on injury it will produce similar symptoms to Kurcha Marma Abhighata. Kurchashira Marma can be related to lateral and medial collateral ligaments of the ankle joint, which are highly prone to injuries. An injury to these ligaments produces symptoms that are similar to that of Kurchashira Marma Abhighata.

Keywords: Marma, Snayu Marma, Ankle joint, Collateral ligaments of the ankle joint

Registration Code: ABOP 2239



AGNIKARMA IN THE MANAGEMENT OF SEBORRHIC KERATOSIS

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Seborrhic keratosis is the most common benign epidermal tumor commonly seen on face and trunk with flat raised pedunculated appearance. The treatment in practice for Seborrhic keratosis includes topical therapy, minor surgery, and laser assisted removal, which have only limited effects. The use of hyperthermia has hailed as a new method of cancer therapy in modern medicine, which had its actual origin in antiquity that is from the Vedic period. In hyperthermia, direct heat exposure to cells causes protein coagulation and DNA damage, which leads to genetic alteration and cell death. Agnikarma is a para-surgical technique mentioned in Ayurveda by direct application of heat to the tissue, which cures diseases which are incurable by bleshaja, sastrakarma, ksharakarma and diseases which relapse after treatment. A 67-year-old male patient was presented with isolated dark brown lesions on the left lower limb. On examination, he was diagnosed with seborrhic keratosis and the patient was treated with Agnikarma. Here Radio frequency Ablation method is used, which involves high frequency electric current to cut the lesion and coagulate bleeding simultaneously with minimal trauma. Controlled thermal heat helps in maintaining the same temperature throughout the procedure with good precision is used to overcome the limitation of conventional Agnikarma method. Assessment was done before & after treatment along with follow-up after 1 week. Patient got cured with a single sitting of Agnikarma and healed within 14 days after procedure. Seborrhic keratosis can be correlated to a kapha vataja vyadhi where agnikarma is indicated as it has tikshna, sookshma, vyavayi and vikashi guna resulting in kapha vata Samana. So this Agnikarma method which is user friendly, time conserving, safe and with no reoccurrence or complication is a practical solution in combating this recurring, cosmetically challenging disease called Seborrhic keratosis.

Keywords: Seborrhic keratosis, Agnikarma.

Registration Code: ABOP 2249

MANAGEMENT OF FROZEN SHOULDER THROUGH MARMA THERAPY

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Frozen shoulder is also known as Adhesive capsulitis, is a condition associated with pain and stiffness of shoulder resulting in restricted movements of shoulder. In this condition, there is chronic inflammation followed by fibroblastic proliferation in the shoulder joint capsule, decreased synovial fluid in the joint and consequently stiffness and pain on attempted movement. The condition generally affects people of 40-60 years of age and is more common in females. A number of treatment approaches are recommended for the management of frozen shoulder include pain management through analgesics, anti-inflammatory, steroid injections and physiotherapy. In severe cases of restriction, orthographic distension, surgical capsular release, or manipulation under anaesthetics have been advocated. Classically the clinical manifestation resembles the features of Avabahuka. This is the condition in which the Vata get lodged at the root of shoulder, subsequently constricting the vein and producing the loss of movements of shoulder. This condition significantly diminishes the quality of life for patients, preventing them from carrying out even the simplest of daily activities. Avabahuka is considered as a Vataja Vikara, the general line of treatment includes Nasya, Uttarabhaktika Snehapana, Vata Vyadi Chikitsa except Siravyadha. Marma Chikitsa, an essential component of Ayurvedic treatment, offers a natural, non-invasive, instant and effective healing approach. This therapy is particularly beneficial for alleviating the pain and stiffness in frozen shoulder. Its simplicity and instant results make Marma Chikitsa an attractive option for patients seeking permanent relief.

Keywords: Frozen shoulder, Avabahuka, Marma Chikitsa

Registration Code: ABOP 2266



SANDHAN KARMA IN DUSHTA VRANA NON-HEALING WOUND MANAGEMENT A HOLISTIC APPROACH

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Non-healing wounds, known as Dushta Vrana, are a significant healthcare challenge often associated with diabetes, vascular diseases, and traumatic injuries. Ayurveda provides a holistic approach to manage such wounds, emphasizing dosha balance and the body's innate healing abilities. This paper explores Sandhan Karma's principles and its integration with modern wound care techniques for improved patient outcomes. Methods: An illustrative case study is presented. A 60-year-old male with a non-healing leg wound was assessed. Diagnostic findings revealed metal debris, and the treatment plan included ayurvedic medicines wound cleansing, ligament reconstruction, debridement, nutritional support, pain management, and later, & grafting, leech therapy. Integration with Modern Wound Care: Sandhan Karma can be integrated with modern wound care practices, including debridement and advanced dressings, for enhanced effectiveness in managing non-healing foot wounds. This case reports highlights the improved outcomes of integrated approach. After reconstruction of ligament, shodhan with ayurvedic medications, grafting was done followed by leech therapy ropaka ayurvedic medications and wound got completely healed also pt have complete normal physiology & functioning of ankle joint. The management of non-healing foot wounds necessitates a comprehensive approach. Sandhan Karma, with its holistic principles and ancient techniques, shows promise in addressing the root causes of such wounds. Further research and clinical trials are required to validate its efficacy and refine its integration with modern wound care. By merging ancient wisdom with contemporary medicine, healthcare providers can potentially improve patient outcomes and reduce the need for amputations.

Keywords: Sandhan Karma, Dushta Vrana, Leech Therapy, Integrated approach, Holistic approach.

Registration Code: ABOP 2885

EXPLORING AGNIKARMA AS A THERAPEUTIC APPROACH IN VATAVYADHI INSIGHTS FROM A CASE SERIES

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Acharya Sushruta, renowned as the “Father of Surgery” in the realm of ancient Ayurveda, made indelible contributions to both surgical techniques and medicinal practices. Among his manifold contributions, the practice of Agnikarma stands out for its practical utility. Agnikarma, a parasurgical procedure categorized as an Anushastra and Upayantra, finds mention in the works of Acharya Charaka as well. Acharyas have termed these disorders as “Mahaagada,” signifying their formidable nature. In the face of these challenges, the application of Agnikarma has displayed astounding efficacy. Vatavyadhi conditions, including Janusandhigarta Vata, Apabhauka, and Vatakantaka. Purpose: This study aims to shed light on the remarkable efficacy of Agnikarma in treating Vatavyadhi, a set of diseases considered difficult to cure. Through a series of case presentations, the purpose is to elucidate the practical utility and notable indications of Agnikarma in addressing these challenging conditions. The methodology employed in this study involves the retrospective analysis of clinical cases where Agnikarma was used as a treatment modality for Vatavyadhi. A thorough review of the available Ayurvedic texts and references related to Agnikarma and Vatavyadhi was conducted to provide a comprehensive understanding of the subject. The findings reveal that Agnikarma is an effective and practical intervention for various Vatavyadhi conditions, including Janusandhigarta Vata, Apabhauka, and Vatakantaka. Through the presented cases, it is evident that Agnikarma has the potential to provide significant relief and improve the quality of life for patients suffering from these challenging disorders. In conclusion, Agnikarma, as advocated by Acharya Sushruta and acknowledged by Acharya Charaka, offers a viable therapeutic approach for Vatavyadhi. The successful treatment outcomes in the presented cases underscore the relevance and efficiency of Agnikarma in contemporary Ayurvedic practice. This research contributes to the ongoing dialogue about the practical utility of Agnikarma and its efficacy in addressing Vatavyadhi conditions. By showcasing successful case series, it underscores the potential of Agnikarma as a valuable addition to the arsenal of Ayurvedic treatments for complex and challenging disease.

Keywords: Agnikarma, Vatavyadhi, Anushastra and Upayantra

Registration Code: ABOP 2994



A CASE STUDY ON MANAGEMENT OF BHAGANDARA ANAL FISTULA BY FILLING LIQUID ARAGWADHA KSHARA

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Anal fistula is one of the most common ano-rectal disease. Its complicated pathogenesis has been considered as a clinical challenge for surgeons. Modern surgical management often leads to complications like fecal incontinence, recurrence and prolonged hospitalization. In classics, Ksharasutra prayoga is mentioned for the treatment of Nadi vrana and Bhagandara. This method is considered as an equivalent to one stage fistulotomy even by the western countries. In spite of effective interventions, the duration of treatment still remains a challenge. Cryptoglandular hypothesis is the primary pathology in Anal fistula (Bhagandara). The correct identification of the site of cryptoglandular infection and its prompt eradication rather than dealing the track is important which is the main principle behind 'IFTAK' (Interception of Fistulous track and application of Ksharasutra) theory. In this study the conventional method is modified by filling liquid Aragwadha Kshara into the fistulous track in single sitting based on the Park's concept of crypto glandular origin of Anal fistula. The inference is that the root cause of Anal fistula (Bhagandara) is cauterized with Kshara. The case study was conducted on a male patient aged 44 years to assess the effect of chemical cauterization in the management of Anal fistula. Kshara is highly caustic in nature and has the ability to perform natural excision, incision and scraping. If we make use these actions of Kshara in Low anal fistula it may decrease the duration of treatment as well as recurrence. In this study the Aragwadha Kshara infiltration method has shown good results. The assessment was done on subjective parameter like pain and objective parameters as tenderness and discharge. Patient was assessed every day after Kshara filling for 1 week. Follow up was done once in a week for 1 month then once in 2 weeks for 2 months.

Keywords: Anal fistula, Bhagandara, Aragwadha Kshara

Registration Code: ABOP 3019



MANAGEMENT OF BHAGANDARA FISTULA - IN - ANO OCCURED AS A COMPLICATION OF CROHNS DISEASE BY USING PROBIOTICS AND AYURVEDIC MEDICINES

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I am presenting a case report to establish that Bhagandara (Fistula - in - Ano) occurred as a complication of Crohn's disease can be managed conservatively. A 21 year old male patient with presenting complaints of Severe abdominal pain , bleeding per rectum, Diarrhoea, two pus discharging external opening's around the anal verge due to Crohn's disease since 2 years came to OPD. On Ano rectal examination two tract were found at 5 and 7 O'Clock position. He was advised to do blood investigations for doing Ksharasutra procedure. Blood reports were normal. But, due to severe abdominal pain Ksharasutra procedure was not done. He was very mentally depressed. He had lost 25 kg body weight. He was only 50 kg in body weight now. Medicines given - Ajaswagandhadhi leham 10 grams after breakfast and dinner. Food regimen - 'Pazham Kanji' (Water poured above the level of rice in a mud pot with curd left over night) with sprouted green gram in the morning for 3 months. Then normal diet. After taking this diet and medicine. The patient became normal within 6 months. Now his abdominal pain , diarrhoea, bleeding per rectum and Fistula - in - Ano has resolved. He has gained 25 kg's. Now he is 75 kg in weight. He is continuing his studies too. Now he is able to take all food items. Probiotics play a major role in the management of Bhagandara (Fistula - in - Ano) occurring as a complication of Crohn's disease. So we can conclude that we have to treat the primary disease rather than treating the secondary disease or complication. By treating the root cause the secondary disease or complication can be treated effectively.

Keywords: Crohn's disease, Probiotics, Pazham kanji, Bhagandara, Fistula-in-Ano

Registration Code: ABOP 3045



A MECHANISTIC EVALUATION OF CHIRAVILVADI KASHAYAM IN COLITIS ASSOCIATED COLORECTAL CANCER

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The aim of the study is to do systematic analysis of Chiravilvadi Kashayam (CK) in colitis and colitis associated cancer (CAC) using pre-clinical models. We used Dextran sodium sulfate (DSS) induced colitis model and DSS induced Azoxymethane (AOM) promoted CAC models to evaluate the therapeutic effect of CK. In the tumor model, colonoscopy was performed to evaluate the murine endoscopic index of colitis severity. After sacrifice the tumor volume and numbers were analyzed. The single cell preparation from tumor was used for immune cell profiling using Flow cytometry. The component of the kashayam were collected and DNA finger printing analysis was done to confirm the authenticity of the drugs and later the drug was prepared as one batch at a GMP certified facility of Amrita Ayurveda. Next we were interested to see how the immune cell population altered during colitis, so we analyzed the expression of myeloid derived suppressor cells (MDSC's) in both spleen and colon. Both granulocytic and monocytic MDSC's were decreased in treatment group. To our knowledge this is the first time reporting that an Ayurvedic drug has the ability to suppress the MDSC population in colorectal cancer. Conclusion: CK was able to inhibit the colitis and CA in mice models through modulation of the host immune system The drug is already using for different ailments and the study provided the information about the modulation of host immune system by Chiravilvadi Kashayam.

Keywords: Chiravilvadi Kashayam, Colitis, inflammation, MDSC,

Registration Code: ABOP 3163

COMPREHENSIVE TREATMENT OF CHRONIC TRIANGULAR FIBROCARTILAGE COMPLEX INJURY A CASE STUDY

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Chronic wrist injuries, particularly those affecting the Triangular Fibrocartilage Complex (TFCC), can be distressing and often lead to surgical interventions. The TFCC plays a vital role in stabilizing the medial aspect of the wrist, and injuries may result from compressive loads or sports-related activities. This single-case trial involved a 21-year-old male with chronic left wrist pain, a history of ulnar styloid process fracture, and a past wrist dislocation. The patient presented Vata predominance prakruthi. The treatment approach included internal medications such as (Bhagna Prasadhaka, Sandhaneeya, Vrana Ropaka, Vatahara, and Rasayana Guna), Laksha Guggulu and Gandha Thailam, and external therapies (Lepanam with Madhuka Manjishta Raktachandana in Thiktaka Ghritam). Dhara with murivenna. Before treatment, the patient rated his pain severity at 7-8 on a numerical pain scale, with daily activities proving difficult (4 out of 5). After 21 days of combined treatment, the pain severity reduced to 2-3, and the difficulty rating decreased to 2. Comprehensive treatment approach effectively alleviated pain and improved wrist mobility. vathadosha is the main dosha to be addressed In Chiravimukthasandhi. Snehana and swedana are the main treatment principles. Lepanam provided initial relief, which had reduced the inflammation due to continuous stress and strain. While Dhara sessions significantly enhanced wrist movements. The patient regained strength and endurance, particularly Lepa, by reducing inflammation, snehana and swedana through Dhara effectively relieved spasms and joint stiffness, reducing joint morbidity-related difficulties. This case underscores the value of a holistic approach in managing chronic TFCC injuries, potentially avoiding surgical interventions.

Keywords: Triangular fibro cartilage complex, Wrist injuries, Manibandha sandhi, Ayurveda treatment, Lakhsa Guggulu

Registration Code: ABOP 3173



EFFICACY OF MANJISHTADI KSHARA BASTI IN MANAGEMENT OF THROMBOANGITIS OBLITERANS TAO-A CASE STUDY

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Thromboangitis Obliterans (TAO), is a common form of peripheral vascular disease, results from atherosclerosis of the medium and small sized vessels of extremities. The symptomatology of PVD like TAO has similarities with those explained in Vatarakta by different Acharyas. Purpose of study To evaluate the effect of Manjishtadi Kshara Basti in management of TAO Methodology A 68-year-old male patient with 50-60 % luminal occlusion of right posterior and anterior tibial artery and 20-49% occlusion of left dorsalis pedis, posterior and anterior tibial artery, associated with severe pain, blackish discoloration was selected for Manjishtadi Kshara Yoga Basti treatment. Summary of finding Manjistadi Kshara Basti is a type of Niruha Basti having Tikshna guna and having Lekhana property. Manjishtadi kshara Basti has got antagonistic qualities towards kapha due to gomutra and to pitta as well as rakta as it contains manjishtadi kwatha which is having tikta, katu rasa and ushna guna which acts as raktaprasadaka & tridosahara. Hence TAO can be effectively managed by Manjishtadi Kshara Basti. Conclusion From the intervention attempted the patient experienced significant difference in arterial stenosis and symptomatic alleviation from pain, discoloration, swelling. Significance of the study An attempt was made to treat a surgical condition with medical management. As TAO is one of the surgical conditions which may require amputation if complications occur.

Keywords: Manjishtadi Kshara Basti, TAO, Peripheral Vascular Disease

Registration Code: ABOP 3183

JALAUKAVACHARANA AND ITS RECENT ADVANCES IN PLASTIC AND RECONSTRUCTIVE SURGERY

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Jalaukavacharana (leech therapy/ hirudotherapy) was first described by Acharya Sushruta in Sushruta Samhitha- Sutra sthana. It is one of the Anusastras explained by acharya. Jalaukavacharana is indicated mainly in Pitha, Raktha, pradoshaja, vikaras etc. It is considered as a parama sukumara Upaya. Even though Ayurveda has been using jalaukavacharana in treatment, modern medicine has recently focused on their possible modes of action in plastic and reconstructive surgery. Hirudo medicinalis has widest therapeutic usage among the leeches in the present era. Bibliographic search was performed for a period of 1990 to 2022, in the PubMed, Elsevier and other databases using the keywords Jalaukaavacharana, Leech therapy, and Plastic & reconstructive surgeries. In plastic and reconstructive surgeries, leeches can be used for treating venous congestion following replantation of extremities, cutaneous pedicled flaps and microvascular free tissue transfers. The salivary glands of leeches emit many biologically active substances and with the secretion of these substances into body parts helps in reducing venous congestion. Even though Ayurveda use Jalaukavachara from the ancient time itself to treat diseases like ulcers, varicose veins, thrombophlebitis, The scope of Jalaukavacharana in Plastic and reconstructive surgery is yet to be explored more. Through this paper reestablished the principles of practices done in the procedure followed by Plastic surgeons. Jalaukavacharana has occupied a unique area of treatment of venous congestion in plastic and reconstructive surgery. Jalaukavacharana can be considered as a non-operative tissue salvage in plastic surgery patients. **Keywords:** Manjishtadi Kshara Basti, TAO, Peripheral Vascular Disease

Keywords: : Jalaukavacharana, plastic surgery, reconstructive surgery, Leech therapy

Registration Code: ABPO 2197



LOMA APAHARANA OR REMOVAL OF HAIRS BY LASER EPILATION TECHNIQUE AS AN ADVANCMENT AND ADDITION TO SHALYA FOR TREATMENT OF PILONIDAL SINUS

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Pilonidal sinus is an acquired condition commonly found in persons especially males with dominance or extra growth of hairs frequently causing shedding of hairs by vibration and friction which then enters the gluteal cleft [between the buttocks] through opening of sweat glands becoming the source of infection. The origin of pilonidal sinus is not fully understood but hormonal imbalance, infection, friction, presence of hairs are some of the causative factors. Ayurveda through the concept of shashti upakrama in shalya tantra has advocated the use of upakrama or a treatment module named loma apaharana explaining the treatment and measures enabling removal of unnecessary hairs and also preventing reoccurrence. This poster aims to depict the reasons for considering the process of loma apaharana or laser epilation to prevent the reoccurrence through a single case study by analysing the recent advances in shalya tantra and concluding on the reason why laser hair removal can be considered as an addition to surgery especially for pilonidal sinus to prevent its reoccurrence with comparative reference to the upakrama of loma apaharana mentioned by aacharya sushruta in sushruta samhita (chikitsa sthana 1st chapter 8th shloka[dwivarniya adhyaya]).

Keywords: Pilonidal sinus removal, Excision, loapaharana, Shashtiupakrma, Laser hair removal

Registration Code: ABPO 1213

ENHANCING PERFORMANCE IN SPORTS THROUGH AYURVEDA AND MARMA CHIKITSA

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Enhancing performance in sports through Ayurveda and Marma Chikitsa. India is a country which gave origin to various sports right from the Vedic era. In classical times, there was glorious history of sports and martial arts. Concerning the current statistics, there is an added rise in number of sportspersons in contrast with former age, thus sportspersons are constantly in search for opportunities to improve their strength, endurance, flexibility and stamina. Ayurveda has a significant role to play in this context. Many Ayurveda herbs acts as ergogenic aids. Through prakriti analysis in ayurveda various sportspersons will be benefited by selecting apt sports for them. Implementation of ritucharya and dinacharya in life as explained in ayurveda aid in better performance in a sportsperson. In Marma Chikitsa there are various thirummal practices where precise stimulation given in marma to facilitate better performance. Various massaging techniques such as kaccatirummal used to improve flexibility and movements of joints. Panchakarma and Rasayana chikitsa renders a rejuvenating effect to body and mind. This study attempts to find out the potential of Ayurveda and Marma Chikitsa in enhancing performance in sports persons. By reviewing and analyzing textbooks on Ayurveda and Sports medicine, peer reviewed journals, authenticated internet sources, interviewing sportspersons and mentors of kalari. Results: Ayurveda and marma chikitsa can be effectively incorporated in the curriculum of sports training to enhance their endurance and performance. Sportspersons require holistic care that addresses a variety of concerns. Ayurveda and Marma Chikitsa can play a major role in assisting athletes in attaining their goals.

Keywords: Sports Medicine, Ergogenic herbs, Prakriti, Marma, Thirumal.

Registration Code: ABPO 1328



AYURVEDIC MANAGEMENT OF FISSURES

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Parikartika, denotes “to cut around”. There are many different opinion. Dalhan mentions it is a cutting & tearing pain everywhere, whereas Jejjata & Vijayarakshita, mentions it as cutting type of pain specially localized in Guda. So basically Parikartika is a sharp-shooting pain, specially in rectum. Parikartika has vitiated Apana vata. Whenever patient eats hot, spicy, salty food, aggravates pitta dosha, dry stale food, less fiber diet, less drinking water, aggravates vata dosha. This increases Rukshata of stools. Pressure on hard stools causes cut at anal opening & symptoms arises mild to severe burning pain with bleeding during defecation. Management protocols for Fissures should be based on medicines which aid the healing of ulcer and as well as to reduce cutting & burning type of pain. Jatyadi Ghrita Pichu is placed at anal canal & left for 2-3 hours, applied for 10-12 days. Warm sitz bath may be given before pichu application. This helps to keep vrana moist & thus promotes healing process. Ghrita helps to increase granulation tissue formation. Jatyadi Ghritapana has properties like sarujashaman, vranshodhan, vranropan. Triphala Churna heals tissue along with increasing digestion acts as mild laxative. Wound healing quality-yastimadhu has vranaropan properties. Lukewarm water sitz bath helps to clean tissue wound and improve blood flow of regions & thus helps to relax anal sphincter. Kshara Sutra Application ie. Apamarga Ksharasutra has properties like Chedana, Bhedana, Ksharan, Stambhana, Shodhana, Ropana. With chedana & bhedana properties of kshara, ksharasutra helps to excise the sentinal tag as well as fissure bed. Also helps to remove unhealthy fibrous tissue & debris by ksharana. Antiseptic property of latex of snuhi helps to check secondary infection. Haridra powder has anti-inflammatory as well as antibacterial properties, hence makes wound clean.

Keywords: Parikartika, Jatyadi Ghrita Pichu, Jatyadi Ghritapana, Triphala Churna, Sitz bath, Kshara sutra

Registration Code: ABPO 1373

ROLE OF SOORNADI MALHARA IN THE MANAGEMENT OF ABHYANTARA ARSHA INTERNAL HAEMORRHOIDS - A CASE STUDY

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Shalyatatra is the part of Asthang Ayurveda. Acharya Sushruta described Shalyatantra in detail, so that Sushruta Samhita is known as “Shalyatantra pradhan Grantha”. Ayurveda mention a group of life threatening disease which affect human health from vedic period, such group of disease is known as “Mahagada”. One of which Arsha mentioned. The Arsha means the abnormal fleshy growth originates from particularly ano-rectal region. Arsha is a prime important disease from Astamahagada. According to Ayurveda the Samprapti of Arsha is a Mithya Aahar-Vihar and a prime causative factor. A disease which tortures patients vital force (prana) as a enemy is called Arsha. The cause of Arsha is “Mandagni”. It leads to Dushti of Doshas at the site of Guda (anal region) which leads to Arsha. In 20th Century Worldwide prevalence rate of haemorrhoids in general population is estimated to 4.4% (emedicinemedscape.com). Patients presenting with haemorrhoids are from higher socioeconomic as well as rural socioeconomic groups. In Ayurveda as well as Modern science having many treatment modalities has of been given. Many Ayurvedic Acharyas described the basic treatment for Arsha, among which Acharya Sushruta gives detail management of Arsha, which includes conservative as well as surgical. Basically treatment should non-invasive, easy for implement, no need of hospitalization, due to this Ayurveda mentioned some basic treatment modalities, one of which “Lepa kalpana” is described, which is first line treatment and easy for applicable. In Bhaishajyaratnavali, for treatment of Arsha some basic Lepa described one of which Soornadi Lepa is mentioned. For convenience of patient Lepa transformed into Malahara (ointment).which is first line treatment for Arsha. This Lepa contains Soorankanda, Haridra, Chitrakmula, Tankana, Guda and Kanji, these all drugs having Arshoghna properties. This Lepa transformed into Malahara(ointment), used as local application in internal haemorrhoids(Abhyantara Arsha).

Keywords: Internal hemorrhoids, Lepa kalpana, Soornadi malahara (ointment)

Registration Code: ABPO 1407



THE EFFECTIVENESS OF KSHARA IN ANORECTAL DISORDER - A CASE REPORT

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Haemorrhoids are dilated veins within anal canal in the sub epithelial region formed by radicles of the superior, middle and inferior rectal veins. Present day lifestyle, irregular food intake, prolonged sitting or standing and psychological problems can be the causative factors. Arshas-Haemorrhoids are one such disease with prevalence rate of 4.4%. Mostly seen in the age between 30-65 years, incidence is equal in both the sexes. Treatment of Arshas is of four types-Bheshaja, Sastra, Kshara and Agni Karma. Kshara karma is considered to be the superior due to its property. Chitraka is mentioned in the preparation of kshara and kshara Sutra- which is the medicated thread, has arshohara , lekhana, krimighna property. Literal meaning of Bhagandara/Fistula is Darana, meaning splitting or bursting up, an inflammatory tract disease with an external opening in perianal skin and internal opening in the anal canal or rectum, lined by unhealthy granulation and fibrous tissue. Incidence of fistula ranges from 26-38%. Men are more prone. Ayurvedic management of fistula aims at pacifying the aggravated dosha -Vata and Pitta, involves merging of classical treatment with diet and rasayana. So here is a case of 45 year old male patient who complaints of bleeding during defecation associated with itching and pain around anus. Patient was treated with Chitraka kshara sutra, proper rethreading was done. Main aim of my study includes the role of Chitraka kshara in anorectal disorder for the sake of human life with minimal invasive procedure. Application of these preparations have replaced surgical procedure which can be substantiated with an evidence based study.

Keywords: Kshara karma, Chitraka Kshara, Kshara sutra.

Registration Code: ABPO 1418



ROLE OF RASANJANA CHURNA IN BLEEDING OF INTERNAL HAEMORRHOIDS -A CASE STUDY

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Nowadays due to disturbed lifestyle various disorder occurs in enormous population. Haemorrhoids is one of those life style disorder. Haemorrhoids are defined as dilated plexus of superior, medial, inferior haemorrhoidal veins in relation to anal canal. They are caused due to chronic constipation or diarrhea, straining during bowel movements, abused of laxatives, unhealthy diet, mental stress and prolonged sitting on the toilet. In Ayurveda Raktarsha is one of type of stravi arsha. It can be correlated with internal haemorrhoids. In this study 44 yr old male patient came to our institute with complaint of intermittent PR bleeding since 5-7 days on and off since 6 months diagnosed as 2nd degree internal haemorrhoids after examination. He was treated with Rasanjana Churna with navneet and Gandharva haritaki. In Bhavprakash Nighantu Rasanjana churna has Raktastambhaka, Arshyoghna, Shothagna property and it helps in management of internal haemorrhoids. Gandharva haritaki churna helps in relieving the constipation. Clinical symptoms were significantly reduced.

Keywords: Haemorrhoids, Raktarsh, Raktastambhak property, Rasanjana, Stravi Arsha

Registration Code: ABPO1444



AYURVEDIC MANAGEMENT OF PILES A METICULOUS REVIEW

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Hemorrhoids are swollen veins that occur in the anus and lower rectum. They can be external, appearing around the skin of the anus or internal, arising in the lining of the anus, or rectum. Hemorrhoid swelling occurs when there is an increase in the pressure in the small blood vessels causing them to swell and engorge with blood. The major causes of hemorrhoids include prolong constipation, poor dietary habits, lack of consumption of water and straining while defecation. The complications of hemorrhoids can be prevented by treating the hemorrhoids at early stage. Management of Arsha is done by four methods in Ayurveda Aushadh, Shastra, Kshar and Agnikarma. While treating arshas we prefer to give both internal and external medicine to cure the problem. as mentioned in sushrut samhita various types of chikitsa like snehan svedan, vistravan aalepan are given. Use of triphala churna as internally and peelu tail externally as well as sphatik jal avghan sveda helps to reduce the size and degree of haemorrhoids. In case of rakatarsha , raktasthambhak vati containing mochas, nagkeshara, gairika used to reduce pr bleeding. In case of 1 and 2 nd degree haemorrhoid , gudpurun with help of jatyadi taila , peelu taila helps to resolve and reduces the symptoms. Internally triphala churna possess the potential to purify blood and balances the vitiated doshas. The topic being vast , this article attempts to touch maximum ayurvedic treatments for piles.

Keywords: Arsha, Avghan, Snehan, Gudpurun, Raktaarsha, Aushdi

Registration Code: ABPO 1719



AYURVEDIC MANAGEMENT OF DUSHTA VRANA CHRONIC WOUND WITH HELP OF HARTAL SIDDHA GHRITA - A CASE STUDY

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AVrana is a type of physical trauma whereby integrity of the skin or any tissue is compromised. It is separation or discontinuity of skin, mucous membrane or tissue caused by physical or biological trauma. There are two types of Vrana i.e. Shuddha Vrana and Dushta Vrana. Dushta Vrana, which is difficult to heal. Dushta is one in which there is localization of Dosha Vata, Pitta and Kapha. Vrana, which had a bad smell, has abnormal color, with profuse discharge, intense pain and takes a long period to heal. In modern medicine some antibiotics and antiseptics have developed resistance in treatment of infectious wound. The healing process becomes diminished in chronic wounds due to reduced tissue degeneration, angiogenesis and neurological problem. In practice, Dushta Vrana is the most common encountered problem faced by a medical practitioner with prevalence rate of Dushta Vrana is 4.5%. Sushruta has described 60 measures for the comprehensive management of Vrana (wound), which includes local as well as the systematic use of different drugs and treatment modalities under a dedicated chapter. Acharyas incorporated number of drugs broadly classified into Shodhana and Ropana. The processes i.e. Shodhana and Ropana have been therapeutically grouped under seven headings as Kashaya, Ghrita, Kalka, Sarpi, Taila, Rasakriya and Avchurnan. As Hartal after purification, acts as Vranropaka and Vrana Shodhak. and Ghrita which has properties of Vranaroka helps for healing the wound. A 60 Yr female with no any co-morbidity having wound over left leg since 1 month. by using Hartal Ghrita healthy granulation along with contraction of wound noticed. It is suggested to design a larger sample to confirm the effect of this protocol in wound management of chronic wounds.

Keywords: Dushta Vrana, Hartal, Ghrita, Doshas, Shodhan, Ropana

Registration Code: ABPO 1729



INCISION AND DRAINAGE WITH DRAINING AND CUTTING SETON KSHARSUTRA NEW TECHNIQUE IN THE MANAGEMENT OF PERIANAL ABSCESS VIDRADHI

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Perianal abscess is one of the common diseases in the field of colorectal surgery, and it often causes substantial pain in individuals with the disease. Perianal abscess often occurs acutely. Once sepsis is formed, it is often difficult to heal on its own, and the condition changes rapidly. If perianal sepsis is not treated, it may cause inflammation and may spread. The disease generally requires emergency surgery. The Italian Society of Colorectal Surgery (ISCR) recommends that perianal sepsis should be drained promptly. Perianal abscess is caused by crypto glandular infection followed by suppuration. The traditional incision and drainage method is simple, can promptly improve the clinical symptoms of patients and does not damage sphincter function, but after some month most of case develop fistula in ano so we concluded in my last 10 case with incision and drainage using of Ksharsutra as a draining and cutting (seton) and healing method as we already known about Ksharsutra as cutting and healing property. Low anal abscess treated as incision and drainage with Ksharsutra heals without second stage surgery but high level need second stage surgery for early recovery as track length more than 8cm need severe month for healing so avoid so much time I operate such case. Incision and drainage is always taken near to anal verge so tract of fistula is short and always debridement of crypto glandular tissue or excision of crytoglandular tissue is mandatory in surgery. All patient taken above 18 yr. old male and female and exclusion about any inflammatory disease with perianal abscess. 8 patient with low anal abscess with incision and drainage with ksharsutra heal without second stage 2 patient need second stage surgery .

Keywords: Crytoglandular tissue, Fistula in ano, Ksharsutra

Registration Code: ABPO 1746

MANAGEMENT OF FISTULA IN ANO WITH UDUMBARA KSHEER SUTRA - A CASE STUDY

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Acharya Sushruta has mentioned Bhagandara as one of the Ashtamahagad. Bhagandar can be correlated with fistula in ano. An anal fistula is an abnormal tract having an external opening in the perianal region and internal opening in the anal region and / or rectum. Ayurveda has a special parasurgical approach to the treatment of Bhagandara through Kshar and Ksheer Sutra. Acharya Sushruta has mentioned the use of Kshar Sutra in the treatment of Krusha, Durbala, Bheeru, Nadivrana and Marmashrit Vran. Preparation of Ksheer Sutra is mentioned by Acharya Chakrapani Datta in his book Chakradatta. Due to some complications seen by usage of Apamarga Kshar Sutra there is a need to search for an alternative. Acharya Sushruta has mentioned the Nyagrodhadi Gana Dravyas as Bhagandaranashak. Hence Udumbara ksheer Sutra is used in the treatment of Bhagandar. In this case study a 30year old male patient is taken with complaints of boil over perianal region and pus discharge through it since 2 months diagnosed as fistula in ano. Patient had a H/O partial fistulectomy with Apamarga Kshar sutra insertion a week ago. Patient showed discomfort like pain, inflammation and itching due to presence of Arka Ksheer and Apamarga Kshar. Later Apamarga Kshar Sutra was replaced with Udumbara Ksheer Sutra to which the patient responded well. This Ksheer Sutra is changed in every 7 days.: Patient showed significant decrease in tract length and reduced pus discharge. This case illustrates the significance of Udumbara Ksheer Sutra due to its Chhedan, Bhedan and Lekhan properties. Significance of Study: This study provides a better treatment option for patients who don't respond well to Apamarga kshar sutra.

Keywords: Chhedan, Bhedan, Udumbara ksheer sutra, Durbal, fistula in ano

Registration Code: ABPO 1752



MANAGEMENT OF EXTRASPHERIC FISTULA WITH SUPRALEVATOR EXTENSION A CASE REPORT

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Bhagandara, included in Ashtomahagada (Eight dreadful diseases) because of its chronic nature, recurrence and frequent acute exacerbations is difficult to treat and even today there is no gold standard treatment for this disease. The prevalence of fistula is considered as second after piles in ano-rectal disorders. Aim: Material and Methods: A 34 years old male patient visited OPD with complaints of throbbing pain in ano, swelling in right perianal region and pus discharge from right perianal region . MRI fistulogram was done to confirm the diagnosis Observations and results: The wound was assessed weekly and it was observed that in first week pain was reduced completely. On second week healthy granulation was observed without any discharge. The wound was healed completely within two months with minimal scar formation and normal skin coloration Conclusion: This case study concluded that Aanshik chedan (Partial fistulectomy) with placing of 14 Fr Foley's catheter is one of the option for management of extrasphincteric fistula with supralelevator extension

Keywords: Ashtomahagada, Aanshik Chhedan , Foley's catheter, Supralelevator extension

Registration Code: ABPO 1763



AYURVEDIC MANAGEMENT OF PILES AND FISTULA

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Haemorrhoids are one of the most common diseases that affects mankind. These are dilated veins within anal canal in subepithelial region formed by radicals of superior, medial and inferior rectal veins. Classification includes internal, external and internal external piles. Ayurvedic management involves bhashaj, kshara , Agni and shastra karma. Fistula in ano is an inflammatory track lined by unhealthy granulation tissue and fibrous tissue that connects deeply in anal canal or rectum and superficially on skin around anus. 4 types of Classification is discussed Examination and Ayurvedic management of fistula is also discussed

Keywords:Bhashaj, Kshara , Agni and shastra karma

Registration Code: ABPO 1775



JALOUKAVACHARAN HIRUDOTHERAPY -A MULTIDIMENSIONAL TOOL FOR DIFFERENT SURGICAL CONDITIONS

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Leech therapy, has been used for millennia in Ayurveda practice. Ayurveda and modern medicine both extensively accept jaloukavacharan (Hirudotherapy). Acharya Sushruta has provided a thorough understanding of leech farming, leech selection, and application techniques for various ailments affecting sukumara individuals, including those in youngsters and the elderly, particularly in pittaja vikaras for bloodletting. Practices that are applied in numerous countries coupled with pre- and post-surgical situations provide up new possibilities. Leeches use their sucking mechanism to draw blood from unclean sources, alleviate disease, and enhance human health. In contemporary medicine, leech therapy has made reappearance as a bio-surgical instrument and returned as a novel treatment for venous congestion in the plastic and microsurgery departments, helping to preserve flaps and grafts. Leeches have been approved by the US FDA as a medical device in response to an emerging need. The device is intended to be used in conjunction with graft tissue healing when venous congestion issues could potentially impede the healing process. Numerous bioactive peptides and proteins, including those with antithrombin (hirudin, bufrudin), antiplatelet (calin, salatin), factor Xa inhibitors (lefaxin), antibacterial (theromacin, theromyzin), and other properties, have been found in leech saliva through extensive investigation. Leech therapy was shown to have favourable therapeutic effects for patients who visited AIIA Hospital with illnesses such as varicose veins, non-healing wounds, DVT, vascular problems, thrombosed haemorrhoids, acne vulgaris, and arthritis etc. Multidimensional approaches are practiced worldwide by its application along with pre and post surgical conditions.

Keywords: Jaloukavacharan, Hirudotherapy, multidimensional Medical therapy

Registration Code: ABPO 1780



EFFECTIVENESS OF NAGARADI LEPA CHURNA AS TRANSDERMAL PATCH IN TRAUMATIC OEDEMA

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Transdermal drug delivery system is an effective alternative to oral and parenteral route due to its minimal systemic exposure, easy administration, prolonged therapeutic effect etc. Acharyas mentioned different types of transdermal preparations with lipid or aqueous medium as base. Efficacy of treatment is based on the penetration of drug through layers of skin in desired dosage. Lepas are said to be applied in pratiloma direction to enhance better absorption as stratum corneum prevents entry of large hydrophilic substances and so the deeper skin penetration can be achieved through hair follicles. Lipid penetration into the deeper layers of skin takes place through intercellular pathway and that of aqueous based products through transcellular(intracellular) pathway. This review paper is based on the probable rationale in selecting the aqueous based lepās to reduce pain and swelling in abhighātaja śopham (traumatic oedema) with special reference to nāgarādi cūrsam. Traumatic oedema is reviewed from relevant studies concerned with this preparation. The mode of action of contents of the cūrsam is analysed and probable drug delivery pathway at multiple skin components is reviewed. Review points out that nāgarādi cūrsam has potential anti-inflammatory, analgesic properties. It penetrates deeper skin layers through intracellular pathway as it naturally contains permeability enhancers like oleic acid. The aim of the study is to establish a comprehensive drug delivery pathway for aqueous drug patches so as to potentiate the efficacy of the drug in future studies, also nāgarādi cūrsam can be proposed for modification as the same.

Keywords: Transdermal drug delivery, Nāgarādi cūrsam, Traumatic oedema, Abhighātaja śopham

Registration Code: ABPO 1872



REVOLUTIONIZING HEMORRHOID TREATMENT DISCOVER THE POWER OF PRATISAARNIYA KSHARA KARMA FOR PAINLESS RELIEF

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Hemorrhoids, or Arshas, are a distressing and often debilitating condition that affects a significant portion of the population, particularly as age advances. In India, at least 50% of individuals over 50 years old experience some degree of hemorrhoidal symptoms, making it a pressing health concern. The conventional approaches to hemorrhoid treatment, including invasive surgical procedures, have limitations and post-operative complications, necessitating a paradigm shift in treatment strategies. The purpose of this study is to investigate the potential of Pratisaarniya Kshara Karma as a minimally invasive technique for hemorrhoid treatment, offering the promise of painless relief. This ancient Ayurvedic approach, as described in the classical texts, is specifically tailored for hemorrhoids exhibiting characteristic features such as softness, prolapse, non-invasiveness, and internal positioning. Methodology involves a comprehensive examination of the principles, techniques, and outcomes associated with Pratisaarniya Kshara Karma, based on the classical Ayurvedic texts, modern medical research, and clinical studies to shed light on the effectiveness, safety. In summary, our findings reveal that Pratisaarniya Kshara Karma is a revolutionizing approach to hemorrhoid treatment. It offers a gentle and minimally invasive alternative to conventional surgical methods and other contemporary procedures, such as sclerotherapy, band ligation, cryosurgery, laser therapy and endostapling. By targeting hemorrhoids with specific characteristics, this technique minimizes complications and post-operative discomfort. In conclusion, Pratisaarniya Kshara Karma is a promising solution for individuals suffering from hemorrhoids, addressing the chronicity and complexity of the condition. Its application can lead to painless relief, improving the quality of life for patients while minimizing the risks associated with traditional approaches. This study contributes valuable insights into the potential of Pratisaarniya Kshara Karma, not only as an effective treatment modality but also as a safer and minimally invasive option for those in need. By bridging the gap between ancient Ayurvedic wisdom and modern medical practice, we pave the way for a more holistic and patient-centered approach to hemorrhoid management.

Keywords: Hemorrhoids, Pratisaarniya Kshara Karma, Minimal invasive technique, Painless relief, Patient-centered care

Registration Code: ABPO 1833

LONG TERM OUTCOME OF GARG GRADE IV FISTULA IN ANO MANAGED BY INTERNAL DRAINAGE- A CASE REPORT

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Despite of many new interventions, management of complex high anal fistula still remains challenge for surgeon due to configuration and sphincter involvement. Conventional methods like fistulotomy and cutting seton carries a high risk of incontinence in these fistula. A 37 years old non diabetic non hypertensive male presented with complained of painful perianal swelling for 1 month. Pus discharge from perianal region for 25 days. There was history of fever before 1 month back. Per rectal examination indurate swelling with pus discharge from two external opening at right ischio anal fossa. Internal opening was found on the dentate line at 6 o'clock with intersphincteric groove obliterate from 6 to 9 o'clock. MRI suggested Garg grade IV fistula in ano. Under saddle block, incision and drainage was done at ischio anal abscess then deroofing of the entire ramification done. Apamarga ksharasutra (AKS) threading was done between abscess cavity and internal opening at 6 o'clock. Intersphincteric track between 6- 9 o'clock drained into anal canal by internal drainage with apamarga kshara sutra. Status of wound evaluated by Bates-Jensen Wound Assessment score. Both Apamarga ksharasutra change every seven days. Result: Within 3 months of treatment whole track and wound healed completely. As a universal rule, the etiopathogenesis of disease must be understood in order to accomplish a satisfactory response to treatment. A cryptoglandular abscess develops in the inter sphincteric space which contains the anal glands. De-roofing of the infected anal gland and drainage of pus is mandatory. A single case report demonstrates that deroofing of trans sphincteric track with AKS threading and internal drainage of inter sphincteric track gives excellent results with no recurrence.

Keywords: Anal glands, Apamarga ksharasutra, Cryptoglandular abscess, Fistula in ano

Registration Code: ABPO 1854



SHARP SURGICAL INSTRUMENTS OF SUSHRUTA AN CONTRIBUTION TO MODERN ERA OF SURGERY

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Sushruta, an ancient Indian Surgeon believed to have lived around 600 BCE, is often regarded as one of the founding figures in the history of surgery. His seminal work, the “Sushruta Samhita,” is a comprehensive treatise on medicine and surgery and contains descriptions of surgical instruments that, remarkably, bear resemblance to modern surgical tools. This abstract explores the similarities between the surgical instruments described by Sushruta and contemporary surgical equipment, highlighting the scientific implications of this historical connection. The Sushruta Samhita describes a wide array of surgical tools, some of which demonstrate striking similarities to instruments used in contemporary surgical practices. One of the most notable resemblances is seen in Sushruta’s description of a surgical instrument known as the “Suchi” or needle, which he recommended for suturing. The shastra bears a strong resemblance to the modern surgical needle, emphasizing the enduring importance of this basic surgical tool. Additionally, Sushruta described a variety of cutting instruments, such as scalpels and forceps, which closely resemble their modern counterparts in terms of form and function. The similarities between Sushruta’s surgical instruments and their modern counterparts underscore the timeless nature of surgical principles. While technology and materials have evolved over millennia, the fundamental concepts of surgical precision, aseptic technique, and the design of instruments have endured. Sushruta’s contributions, rooted in empirical observation and practical experience, continue to resonate in the world of surgery today. In conclusion, Sushruta’s surgical instruments, as described in the “Sushruta Samhita Su. Su. 8,” reveals intriguing resemblances to their modern counterparts. These historical connections underscore the enduring principles of surgery and highlight the remarkable foresight and ingenuity of this ancient surgeon. The study of Sushruta’s instruments offers a valuable perspective on the evolution of surgical practice and serves as a testament to the timeless nature of surgical principles.

Keywords: Shastra

Registration Code: ABPO 1868



AYURVEDIC MANAGEMENT OF COMPLEX FISTULA - IN - ANO - A CASE STUDY

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A fistula in ano is an abnormal hollow tract/ cavity lined with granulation tissue with primary opening inside anal canal to a secondary opening in perianal skin. It is not a life threatening condition but can have significant impact on a patient quality of life. The risk of recurrence after surgical treatments varies between 3% to 57% depending on the anatomical classification and treatment modality. Recurrence is more in case of complex fistula- in- ano along with other complications like fecal incontinence and anal stenosis. In Ayurveda Fistula -in- ano is correlated with Bhagandara. It is a painful pidaka (blister) occurring around the guda (anal region) when burst open forms bhagandara. Kshara sutra therapy is proven as the ideal treatment of Bhagandara (fistula in ano) as it has less complications and less recurrence rate .This study aims at finding the effectiveness of kshara sutra treatment in a case of complex fistula in ano with multiple secondary tracts. A 33 year old male patient diagnosed with Complex Grade-IV Trans-sphincteric fistula in ano with multiple external openings and secondary tracts based on physical examination and radiological findings was selected for the study. Management was done by conventional Kshara sutra therapy with standardized Apamarga kshara sutra. Assessment at regular intervals was done till complete healing of the fistulous tract and follow up was done for a period of 6 months. Complete healing of the fistulous track occurred in 28 weeks. Follow up for 6 months showed no recurrence. This study shows that Kshara sutra treatment method is very effective, ambulatory and safe procedure even in case of complex fistula -in-ano with multiple secondary tracts.

Keywords: Bhagandara, Trans-sphincteric fistula in ano, Kshara sutra, Secondary tracts

Registration Code: ABPO 1935.



AYURVEDIC MANAGEMENT OF FISTULA

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Acharya Susruta has mentioned Bhagandara as one among Asta Mahagada. Pidakas formed at bhaga, guda and basti pradesha undergoes suppuration, bursts open makes an opening known as Bhagandara. Bhagandara can be considered as Fistula in ano based on signs and symptoms. Fistula-in-Ano is a chronic abnormal communication track usually lined by granulation tissue, which runs outwards from the anorectal lumen (internal opening) to an external opening on the skin of the perineum. Most fistulae are thought to arise from crypto-glandular infections with resultant perianal Abscess. Acharya Susruta describes Shastra Karma, Varti Prayoga & Kshara Sutra for the management of Bhagandara. A Comprehensive review will be undertaken to evaluate the effect of Kshara Sutra in management of Bhagandara (Fistula in ano). Literatures will be reviewed from Classical text books, Contemporary textbooks, e-books and published articles. Prevalence of Fistula in Ano is increasing day by day and their treatment still remains a challenge to Practitioners. Fistulotomy, fistulectomy, seton therapy etc., are the procedures often adopted in contemporary science. Unfortunately all these techniques have one or other types of limitations and post-operative complications. Hence it leaves a scope to find out a remedy that would offer the cure for the disease, free from complications and economically better. Management of Fistula in Ano needs complete knowledge of Anatomy of guda shareera and the Pathogenesis of the disease. As Kshara Sutra is an effective and minimally invasive technique, and has shown better results, there is a significant effect of Kshara Sutra in the management of Bhagandara (Fistula in ano).

Keywords: Bhagandara, Fistula in Ano, Kshara Sutra.

Registration Code: ABPO 2058



EFFICACY OF MARMA CHIKITSA IN PAIN MANAGEMENT OF JANUSANDHIGATA VATA- A CASE STUDY

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Janu Sandhigatavata is a disease of Vata Vyadhi described in Ayurveda nearly correspond to osteoarthritis of knee joint. Its symptoms include Shoola (pain), Shotha (swelling) Stabdghata (stiffness). Osteoarthritis (O.A.) is the second most common rheumatologic problem and is most frequent joint disease. As Pain is the major symptom which affects the person's day to day activities, so pain management is major target. Nowadays, therapeutic interventions normally used for its treatment are physiotherapy, hot fomentation, analgesics, steroids, etc. Using analgesics, NSAIDS, steroids doesn't necessarily show satisfactory effect and also have adverse effect. Therefore, Marma Chikitsa can be a nonmedicinal and non-invasive approach in pain management of Janu Sandhigatavata. The present case study is subjected to assess the efficacy of Marma Chikitsa in pain management of Janu Sandhigatavata. A 51 years old male patient came to our institute with the complaint of pain in bilateral knee joint, swelling, Tenderness, crepitation. It is aggravated by walking and climbing stairs and relieved by rest. The pain is associated with limited range of movement. Patient had been under allopathic treatment but symptoms aggravated since past 6 month. After Marma Chikitsa significant improvements were noticed in subjective parameter (Sandhi Shoola, Sandhi Shoth, Grah, Asahatvam, Sphutan) and objective parameters (range of motion, VAS scale, walking time) analysed during study illustrating the efficacy of therapeutic intervention. Marma Chikitsa showed encouraging results in pain management of Janu Sandhigatavata in short duration of time.

Keywords: Janu Sandhigatavata, Marma Chikitsa, Osteoarthritis

Registration Code: ABPO 2080



AYURVEDIC MANAGEMENT OF AMSA MARMABHIGATA- A CASE REPORT

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Amsa marma is one among the prishtha marma and is made up of snayu which is two in number. It is located in the upper back, one on either side of the vertebral column at the junction of the shoulder and neck. Injury to Amsa marma leads to stabda bahutha (Stiffness and Rigidity of the shoulder or arm). As amsa marma is a snayu marma and vaikalyakara marma its injury may affect amsa sandhi. Even the partial loss of blood supply by injury to shoulder joint may leads to localised degeneration of the ligaments and further causes joint stiffness. This is a case of 65 years old female presented with pain (ruja) in between left side of neck and shoulder (left) along with stiffness (stabdabahuta) of left shoulder joint since 1 month. She had a history of fall on left shoulder before 1 month, after that she developed pain and stiffness along with difficulty to raise the left shoulder. It is concluded that the occurrence of stabdabahuta lakshanas indicates there is some injury to amsa marma. Diagnosis was done by using ayurvedic parameters, Shoulder joint examination and using investigation methods like X-ray. The management was a combination of Swasthika bandhana, Patrapotali sweda, Anuvasana Vasthi and Nasya along with Samana oushadhis. The treatment modalities were found to be effective in relieving symptoms and range of movements of shoulder joint were improved.

Keywords: Amsa marma, Shoulder joint injury, Anuvasana vasthi, Swasthika bandhana

Registration Code: ABPO 2086



BASICS OF DIFFERENT KIND OF ANAESTHESIA AND PAIN MANAGEMENT

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The first public demonstration of ether Anaesthesia was given on 16 octomber 1846 at The massachusetts general hospital for the removal of a vascular Tumour from the neck Of eben frost by juhn collins warren. Methods of bringing about,loss of sensation for surgical purposes is called anaesthesia.the word is derived from two words akinesia(abolition of muscular contractions). Analgesia(abolition of pain perception) Material & methods Different kinds of anaesthesia for GA 1.Intravenous :- inj.pentothal sodium 5gm in 10 ml distilled water. Inj.ketamine 5mg/kg of body weight. 2 Rectal:-Rectal anesthetics are used to relieve the pain and itching of hemorrhoids (piles) and other problems in the rectal area ex-suppository.foam, local ointment in a form of jelly. 3.Inhalation:- gaseous-nitrous oxide Liquid Trilline & chloroform using a special apparatus called boyl's apparatus.

Keywords:Akinesia, Hemorrhoids, Anaesthesia, Analgesia

Registration Code: ABPO 2161



KALYANAKA KSHARA AS PANEYYA AND PRATISARANEEYA IN ARSHAS- A CONCEPTUAL STUDY

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Arshas is the most common ano-rectal disease. Acharya Susruta has described Arshas as one among the Ashta Mahagadas which shows its grievousness. Arshas in modern aspect can be compared with Haemorrhoids, commonly known as Piles. These are dilated veins within the anal canal. In India about 50% of the population would have Haemorrhoids at some point in their life. Various factors contribute to Haemorrhoidal disease such as constipation, prolonged squatting, pregnancy, ageing, heredity, portal hypertension, abdominal tumor and defecation habits. Ayurveda management of Arshas is explained by Acharya Susruta as four types, which includes Bleshaja, Sastra, Agni and Kshara. Kshara is caustic alkali. It is considered as superior among Sastra and Anusastra because it does the functions like excision, cutting, and scraping. According to Acharya Susruta, Kshara can be used as internally and externally ie, Paneeyakshara and Pratisaraneeyakshara. Kalyanakshara yoga is described in Ashtanga Hridaya Arsha chikitsa adhyaya. Kalyanaka Kshara is a popularly used potent Ayurvedic Herbo-Mineral preparation used in the management of several disorders like Udavarta (reverse movement of vata), Vibandha (constipation), Arshas (haemorrhoids), Gulma (abdominal lump), Pandu (anaemia), Udara (disease of abdomen/enlargement of abdomen), Krimi (helminthiasis/worm infestation), Mutrasanga (urinary obstruction), Mutrakricchra (dysuria), Asmari (calculus), Hridroga (heart disease), Grahani (malabsorption syndrome), Prameha (urinary disorders), Pliharoga (splenic disease), Anaha, Svasa (dyspnoea/asthma), and Kasa (cough). Here we are explaining the effect of kalyanaka Kshara in the treatment of Arshas as Paneeya and Pratisaraneeya

Keywords: Arshas, Haemorrhoids, Kalyanaka Kshara

Registration Code: ABPO 2162



PRATISARNIYA KSHARA KARMA IN THE MANAGMENT OF GUDA BHRANSHA RECTAL PROLAPSE

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Acharya Sushrut has described Pratisaraneeya Kshara Karma in Arsha Chikitsa, in the context of 'Brashta Guda' (Rectal Prolapse) as an effective treatment modalities. Kshara which is said to be superior to Sastra and Anusastra , Because of it's Chedana, Bhedana, Lekhana, Tridashaharana, Vishaeshakriyavacharana. Pratisaraneeya Kshara is one among the two types of Kshara application, which is successfully used in case of internal haemorrhoids by diffent scholars. Taking inspiration from this, it has been tried in Gudabhramsha in different instituets. We can take it as an effective, minimum invasive, painless , cheap, and patient friendly treatment modalities for the management of Rectal prolaps

Keywords: Pratisarniya kshara karma in guda bhransa

Registration Code: ABPO 2182



HOLDING THE BULL BY THE HORNSA CASE SERIES ON THE AYURVEDIC MANAGEMENT OF SHATZKER TYPE V AND VI TIBIAL PLATEAU FRACTURES

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Tibial plateau fractures encompasses a spectrum of trauma, Schatzker classification system categorizes tibial plateau fractures based on severity, with higher type numbers indicating greater energy during the injury and a more challenging prognosis. Purpose of the study:- Injury to knee joint comprises of Tibial plateau fractures, especially high-energy intra-articular ones, impact knee function and stability. Managing these fractures by modern techniques like open reduction and plating have downsides, risking soft tissue compromise and bone fragment devascularization. Along with delayed problems such as implant failure, varus collapse and arthritis. Ayurvedic principle's on Bhagna chikitsa includes reduction, immobilisation and rehabilitation along with Asthi santhaniya shamana chikitsa. Case 1:- A 49 year old male who presented with pain and swelling over right knee joint due to fall while entering the lift. The patient was unable to walk. From x-ray it was diagnosed with Schatzker type V tibial plateau fracture, which includes wedge fracture of lateral and medial tibial plateau. Immobilisation was done using POP slab and rotation stopper after the application of murivenna. On each review with an interval 1 week rebandaging was done after confirming non displacement of fracture fragment. Case 2:- A 65 year old male, presented with pain and swelling over right knee joint due to fall from scooter hitting electric post. Range of movements were completely restricted. From xray it was diagnosed with Schatzker type VI tibial plateau fracture. Immobilisation was done using POP slab and rotation stopper after the application of murivenna. Review along with re bandaging with murivenna was done. Results:- Tibial plateau fractures V and VI were managed conservatively with Ayurvedic principles and patients returned back to the routine activity without having any pain and discomfort. From this it is evident that Ayurveda principles in Bhagna chikitsa can help to avoid Surgical intervention and post operative complications.

Keywords: Tibial plateau fracture, Schatzker type V and VI

Registration Code: ABPO 2240



EFFICACY OF KATUPILADI GHRITA IN THE MANAGEMENT OF PARIKARTIKA FISSURE IN ANO - A CONCEPTUAL DRUG REVIEW

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Parikartika is a disease of Guda (Anal canal) which causing excruciating pain. Acharya has described it as one of the complications of Vamana-Virechana and Vasti Vyapat. It can be compared with fissure-in-ano causing a linear ulcer in lower half of anal canal. It is an attention paying condition as patient feels excruciating pain which hampers daily routine of the patient. Different treatment modalities for Parikartika includes Guda Pichu, Matra Vasti, Parisheka and local application of Sneha Dravya (Unctuous substance). Acharya Vagbhatta has mentioned Jatyadi Ghrita as one of the formulations which is indicated in Marma Sthanagata and Saruja Vrana. It is widely used for the management of wounds due to its Vranasodhana (wound purification) and Vranaropana (wound healing) properties. On the other hand, by focusing on its manufacturing process, it needs 11 herbal ingredients along with Tuttha (Copper Sulphate) as mineral ingredient. As Tuttha is one of the Rasa-Aushadhi, it needs careful purification which makes final product costly. Besides this one newer formulation of Katupila (*Securinea Leucopyrus*) as Katupiladi Ghrita, which is prepared from Katupila, Yastimadhu (*Glycyrrhiza glabra*) and Haridra (*Curcuma longa*). Katupila is a bush weed which is readily available in different parts of India. It one of the folklore medicines of Sri Lanka used for the management of wounds. Different studies had been conducted which proves Katupila drug's properties as antimicrobial, anti-oxidant, anti-inflammatory. Other drugs like Yastimadhu, which is used in painful conditions and promotes wound healing. Haridra has anti-microbial, Sodhana and Ropana properties. Hence, Katupiladi Ghrita is having good efficacy for wound healing in Parikartika. It is also cost-effective and having easy manufacturing process as it contains comparatively less ingredients which are readily available as well as very efficient. So, Katupiladi Ghrita is a good alternative for Jatyadi Ghrita in the management of Parikartika.

Keywords: Fissure-in-ano, Jatyadi Ghrita, Katupiladi Ghrita, Parikartika, *Securinea Leucopyrus*.

Registration Code: ABPO 2263



TAILA DAHANA IN PILONIDAL SINUS AFTER DE-ROOFING AND DEBRIDEMENT-A CASE STUDY

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Pilonidal sinus is a chronic, acquired ailment that leads to ongoing health issues and associated healthcare expenses, with a significant risk of recurrence. Pilonidal sinus is a condition that originates in the hair follicles of the gluteal cleft. Everything begins with the blockage of a hair follicle which leads to the enlargement and eventual rupture of pilosebaceous glands, resulting in abscess formation and the development of a persistently draining sinus. None of the prevailing managements gained universal acceptance. In Ayurveda, it is mentioned as “nadivrana.” According to Acharya Charaka, treatment involves eshana, patana, taila dahana and ksharasutra, followed by vrana chikitsa. Agnikarma helps in complete eradication of disease and hence taila dahana is selected here among the dahana upakaranas. Here, a case of pilonidal sinus managed with taila dahana in a patient who experienced recurrent sepsis in the natal cleft is presented. **Methodology** The procedure involved probing the sinus, de-roofing and performing tract debridement, followed by taila dahana. Subsequently, the progress of wound healing was monitored and assessed. **Result** The wound was clean and signs of granulation appeared between 8 to 10 days, with epithelialization commenced around 14th day. The patient experienced minimal pain and bleeding, allowing for an earlier return to work. Subsequent follow-up examinations revealed no recurrence of the disease, and this positive outcome has been sustained for the past 10 months. **Discussion** The primary focus of managing pilonidal sinus in Ayurveda involves the treatment of “bhagandara” and “nadeevrana.” Therefore, the procedure described by Acharya Charaka has proven to be effective in addressing nadeevrana. This study’s scope can also be expanded to encompass the management of low-level fistulas. Conventional Ayurvedic parasurgical techniques are known for their simplicity and safety, and the inclusion of taila dahana represents a novel addition to this category of advanced treatment modalities.

Keywords: Pilonidal sinus, Nadivrana, Taila daha, De-roofing, Debridement, Vilekha mode

Registration Code: ABPO 2342



SPORTS MEDICINE AND AYURVEDA

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Ayurveda the ancient system of Indian medical science offers various principles and concepts to remain healthy and live long life. Sports Medicine is of the modality of Ayurvedic science which deals with treatments and prevention of sports injuries .when we go through Ayurvedic Samhita, We definitely donot find direct reference regarding a speciality called sports Medicine nor do we have readymade management for sports related injuries. But when we observe with open mind, we find numerous things . The Dinacharya, Ritucharya, Rasayana chikitsa, Panchakarma chikitsa, Marma sharir, Yoga therapy, Pathya-apathya etc plays important role in sports medicine. This article's objective is to shed light to exploring the hidden references and scope of Ayurveda in medical science. This is an extensive literary work conducted using different classical textbooks of Ayurveda along with electronic database literature regarding the aspect of sports medicine in ayurveda was properly explored and screened in Ayurvedic text. Following a proper Pathya ahara, Panchakarma chikitsa, Rasayana therapy and Marma sharir we can cure acute and chronic injuries and enhancement in attainment of physical and mental fitness.

Keywords: Sports medicine, Ayurveda

Registration Code: ABPO 2365



DIETARY AND LIFESTYLE MODIFICATIONS TO COMBAT HEMORRHOIDS – A CLASSICAL REVIEW

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Lifestyle disorders are becoming the major cause of ill health worldwide. Hemorrhoid, commonly called as piles is one among them which is increasing at an alarming rate in our society. The growing tendency to intake artificial foods, increased mental stress, lack of rest and careless attitude towards responding to natural urge such as suppression of defecation and urination also intensify the process of this disease. In Ayurveda, Hemorrhoid can be compared to Arshas due to its similarity in signs and symptoms. Acharya Susruta mentions this disease under the heading of Mahagada due to its severity. The aetiological factors of Arshas can be categorized under Aharaja, Viharaja, Manasika and Agantuja. Most of the population do Vegadharana and Vega udeerana which leads to Apana vatadushti. All these cause Mandagni which contribute the aetiopathogenesis of Arshas. Less fibre diet and sedentary lifestyle also plays a major role in the development of Arshas. Looking at the increased rate of patients visiting hospitals with Hemorrhoid, its necessary to understand the etiopathogenesis in detail as Nidana Parivarjana has prime importance in the management of a disease. Four therapeutic modalities for Arshas have been explained by Acharya Sushruta like Bsheshaja, Shastra, Kshara and Agni Karma. These are used depending on the degree of Dosha involvement and the stages of Arshas. Along with these modalities change in dietary and life style is also important to avoid the progression of the condition. Hence an indepth study on this subject is expected to be useful with a motto of helping society through the time tested ancient science of Ayurveda.

Keywords: Hemorrhoids, Arshas, Lifestyle disorders

Registration Code: ABPO 2380



SHRINGAVACHARANA AND WET CUPPING

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According to Ayurveda, Shringavacharana is one among rakta mokshana. It is done using cow's horn (Shringa) which is open at both ends, the larger opening is kept over the incised area and blood is sucked by giving negative pressure at the tapering end. Chinese cupping therapy can be equated with the Shringavacharana. It works on the principle of vacuum extraction. The suction through specific cupped instrument was used since pre-historic time for the treatment of many diseases. Two types of cupping are available, i.e., dry and wet cupping. In dry cupping the suctioning cups simply pull the local skin to create vacuum in to the cup. In wet cupping same technique is used. But the difference is that pricking on skin so that blood is drawn into cups. Shringavacharana has proven therapeutic effect in management of many diseases. Limitation of classical Shringa is its availability, inconvenience in sucking the blood and difficulty to do sterilisation. Thus, the use of Cupping instrument becomes relevant, which is easily available and suction of blood by manual or suction apparatus helps in the procedure. Various sizes of cups are available, which can be opted according to the size of the lesions. Cupping instrument can be easily sterilized unlike that of classical Shringa.

Keywords: Cows horn, Suction apparatus, Vacuum extraction

Registration Code: ABPO 2383



MURIVENNA - A MIRACLE OIL- A CASE STUDY ON AYURVEDIC MANAGEMENT OF FRACTURE DISTAL END OF TIBIA- METAPHYSEAL WEDGE TYPE

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Fractures are commonly occurring bone injury as a part of accidents which causes hampering of daily activities. The pain and swelling associated with this condition worsen the situation. Fracture of distal end of tibia causes long time to heal as well as it seldom needs surgical corrections when it comes to metaphyseal wedge type. In ayurveda it is mentioned under bhagna. All Acharya has mentioned measures such as bandhana, lepa etc in this condition where it reduces the pain, swelling and provides immobilisation to that part. Here in this case study of a male patient who has fracture distal end of tibia is managed easily through ayurvedic method of bhagna chikitsa through immobilisation by adaptation of modern techniques along with use of ayurvedic management with simple medications internally and externally. Key words: Bhagna, Murivenna, Metaphyseal Wedge, fracture distal end of tibia .

Keywords: Bhagna, Murivenna, Metaphyseal Wedge, Fracture distal end of tibia

Registration Code: ABPO 2388



RECTAL CANCER AND AYURVEDA

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Of all the different type of cancer, rectal cancer is one of the most preventable one and also if misdiagnosed and then discovered in late stage one of the deadly one. Rectal cancer is often misdiagnosed because of the symptoms especially in early stages often mimic hemorrhoids. According to report of national cancer registry program report, 1 in 295 people are likely to develop rectal cancer in his/her lifetime. Delay in diagnosis will worsen the stage and thus poor the prognosis will be. Even when the surgery is done, the mean life expectance is only 5 year and post-surgery quality of life of the patient is too poor. Ayurvedic mode of treatment is a boon to this condition. It is found effective in managing rectal carcinoma at early stages. And also, post-surgery opting for ayurvedic treatment minimize the chance of recurrence, which usually occur after the modern surgery. Currently many cases are treated in ayurvedic system of medicine and proved effective in the rectal cancer. Usual treatment provided are Bhallataka rasayana, lekhana vasti etc. This treatment not only provided relief from symptoms but also helped in down-staging the cancer.

Keywords: Rectal cancer, Bhallataka rasayana

Registration Code: ABPO 2406



PERIARTHRITIS OF SHOULDER JOINT - AN AYURVEDIC VIEW THROUGH AMSAMARMA ABHIGHATA AND MANAGEMENT WITH AGNIKARMA

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Periarthritis of shoulder joint is a painful and disabling disorder of unclear cause in which shoulder becomes inflamed and stiff greatly restricting motion and causing chronic pain. The etiology of this condition is not clearly understood. Among the factors suggested trauma is found to be one among the major causes. The ongoing pathology of the disease consists of 4 phases. Periarthritis, freezing shoulder, frozen shoulder, and thawing phase. Periarthritis of shoulder joint can be correlated to amsa marma abhighata due to its similarity in clinical features such as bahukriyaharam and stabdabahuta. Acharya susruta has mentioned agnikarma as one among anusastrakarma and is found effective in ruja pertaining to sira snayu sandhi asti gata vikara. Marmas are the vital points spread all over the body. Marma sthanas are the confluence of mamsa sira snayu asthi and sandhi. Amsa marma is said to be a snayu marma. It is said to be a vaikalyakara marma having ardha angula Pramana. Acharya susruta has mentioned Agnikarma for the management of pain in sira snayu sandhi asti gata vikara. Agnikarma having vata kapha hara property like ushna, sookshma and asukari which is helpful in relieving pain and stiffness instantly and is effective for the management of periarthritis of shoulder joint.

Keywords: Periarthritis, Amsa Marma Abhighata, Agnikarma

Registration Code: ABPO 2528

EFFECT OF RAKTAMOKSHA AND AGNIKARMA IN JANU MARMABHIGHATA - A COMPARATIVE STUDY

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Musculo-skeletal disorders pertaining to knee joint can be defined as injuries resulting from mechanical energy transfer, which include traumatic as well as overuse injuries and may cause pain and/or limit the function. In Ayurvedic perspective, these injuries can be considered under the purview of marmabhighata and are caused by the aggravation of vata dosha. Raktamoksha and Agnikarma are two parasurgical measures that are found to be effective in the management of these injuries. So these procedures are selected to be studied in comparison, in the management of janu marmabhighata. In order to pacify the kshatoshma, treatments which curb pitta and rakta are to be adopted in the initial stage. Here Raktamoksha plays a pivotal role. In the very next stage or when the disease is presented typically with the features of kapha and vata dosha, Agnikarma is the correct choice of treatment. So, the proper selection of the procedure according to the dosha predominance, adopting the relevant poorvakarma, pradhana karma and paschatkarma will ultimately result in the relief of symptoms and the non-recurrence of the condition. This comparative study aims at exploring the practical aspects of parasurgical measures in musculoskeletal injuries of knee (without severe trauma).

Keywords: Anusastra, Parasurgical treatment

Registration Code: ABPO 2559



EXPLORING SUSRUTAS TREATMENT PRINCIPLES IN COMPLEX FISTULA A CASE REPORT

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Fistula in Ano is one of the dreadful diseases affecting the younger working population throughout the world. The prognosis of it is difficult to cure in all sciences. Early prompt diagnosis and non-invasive or minimally invasive treatment is required to control its high prevalence and recurrence. A 36-year-old male lorry driver came to our OPD with a complaint of discharge and pain surrounding the anal region in the last 2 months associated with itching and foul odour discharge. MRI-Fistulogram shows that Complex fistula-in-ano with an internal opening at 6'o clock position, 2cm above the anal verge. It is divided into three limbs: The anterior limb is extending along the intersphincteric space up to 11'o clock position. The posterior limb is extending transsphincterically and opening into posterior gluteal region. The vertical limb is extending just outside the external sphincter up to the posterior peri-anal region. Residual large organized abscess in the left gluteal subcutaneous planes with suggestion of a healed fistulous tract extending from it up to 6'o clock position. Patient was managed with Kshara sutram, Oushadam & Ahara. Summary of findings/results: After one month, the scales of discharge & pain were zero and all the 3 tracts showed complete healing. Complex fistulas have high recurrence rate but through ayurvedic treatment principles mentioned by Susruta, the management of complex fistula reduce the burden of recurrence by forming a healthy granulation and regeneration of tissues.

Keywords: Fistula-in-ano, Kshara sutram.

Registration Code: ABPO 2312

A CASE STUDY RESURRECTING ANCIENT WISDOM FOR AGANTUJA BHAGANDARA REMEDY WITH KSHARA SUTRA

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This case study endeavors to investigate an integrative treatment approach for managing complex fistula given the potential risks associated with traditional surgical methods such as fistulectomy, and the challenges of employing Ksharasutra ligation in complex cases, this study primarily aims to evaluate the safety and effectiveness of a novel approach involving partial fistulectomy and Ksharasutra ligation in the management of fistula in ano, with a focus on preserving sphincter function. This research seeks to provide valuable insights into a holistic and less invasive therapeutic strategy for this severe ailment. A 59-year-old male patient presented with history of trauma 3 months ago developed perianal abscess and bhagandrapidaka gradually was selected for the study. The patient initially underwent an incision and drainage and partial fistulectomy procedure, followed by the subsequent application of Ksharasutra. This therapeutic approach consisted of inserting a medicated thread into the fistulous tract using two distinct sutras. Over the course, these sutras were systematically tightened to support the healing process. The patient's ongoing progress was continuously monitored. The initially complex Bhagandara, characterized by a complicated tract, achieved complete healing during the treatment course. The fistulectomy wound fully closed within four weeks, and the remaining fistula tract was successfully treated through eight sessions of Ksharasutra changes. This comprehensive approach not only promoted physical recovery but also provided significant relief from pain. This case study provides compelling evidence of the efficacy of Ksharasutra in treating Bhagandara, underscoring its role as a minimally invasive and low-risk alternative to traditional surgical interventions. It highlights the Kshara Sutra as a minimally invasive technique for excising and healing the tract while preserving the integrity of the anal sphincters. This study offers valuable insights into the effective application of Ksharasutra, It emphasizes the potential of traditional therapies within contemporary healthcare, presenting an alternative approach that places patient well-being and expedient recovery at its core.

Keywords: Bhagandra, Fistula, Fistulectomy, Painfull, Ksharasutra

Registration Code: ABPO 2643



RELEVANCE OF INCISIONS OF SUSHRUTHA IN THE MANAGEMENT OF BHAGANDARA WRT FISULA IN ANO

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Bhagandara is considered as an Ashtamahagada by Acharya Sushruta. It starts as a deep rooted Pidaka around the perianal region and later forms a tract with an external opening in the skin of perianal region, connecting an internal opening in the skin or mucosa of anal canal or rectum. It is lined by unhealthy granulation tissue and fibrous tissue. Over the past many years, numerous surgeons have proposed novel procedures to reduce recurrence and improve the success rate. The modern medical science has seen many advancement in all aspects of treatments and surgical procedures but still the treatment for Fistula-in-ano is not yielding satisfactory results because of its high rate of recurrence. However, in order to treat this difficult condition and to develop novel techniques for understanding and management of Fistula-in-Ano, we must rediscover ancient wisdom from the classical Ayurveda treatises. In this study, we will review and provide an explanation of the surgical approach to the treatment of the various types of Bhagandara by Acharya Sushruta. In the surgical management of Bhagandara, Acharya Sushhruta listed various kinds of incisions or Chedana karma like Langalaka, Ardhalangalaka, Sarvathobhadraka, Gothirthaka in case of Vataja Bhagandhara and Kharjura patraka, Chandrardha, Chandrachakra, Suchimukha and Avangamukha for the Kaphaja Bhagandhara. Each of these types of incisions are designed to allow the proper drainage of the fistulous track along with secondary tracts. The aim of this study will be to review and explain the surgical approach of Acharya Sushruta for the treatment of various types of Bhagandara in the perspective of modern surgical principles, which might hold the key to successful treatment of this disease.

Keywords: Bhagandara , Fistula In Ano, Chedana, Sushrutha ,Langala

Registration Code: ABPO 2699



FIBROMYALGIA AYURVEDIC OVERVIEW OF MANAGEMENT - A SINGLE CASE STUDY

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Fibromyalgia is a chronic pain syndrome characterized by chronic widespread of pain and tenderness in the nape of the neck, trapezius muscle, medial border of scapula, gluteal region, forearm and medial side of knee. As a result, there is a muscular pain and fatigue experienced throughout the body often interfering with daily activities of the affected individual. Though the condition can affect both men and women, it commonly occurs in young women, who are healthy but often stressed, tensed, depressed, lack of proper sleep and anxious. The pain associated with fibromyalgia is often outcome of a condition whereby the brain receptors that receives pain signal undergo modification and become oversensitive to pain stimuli. Its prevalence is estimated to be around 2% in general population. Various other intervention is of little efficacy and the global prognosis is poor in this case. This present paper deals with a case of fibromyalgia managed by Ayurvedic treatment. The diagnosis of this case was made using the careful history taking and various other examinations. Panchakarma, one of most important Sodhana karma procedure along with internal administration of medicine was found to be very effective in the management of Fibromyalgia case. Panchakarma procedures along with internal medicine was found to improve the condition of the patient by giving relief to most of physical signs and symptoms like relieve of stiffness, pain, overall improvement in sleep and anxiety and helped with improvement of concentration power of the patient.

Keywords: Chronic pain syndrome, Muscle pain, Pain stimuli, Panchakarma

Registration Code: ABPO 2735



CERVICAL SPONDYLOSIS TREATMENT WITH MARMA

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Cervical spondylosis is common and worsens with age. It is a degenerative arthritis of spine. In ayurveda it is considered as greeva stambha, one of the vata disorder. This condition causes dehydration of discs, herniation of discs, bone spurs and stiff ligaments. Symptoms include pain in neck radiate to arm and shoulder, lack of coordination of muscles and bones cause difficulty in walking, headache, stiffness, grinding feeling when you move your neck. This is treated with both internal and external therapy. Vasti is best therapy in vata vyadhi, this will reduce vata ultimately reduce pain and inflammation. Kapha alleviating therapy is administered to reduce stiffness. Externally, abhyanga sweda, nasya, shirovasti, greeva basti, sastika shali pinda swedana, exercise, hot and cold compression is administered. And one can provide a treatment based on marma, kurpara marma chikitsa used to alleviate radiculopathic pain of cervical spondylosis. Also points are activated in kshipra, talahrudaya, kurca, kurcasira, manibanda, indravasti, kurpara, urvi, Ani along with matrika, krikatika and amsa. Physician with good Marma knowledge will get success in these conditions. One should practice Marma chikitsa after proper knowledge and based on yukti. Administration of Marma therapy will give faster relief. So this will be best and focussing treatment in musculoskeletal disorder where there is less treatment and also takes time for relief.

Keywords: Marma, Musculoskeletal disorder, Greeva stambha, Cervical bone spur

Registration Code: ABPO 2776



EXPLORING THE AYURVEDIC CONCEPT OF MARMA POINTS AND THE PRACTICE OF MARMA THERAPY

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Ayurveda places significant importance on the complex science of marma. Marma points are specific anatomical location in the body where the vital life energies flow. They are essential sites where muscles,veins,ligaments,bones,and joints converge.These points are considered the specific seats of life where prana (The vital life)resides .Any harm to these regions can lead to significant pain,disability ,functional impairments,sensory loss etc. Ancient texts advice protecting these crucial points during surgical procedures .Recent studies indicate that relieving pain and inflammation in one marma point can be achieved by stimulating adjacent marma points .There are 107 marma describes by various acharyas .These marma can be classified into mamsa marma,snayu marma ,asthi marma etc.Trauma to these points can results in painful consequences, which may be life threatening .The understanding of marma points is valuable for diagnosis ,clinical applications and therapeutic uses.

Keywords: Ayurveda, Marma, Mamsa marma, Snayu marma, Asthi marma

Registration Code: ABPO 2841



AYURVEDIC MANAGEMENT OF CHRONIC VENOUS ULCER- CASE REPORT

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Vrana (ulcer), in Ayurveda, is defined as a structural deformity in the skin and deeper structures (gaatra avachurnana), associated with ruja (pain), srava (discharge), etc, and caused either by the vitiation of the doshas(humours of the body) or by trauma. Vrana is basically of 2 types- Dushta vrana and Shudha vrana. Shudha Vrana (acute ulcer) is easily treatable, whereas Dushta Vrana is a chronic ulcer, mostly unresponsive to any treatment. Acharya Sushruta has described Shashti Upakramas (sixty methods for treating such vranas). A 33-year-old non-diabetic, non-hypertensive male sought Ayurvedic treatment after a wound on his bilateral legs did not respond to the conventional medicines even after 1 year of treatment. The ulcer was painful and foul-smelling, disturbing his sleep and restricting his daily activities. His Ayurvedic treatment comprised of Kaishora guggulu, Sahacharadi kashaya, Mahamanjishtadi kashaya and Triphala guggulu orally and Vrana prakshalana (wound cleaning)with Triphala kashaya externally along with Jathyadi ghritha application. With the above-mentioned treatment the efficacy of Ayurvedic therapy in the healing of chronic ulcers. Non-recurrence of the ulcer even after 6 months of the stoppage of medicines indicates the complete reversal of pathology in the venous level itself. Ayurvedic treatment modality effectively healing the Dushta vrana completely in this case. This suggests the efficacy of Ayurveda in the management of chronic ulcers. However, a detailed study with larger sample sizes will help formulate a treatment protocol for such cases.

Keywords: Vrana prakshalana, Vrana lepa, Chronic ulcer, Ayurveda, Venous ulcer, Varicose veins

Registration Code: ABPO 3041



MANAGEMENT OF GRANTHI PEDUNCULATED CYST OVER GROIN REGION BY AGNIKARMA WITH AXE SHAPED PANCHALOKHA SALAKA

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I am presenting a case report to exhibit that many procedures can be done in a simple manner rather than making it a complicated procedure. Here both the money as well as the patients health has been taken care off. A 69 year old male patient , Diabetic came to OP with presenting complaints of a pedunculated Cyst over Right thigh since 4 years. As per him it was growing in size. It had started bothering him now. He was advised for Surgery by a Surgeon. But he didn't want to do it. I advised him for Agnikarna procedure. As he was willing for Agnikarna Blood Investigations were done. Written consent was obtained. He was positioned in Supine position on a table. The region with pedunculated cyst was cleaned with betadine solution and then with Surgical spirit. Then Ice pack was applied over the region for 5 minutes. Then red hot Pancha loha salaka was used to excise the base of the pedunculated cyst. After the removal of the cyst the area was again burnt with the other sharp end of the salaka to arrest the bleeding. The patient didn't know about the removal as there was no pain. Medicines given 1.Triphala guggulu vatika 2 after breakfast and dinner 2. Satadhauta ghritam tube- for external application twice daily for 2 weeks .The Granthi (pedunculated cyst) was removed successfully by Agnikarma with panchaloha salaka. Granthi (pedunculated Cyst) can be easily removed by Agnikarma using axe shaped panchaloha salaka. Here bleeding and pain is not much So local anaesthesia is also not needed.

Keywords: Granthi, Pedunculated cyst, Agnikarma, Panchaloha salaka

Registration Code: ABPO 3047



MANAGEMENT OF DUSTA VRANA NON HEALING ULCER WITH AYURVEDIC INTERNAL AND EXTERNAL MEDICINES

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I am presenting a case report to establish that Dusta Vrana (Non healing ulcers) can be treated effectively with ayurvedic medicines. Now a days amputation of limbs due to non healing ulcers have increased a lot. We can prevent many amputations by using ayurvedic treatment protocol. A 45 year Female patient with presenting complaints of A Non healing ulcer below Right big toe Since 1 and half years came to OPD. She had taken allopathic as well as ayurvedic medicines but didn't get relief. The ulcer was painful and discharging blood and fluid. She was very worried and depressed due to the ulcer. Medicines given - 1. Patolakaturohinyadi kashayam 15 ml with 45 ml lukewarm water at 6 am 2. Mahathiktakam kashayam 15 ml with 45 ml lukewarm water at 6 pm 3. Triphalaguggulu vatika 2 at 6 am and 6 pm with kashayam 4. Hingula bhasmam capsule 1 after breakfast and dinner 5. Triphaladi churnam - Boil 1 tea spoon powder in 2 glass water and wash the ulcer. 6. Jathyadi ghritam and Vrana ropana thailam for dressing the ulcer after washing with triphaldi churnam daily once. After the internal and external ayurvedic medicine usage the Dusta vrana (Non healing ulcer) got healed completely within a month itself. The pain also reduced. Patient was very happy. Dusta vrana (Non healing ulcers) can be managed effectively by ayurvedic treatmebt protocol. We can prevent many amputations by curing the Non healing ulcers by ayurvedic treatment proctocol

Keywords: Dusta vrana, Non healing ulcer, Amputation

Registration Code: ABPO 3050

REVIEW ON PILES AND ITS MANAGEMENT -A HOLISTIC APPROACH

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Haemorrhoids often described as 'varicose veins of the anus and rectum'. It is clinically an engorged condition of haemorrhoidal venous plexus along with abnormally displaced enlarged anal cushion. Faulty dietary pattern and lifestyle, anatomical deformities and hereditary factors are the important etiological factors. It is correlated to Guda Arshas in Ayurveda. Acharya Susruta told Utkatukasana (squatting position) as a cause. He included Arshas among Ashta Mahagadas. Piles are widely classified into internal and external haemorrhoids. Further internal haemorrhoids are classified into four degrees/grades. Treatment by modern medical science are Diet-lifestyle modification; nonoperative treatment like sclerotherapy, Barron's Rubber Band Ligation, DGHAL, infrared coagulation, laser, electrocoagulation in early stages and surgical procedures such as haemorrhoidectomy, MIPH etc in advanced stages. Ayurveda suggest four fold treatments like Bheshaja, Kshara, Agni and Shastra karma and Kshara sutra ligation. In early stages Bheshaja, Kshara and Agni can be used and if not cured Shastra karma is used. Conservative Ayurvedic management aim at agni deepana pachana, vatanulomana and raktha shodhana-sthambhana. Here definition, etiology, symptoms, management of Arshas based on both modern and Ayurvedic texts are included to understand the treatment approach towards Haemorrhoid management. In summary, grade I-IV diet and lifestyle modification, in grade I-II and early III OP procedures, in grade II, IV OT procedures are needed. In grade I-II Bheshaja, Kshara, Agni karma and in grade III Shalya karma is effective. Arsha appears to be a local disease but vitiated Agni is its root cause. Ayurveda is the science which deals with root cause of disease. Ayurveda has the potential to manage all stages of Arshas by adopting treatment modalities according to prakrti of patient, disease manifestation and severity of symptom.

Keywords: Arshas, Agnikarma, Ksharakarma, Shastrakarma, Ksharasutra, Bheshaja

Registration Code: ABPO 3084



EFFECT OF HUTHABHUGADI CHOORNA IN THE MANAGEMENT OF ARSAS

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Hemorrhoidal disease is a very prevalent anorectal condition. It is a serious medical and social issue that impacts millions of people worldwide. In Ayurveda classics, it comes under arsas. Acharya Susruta and Vagbhatta explained Arsas as one among the Ashta Mahagatas. Acharya Susruta has mentioned fourfold treatment modalities for Arsas ie, Bheshaja, Kshara, Agni and Shastra. Among these, Bheshaja prayoga has been explained for Arsas which are of recent origin, Alpa dosha and Alpa Upadrava yukta. Treating Arsas at its early stage is beneficial to prevent its progression. Huthabhugadi Churna mentioned in Sahasrayoga, Churna prakarana is a commonly practised Ayurvedic formulation for Arsas. Drugs present in this formulation are mainly Katu Rasa, Laghu, Tikshana Guna, Usna Virya, Katu and Madhura Vipaka, having Deepana -Pachana, Anulomana properties and Kapha-Vata hara action. It improves the Jatharagni by relieving Ama and Agnimandya. Takra or any other suitable Anupana is advised to be consumed along with this formulation. Classical Ayurvedic literature and Scientific articles related to Arsas and Huthabhugadi churna were reviewed for the purpose of this work. This presentation mainly focuses on exploring the mode of action of Huthabhugadi churna in Arsas

Keywords: Huthabhugadichurna, Agnimandya, Arsas, Sahasrayoga

Registration Code: ABPO 3088



MANAGEMENT OF SPORTS INJURIES IN AYURVEDIC PERSPECTIVE

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A sports injury can be defined as any kind of injury, pain or physical damage that occurs as a result of sports, exercise or physical activity. In Ayurvedic Samhitas there is no direct explanation of sports injuries but with the help of classics we can explain sports injuries. Ayurveda plays an important role not only in treatment but also in prevention and control of sports injuries. To avoid injuries to sportsman Ayurveda has mentioned certain modalities such as proper diet, Rasayana therapy, Abhyanga, Yoga etc.. In case of acute injury such as fracture, dislocation, treatment is done same as that of Bagna Chikitsa as described in our classics, elaborately explained by Acharya Susrutha. As sports injuries are often common we can treat those injuries as well as we can provide Rehabilitation and preventive therapies for the same. Sports medicine can be consider as an emerging field for Ayurveda.

Keywords: Sports medicine, Bhagna Chikitsa, Rasayana therapies , Yoga

Registration Code: ABPO 3094



IMPORTANCE OF BANDHANA IN SHOULDER JOINT DISLOCATION

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Shoulder joint is a ball and socket joint which can be correlated as ulukhala sandhi. Shoulder joint dislocation happens when the head of humerus is pushed out of glenoid cavity due to some reasons. The treatment of dislocation basically include reduction of dislocated joint and immobilisation. Immobilisation is done by bandhana . In Ayurveda , the same treatment protocol is followed and swasthika bandhana done for about 2 to 4 weeks. This bandhana procedure is very important for the proper healing of the trauma. Shoulder joint can be correlated as amsa marma, which is vaikalyakara and snayumarma. The bandhana is explained in detail by Susrutha Acharya and its importance is also evident. There are 14 types of bandhana and it indicated in vrana, bhagna, sandi muktha etc. Thus we can say bhandana is very important for the treatment of shoulder dislocation and this treatment protocol said by our Acharyas is universally accepted.

Keywords: Shoulderjoint dislocation, Bandhana

Registration Code: ABPO 3110



AYURVEDIC APPROACH TO ACL INJURY MANAGEMENT A HOLISTIC ALTERNATIVE

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Anterior Cruciate Ligament (ACL) tears have witnessed a surge in incidence in recent years, affecting individuals across various age groups. The conventional surgical approach, although effective in many cases, often entails significant pain and a prolonged rehabilitation process with no guarantee of restoring the pre-injury level of movement. In light of these challenges, this discussion explores an Ayurvedic approach to ACL injury management, which offers a holistic and alternative perspective. Ayurveda, an ancient system of natural medicine, seeks to balance the body, mind, and spirit. This article delves into Ayurvedic principles, herbal remedies, dietary recommendations, and lifestyle practices that can aid in ACL injury recovery and promote overall well-being. By considering the holistic approach of Ayurveda, individuals facing ACL injuries may find a complementary and potentially more sustainable path to rehabilitation and healing.

Keywords: Anterior Cruciate Ligament, Holistic approach

Registration Code: ABPO 3122



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Book of Abstract

SAMHITA AND SIDDHANTA



A STUDY ON JANAPADODHVAMSAKARA BHAVAS WRT COVID 19

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The concept of Janapadodhvamsa Bhavas can be related to epidemics or pandemics. Recently affected Covid 19 pandemic can be equated to Janapadodhvamsakara disease as it affected wide range of communities and its effect is wide spread producing damages to good number of population. The communicable diseases happening due to calamities on individuals affecting the constitution, immunity, and lifestyle adaptations. The contamination can be because of Vayu, Jala, Desha and Kala may result in outbreak of epidemics or pandemics. Aim and Objectives: To do a literary study on the Janapadodhvamsakara Bhavas (contaminating factors) taking Covid 19 disease. Methods: The source of literature is from Charaka Samhita from the institutional library. The information of Covid 19 taken from internet searches like google scholar, scopus, etc. Discussion and Conclusion: The Janapadodhvamsakara Bhavas: influences the normal life of mankind and are considered occurred due to increased sinful deeds in the society.. Negative emotions like greed, anger, ego, mutual fight, and curses of the wise and the learned can destroy mankind. The management and prevention of such calamities were achieved by reducing the bad thoughts and deeds by individuals and individuals constituting the entire community.

Keywords: Janapadodhvamsakara Bhavas, Covid 19

Registration Code: ABOP 1013



WOUND HEALING POTENTIAL OF DIFFERENT EXTRACTS OF EHRETIA LAEVIS ROXB KHANDU CHAKKAJAN VRUKSHA VERSUS SILVER SULFADIAZINE IN BURN WOUND - PRE CLINICAL STUDY

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Burns are also a leading cause of morbidity; millions who survive suffer from lifelong disability and disfigurements . To identify the effective extract of Charma Vruksha(Ehretia Laveis Roxb.) in burn wound management and to generate empirical evidence for substantiation of burn wound healing by Kashaya Rasa (Astringent taste) through experimental demonstration of the comparative wound healing property of Charma Vruksha (Ehretia Laevis Roxb.) this study was planned. This study is useful in broadening of therapeutic aspect of Charma Vruksha(Ehretia Laveis Roxb.) plant. This is contribution to the literature related to ayurvedic sciences. The stated side effects of silver sulfadiazine like pain, burning, itching, rash, cell death, destruction of red blood cells (in patients with G6PD deficiency), deficiency of granulocytes in the blood, low blood platelet count, low white blood cell count , can be minimized to some extent by the use of Charma Vruksha(Ehretia Laveis Roxb.) plant leaves. Wound healing was measured by histology score and wound contracture percentages. Average wound contracture percentage was 36.83 % in Crude Extract group, 33.75% in Ethanol Extract group, 34.6 % in Chloroform Extract group , 42.41% in Aqueous Extract group, as compared to 38.08 % of Silver sulfadiazine. Histological score was 16 in Crude Extract group, 15 in Ethanol Extract group,15 in Chloroform Extract group , 16 in Aqueous Extract group as compared to 18 of Silver sulfadiazine. Aqueous Extract was more effective in burn wound contracture by 11.37 % than Silver sulfadiazine Crude and Aqueous extract was more effective than ethanol and chloroform extract by 1 histological score but less effective by 2 histological score than Silver sulfadiazine. Aqueous Extract is more efficacious in burn wound contracture by 11.37 % than Silver sulfadiazine. Aqueous extract of Ehretia laevis Roxb. was found more efficacious than other extracts.

Keywords: Burn Wound, Khandu Chakka, Ajan Vruksha, Charma Vruksha (Ehretia Laveis Roxb.), Kashay Rasa (Astringent Taste) , Histology

Registration Code: ABOP 1045

AN EXPLORATORY STUDY ON MANUSCRIPT TITLED DEHATTILE MARMA VIPARAM AND ITS COMPARISON WITH PRATYEKA MARMA NIRDESA CHAPTER OF SUSRUTA SAMHITA SAREERA STHAANA

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Manuscripts are the handwritten document which are available all over the world in different scripts, materials etc. Still many unpublished Ayurvedic manuscripts are available throughout India. Manuscripts are valuable treasures of knowledge which should be explored. Apart from great tradition (Classical tradition) of Āyurveda, local tradition (regional tradition) stood substantially powerful in different fields of Āyurveda. Maṛma is one among the promising fields. The manuscript titled Dēhattilē Maṛma Viparaṃ is obtained from Samhita, Sanskr̥t and Siddhanta department of VPSV Ayurveda College Kottakkal. The study was taken with the intension of the knowledge hidden in the unpublished manuscript will be made available to the public and will show a new horizon of treatment and further research. The aim of the study was to enrich Āyurvedic knowledge base with special reference to Maṛma tradition through exploring the manuscripts. The objectives of the study were to make lower criticism on manuscript titled “Dēhattilē Maṛma Viparaṃ”, to make comparison of the content of the manuscript with of “Pratyēka Maṛma Nirdēśa” chapter of Suśr̥utha Saṃhitā Śār̥tra Sthāna and to translate the manuscript titled “Dēhattilē Maṛma Viparaṃ” into English. The whole manuscript is copied word to word as it is. The whole is translated into English and maṛma mentioned in the manuscript is compared with that of Suśr̥utha Saṃhitā. Many drugs mentioned in the manuscript is identified with the help of drug experts. Details regarding the manuscript is identified by discussing with manuscript experts and maṛma experts. Period of the manuscript and factors related to origin were identified from literary evidences in the manuscripts. So by exploring the manuscript it identified maṛma different from that of classical books. New formulations were also explored in the manuscript. So by exploring the manuscript it unravelled the path to further research.

Keywords: Manuscript, Maṛma, Dēhattilē Maṛma Viparaṃ

Registration Code: ABOP 1117



GENOMIC INSIGHTS IN TO THE CORRELATION BETWEEN GUT MICROBIOTA AND DEHAGNI

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The human gut microbiota is rich in diverse microbes like bacteria, archaea and eukaryote colonizing the entire Gastrointestinal Tract and the genes encoded by these resident bacteria constitutes the microbiome. The gut microbiome participates in vital processes including digestion, energy homeostasis and metabolism, the synthesis of vitamins and other nutrients, and the development and regulation of immune function. A balanced and diverse microbiome is critical for maintaining health and immunological balance. Dysbiosis arises when the delicate and elaborate ecology of microbial communities are disrupted by internal or external factors. Hippocrates, the father of modern western medicine, is famous for his expression “All disease begins in the gut.” Ayurveda places great importance on proper diet and digestion, as well as on all aspects of lifestyle. Agni converts food in the form of energy, which is responsible for all the vital functions of our body. Therefore, Ayurveda considers that Dehagni is the cause of life, complexion, strength, health, nourishment, lusture, Oja, Teja (energy) and Prana (life energy). Authentic databases such as PubMed, Scopus, MEDLINE and Also, various authentic journals, articles were referred. etc. When the Agni of an individual is Sama, then that person would be absolutely healthy and would lead a long, happy, healthy life. But, if the Agni of a person is vitiated, the whole metabolism in his body would be disturbed, resulting in ill health and disease. Hence, Agni is said to be the base (mool) of life. Understanding the genomic factors that influence the gut microbiota can shed light on how it affects Agni. Genomic insights in to the correlation between gut microbiota and Agni have provided valuable information about the role of the microbiota in maintaining a healthy digestive system.

Keywords: Gut Dysbiosis, Metabolism, Dehagni

Registration Code: ABOP 1132

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

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The quality researches on the fundamental concepts of Ayurveda with advanced scientific techniques can expand the knowledge and present our concepts more scientifically to the world.. 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. 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. 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.: The tool developed for clinical evaluation of status of Ojas through this study is a validated and reliable tool to measure Ojas.

Keywords: Ojas, Validation, Tool making

Registration Code: ABOP 1133



LAJA PEYA AS OUSHADHA AND AHARA IN JWARA

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In Ayurveda various Ahara kalpanas and Oushadha kalpanas are mentioned which are to be used as per the condition of the patient. According to Ayurveda, agnibala, rogibala and rogabala are to be assessed before the administration of medicine. Specific preparations are mentioned in Ayurveda as Pathya kalpana, their indications and contra indications in different diseases and their effect on body is specified. Peya i.e rice gruel which is one among the Pathya kalpana that serves to improve agnibala, rogibala and also in bringing the vitiated doshas and dhatus to normalcy. It sustains prana due to its aharabhava. It provides feeling of lightness to the body by eliminating wastes by its laxative property. Administration of oushadha along with peya as Oushadha siddha peya is one of the best method, as peya does its action as well as exhibits the properties of dravyas with which it is processed. The purpose of the study is to critically analyse the usage of laja peya as oushadha and ahara in Jwara chikitsa. A survey is also conducted among the Ayurvedic practitioners of Kerala to analyse the extend of usage of this treatment modality in day to day practice.

Keywords: Oushadha Siddha Peya, Pathya Kalpana

Registration Code: ABOP 1176

ANALYSIS OF TACHEELYADI TECHNIQUES IN DOSHABHEDIYA ADHYAYA OF ASHTANGA HRIDAYA SUTRASTHANA

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Tantra gunas explained by Arunadatta in Ashtanga Hridaya are the techniques meant for the lucid and better understanding of the condensed sutras. These include tantrayukti, arthashraya, kalpana, vyakhya and tacheelyadi. Tacheelyadi are the techniques of writing and understanding treatises. Tacheelyadi techniques are used to highlight the meaning of terms, to distinguish and align the apt meaning to the words which are equivalents, to line up the meaning of the word based on the context of application, to understand the untold part of a sentence etc. Though tacheelyadi techniques are mentioned along with similar techniques like tantrayukti, it remains unexplored and less analysed in the understanding of sutras. Therefore the identification and analysis of tacheelyadi techniques in sutras are done for the benefit of learners in Ayurveda. Doshabhediya adhyaya of Ashtanga Hridaya Sutrasthana is selected for analysing the usage of tacheelyadi as it is a fundamental chapter explaining the Tridoshas, their division, dhatus and malas. These elements have been called as the root (Dosha dhathu malam moolam hi sareeram) of body and this reveals the importance of Doshabhediya adhyaya which explains the fundamental aspects applicable to other sthanas also. The study started with the identification and explanation of 17 tacheelya techniques mentioned in the Uttarasthana of Ashtanga Hridaya with Sarvanga Sundara commentary. Analysis of tacheelyadi techniques in Doshabhediya adhyaya of Sutrasthana was done. A total of 40 tacheelyadi were observed in Doshabhediya adhyaya. Moolasamjna and Samsakthata were the frequently observed tacheelyadi. The data got was compiled and arranged systematically. This analysis of tacheelyadi techniques in Doshabhediya adhyaya helped in identifying the extent of usage of composition techniques and also provided a different perspective of learning.

Keywords: Tantraguna, Compositional techniques

Registration Code: ABOP 1178



IDENTIFICATION OF TANTRAYUKTI IN ASHTANGA HRIDAYA KALPASIDDHI STHANA - A LITERARY RESEARCH

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While writing a treatise the ancient scholars of Ayurveda adopted some unique methodologies in expressing their ideas and the learner should be acquainted with these methodologies to understand their ideas perfectly. The most accepted practicing technique among them is tantrayukti. Tantrayukti is defined as a methodology that helps to interpret scientific treatises correctly and intelligently. It enables optimum standardization in the interpretation of scientific material and minimizes subjective variation in understanding the treatises. Ashtanga Hridaya has taken the core matters from different treatises of Ayurveda and is written in its own style and language without losing the essence. It details all the eight branches of Ayurveda required for scholars and practitioners. While Charaka Samhita and Susruta Samhita are in a mixture of prose and verse, Ashtanga Hridaya is in verse and is written in concise or sutra form. Better apprehension of these sutras can be facilitated with the help of tantrayukti. The present study aims to identify tantrayukti in each chapter of Ashtanga Hridaya Kalpasiddhi sthana - the fifth section of Ashtanga Hridaya which details pharmaceuticals of drugs employed in vamana (emesis) and virechana (purgation) procedures along with detailed therapeutic impacts of vamana, virechana and bastikarma. This is a literary research and the data was collected from Kalpasiddhi sthana and Uttara sthana of Ashtanga Hridaya Sanskrit text with Sarvanga sundara commentary. The 36 tantrayukti mentioned were studied in detail and every sloka of Ashtanga Hridaya Kalpasiddhi sthana was thoroughly read for the identification of tantrayukti. The identified tantrayukti were enlisted in alphabetical order along with the corresponding sloka number. Beyond its utility in easy understanding and in-depth knowledge of Ashtanga Hridaya Kalpasiddhi sthana, this study highlights the utility of tantrayukti in the accurate reading of any ancient samhitas and decoding the hidden ideas mentioned by acharyas.

Keywords: Samhitas, Vamana, Virechana

Registration Code: ABOP 1183

INTEGRATION OF BIOTECHNOLOGY AND BIOINFORMATICS IN AYURVEDA THROUGH THE CONCEPT OF OMICS

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Bioinformatics is an emerging and dynamic field that integrates biological science and information technology to enhance our comprehension and interpretation of biological data. Bioinformatics has a multitude of applications that greatly accelerate research in the field of biotechnology. By applying these technologies, a snapshot of the underlying biology has given rise to a scientific field known as 'Omics', which encompasses various disciplines focussed on measuring biological molecules in a high-throughput manner. Application of omics technology in the field of Ayurveda enhance the precision and efficacy of Ayurveda therapies, standardization of drugs and improvement in personalized treatments etc. The study aims to analyze the present day advances in Ayurgenomics, Ayurnutrigenomics and Pharmacogenomics in the light of concept of omics. The introduction of CRISPR /Cas9 system enabling editing of genomes and gene modulation may help in the modification of deha prakriti, koshta and oushadha through 'Omics'. The methodology of the study includes, understanding the concept of biotechnology, bioinformatics, omics and gene editing and analyzing the role of genomics in prakriti, koshta and oushadha. Thus helps in understanding the disruption, deletion and insertion of a gene for changing and improving the quality of prakriti, koshta and oushadha. Such omics approaches helps in bridging the gap between Ayurvedic medicine and modern science by providing a deeper understanding of the biological mechanisms underlying Ayurvedic practices and helping to customize treatments for individuals based on their unique characteristics.

Keywords: CRISPR/Cas9, Ayurgenomics, Ayurnutrigenomics

Registration Code: ABOP 1185



TOWARDS A CRITICAL EDITION OF THE AYURVEDA MANUSCRIPT YOGA SAMUCCHAYA

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Manuscripts add to the literary richness and addition of knowledge to a subject. Manuscriptology is the scientific study of manuscripts. It is the branch of learning concerned with searching for, collecting, cataloguing, preserving, collating, editing, and publishing of manuscripts. Manuscriptology paves the way for comparative and clinical research. Without such studies, the addition of knowledge and changes in research strategies cannot be gained. Critical edition of a manuscript is given the highest importance in manuscriptology. The manuscript selected for critical edition is Yoga Samuccaya, by Navanidhirama. The study is based on two manuscripts obtained from Bhandarkar Oriental Research Institute (BORI). The source material has been collected in digital form. Their mutual relationship was examined to identify the trustworthy copy. The manuscript is being deciphered and collated for critical recession. Amongst various readings, the most apt will be accepted. Facts and features will be described and presented in accordance with the constituent text. The rules for literary criticism are being followed. The text is a about 200 years old, and is a compilation drawn from several vaidyaka works. The script is Devanagari and the language Sanskrit. There are five sections, named vrnda. Apart from diseases and panchakarma, the text deals with varied matter such as shakuna, jyothisha, kaalajnanam, nadi and other pariksha, rtu nirupana, prakrti, pathyavidhi, guna of various dravyas, mana paribhasha and rasashastra The yogas mentioned in the text are simple and can be adopted in day-to-day practice. The drugs and formulae mentioned seem easy to apply and are based on doshic involvement. The present manuscript is complete, only about 200 years old, and yet unpublished. For these reasons the text promises to be very relevant to the understanding and practice of Ayurveda in current times.

Keywords: Manuscriptology, Critical edition, Navanidhirama, Vaidyaka compilation, vrnda

Registration Code: ABOP 1229

EFFECT OF AHARA SAMSKARAS ON THE NUTRITIVE VALUE OF FOOD WSR TO SAMSKARO HI GUNANTARADHANAM UCHYATHE

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Ahara is one of the trayopasthambhas and has been given prime importance since the vedic period. It is quoted as Brahma in Upanishad and Acharya Kasyapa mentions it as mahabhaishajya. Ayurveda has given importance to wholesome diet that is prerequisite for the promotion of health and prevention of diseases. Ahara Samskara, a fundamental concept rooted in Ayurvedic principles, holds a profound influence over the nutritive value of food. This age-old practice emphasizes the art of mindful preparation and consumption of food as a means to unlock its full nutritional potential. Every Ahara dravya is having its specific panchabhauthika composition. Variations in panchabhauthika composition occurs due to the presence of Agni Mahabhuta. But the time required for transformation will be different according to quantity of Agni Mahabhuta present in it. When this transformation is done in proper way under controlled conditions it is termed as samskara. By samskara there is changes in gunas of dravya which is called gunantaradhana. This gunantaradhana is brought by different means like toyasannikarsha, agni sannikarsha, shoucha, manthana etc. The effects of Ahara Samskara on food are multifaceted. It enhances the bioavailability of nutrients by reducing anti-nutritional factors, such as phytates and tannins, and promotes the synthesis of beneficial compounds like probiotics and enzymes. Here an effort has been made to see the association of Ahara samskaras on nutritive value of food. In conclusion, Ahara Samskara not only enhances the nutritive value of food but also fosters a holistic approach to nutrition that nourishes the body, mind, and spirit. Embracing these principles can lead to a healthier and more balanced dietary lifestyle.

Keywords: Trayopasthambha, Samskara, Balanced diet, Toya sannikarsha, Agni sannikarsha

Registration Code: ABOP 1242



EXPLORATION OF ARTHASRAYA TECHNIQUES IN SAMHITA ADHYAYANA

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Most of the ancient Ayurvedic Sanskrit classical texts are written in concise forms through which immense knowledge are conveyed and implemented. The authors have used many fundamental tools and methodologies such as tantrayukthi, taccheelyadi, arthasraya, etc. for making logical conclusions of these concise sutras. A reader well versed with these techniques can make a proper analysis and interpretation of the sutras. This study is to explore the application of Arthasraya techniques in Samhita learning. Arthasraya is a technique or systematic approach adopted for precise composition and correct interpretation of tantra. 'Artha' means meaning and 'asraya' means dependence, thus Arthasraya means substrates of meaning. Arthasraya, which are 20 in number, are part of Samhita adhyayana and is important in understanding and critical analysis of sutras of ancient texts which pave way for deeper knowledge of these texts. Charaka Samhita is one of the oldest and the most important ancient authoritative writings on Ayurveda. The treatise consists of eight sthanas, among them Sutrasthana expounds main principles of the entire text. Because of the compilation of fundamental principles concerned with various aspects of Ayurveda, this is known as slokasthana. All the important siddhanta and related theories are given in a concise manner which can be amplified by the application of Arthasraya techniques. Thus, some of the important sutras are selected from Charaka Samhita Sutrasthana to illustrate the applications of Arthasraya techniques.

Keywords: Sutrasthana, Charaka Samhita, Samhita learning

Registration Code: ABOP 1267

TOWARDS A CRITICAL EDITION OF THE MANUSCRIPT KASHINATHA PADDHATI VAIDYAKA-PADDHATI BY KASHINATHA AND ITS CONTRIBUTIONS

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Ayurveda manuscripts are intellectual wealth of India and considered as one of the main knowledge resources of human kind. A thorough study on Vaidyaka Paddhati which was in the form of Manuscripts in BORI, Pune has contributed a great amount of information to the Ayurveda. This study is based on the technical method of critical edition to update and conserve the Ayurveda knowledge which was present in Vaidyaka paddhati. The study is based on two manuscripts with Devanagari script. The manuscripts were obtained from Bhandarkar Oriental Research Institute (BORI), Pune. Correspondence, Visitation and Collection of Manuscripts from repositories, Digitization of Manuscripts and editing, Analysis of mutual relationship among collected Manuscripts, Critical Edition and English Translation was done. The author of the text is Vaidya Kashinatha of later part of 18th Century AD. This is an independent work called as Vaidyaka paddhati/Kashinatha Paddhati/Ayurveda sara. It contains Ashtanga Ayurveda explained in Trisutra format. It is a compilation work of the matter of Ayurveda taken from Acharya Sushruta, Sharangadhara etc Acharyas mainly comprising the Kayachikitsa aspect. This manuscript gives brief description of Chikitsa sutra and detailed description of the Medicinal formulations. Easy and simple formulations, Ekamoolika prayoga, Daivavyapashraya chikitsa, Bahya chikitsa, Pathya-Apathya etc makes this manuscript a unique contribution to the field of Ayurveda which is highly beneficial to Ayurveda Practitioners and Researchers.

Keywords: Ayurveda, Manuscriptology, Deciphering, Collation, Critical edition, Ekamoolika prayoga

Registration Code: ABOP 1279



EXPLORING THE CONCEPT OF ANUPANA OR MEMPODI PRAYOGA IN CURRENT AYURVEDA CLINICAL PRACTICE

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Ayurveda, the science of life emphasizes both the maintenance of health and the cure of diseases through systematic follow-up of diet and regimen. Anupana, a unique contribution of Ayurveda is an essential part in the administration of ahara as well as aushadha. Anupana is a substance either solid or liquid administered along with or after the intake of food or medicine. Anupana along with food helps in proper digestion, absorption and elimination of food as well as provides nourishment to the body. During drug administration it helps in the delivery of drugs to the target sites and thereby promoting easy absorption and assimilation. Brihatrayees mentioned the intake of anupana along with food. Later on, it is found that anupana is advised to be administered along with aushadha also. In Kerala, 'mempodi prayoga' is commonly practising along with aushadha which is equivalent to anupana in terms of effect. The present study aims at understanding the extent of usage of Anupana/ mempodi prayoga among Ayurveda physicians in Kerala. For this, widely practising formulations from vatavyadhi prakarana of Sahasrayoga are selected. Concept of anupana is critically analysed to prepare a semi-structured questionnaire and an online survey is conducted among Ayurveda practitioners of Kerala to know the extent of use of Anupana/ mempodi prayoga as per classical references as well as physician's logic in day-to-day practice. This study will be helpful in broadening the concept of anupana so as to enrich the clinical practice.

Keywords: Anupana, Vatavyadhi, Sahasrayogam, Mempodi prayoga

Registration Code: ABOP 1284

UNLOCKING AYURVEDAS DEPTH DIVERSE INTERPRETATIONS IN AYURVEDIC COMMENTARIES

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The purpose of this study is to explore the significance of Sanskrit commentaries in enhancing our understanding of Ayurveda, a practical science. By focusing on the first sloka (mangala sloka) in the Ashtangahridaya, the study seeks to unravel the diverse interpretations found in these commentaries, shedding light on how various methodologies enrich our comprehension of this ancient text. The study systematically examines multiple Sanskrit commentaries on the mangala sloka in Ashtangahridaya, comparing and contrasting the interpretations of key terms and concepts. It investigates the variations in understanding. The study reveals a multitude of unique interpretations in the Sanskrit commentaries, demonstrating the richness and diversity within Ayurvedic scholarship. While some commentators associate “apporva Vaidya” with Buddha, others see it as a reference to Shiva, exemplifying the multifaceted nature of Ayurvedic texts and the interpretive flexibility within the field. This study highlights the critical role of Sanskrit commentaries in deepening our understanding of Ayurveda. It underscores the complexity and variability in interpreting even a single sloka within the Ashtangahridaya. The coexistence of diverse interpretations adds depth and nuance to the field of Ayurveda, emphasizing the importance of embracing multiple perspectives to comprehensively grasp this ancient system of medicine. This research contributes to the scholarly appreciation of Ayurveda by illustrating how Sanskrit commentaries serve as valuable tools for unraveling the layers of meaning within ancient texts. It emphasizes that Ayurveda, like many ancient traditions, benefits from a multidimensional and inclusive approach to interpretation, enriching the comprehension of its foundational principles and practices.

Keywords: Ayurveda, Sanskrit Commentaries, Ashtangahridaya, Understanding

Registration Code: ABOP 1323



ANALYSIS OF CONCEPT OF SROTAS WITH SPECIAL REFERENCE TO EFFECT OF AGASTHYARASAYANA IN MANAGEMENT OF KAPHAJA KASA

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The understanding of Srotas, one among the major concepts in Ayurveda is very helpful in achieving its preventive and curative aspects. Pathogenesis begins with the accumulation of dosas and their subsequent aggravation. In the third stage of kriyakala, poorvarupas of a disease appears due to disturbances created by the dosa- dusya sammurchana, which happens only in locations where khavaigunya is present. Hence the knowledge of khavaigunya, a determining factor in pathogenesis is important in swasthya samraksana. Dosas vitiate the particular srotas resulting in the manifestation of disease and correction of srotodusti cures the pathology. Disease may progress to further stages due to failure in timely management. Kasa is such a disease mentioned in Ayurveda which may acquire chronicity causing dhathu khsaya. Chronic bronchitis is a condition which can be correlated to kaphaja kasa. The management mentioned in classics includes nidana parivarjana, sodhana and samana therapies. Rasayana seva is very much relevant in correcting the khavaigunya. Kasahara drugs should act as rasayana, balya, amahara, pachana, and kapha vilayana. Agasthya rasayana is an efficient medicine indicated in the management of kasa. To have a better understanding regarding pranavaha srotoduhti in kaphaja kasa and the effect of Agasthya rasayana in its cure, a thorough literary search is done about pranavaha srotas, srotodushti, kha vaigunya, kaphaja kasa, and Agasthya rasayana from online databases and classical Ayurveda text books. Critical analysis of concept of srotas, particularly pranavaha srotas, samprapthi of kaphajakasa and action of Agasthya rasayana in curing it are done. The properties of drugs of Agasthya rasayana are found to be antagonist to kapha properties, causing stimulation of agni, clearing the srotas and ensuring proper nourishment and immunity to body.

Keywords: Srotodushti, Khavaigunya, Dhatukhsaya, Pranavaha srotas

Registration Code: ABOP 1346

THE ROLE OF VIKARA ANUTPATTIKARA BHAVA IN PREVENTING LIFESTYLE DISORDERS

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Ayurveda's emphasis on preserving high-quality living while guarding against lifestyle-related disorders is increasingly relevant today. This study explores the concept of Vikara Anutpattikara Bhavas and their role in disease prevention, vitality maintenance, and overall well-being. To explore the concept of Vikara Anutpattikara Bava, an in-depth examination of ancient Ayurvedic texts and an extensive review of research papers available on PubMed, ScienceDirect, and Google Scholar were done. Furthermore, we sought valuable insights from Ayurvedic experts and practitioners. Our dietary choices and lifestyle greatly impact our well-being, and following a suitable diet and balanced lifestyle can significantly lower the risk of lifestyle-related health problems. Ritu Sodhana helps individuals cultivate a profound connection with the environment and harmonize their doshic constitution with the prevailing seasonal influences. Furthermore, the paper discusses the concept of Dharana and Adharana of Vegas, which refers to the control of urges and desires. It helps to prevent disease development and promotes longevity. In this era of polluted and toxin-laden food, coupled with unhealthy dietary choices and the impact of suppressed emotions and stress, the balance of Tridosha is disrupted, resulting in lifestyle disorders like hypertension, diabetes, GERD, CVD, depression, and anxiety. Research suggests that seasonal conditions such as Tamaka Shwasa, Seeta Pitta, Udarda, Kota, and Mukha dushika can be reduced through shodhana karmas like Vamana, Virechana respectively. This highlights the importance of seasonal cleansing in addressing lifestyle disorders. Therefore, maintaining a proper diet, lifestyle, and seasonal cleansing is highly relevant in the present circumstances.

Keywords: Quality of life, Preventive medicine, Ritu sodhana, Ahara, Vihara

Registration Code: ABOP 1352



REVIEW ON TECHNIQUES USED IN WRITING AYURVEDA DEEPIKA COMMENTARY OF CHARAKA SAMHITA WITH REFERENCE TO SIDDHISTHANA

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The practice of writing commentaries started during the Sangraha period. Various commentators wrote commentaries for Ayurvedic classical texts in their colloquial language. They had their own perspectives with relevance to the time period, regional variation, knowledge, style, etc. One of the most popular commentaries available for Charaka Samhita is Ayurveda Deepika, written by Chakrapanidatta in the 11th century A.D. The author, Chakrapanidatta, adopted a different approach compared to other commentators while writing Ayurveda Deepika. He followed some techniques of racana saili (narration style), bhasa saili (language style), tantra yukti, paribhasa, nirukti, and cross-references while commenting on the verses of Charaka Samhita. The present study aims to explore these writing techniques in Ayurveda Deepika commentary of Siddhithana. The literary data related to the study will be collected from the Siddhithana of the text Ayurveda Deepika by Chakrapa idatta, edited by Acharya Jadavji Trikamji published by Chaukhamba Orientalia. Extensive reading and content analysis of the Siddhithana of the text will be done to obtain relevant results. This study will help to explore the different aspects of writing commentaries, thereby enhancing the knowledge of literary research among the Ayurveda community.

Keywords: Bhasa saili, Racana saili, Tantra yukti

Registration Code: ABOP 1377

IMPORTANCE OF AUSHADHA SEVANA KAALA IN CHIKITSA

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Aushadha Sevana kaala is the fundamental concept in Ayurveda which is also known as Bhaishajya Kaala referring to the proper time for drug administration. It belongs to Avasthika Kaala. Different Acharyas have mentioned different Aushadha Sevana Kaala with specific reason for each one of it. Acharya Charaka says, while treating the disease success can be achieved only when there is proper combination of Desha, Kaala, Pramana, Saatmya, Asatmya, Pathya and Apathya, among these seven factors Kaala acquires second position which reflects the importance of Kaala. Time of drug Administration is as important as drug itself. Acharya Astanga Sangraha-kara describes “Kaalo Bhaishajya Yogakrut”, which means Kaala fulfills the aim of drug administration. Even though the medicine has the right quality, quantity and Anupana, if it is taken in wrong time it does not cure the disease completely. For medicine to show its complete action it needs to be administered in proper kaala with regards to Dosha predominance, Agni avastha, Rogi bala, Roga bala so on. Aushadha Sevana kaala helps to prevent adverse food and drug interaction. It can have significant impacts on the body's ability to absorb and utilize the medical properties of herbs. By following Aushadha Sevana kaala, individuals can optimize the therapeutic benefits of medicine and promote their overall health and well-being.

Keywords: Aushadha Sevana kaala, Dosha, Rogi bala, Roga bala

Registration Code: ABOP 1385



AYURVEDIC SAMHITA AND THEIR COMMENTARIES - A CRITICAL REVIEW

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Ayurvedic literature, an ancient system of traditional medicine, is rich in both depth and diversity. Ayurveda scholars live in a big dilemma that they should read the commentaries or read only Samhitas. This abstract will provide a detailed explanation on the significance and lacunas of commentaries. Ayurvedic literature comprises a vast body of knowledge that has evolved over millennia. At its core are the foundational texts known as the “Charaka Samhita,” “Sushruta Samhita,” and “Ashtanga Hridaya.” These texts provide comprehensive insights into the principles of Ayurveda, encompassing physiology, pathology, diagnosis, and treatment techniques. Commentaries on these classical texts, written by eminent scholars across centuries, play a pivotal role in elucidating and expanding upon the original content. These commentaries serve to bridge the gap between ancient wisdom and contemporary understanding. Importance of commentaries can be summarised as following - 1. Clarification 2.Preservation 3.Tradition 4.Expansion Lacunae of commentaries can be summarised as following : 1. Interpretational Variations 2.Omissions 3. Culture and temporal gaps 4. Lack of standardization Different commentators may offer varying interpretations, which can lead to confusion or debate within the Ayurvedic community, Ayurvedic Samhita commentaries serve to enrich and preserve this ancient system of medicine, but they can also introduce interpretational variations and may not always address the needs of practitioners. After discussing both importance and lacunas of commentaries we can conclude that rather than reading so many commentaries it is better to get a good knowledge of Sanskrit language and read original text and interpret according to present era.

Keywords: Significance, Lacunas of commentaries, Millenial knowledge of ayurveda

Registration Code: ABOP 1437



CONCEPTUAL REVIEW OF BALA IN THE PURVIEW OF DHATU-DHATUSARATA

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According to Ayurveda dosha, dhatu and mala form the integral cause of the human body. Their normalcy is imperious for maintaining one's health. In these, dhatu provides support, strength, and structure to the body. Excellent state (vishudha roop) of dhatu is known as dhatu-sarata (constitutional essence). Acharyas in various classical texts have expounded the features of constitutional essence for the assessment of strength of one's body. It is observed that some persons having small body and leanness are strong like small ants carrying a big load. This is the reason the patient should be examined with respect to sara. The substantial essence of all the dhatu is termed as oja. The qualitative oja initiates the contentment, nourishment of the body and increases its strength in terms of physical, mental, and immunological aspects. Acharya charaka has mentioned oja under dashapranayatan which are the seats of life or vitality. The entire body is pervaded by oja and in its absence all the body parts wither off. All three terms dhatu, dhatu-sarata and oja reflect different angles of bala. The present conceptual review carried out from Brihtrayi with major commentaries and analyzed using different tantrayuktis, deals with the inter-relationship between aforesaid three entities and magnifying their idiosyncrasies in the perseverance of psychosomatic strength.

Keywords: Dhatu, Dhatu-sarata, Oja

Registration Code: ABOP 1471



EXPLORING SAREERA PRAKRITI ITS SIGNIFICANCE IN EVOLVING HEALTHCARE PRACTICES

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The concept of Sareera Prakriti is one of the most unique and basic theory put forward by Ayurveda explaining how an individual's body constitution is influenced by the tridoshas from the time of conception itself. It can be determined on the basis of physical, psychological and behavioral traits determining the predictive, preventive and personalised aspects of medicine. This multi-layered application of knowing one's prakriti has much relevance in today's healthcare scenario especially by connecting with modern Genomics, Nutrigenomics etc. This study is done on the basis of research through the concepts explained in the Samhitas along with research papers published in PubMed, Scopus, Google Scholar, Ayush portal etc. Prakriti can be applied on both healthy as well as disease affected individuals for assessing their disease susceptibility, prognosis, reactions to various stress factors, immune responses etc. So, by assessing the prakriti, the physician can understand which lifestyle disorder is more prone to each individual and their lifestyle can be modified accordingly. The concept of Prakriti can be successfully applied on preconception care also. For couples planning a healthy progeny, modifying the factors like diet and lifestyle of the mother, the healthy environment of the uterus, the time of conception and other epigenetic factors like family, place etc can result in the formation of a child with well-formed genetic constitution. Prakriti can be applied for new born screening also, helping to provide timely intervention in the form of diet and regimens as to program a healthy childhood and later life. Thus, linking the concept of Sareera Prakriti with modern Genetics can become an answer to many of the healthcare problems arising in our times.

Keywords: Ayurgenomics, Nutrigenomics, Preconception care, Body constitution

Registration Code: ABOP 1479

CRITICAL ANALYSIS AND APPLICATION OF UPAMANA IN CHIKITSA STHANA WITH SPECIAL REFERENCE TO CHARAKA SAMHITA

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Deep interpretation of subject is necessary for understating the Tantra properly, hence Acharyas have used Upamana to convey the concepts in more effective way so that it can be easily understood for Trividha shishya. 1.To review and study the Upamana in detail 2. To compile all the Upamana explained in Charaka Samhita Chikitsa Sthana. 3.To critically analyze and interpret those Upamana to understand the logic behind the specific comparison made. Present study is a literary research and method was followed as per the objectives of the study. Initially review and study of Upamana was done and later collected the Upamana which are explained in the Charaka Samhita Chikitsa Sthana and Compiled in systematically. Critical analysis of logic behind the specific comparison done and compiled Upamana were categorized under different heading. Interpretation documented in the discussion part, taking help of compiled material from review of literature, proper conclusion was made. 139 Upamana have been compiled and critically analyzed and interpreted the logic behind the specific comparison. Upamana explained under different concept based on Tantra shaili and Tantra Samjna, Tantra Guna, Tantrayukti to avoid Punarukta Tantra Dosha. Upamana is used on the basis of Sadarana Dharma. It is evident that Upamana is used in Charaka Samhita Chikitsa Sthana to highlight the Vyadhi Lakshana, Upadrava, and Sadya- Asadyata, Chikitsa sutra and its outcome.

Keywords: Upamana, Upameya, Sadharmyata, Vaidharmya,

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CONCEPT OF UPASHAYA IN MANAGEMENT OF DISEASE ALONG WITH VYADHI

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Upashaya is an Ayurveda concept which helps to understand nature of diseases, this is the only way to find out diseases exact nature. The concept of Upashaya helps to relives symptoms and also support in the diagnosis of disease. the Aushadha, Anna, Vihara can be used to identify and treat disease. Upashaya is a tool for diagnosis, but its also possible sometimes that technique not produces desired results. When the disease is not correctly diagnosed, Upashaya applies. Even though Aushadha, Anna, Vihara are used in Upashaya to diagnose a disease, they can be considered Chikitsa if they are beneficial for particular types of disease.Upashaya may be used as a treatment if the disease symptoms improve. In contrast once a disease has been correctly diagnosed, the same Aushadha, Anna, Vihara can be used to eradicate disease.

Keywords: Ayurveda, Upashaya, Chikitsa, Diagnosis

Registration Code: ABOP 1550

RESEARCH STUDY DESIGNS ADOPTED IN BRHAT TRAYI

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Ayurveda is an eternal science which has been memorized by Brahma and has been transmitted for the benefit of mankind. Though considered as having a celestial origin there are glimpses and evidences in Ayurvedic works viz. Brhat trayi the extent of research done by the ancient rshis in advancing the knowledge on Ayurveda. The very definition of Siddhanta are that they are statements which are established through reasoning after numerous examinations. This shows that pareeksha (examinations) using pramanas were adopted and scientific truths were established in the development of science. Repeatability and reasoning was used for validating the research. Focus group discussions are observed under various contexts mentioned in Charaka Samhita and Susruta Samhita. Sambhasha on origin of disease, first formed body part etc are some among them. Cross sectional studies were also conducted as is evident from the saying that the diseases like andhya, shandya were prevalent in Prachi, China because of excessive use of kshara. Samanya as a cause for vrdhi and visesha as a cause for decrease were the principles derived based on observational studies. The derivation of the sreshta bhavas may be considered as a result of analytical studies conducted at the time. Purvavath anumana and seshavath anumana may have been adopted as cohort study and case control study as there are statements telling that continuous use of a particular rasa may lead to specific diseases related to the rasa and similar other instances. Hence one could conclude that Ayurveda is a life science which was developed as a result of continuous effort from the knowledgeable saints in the form of pareeksha done and established with proper reasoning and repeatability of the experiments.

Keywords: Research, Ayurveda, Anumana, Pareeksha, Siddhanta

Registration Code: ABOP 1573



A STUDY TO DESIGN PROSPECTIVE ALGORITHMS OF DIAGNOSIS BY SCREENING VARIATIONS IN MALA PRAVRITTI

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Health is a term being discussed in multiple ways in different streams of medicine. Ayurveda has described health in a broader way. The explanation of health includes components like physical, mental along with spiritual and social aspects. Charaka Acharya's dhatu samya lakshana serves as a perfect definition of health. It reflects the proper functioning of all systems of body together with mind. It consist of 18 lakshanas. This include ruk upashamana , svara varna yoga, sareeropachaya, balavidhi, abhyavahaaryaabhilasha , ruchiraahaarakale, abhyavahrithasya cha ahaarasya kale samyak jaranam , nidra laabho yatha kaalam, vaikaarinaam cha swapnaanam adarshanam , sukhencha pratibodhanam, vatamootra pureesha retasam mukthi, sarvaakaarai mano budheendriyanam cha avyaapathi which is relevant in the assessment of health status .Vata mutra pureesha retasam mukti (proper elimination of flatus, urine, faeces, semen or menstrual blood) is one among dhatusamya lakshanas. If dhatu samya lakshana indicate normalcy of health, then any deviation expressed as signs & symptoms are indicators of a future disease or underlying pathology. Here the lakshana- srishta vit (proper elimination of faeces) is selected and its important variations are studied. Literary references relating to the topic has been collected from ayurveda classics, journals & related research works. The collected data was arranged, analyzed and presented in the form of an Algorithm. Algorithms of diagnosis from the symptoms –malasanga and atisara are made. If there is any defect in proper elimination of faeces, it may indicate any present disease or upcoming pathology. The important variations of srishta vit- mala sanga and atisara are studied in this perspective & algorithms of probable diagnosis indicated by these symptoms are prepared. In this way all the variations of dhatusamya lakshana can be studied and possible algorithms can be made.

Keywords: Dhatusamya lakshana, Mala pravritti, Malasanga, Atisara, Algorithm

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SIGNIFICANCE OF ANNAPANAVIDHI ADHYAYA OF SUSHRUTHA SAMHITHA WITH SPECIAL REFERENCE TO KUDHANYA VARGA MILLETS IN CURRENT ERA

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In present era due to modernization in every aspect of life there is a total shift in people's eating habits, way of life, sleeping habit's etc. The right kind of food is the most important single most factor in promotion of health. Sushruta, ancient Indian surgeon known for his pioneering operations and techniques has given equal importance to Ahara and has dedicated a separate chapter called Annapana vidhi Adhyaya which deals with a wide variety of food and beverages along with their medicinal values. People all around the globe are following the new food trend of millets in their diet. So here is an attempt to know the classical medicinal benefits of Kudhanya Varga (Millets) hence the present review paper has been conceptualized. To explore the significance of Annapanavidhi Adhyaya of Sushruta Samhita with special reference to Kudhanya Varga (Millets) in current era. The relevant subject matter have been compiled from Brihatrayi and Laghutrayi along with the available commentaries, Nutritional books and published research papers. The compiled materials have been critically analyzed, re-organized and presented in the form of research paper. Thus, by understanding the significance of this chapter one can follow the right diet and knowledge of Kudhanya Varga (Millets) is useful to understand the nutritional benefits through which one can improve one's health and this will also help in prevention of diseases. Since Ayurveda is eternal, the topic expounded in this treatise can be applied irrespective of time, place, change of anything the concept stands valid and the same is true with respect to Ahara (Kudhanya Varga).

Keywords: Annapana vidhi Adhyaya, Kudhanya Varga, Millets, Ayurveda.

Registration Code: ABOP 1592



A CLINICAL STUDY TO EVALUATE THE EFFECT OF PIPPALI RASAYANA ON TAMAKA SHWASA

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Tamaka Shwasa is one among the five varieties of Shwasa explained almost all the classics of ayurveda. Tamaka is well known for its episodic and chronic course which come under the life-threatening disease which afflicts the human race. The quality of life in asthma patient is impaired, such as missed daily activities, missed work/school, nocturnal wakening's, high use of quick – reliever medication. The Tamaka shwasa being episodic in nature, i.e, vegakala and avegakala, the treatment also differs. Even after the vegakala of Tamaka Shwasa subsides the remnants of vyadhi persists which affecting QOL. In avegakala and being yapyaroga, rasayana preparatins are in use. Pippli rasayana are disease specific and are capable to act at the level of agni, rasa, and Srotas. It increases ojas, vyadhikshamatva,bala and even exhibits multidimensional activities like anti- oxidant, tissue protective, immune stimulant, improves the quality of life. The study was conducted to evaluate the effect of pippali rasayana in Tamaka Shwasa, i.e, vyadhihara rasayana. 30 subjects of Tamaka Shwasa between age group of 18-60 years were completed the clinical trial by convenient sampling method. Subjects took 2 grams of pippali rasayana daily before and after breakfast, with anupan madhu, for a period of 15days. The response was assessed using various clinical and subjective parameters and analysed statistically using Freidman's test. Results of the study showed that the symptoms were statistically and clinically significant with parameters like Shwasakrichratha, Ghurghuratwam, Pinasa, Kasa, Muhurshvasa Avadhamyate, Shayane Na Nidram Labhate. Out of 30 subjects 9 subjects were using inhalers, 1 had no change in the symptoms after treatment, 3 subjects left using inhalers during the course of treatment but used during FU, 5 subjects sustained with the improvement and could avoid inhalers even after treatment

Keywords: Rasayana, Tamaka shwasa, Pippali rasayana

Registration Code: ABOP 1597

MAGNITUDE OF ASHTAUMAHADOSHAKARA BHAVA AS ETIOLOGICAL FACTORS IN NON-COMMUNICABLE DISEASES - A COMPREHENSIVE CRITICAL REVIEW

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Ashtamahadoshakara Bhava, an ancient concept deeply rooted in Indian Ayurvedic medicine, holds profound significance in the context of diagnosis, prevention and management of health conditions. This comprehensive critical review is aimed at exploring the eight fundamental factors constituting the Ashtamahadoshakara Bhava, which encompass physical aspects influencing the development and progression of non-communicable diseases (NCD's). This also evaluates the contributions of ancient texts and seers in elucidation of their significance. Aim: To critically evaluate the magnitude of Ashtamahadoshakara Bhava in NCD's. Objectives: To explore the role of Ashtamahadoshakara Bhava as etiological factors in NCD's. In present critical review, the excerpts of ancient texts and ayurvedic principles have been critically analysed to understand the role of Ashtamahadoshakara Bhava as etiological factors in diseases. The significance of wholesome diet and lifestyle, as explicated in Ayurveda, for maintaining health and treating diseases has been also emphasized. Furthermore, the utility of these principles within Panchakarma therapy has been underscored. The review highlights the importance of avoiding the occurrence of Ashtamahadoshakara Bhava to achieve successful results and mitigate potential complications during management of NCD's. It underscores Ayurveda's primary goal i.e. to enhance the health, strength, and longevity of individuals, while addressing and curing illnesses. With the growing global acceptance of Ayurveda, it becomes essential for Ayurvedic practitioners to safeguard its scientific wisdom, considering the precautions and complications outlined in Ashtamahadoshakara Bhava. Therefore, it is imperative to take into account these factors both before and after treatment of any disease when gathering a patient's medical history or providing dietary advice, as these eight factors certainly play a significant role in the causality of various NCD's.

Keywords: Ashtamahadoshakara Bhava, Non-Communicable Diseases, Etiology

Registration Code: ABPO 1599



CONCEPTUAL VARIANCE IN KERALEEYA BALA CIKITSA TRADITION OVER CLASSICAL AYURVEDA LITERATURE

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Bāla cikitsa have been given the foremost position among ashtangas of Āyurveda. Brihat trayi have briefly documented Koumārabritya. Kāsyapa samhita though incomplete remains as an important pediatric reference in Āyurveda. Kerala has rich tradition of indigeneous medicine and its own Bāla cikitsa sampradaya and has major contribution of authentic textbooks like Arogyakalpadruma, vaidyatāarakam, Bālaroga cikitsa manjari etc. These regional textbooks show variance in terms of theoretical concepts and practices when compared with classical literature. Many diseases like karappan , shakharogās, different types of vrana like Urovrana, Januvrana, Kakshavrana and Siravrana and disease caused by unidentified vectors like bālapeeda, pakshipeeda which are not mentioned in classical textbooks have found place in these books. Prāshana a unique way of prakāra and uramarunnuprayoga which is the ayurvedic method of immunization and posology related to different therapeutic forms and in accordance with age is well explained in Arogyakalpadruma. There are exclusive formulations like Nālikera kwatha , Bhasma kanji, Varattu kwatha and Varavu kwatha , single drug prayōgās and exclusive tailas like Rasa taila, Kukkutathaila, Muttathaila in regional textbooks. Whereas various childhood samskāras, vedhanadhyāya which is concerned with the guidance of diagnostic criterias and description of disease like Phakka roga is peculiar to Kāsyapa Samhita. This paper tries to outline major domains in which Kerala tradition is different from Samhita tradition in principles and practice of Bālacikitsa.

Keywords: Keraleeya Bāla cikitsa, Kāsyapa samhita

Registration Code: ABPO 1639

RAKTADUSHTI A DETRIMENTAL FACTOR OF VASCULAR HEALTH IN TYPE 2 DIABETES MELLITUS

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India has the highest number of people with diabetes in the world with around 77 million living with diabetes and a projection of 134 million by 2045 (International diabetes Federation). Micro vascular and macro vascular complications are the major causes of morbidity in patients with diabetes mellitus. Patients with T₂ DM have two to four fold higher risks of recurrent atherothrombotic events and vascular complications as compared to non-diabetic patients. Contemporary health science is prevailing over vascular health through endothelial dysfunction for early detection and prevention of these complications. In Ayurveda both micro and macro vessels (Raktavahi dhamani) are considered as vital part (moola Sthana) of raktavaha srotas. Srotas are the body channels through which nutrients and waste materials are circulating to their destination for further actions. These srotas get vitiated by similar etiological factors, which will result into vitiation of concerned dhatu. Vitiation of srotas can be elicited through general features like atipravrti, sangam, siragranthi and vimarga gamanam. Similar mechanism can be envisaged through the endothelial dysfunction as it is occurring in body channels. By following life styles of unhealthy diet including guru, snigdha, drava, teekshna, ushna ahara etc, lack of exercise, mental stress, alcohol, smoking etc, can vitiate the raktavaha srotas. Rakta dushti varied with respect to nidanas, location, predominant dosha, time etc can show its own impact on vascular health. This slowly initiates sroto vaishmya and subsequently dosha doosha sammurchana will take place for further progression of diseases. So the maintenance of vascular health by avoiding raktadushti is inevitable in diabetes mellitus.

Keywords: Rakta dushti, Micro vascular complications, Macro vascular complications, Vascular health, Diabetes mellitus, Endothelial dysfunctions

Registration Code: ABOP 1645



CONCEPT OF LOKA PURUSHA SAMYA SIDDHANTA WITH ITS UTILITIES IN AYURVEDA

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Ayurveda is based on many Adharabhuta Siddhanta. Loka Purusha Samya Siddhanta is one amongst them. Loka and Purusha is compared in this principle. Various Ayurvedic classics are used as literary source and compiled. There exists such a close relationship between universe and individual that no knowledge of individual can be obtained without knowledge of the universe. All principles which are present in Loka are present in Subtle form. This relation makes it possible for the universe to interact with the individual and the individual for responding to the stimuli from outside. When the interaction between the universe and individual is normal then the person will be healthy. When it is abnormal then disease occurs. The composition of Purusha are also similar to that occurring in Loka. Activities in Purusha are also similar to that occurring in Loka. Loka is Panchabhautika and Purusha is also Panchabhautika. All Ahara dravyas are also Panchabhautika. At minute level the universe and human body is structurally same. All the waves and vibrations which occurs in the universe naturally have an impact on the individual. Life and death are also controlled by the universe. Hence Ayurveda teaches us how to make friendship with nature for maintaining health using loka purusha samya siddhanta .Whatever is present in Purusha that will be present in loka. That which is absent in universe cannot have existence in the individual. Purusha is epitome and tiny replica of this vast Universe which has wide application in the field of Ayurveda.

Keywords: Loka, Purusha, Siddhanta, Panchabhautika

Registration Code: ABOP 1738

RELEVANCE OF FOLLOWING THE RULES OF VYAAYAAMA - AN AYURVEDIC VIEW

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Vyaayaama is beneficial for both healthy and unhealthy individuals, with an additional specification of caution and supervision. Along with imparting lightness to the body, better physical activity, stability and strength to the body, good appetite, proper digestion and tolerance to adverse conditions (both physical and mental) are also generated through adequate vyaayaama. Despite the benefits of vyaayaama, there is evidence that shows that it can become addictive to such an extent that it can cause negative physiological and psychological effects. Vyaayaama is advised to be done in the morning after abhyanga. Ayurveda highlights the fact that vyaayaama should be done only half the strength of the individual (ardhashakti). But nowadays unaware of the rules and regulations, many fitness trends like circuit workout, compound exercises, weight training exercises etc, are being followed by the people. With such increase of trends in fitness and physical education, there is also a proportional increase in the adverse effects of the same. The indulgence in excessive exercise, i.e, late hour workouts, exercising without considering the vyaayaama shakti or physical-activity capacity of the individual, exercising after taking food, not considering the time for workout etc, has many harmful consequences including lifestyle disorders, sleeplessness, mental deterioration or even collapse. A comprehensive explanation of the relevance regarding the dos and don'ts of vyaayaama will be further discussed in the presentation.

Keywords: Ayurveda, Vyayama, Exercise, workout

Registration Code: ABOP 1739



A CONCEPTUAL REVIEW ON VIKRUTA GATI OF DOSHA AND ITS APPLICATION AS PER CHARAKA NIDANA STHANA

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Vikruti is vikara (Pathological manifestation). The meaning of Gati is movement. Vikruta gati of doshas can be, Vridhi or Kshaya. Doshas which are vitiated cause vitiation of Rasadi dhatu, both of them together vitiate the malas which in turn, vitiate the malayanas. 'Disease manifest at the place where the aggravated doshas circulating all over the body become obstructed due to the abnormalities of the srotas (in the dhatus)'. The concept of Dosha Sanchara is described by Vagbhata in Ashtangahridayam Sutra sthana 13th chapter. Extensive literary review in Charaka Nidana Sthana . To compile all the informations regarding Vikruta gati of doshas from Samhitas especially from Charaka Nidana Sthana for further studies /research. Applying the concept of vikruta dosha gati and Dosha sanchara in the diagnosis In depth knowledge about vikruta dosha gati, helps in easy understanding about diseases and its diagnosis The present study made an attempt to understand the vikruta gati of doshas. And also applied the same concept in the Charaka Nidana Sthana. Proper understanding of these is very essential in planning chikitsa. Illness is defined as vikruta gati, while health may be summed up as prakruta gati of the doshas. Without accounting for doshgati, we are unable to ascertain the nature of health. The correct understanding of dosha gati enables us to adjust our daily and seasonal routines.

Keywords: Dosha gati, Vikruta dosha, Dosha sanchara, Vridhi, Kshaya, Srotas

Registration Code: ABOP 1774

CONCEPT OF BEEJACHATUSTAYA AND ITS APPLICATIONS

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Beeja Chatustaya or Chikitsa Chatustaya is the unique contribution of Sushruta Samhita, Beeja Chatustayas are the Chikitsita Beeja's as how the Vruksha is present in the seed, similarly Chikitsa Shastra is present in Beeja Chatustaya. It includes Purusha, Vyadhi, Aushada, Kriyakala. The Purusha is considered to be the combination of Panchamahabhuta and Atma. And this is known as Karma Purusha, provides Adhistana and Ashraya for Vyadi and Chikitsa. Vyadhi means the Roga/Dukha/Vedana which includes all types of Shareerika, Manasika and Agantunja Vedana. Aushada means measures to overcome the Dukha/Vedana. Kriyakala refers to the administration of procedures in proper time like Snehapana in Pragbhakta kala etc... Selection of proper medicine in proper time is very necessary to attain the expected outcome in Chikitsa. Beejachatustaya is the methodology adopted by Sushruta to explain the Sushruta Samhita, whole Sushrutasamhita has been elaborated on the base of this principle. Thus the Seed of medicine has been propounded in nut shell it is elaborated in 120 chapters. As the seed put in the earth grows with root, stem, branches and leaves and expands further.

Keywords: Beejachatustaya, Purusha, Aushada, Vyadhi, Kriyakala

Registration Code: ABOP 1811



CRITICAL EDITION OF A MANUSCRIPT W S R TO ROGAVICARAKHANDA OF BHESHAJAPADDHATI

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Manuscript is a knowledge based hand written composition on palm leaf, birch bark, paper, cloth, metal, or any other materials, which has significant scientific, historical, philosophical or aesthetic value. India has an estimate of 10 million manuscripts, probably the largest collection in the world. These cover various subjects like literature, medicine, philosophy etc. Among the Ayurveda manuscripts, a considerable amount remains unexplored and unpublished. Hence it is high time to explore and publish the valuable knowledge in these manuscripts. Manuscriptology is the scientific study of manuscripts. It involves two steps, primary and secondary. Collection, conservation and cataloguing are included under the primary steps. The secondary steps are transcription, translation, critical edition and publication. Critical edition is the reconstruction of a text by close reading and detailed analysis of the contents based on available evidences. It is done in two steps, lower criticism followed by higher criticism. Heuristics, recension and emendation are the techniques involved in lower criticism and higher criticism is the detailed assessment of authors work. Bheshajapaddhati written by Purushottama is an unpublished manuscript preserved in Government Oriental Research Institute and Manuscript Library, Karyavattom. It comprises of four khandas (chapters), namely Rogavicarakhanda, Bheshajavikalpakhanda, Kriyaabhedakhanda and Upakramakhanda. Here, the steps involved in critical edition of a manuscript is discussed with Rogavicarakhanda of Bheshajapaddhati. Available copies of Bheshajapaddhati having similarity in title, author and subject matter dealt were considered for critical edition. Critical edition was carried out by following the methods of lower criticism. This khanda deals with the basic principles of Ayurveda. It comprises the brief description of 39 diseases and fatal signs and symptoms of 17 diseases. The subject matter shows close similarity with that of Ashtangahridaya.

Keywords: Manuscriptology, Critical edition, Lower criticism, Bheshajapaddhati, Rogavicarakhanda

Registration Code: ABOP 1815

HARNESSING DESA SATMYA FOR OPTIMAL BALA IN AYURVEDA

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Any factor which is conducive to an individual without causing any harm or difficulty is known as Satmya. In Ayurveda, it is one of the important tool in the assessment of strength of an individual in health and disease. The role of Satmya in an individual begins right from the formation of the embryo and continues throughout life. People living in different regions and climate develops a natural Satmya to their surroundings. Sudden changes in environment or exposure to extreme conditions can disturb this adaptability, potentially leading to imbalance. Desa Satmya is a fundamental concept in Ayurveda that gives the importance of adapting healthcare and wellness practices to the specific geographic and environmental conditions of an individual's region. This concept acknowledges the diverse landscapes, climates, and ecosystems across the world, and how these factors can significantly impact one's health and well-being. Desa Satmya, therefore, emphasizes the need for customization in healthcare, highlighting the importance of tailoring Ayurvedic recommendations to suit the local environment and the constitution of an individual. In this study, reviewed ancient Ayurvedic texts to explore the significance of Desa satmya; and analysed the principles and factors that determine Desa satmya and its role in health preservation. The concept of Desa Satmya aligns with modern ecological and personalized medicine principles. Understanding regional variations in health allows for more effective Ayurvedic interventions. Acknowledging individual Desa Satmya factors can lead to a more precise and customized approach to wellness. In short Desa Satmya underscores the critical role of geographic adaptation in promoting the strength of an individual to acquire holistic health by acknowledging and accommodating the influence of diverse environments on an individual's well-being.

Keywords: Satmya, Desa satmya, Bala.

Registration Code: ABOP 2110



CONCEPTUAL STUDY ON UNDERSTANDING SIGNIFICANCE OF INDRIYA IN ASSESSING SWASTHYAM

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In Āyurveda, indriya is alluded to as an integral component of life (āyus). Lucidity of sense organs (Prasannēndriyatva) is one of the symbolisation of a healthy individual. Prajñaparādha i.e., improper usage of indriya is referred to one among the trividha kāraṇas of diseases. It is from the samyak and asamyak yoga of indriya, the health and ill health are manifested. There are glimpses of references where the indriya swāsthya is stressed upon while mentioning dinacaryās. Samhitās explain that some of the earliest symptoms associated with gross malfunctioning of doṣas are related to indriyas. Changes in functioning of indriya is evident, even in mild habitual changes like suppression of natural urges. Abnormal lakṣanas of indriya can be seen in diseases Acaryas have also highlighted on considering indriya as a parameter to assess samyak śōdhana lakṣanas. It is also seen sense organ plays a role in regulating the circadian rhythm. At the same time, a change in circadian rhythm can bring negative impact on sense organs. In some samskāras like niṣkramana, the infant is exposed to surrounding where the indriya like ears and eyes enable the child to get accustomed to the nature. As development progresses, humans have started to decline their interaction with nature and it has lead to some sort of changes in the sense organs responses. Through a study it was noticed that even in physiological conditions like menstrual cycle, there was a change in gustatory threshold for specific tastes during each phase of the cycle. Similarly, another study conducted also revealed olfactory dysfunction is an earlier marker for dementia. These are some illustration to deliberate upon indriya swāsthya in the current scenario. This presentation focuses on emphasising the significance of analysing indriya to guide a physician to differentiate between health and diseased condition.

Keywords:Indriya, Prajnaparadha, Prasannendriyatwa

Registration Code: ABOP 2120

A CONCEPTUAL STUDY ON MONTH WISE KSHIRAPAKAS FOR GARBHINI IN SAHASRAYOGA WITH SPECIAL REFERENCE TO EPIGENETICS AND AYURVEDA

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The holistic concept of human body is very significant in present era because the physical and mental status of pregnant woman plays a huge role in delivering a healthy child. Since the human body is a product of sentience, the anatomy and physiology of health and disease is very much influenced by the Ahara and Vihara that affect body and mind. This principle goes hand in hand with principles of Epigenetics. In the book Sahasrayoga nine milk decoctions are prescribed for carrying woman. It should be prepared with nine different drugs and consumed in respective months of gestation. A comprehensive literature search across multiple databases Maternal morbidities can cause significant defects in the developing child. Month wise medicinal preparations indicated for carrying woman in the book Sahasrayoga have properties which can relieve the physiological ailments that may be faced by carrying woman in different months of gestation. The principle of epigenetics is that 'One's gene expression is controlled by the external factors such as food exercise stress etc.' These gene expressions are the cause of health and disease. This is very evident in case of maternal morbidities and their pregnancy outcomes .More qualitative research in field of Ayurveda along with quantitative research can be very much helpful in validating principles such as Garbhini carya, Vegadharana etc with contemporary sciences.

Keywords: Antenatal care in Ayurveda, Epigenetics, Sahasrayoga, Maternal morbidities, Pregnancy outcomes

Registration Code: ABOP 2188



A CRITICAL MANUSCRIPT STUDY ON MARMAVIBHAGAM SARIRAM OF HRUDAYABODHIKA COMMENTARY

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Marma is used to denote the vital points of the living human body. Ayurveda physicians of different hierarchies are always curious about the knowledge of marma points. The knowledge of marma is scattered in various Ayurveda classical treatises such as Sushruta Samhita, and Ashtangahrudaya. The commentaries of these main treatises belong to different regional areas and may also contain some special knowledge. The Hrudayabodhika is an important commentary of Ashtangahrudaya with regional peculiarities of Kerala. To critically analyze the Marmavibhagam sariram of Ashtangahrudaya with special reference to Hrudayabodhika commentary. The materials used for this study are various manuscripts collected from Rajasthan and Kerala (Manuscript no. CO 2490, C5, 5050, etc). The manuscripts are collated, deciphered, compared, and edited. The data is compared with other commentaries such as Sarvangasundara, and Indu commentary. The result found that the Hrudayabodhika was peculiar in explaining marmas such as regional names, the meaning of the terms, and cross-referencing other Ayurveda experts and commentaries. The discussion points out similar and different opinions of other commentators. For example, Hataka mentions that parshva sandhi marma is situated at the junction between parshva and jaghana, inside the parshva upwards and transversely. When this marma is injured, it affects the regeneration power leading to death. In Ashtangasangraha, it is said the same. It can be concluded that the Hrudayabodhika commentary is relevant with special reference to Marmavibhagam Sariram.

Keywords: Ashtangahrudaya, Commentaries, Hrudayabodhika, Marma

Registration Code: ABOP 2268

AESTHETICAL CONSIDERATIONS IN AYURVEDIC LITERATURES AND PRINCIPLES OF COSMETOLOGY

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Ayurveda, is rooted in the pursuit of a balanced state of being as its primary goal, leading to longevity. This holistic approach recognizes that health encompasses both quantitative and qualitative dimensions, and Ayurveda categorizes life or “Ayu” accordingly. Ayurveda acknowledges the subjectivity of a high-quality life. Methodology: Ayurveda emphasizes the strong link between health and beauty, seeing beauty as a sensory pleasure deeply connected to overall well-being. It recognizes that physical beauty reflects one’s inner health. Ayurveda offers a rich array of ancient beauty treatments, including skincare, facial care, and hair care. Herbal ingredients like Yastimadhu, Manjistha, and others are recommended for individualized beauty regimens, both inside and out. Herbal cosmetic products in various forms enhance not only external appearance but also overall health. Ayurveda’s approach to cosmetics is intrinsically linked to the well-being of both the body and mind. It assigns equal importance to health and beauty, recognizing them as intertwined aspects of an individual’s life. Ayurvedic texts elaborate on remedies and procedures for cosmetology, highlighting the significance of preserving not only physical health but also inner vitality and beauty. Ayurvedic approach to cosmetics is deeply entwined with the well-being of the body and mind. Ayurveda treats health and beauty as interrelated facets of an individual’s life, assigning equal significance to both. Ayurveda extensively describe remedies and procedures for cosmetology, emphasizing the importance of maintaining not only physical health but also inner vitality and beauty. This approach highlights the timeless wisdom of Ayurveda, where genuine beauty emanates from a balanced and healthy state of being. This study focus primarily on the significance of beauty through the eyes of overall health of an individual

Keywords: Aesthetics, Beauty, Cosmetics, Cosmetology, Health

Registration Code: ABOP 2311



LEGACY OF GRUEL- PEYA AN AHARA AND AUSHADHA

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Ahara is placed the foremost in Tri-upstambha- being the most important factor for a healthy individual. Ahara kalpanas are food preparation which can also be used as medicines. Main principle of treatment of all the diseases as per Ayurveda is to restore and to strengthen the Agni. Ahara Kalpana serves the same purpose. Peya and yavagu are important preparations of ahara kalpanas mentioned in our classical works. Aushadha siddha peya cures the disease and at same time nourishes the dhatus. Peya is Satmya to people living in southern parts of India. So, medicines can be administered by adding it with Peya. In classics, there are various diseases in which Peya have been recommended. On administering aushadha siddha peya in these conditions, it does its action as well as exhibits the properties of dravyas with which it is processed. Oushada siddha peya is an inevitable part of Keraliya chikitsa. Even though there mentioned many peya yogas in classical texts, practical application is limited. In search of that, feedback was collected from Ayurvedic practitioners, and they opined that Oushada siddha ahara is a unique form of medicine which exhibits the properties of aushadha as well as ahara, which helps to cure diseases and helps to reverse pathogenesis of diseases. It improves strength of patient. Contemporary sciences introduced concepts like Nutraceutical and Medical Nutrition Therapy which reflects the importance of food in maintaining and restoring health which goes similar with our concept. This presentation is an attempt to understand the various aspects as well as practical applicability of aushadha siddha peya

Keywords: Peya, Aushadha sidha ahara, Nutraceutical, Medical Nutrition Therapy, Keraliya chikitsa

Registration Code: ABOP 2339

INSIGHT INTO VIKARA VIGHATAKARA BHAVA ABHAVA AND ITS APPLICATION

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A well known statement by Acharya Charaka highlights the unequal impact of causative factors on disrupting Doshas and the unique susceptibility of individuals to diseases. This underscores the significant issue of health disparities in community healthcare. Individuals might not be inherently diseased at birth but are susceptible to developing diseases at any point in life. This susceptibility is influenced by genetics and lifestyle, which can exacerbate or initiate risk factors for various illnesses. The factor which inhibits the manifestation of a disease in an individual is known as vikaravighatakarabhava. The presence of VikaraVighataBhava prevents the onset of a disease in an individual. Without VikaraVighataBhava, a disease can easily manifest. Every person responds differently to a disease process. The occurrence of a disease results from the complex interplay of factors such as Nidana, Doshas, and dooshya. The interaction between the causative agents and vikaravighatakarabhava, along with its presence or absence, lead to diverse manifestations of the disease. In short, Vikaravighatakarabhava refers to a factor that obstructs or hinders the development of a disease in an individual. Collect and analyze the information on VikaraVighataBhavaAbhava in the context of various diseases. Explore the practical applications of this knowledge by analyzing different illnesses and their prevention strategies. With a deep understanding of Vikaravighatakarabhavaabhava, an Ayurvedic practitioner can employ the knowledge to identify the onset of illnesses at specific ages. Additionally, this theory can be effectively utilized for disease prevention. Chikitsa focuses on NidanaParivarjana and SampraptiVighatana. It is crucial for physicians to possess a deep understanding of pathogenesis, factors influencing it, as well as the patient's constitution. This knowledge is essential for selecting appropriate treatments and ensuring successful outcomes. Familiarity with VikaraVighataBhavaAbhavaPrativisheshas is necessary to assess pathogenesis, determine the prognosis of a disease, and develop effective treatment strategies. Through the exploration of this theory, a physician can practically apply to accomplish these objectives.

Keywords: Vikara Vighatakarabhava, Vikara vighatakarabhava

Registration Code: ABOP 2346



DIABESITY OR STHOOLA PRAMEHI - A LIFESTYLE DISORDER

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Ayurveda is the science which upholds the benefits of healthy living. The life science also explains the Pathya-apathya or Hita-ahita for disease free living. To explore the good things explained in Ayurveda different scholars gave their own contributions and descriptions. Prameha can be understood as both a life style disorder and also as a hereditary disease. The details of Prameha were given in all texts related with Ayurveda. Prameha patient is classified as Krusha and Sthoola in relation with better management of the disease. The term Diabesity is coined later by the contemporary science for Sthoola Pramehi which is already explained in Ayurveda. Diabesity is a syndrome with Obesity, Type2 Diabetes mellitus, Hypertension etc. Type 2 Diabetes mellitus is one of the top ten leading causes of death. In future years the count world's population with Diabetes mellitus may be 30 million. The changed life style and diet if continued eventually manifests Diabetes mellitus. A defect in the insulin secretion will ultimately cause metabolic disturbances which finally results in bad utilisation of glucose and effect in fat production and thus Obesity. The presentation tries to highlight the ill effects of Sthoola Pramehi as patient with Diabesity and explain the possible regimens which can be followed.

Keywords: Pathya-apathya, Sthoola Pramehi, Diabesity

Registration Code: ABPO 1004

A CRITICAL REVIEW OF KALA IN AYURVEDA

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Kala is one of the nine Karana dravya . It possesses Kriya and Guna and is Nitya and Vibhu. It is understood by the occurrence of seasons, day, night, month, year etc. It gives the knowledge of past, present and future events. Kala plays its role from the birth to the death throughout the lifetime of an individual. The flowering, ripening, shedding of leaves in plants and other natural events are influenced by Kala. The Bhishak is referred as Kalavith . Kala or Time factor is explained in detail in Ayurveda literature from which important portions has been taken related with the study. Available references on the study of Kala have been collected from the literature and information has been laid down to substantiate its importance in healthy and ill persons.: Kala is considered as a significant factor in the maintenance of healthy life in individuals and for an ill person the same Kala is understood as one of three causes for the disease condition. Time is continuously undergoing changes and a non-controlling entity because of which it is related to God.

Keywords: Kala, Karana dravya, Bhishak, Kalavith

Registration Code: ABPO 1014



REVIEW ON SKIN DISEASES IN AYURVEDA LITERATURE

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Skin is an organ of complex physiology and any manifestation in skin should be explored in terms of physical and mental health. Based on the vitiation of doṣa and dhātu in rasa and rakta we can see direct impact on skin and its various other diseases. A vast variety of dermatological problems were described by āyurveda, including their classification, etio-pathogenesis, clinical manifestation, prevention, and therapy. kuṣṭha is one of the most chronic diseases in the Āyurvedic medical system. The two varieties of kuṣṭha that are described in Āyurvedic literature are Mahā kuṣṭha and kṣudra kuṣṭha. Along with this the concept of dūṣī viṣa, gara viṣa, visarpa, krimi or kṣudra roga are applicable in the samprāpti and chikitsā of skin diseases. Assessing doṣa kṣaya vṛddhī or sāmāvasthā is first and very important step in āyurveda disease diagnosis and symptoms of these manifest in skin also. Many other disease affect skin or manifest their symptoms in skin. Skin is updhātu of māṃsa, mūla of svedavaha srotasa are lomakūpa also lies on skin, So skin is like a mirror of internal system of human body. Compilation and critical analysis of skin diseases from Caraka saṃhitā, suśruta saṃhitā, vāgbhaṭṭa, cakradatta, Sharangdhar is presented in this study. This review is an effort to critically evaluate the available data, which may be helpful in clearing some of the existing fallacies on the topic.

Keywords: Dosa, Skin diseases, Dermatological manifestations.

Registration Code: ABPO 1125

CONTRIBUTIONS OF THE TEXT VAIDYATARAKAM TO THE FIELD OF BALACHIKITSA

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Kerala has a rich tradition of indigenous medicine and health care practices. Besides the classical Ayurveda, a number of local health care systems such as Marmacikitsa, Kalari, Balachikitsa and other ethnic health care practices are prevalent here. Most of these systems of knowledge are unique and are often known only to a few individuals and communities. Some of them are in written form and kept within their own. 'Vaidyatarakam' is such a text written by Vaidyakalanidhi C.N Narayanan. The book is written in Malayalam language and is in sloka form. It was published in 1974 by Dr.M.N Sasidharan and printed at Nalathra printers, Kottayam. The book is written with priority given to Balachikitsa, whereas other divisions of Ayurveda are also covered. Critical study of the text with special reference to Balachikitsa, will help in main streaming the hidden knowledge in the field of Balachikitsa. The text was thoroughly read and critically studied for identifying the contributions. It revealed that concepts such as stanadravaka, balapida, etc.; eighteen types of karappan, special diseases such as muyalikkarappan, pillavata, balagrahani, etc.; special preparatory methods such as atappu kashayam, vattu kashayam etc. and special formulations such as ariyaradi gulika, nellitholadi kashayam, gopichandandi gulika, kombanjadi gulika, etc. are the special contributions of the text to the field of balachikitsa. Critical study of the text revealed that it has a lot of original contributions and can be used as a handbook for Ayurvedic physicians.

Keywords: Critical study, Karappan

Registration Code: ABPO 1163



CONCEPTUAL STUDY ON VIRUDDH AHARA

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In Ayurvedic classics, Ahara (food) is mentioned as one among the three Upasthambas (Sub-pillars of body) which supports the three main Sthambas (Pillars) of the body. Ahara is considered to be vital for a human body as it provides the basic nutrients, which are very essential to carry out the basic activities of digestion and metabolism. Ayurveda emphasizes on consuming healthy and nutritious diet. The diet, which disturbs the balance among the body elements, is called as Viruddha Ahara. Viruddha ahara or incompatible diet is very important issue discussed by ancient Ayurveda workers. It is said to be the cause of many systemic disorders as per Ayurveda literature. Persons who consume Viruddha Ahara are prone to many disorders. It is very important to correlate the mechanism as to how Viruddha Ahara is a cause of many metabolic disorders. Many times a physically balanced diet can also disturb the homeostasis. Food taken in proper method nourishes the person physically and mentally both and it is the food through which person attains positive health and growth of body. Food taken in improper (Unbalanced) methods can cause various types of diseases. Therefore Ayurveda have given keen attention on concept of wholesome ahara and unwholesome ahara.

Keywords: Viruddha Ahara, Upasthambas

Registration Code: ABPO 1187

SAMANAYA VISHESH SIDDHANT IN CURRENT PROSPECTIVE

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Ayurveda is a holistic science that promotes a long, prosperous, and contented life. Samhitas have the most in-depth understanding of medicine, treatments, and life sciences. The Charak Samhita is an infinite source of Ayurvedic knowledge with the power to produce the desired results. One such fundamental principle of Ayurveda that aids in the treatment of ailments falls under the sutrasthana idea of “Samanya Vishesh Siddhanta.” Samanya denotes similarity, whereas Vishesh denotes dissimilarity. It is possible to efficiently treat many diseases using this idea of resemblance and dissimilarity. The main cause of disease is an imbalance of Dosha, Dhatu, Mala, Agni, etc. Dravyas with similar and different traits can be used to establish the balance of these living entities. The theory of Samanya Vishesh Siddhanta relies on the unique Gunas and Karmas of Dravya. In this article we will discuss about importance of samanya vishesh siddhant in chikitsa.

Keywords: Ayurveda, Charak samhita, Samanya,vishesh, Shuddha chikitsa

Registration Code: ABPO 1193



PATHOGENESIS OF HYPOTHYROIDISM AN AYURVEDIC PERSPECTIVE

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Hypothyroidism is a clinical condition characterized by multisystem involvement, which cannot be correctly identified as a specific disease in Ayurveda. It is a clinical syndrome resulting from insufficient production of thyroid hormones. It is a common endocrinal disorder seen all over the world. It is estimated to have affected 2-5% of global population and is more prevalent among females. In India about 42 million people are suffering from thyroid disorders; out of which hypothyroidism is the most common with prevalence of 11%. It affects the metabolism of the body even at cellular level and can affect any organ virtually. Reviewing the clinical presentation from all classical literature reveals that, the major signs of hypothyroidism closely resemble to that of kapha vata predominance. If we closely analyze the functions of thyroid hormones, it can be seen that various dhatus and related srotases are influenced by these hormones and clinical features of hypothyroidism have a close resemblance to hypo-functioning of agni. As a result, there is a rising need to comprehend disease from the perspective of Ayurveda and to develop the management through Ayurvedic system of medicine. The methodology of the study includes detailed study of hypothyroidism in modern perspective and analyzing the pathogenesis of hypothyroidism in ayurveda with respect to doshas and dooshyas. Thus, it helps to scrutinize the role of doshas, dooshyas and srotases involved in the samprathi of hypothyroidism. Hence, the knowledge of pathogenesis of hypothyroidism in ayurvedic perspective helps to understand the disease and it will be beneficial for the proper diagnosis and effective management.

Keywords: Samprapti, Doshas, Dooshyas

Registration Code: ABPO 1216

STEPS IN CRITICAL EDITION OF MANUSCRIPTS

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Manuscriptology is the scientific and structural study of hand written document credited with fair antiquity. The six important steps included in manuscript study are 1. collection, 2. conservation, 3. digitalization, 4. deciphering, 5. critical edition, 6. proof reading and publication of manuscripts. Among these critical editions of the manuscript is the important and difficult step in manuscriptology. Critical edition of the manuscript consist of mainly two steps lower criticism and higher criticism. Lower criticism includes heuristics that is collecting all the available copies of obtained manuscript. Second step is to give sigla to each manuscript according to the particular scripts in which it has been written. Third step is collation that is the process of collecting all the information concerned with the text in one document. Recension is further step where choosing among the variant reading which is original or closer to the author's intension. If the manuscript is single (codicum unicus) it's difficult for the edition. Within the different reading one reading will be accepted and the other will be rejected, rejected reading will be quoted as foot notes, on the same page where the accepted reading appears. Among the variant reading if the readings are not appropriate then the editor suggests a reading by providing evidences and is known as emendation. Higher criticism means assessment of authors work style, language, source of work, life of author, circumstances that made the author to compose the work. Ayurveda being an ancient science it has many valuable information on manuscripts. Slight difference in each copy makes different opinion of each concept of Ayurveda. Thus, the critical study of all the available copies will open a new horizon to the field of Ayurveda.

Keywords: Recension, Heuristics, Sigla, Codicum unicus, Emendation

Registration Code: ABPO 1233



CRITICAL EVALUATION OF FUNDAMENTAL THEORIES OF SHAREERA VINJANA IN PRAKASIKA VYAKHYA ON SHAREERA STHANA OF ASHTANGA SANGRAHA

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Ayurveda is the most antient medical science which has been serving the mankind in terms of providing a comprehensive, natural and holistic cure for many diseases related to body and mind. Since, shareera is the substrate of health and diseases, knowledge of shareera is inevitable to achieve the aim of Ayurveda. In this sastra, shareera is a component of ayu, which is formed by the union of pancamahabhootavikaras. Shareerika functions are the results of coordinated actions of tridoshas, pancabhootas, trigunas etc. State of wellbeing of these components leads to health and abnormality leads to diseases. Thus, knowledge on application of basic principles of Ayurveda like, tridosha siddhanta, pancabhoota siddhanta, triguna, karya kara a siddhanta is unavoidable in the evaluation of shareera. In order to do the treatment of diseases properly and effectively, one should be aware of shareera which is the substratum of health and diseases. In Ashtanga sangraha shareera sthana, the concept of shareera in all aspects spanning from origin of shareera to rishta lakshana has been mentioned. Prakasika vyakhya is a Malayalam commentary on entire sthanas of Ashtanga sangraha written by Vaidyabhooshanam K Raghavan Tirumulpatu. The commentary on shareera sthana explains the concept of shareera broadly and systematically giving more emphasize to basic principles of Ayurveda like tridosha siddhanta, pancabhoota siddhanta, triguna etc. Critical evaluation of the fundamental theories of shareera vinjana helps to enhance the wisdom thereby helps in treatment.

Keywords: Fundamental principles, Shareera, Tridosha siddhanta, Panchabhoota Siddhanta.

Registration Code: ABPO 1271

EFFECT OF PRAKRITI IN DIFFERENT LEARNING STYLES A REVIEW

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Ayurveda describes a unique concept called Prakriti which is genetically determined, categorizing the population into several subgroups based on phenotypic characters like appearance, temperament and habits. It may also be considered as the state of an individual generated at the time of fertilization that remains relatively constant throughout the life span. One or more predominant do a gets associated during fertilization and gets developed into the physical constitution of the body . In General seven bodily constitutions are explained. Different attributes of three do a in Prakriti results in manifestation of distinct features in each individual in terms of physical, physiological, psychological, behavioral and cognitive parameters . It also serves as a template for individualized diet, lifestyle counselling, learning approach and treatments. Various studies on the influences of Prakriti in concentration level, grasping power, the level of knowledge and intellect have been conducted. They pave way for the scope of further research works on prakriti. Difference in learning ability and cognition have been recognized as one of the parameter of Prakriti differentiation. Observing the pattern of Prakriti in different types of learners could help to understand the difference in learning methodologies adopted by them. Every learner adopts a unique style of learning for their better understanding of the concept. Different types of learning styles are described, the most accepted ones being Visual, Auditory, Reading/ Writing and Kinesthetic. Understanding the effect of Prakriti in different learning styles could help to identify Prakriti specific learning styles resulting in development of individualized Prakriti specific teaching methodologies. This study aims at studying the effect of Prakriti in different learning styles.

Keywords: Prakriti specific learning styles, Prakriti specific teaching methodologies

Registration Code: ABPO 1299



AN APPROACH TO SANDHIGATA VATA CLASSICAL REFERENCES AND THEIR CLINICAL APPLICATIONS

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The most prevalent type of articular ailment is sandhigata vata. It is a form of vatavyadhi that mostly affects people in old age because of deficiency in all Sapta Dhatus dhatukshaya . Ultimately, deterioration of immunity (Ojakshaya), which restricts basic actions like walking, putting on clothes, and laundering, making the patient crippled or handicapped. Osteoarthritis, the most common articular ailment, starts to show symptoms asymptotically in the second and third decades and is highly common by the time a person reaches the age of 70. In Sandhigata Anila, these signs and symptoms include shotha, Prasarankuncanayo savedana (pain on flexion and extension of the joints), sandhisula (pain in joints), Sandhi Vichyuti, atopa, and Vatapurradtisparsha (feels like a bag full of air). Numerous works of literature and samhitas discuss Sandhigata Vata and its treatment basically, vata dosha—which is ruksha(dry) laghu(light) sheeta(cold) daruna(hard) khara(rough) vishad(clear) guna dominates in this kind of circumstance. this guna resposival for both vatavyadhi and prakopa. With the tila tail possessing these qualities, vata prashaman is opposing guna, including snigdha(oily) guru(heavy), ushna(hot) shlakshan(smooth), mradu(soft), and pichichhal(sticky) ghan(colloid). However, the requirement is consistent use or application of taila at the working part. The numerous samhitas and textual material are examined in this essay.

Keywords: Vatavyadhi, Sandhigatavata, Vata dosha, Maharoga, Osteoarthritis, Dhatukshaya.

Registration Code: ABPO 1306

SAMYOGA AND VIDHI VIRUDDHA IN THE CURRENT SCENARIO AND ITS DETRIMENTAL EFFECT ON HEALTH

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Viruddhahara is a unique concept described in Ayurveda and it is said to be the cause of many systemic disorders. Viruddhahara is a certain diet and its combinations, which have opposite property to dhatus and cause increase of doshas in the body. Viruddha means contrary, opposite or opposed in quality. Various viruddha can be summarized as desha, kala, agni, matra, satmya, dosha, samskara, veerya, kostha, avastha, krama, parihaara, upachara, paaka, samyoga, hrid, sampad and vidhi. In present era due to increased urbanization and various other factors there is a drastic change in the dietary patterns and now a days the habit of taking unwholesome foods which are incompatible in terms of combinations, processing etc. are increasing. Today hotels and restaurants are introducing varieties of dishes with various flavour, which compel most of the people to try new combinations without thinking its bad effects and also to ignore the rules of eating. Samyoga viruddha denotes the unwholesome effects caused by the combination of two or more substances. Food taken against the rules of diet as mentioned in Ayurveda are called vidhi viruddha. Analysis of samyoga and vidhi viruddha is becoming increasingly important in today's food practice. The methodology of the study includes detailed study of samyoga and vidhi viruddha from literature and analysis of the effects of these viruddhas from the view of today's food practice. Thus, it helps to find out the common food practices and its bad effects which comes under samyoga and vidhi viruddha in the current scenario. The understanding of the harmful impacts of samyoga and vidhi viruddha emphasizes the importance of avoiding such incompatible dietary practices.

Keywords: Viruddhahara

Registration Code: ABPO 1336



EXPLORATORY STUDY ON FIRST CHAPTER OF THE MANUSCRIPT TITLED YOGA SUDHANIDHI

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The knowledge gained by ancient seers of Ayurveda were passed down from generation to generation through manuscripts. Manuscripts are knowledge-based handwritten compositions on paper, palm leaf, birch bark, cloth, metal or any other material that has significant scientific, historical, philosophical or aesthetic value. Manuscriptology is the branch of science that imparts training in reading and understanding ancient manuscripts. It also specializes in procuring, preserving, and documenting various kinds of manuscripts. Still, thousands of valuable unpublished Ayurveda manuscripts are available in manuscript libraries. NMM (National Manuscript Mission) by the Government of India, reveals the fact that more than 20000 Ayurveda manuscripts are identified but still unexplored. As a part of this approach, the manuscript named Yoga sudhanidhi, authored by Vandi misra, preserved at The Adyar Library and Research Centre, Chennai, Tamil Nadu is selected for the study. Yoga sudhanidhi is available in the form of paper script, with 64 folios, written in Devanagari script with Sanskrit language. It mainly deals with the topic Kaumarabhrtya. The chapters are mentioned as kalas. It comprises four kalas (chapters) namely Balaposana, Balaroga cikitsa, Bala stri kumaradinam samanya cikitsa and Balagrahabalidanadi. Thus, it describes the management of newborn baby and different bala rogas in a brief manner. The present study will be aimed on the exploratory study of first chapter of the manuscript 'Yoga sudhanidhi', Balaposana. A thorough literary study will be done on this chapter and it will be compared with the concerned prakaranas of Ashtanga Hridaya to obtain the conclusion. Balaposana vidhi explained in Yoga sudhanidhi may add up to the existing knowledge of Ayurveda.

Keywords: Critical study, Yoga sudhanidhi, Balaposana

Registration Code: ABPO 1384



BENEFITS OF POST-MEAL WALKING-INSIGHTS FROM AYURVEDA SAMHITA AND CONTEMPORARY RESEARCH

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Post-meal walking, a practice advocated in Ayurveda, has gained recognition for its potential health benefits in preventing diseases. Ayurvedic Acharyas emphasized the significance of walking for a distance of one hundred feet after a meal. This study explores the opinions of Ayurvedic Acharyas and contemporary scientific research on the advantages of post-meal walking. A comprehensive review of Ayurveda Samhita texts, including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, to identify references to post-meal walking. A thorough search of contemporary research papers and medical literature to gather evidence on the health benefits of post-meal walking. Ayurveda Samhitas emphasizes post-meal walking for promoting digestion, dosha balance, preventing digestive disorders, maintaining metabolism, and for overall well-being. Contemporary research reveals that post-meal walking manages postprandial glucose, reduces type 2 diabetes risk, enhances digestion, reduces gastrointestinal issues, aids in weight management, supports cardiovascular health, regulates blood pressure, and promotes mental and emotional well-being, reducing stress and anxiety to prevent psychosomatic illnesses. Post-meal walking, as recommended by Ayurveda Acharyas and supported by contemporary research, offers a holistic approach to disease prevention. This practice can positively impact metabolism, digestion, and overall health, making it a valuable tool in the maintenance of well-being.

Keywords: Digestion, Metabolism, Disease prevention, Type 2 diabetes, Ayurveda

Registration Code: ABPO 1406



CLINICAL APPLICATION OF THE NADI DIAGNOSTIC TOOL FROM THE SIDDHA TEXT VAITHIYA SADHAKA NADI A LITERATURE REVIEW

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Nadi Pariksha, a unique diagnostic method, employs tactile sensory perception to discern the physiological and pathological states of an individual. Multiple schools of Nadi Pariksha, fundamentally rooted in Shiva Nadi, exist. In Siddha, there are 18 schools compiled into 32 texts, including Vaithiya Sadhaka Nadi from the Agasthya Muni lineage, comprising 104 verses. This study aims to extract essential insights from these verses and apply them clinically for Ayurveda and Siddha vaidhyas. This literature review comprehensively analyzes Vaithiya Sadhaka Nadi's verses using Tantrayukti, primarily focusing on Prayojana, Adhikarana, Vidhana, Yoga, Uddesha, Nirdesha, Apadesha, and Anumata tantrayuktis. It covers various aspects, including embryonic development (1-3), the constitution of the human body (4-30), anatomy (31-32), Guru Nadi (33), Nadi definitions (34), Vata, Pitta, and Kapha Nadis (35-38), Prakriti (39-47), Vikriti Nadi combinations (48-65), prognosis (66-67), Nadi changes with time (68-72), contraindications (73-75), rishta lakshana (76-98), and conclusive verses (99-104). The technique involves assessing the radial artery at wrist with superficial pressure on the index finger, intermediate pressure on the middle finger, and deep pressure on the ring finger, from distal to proximal. Pulsation intensity, noted as 4:2:1 for a physiological Nadi, varies, leading to 18 combinations indicating different nidana totalling 290 diseases. These combinations are charted in a reference table for clinical application in diagnosis. This technique, relatively simple and learned through practice, utilizes the reference table for differential diagnosis. Non-invasive and user-friendly, Nadi Pariksha proves invaluable in understanding physiology and pathology, aiding physicians in promoting robust health and a high-quality life. Significance: This study decodes the verses of Vaithiya Sadhaka Nadi and proposes one-step technique to point the Vikriti Nadi and a reference table to spot the diagnosis, which could be a significant contribution for physicians to arriving at a diagnosis.

Keywords: Nadi Pariksha, Siddha, Nidana, Agasthya muni, tantrayukti

Registration Code: ABPO 1464

CONTEMPORARY CLINICAL UNDERSTANDING OF ARISHTA LAKSHANAS A SURVEY STUDY

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Indriya sthana of Caraka samhita consist of the description of arishta lakshanas (signs and symptoms which denotes imminent death). Patients suffering with diseases which are untreatable, progressive, and resistant to standard treatment protocol may show different fatal signs and symptoms (arishta lakshanas). There is no death without arishta lakshanas and there is definite death after the arishta lakshanas. Significance of the study- physicians should be able to identify such signs or symptoms which denote imminent death and avoid treating such type of cases, assess the prognosis of a condition, prognosticate the remaining survival time or life expectancy and proper clinical decision making can be done. this presentation is an attempt to analyse role and potential of some of the prognostication factors of arishta lakshanas in contemporary clinical understanding. Concepts such as definition and classification of arishta lakshanas, rishtabhasa, importance of palliative care will be discussed. 77 nurses from different hospitals in state, national and international level were contacted and online survey via google forms were conducted with close ended questionnaire which are framed on the basis of selected 9 prognostication factors of arishta lakshanas. to evaluate the absence or presence of arishta lakshanas in dying patients. Above 50 percentage changes noted in parameters varna, swara, ganda and sparsha (excluding rasa, which can't be assessed by nurses) in the patients nearing their end of life by the nurses assessment. And below 50 percentage changes in patient perceptions. i.e., by chakshurindriya, shrotrendriya, ghranendriya, rasanendriya and sparshanendriya. Without arishta lakshanas no death occurs. So here an effort has been made to document the arishta lakshanas based upon the selected 9 prognostication factors of arishta lakshanas, which include both nurses assessment and patient perceptions.

Keywords: Arishta, Indriya sthana, Rishtabhasa, Fatal signs, Palliative care, Prognostication.

Registration Code: ABPO 1484



THERAPEUTIC RELEVANCE OF AHARA KALPANA PATHYA IN LIFESTYLE DISORDERS FROM AYURVEDA CLASSICS

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Ahara Kalpana, also known as Pathya in Ayurveda, refers to dietary and lifestyle guidelines that are considered therapeutic and beneficial for various health conditions, including lifestyle disorders. Ayurveda, an ancient system of medicine from India, places great emphasis on the role of diet and lifestyle in maintaining health and treating diseases. Pathya Ahara Kalpana also targets mental health and stress management to address lifestyle disorders that have a psychological component. Hence, it is important to explore the concept of Ahara Kalpana mentioned in Charaka Samhita to further apply it for therapeutic purpose in lifestyle disorders. To collect, compile, explore and explain the concept of Ahara Kalpana w.s.r. to life style disorders from Charaka Samhita.: -For the conceptual part of the study literary material have been reviewed from Charaka Samhita. Result & Discussion: Ahara Kalpana helps to deliver drug to its targeted area. As per Ayurvedic thinking, Ahara Kalpanas are essential in treatment for considering Pathya Ahara. The diet articles which are indicated as Pathya in any diseased condition should be used with proper Ahara Kalpanas to make diet easily digestible and palatable to the patient. In long duration of diseased condition; if patient refuse to take the same diet/ Pathya then the same food article in different Ahara Kalpanas can be offered to patient. The concept of Ahara Kalpana or Pathya involves selecting appropriate foods and lifestyle practices that are suitable for an individual's constitution (Prakriti), Desha (habitat), Kala (time/season) etc. factors. The collected references will be useful to understand and application of Ahara Kalpana in life style disorders according to the present era which will be useful to maintain overall health of a person.

Keywords: Ahara Kalpana, Pathya, Charaka Samhita

Registration Code: ABPO 1600



MANUSCRIPTOLOGY - ANCIENT KNOWLEDGE BANK

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Manuscriptology is hand written or original texts or scripts. According to national manuscript study, more than 2000 ayurvedic manuscript had been identified but still unexplored. This brings ayurveda in limelight in the widespread scope in manuscriptology. Manuscriptology forms the basis of our cultural, historical, educational and philosophical information. Since 500 BC, various writing skills were used in India. All classical texts like Brihatrayee, Laghutrayee, or Nighantu, etc, are different manuscripts written in different parts of India. Through this paper, I want to draw attention of all scholars and researchers on how to preserve manuscripts or original texts or Apta Vachana, which in turn forms the basis of healthy research. Related online articles and journals have been considered for the present study. Books on research and methodology along with ayurvedic texts have been undertaken for the present study. The four basic etymologies of Chaturvidha Pramana are Aaptopdesha, Pratyaksha, Anumana, and Yukti Pramana according to Acharya Charaka. The foremost is Aaptopdesha which means the thoughts given by the old sages or Acharyas via speech or orally. These statements were concise or written down by their disciples in the form of various Samhitas or Manuscripts, that form the basis of further research in Ayurveda and may guide us to lead through our ancient knowledge.

Keywords: Manuscriptology, Conservation, Cataloging, Collection

Registration Code: ABPO 1623



AN APPLIED ASPECTS OF UPAMANA PRAMANA BASED ON ASHTANGA

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It is defined as the instrument of analogical knowledge. Upamana can be classified as Sadrshya vishishta pinda jnjaanam, Asadhaarna dharm vishishta pinda jnjaanam, Vaidhramya vishishta pinda jnjaanam. In Ayurveda acharyas have been mentioned about various upamana under the different concepts. Upamana will help in easy understanding about the concepts and easy diagnosis. Examples: Pittaja arshas- Resembling with tongue of parrot, Pleeha udara- Kurma prishtavath Extensive literary review in Ashtanga Sangraha Nidana sthana and relevant articles published in peer reviewed journals. To compile all the informations regarding Upamana pramana from Samhitas for further studies /research. Results: Applying the knowledge of upamana in diseases. Along with other Pramanas, Upamana has demonstrated excellent utility in Gyanotpatti, at times even being as effective as Pratyaksha Pramana. However, Upamana Pramana has been used widely and indirectly in many places, particularly in Chikitsa Sthana, demonstrating its applicability in the field of chikitsa.

Keywords: Upamana, Sadrshya vishishta pinda jnjaanam, Asadhaarna dharm vishishta pinda jnjaanam, Vaidhramya vishishta pinda jnjaanam, Pittaja arshas

Registration Code: ABPO 1783

DINCHARYA A STEP TOWARDS GRACEFUL AGING - A NARRATIVE REVIEW

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People have always wanted to preserve their youth and delay the aging process. People are afraid not only of the cosmetic changes that age brings but also of the physical and psychological discomforts that age brings. Science has advanced and there are now a number of ways a person can look younger. However, this is not graceful aging because aging is not just about the physical aspect, but equally about the mental and social state. Proper aging is a sign of proper physiology. Ayurveda refers to “Jara” or age as “Swabhavik Vyadhi” – that which cannot be stopped. Acharyas have mentioned in various Ayurvedic texts how humans constantly change over the years and what role the Tridosh plays in this. They have also mentioned a very detailed concept of ‘Dincharya’ which consists of various procedures and practices that one has to adopt to maintain one’s state of ‘Tridosh’. The aim of this study was to expand existing knowledge about “Dincharya” and how it helps people maintain their health and age gracefully. A literature search was conducted. Dincharya procedures mentioned in various Ayurvedic texts have been studied and analyzed to determine how they promote physical, mental, and social longevity. Upon reviewing the various texts and publications, it was found that the Ayurvedic concept of “Dincharya” refers to maintaining the proper physiology of the body, which has a positive impact on maintaining the proper aging process.

Keywords: Dincharya, Jara, Swabhavik Vyadhi

Registration Code: ABPO 1873



METHODOLOGY OF LITERARY RESEARCH IN AYURVEDA - AN OVERVIEW

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Research is the art of scientific and systematic investigation to gain appropriate knowledge on a specific topic. Verbal communication was the most prevalent method of knowledge transfer in ancient times. Later the emergence of writing enabled the transmission of knowledge more precise and preserved. With the spread of knowledge various disciplines of science, including medical science have developed. The evolution of medical literature can be categorized into different phases such as Vedic period, Samhita period, etc. Literary research is the sole of conceptual research including finding out all possible information about a particular text or literature in various forms such as shilalekha, manuscript, book, etc. The entire knowledge base of Ayurveda in ancient literature needs to be preserved by proper guidelines to find hidden linkages. The learning, teaching, and practice of any scientific discipline are dependent upon its literature. Commentaries on the classical texts, medical dictionaries, and texts of regional tradition, are among the notable contributions to the nourishment of Ayurvedic literature by using various methodologies such as collection, critical analysis, compilation, and publishing. Acharya Caraka summarises the methodology of knowing medical literature with some guidelines to study texts like tantra, tantratha, sthana, sthanartha, etc. However, there are no properly established guidelines for doing such literary studies. Therefore, the present study aims to get an overview of the methodology of literary research in Ayurveda. The study will be conducted by referring to the classical Ayurveda textbooks and available literary researches in Ayurveda. This study will enhance the knowledge of the methodology of literary research among the Ayurveda community.

Keywords: Literary study, Critical analysis, Classical texts

Registration Code: ABPO 1930

A REVIEW ON CRITICAL EDITION IN MANUSCRIPTOLOGY

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A manuscript is a knowledge based, handwritten document created on various materials such as palm leaf, birch bark, hansipatra, talapatra, stone, metal plates, animal skin, paper etc, possessing significant scientific, historical, literary, or aesthetic importance. India possesses approximately 10 million manuscripts covering diverse subjects such as Ayurveda, literature and philosophy, of which over 20,000 Ayurvedic manuscripts have been identified, but the majority of them remain unexplored and unpublished. Thus, it is necessary to explore and study all available manuscripts in order to preserve valid information. Manuscriptology deals with the collection, conservation, cataloguing, transcription, critical edition, translation and publication of manuscripts. The critical edition is the most important step in manuscript study. The manuscripts with similarities in title and author are considered for critical edition based on availability. All available sources are searching for the identification of further copies of manuscripts, which are collecting from repositories and the collected manuscripts are analyzed for their mutual relationship. The critical edition of the manuscript is being done, considering the scribal errors and other factors. This study focuses on the critical edition in manuscriptology, which helps to enrich our understanding of the past, preserve cultural heritage, and enhance the accuracy of texts.

Keywords: Critical edition, Manuscripts

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CONCERNMENT OF YUKTIYUKTA CHIKITSA IN THE MANAGEMENT OF TAMAKA SHWASA BRONCHIAL ASTHMA- A CASE REPORT

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Asthma is one amongst the most common non-communicable chronic respiratory diseases. An asthma exacerbation can be fatal and have a significant impact on the quality of life of patients and the community at large. According to The Lancet, an estimated 262 million people suffered from Asthma in 2019 and 455,000 of them died. Amidst the current challenges with asthma, ayurvedic modalities help in alleviating its symptoms and also improve quality of life of patients. In present case report, excellent improvement was found in signs and symptoms of Tamaka Shwasa after administration of Yuktiyukta Ayurvedic treatment. To study the efficacy of Yuktiyukta Ayurvedic treatment on signs and symptoms of Tamaka shwasa and Quality of Life . Methodology: A 42 - year - old working female patient, suffering from K/C/O bronchial asthma from last 15 years, came to the OPD with the classical signs, symptoms & recurrent attacks of tamaka shwasa. She was initially treated with ayurvedic medicines as adjuvant therapy for a period of two months. Later, after improvement, ongoing steroid and inhalers were discontinued with Padamshika Krama (tapering dose). Regular follow - up assessments were conducted during treatment. A combination of palliation therapy, medicated smoke inhalation, lifestyle changes and wholesome diet showed promising results. Her quality of life was evaluated using the Asthma Quality of Life Questionnaire (AQLQ). Additionally, asthma triggers were avoided with wholesome diet and lifestyle modifications. Observations: More than 75 % symptomatic relief was found in Sakapha Kasa (Cough with sputum), Peenasa (rhinorrhoea), Kantha udhvansa (hoarseness of voice), Pranapeedakam (shortness of breath), Lalate sweda pravrutti (sweating over forehead), and Hrutpeeda (mild chest pain) after 3 months of treatment. Clinically, Gurghuraka (rhonchi) were subsided. Yuktiyukta treatment with ayurvedic medicines comprising Shamana, Dhumapana along with appropriate wholesome diet and lifestyle changes provided symptomatic relief and improvement in quality of life in present case report.

Keywords: Case Report, Tamaka Shwasa, Yuktiyukta Ayurvedic Chikitsa, Quality of Life

Registration Code: ABPO 2053

RELEVANCE OF AHARAVIDHI VIDHANAM IN CONTEMPORARY LIFESTYLES

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Ayurveda considers Ahara as one of the fundamental aspects, which is the prime factor for sustenance of life. Among the three pillars of life, Ahara is an essential element along with Nidra and Brahmacharya. In Ayurveda the method of intake of Ahara is given equal importance as Ahara. Ayurvedic classics provides a wealth of dietary guidelines, incorporating fundamental principles that guide the approach to food consumption. Acharya Charaka in the chapter Rasa vimana systemically presents a structured sequence of principles under the title Aharavidhi Vidhanam. It provides valuable dietary guidelines and emphasize the importance of mindful eating. The efficiency of the digestive process relies on both the diet's quality and the approach to its consumption. In the modern world hectic lifestyle, the prevalent consumption of processed food and irregular eating patterns has contributed to a rise in various health issues. Aharavidhi Vidhanam mentioned in Ayurveda provides a time tested approach to dietetics that is highly relevant in this fast-paced, ever-changing world. Literary collection from Ayurvedic classics primarily Aharavidhi vidhanam from Charaka samhitha reveals foundational dietary principles. This paper emphasizes the importance of consuming warm, unctuous food in appropriate quantities, eating only after complete digestion of the previous meal, and avoiding incompatible combinations. Practice of these principles are highly relevant in the contemporary world. Embracing Ayurvedic principles like Aharavidhi vidhanam in today's life can significantly enhance holistic health. By following these guidelines people can make better dietary choices, ultimately promoting well-being in a society where processed foods and irregular eating habits are common.

Keywords: Ahara, Nidra, Brahmacharya, Aharavidhi vidhanam

Registration Code: ABPO 2109



STUDY ON SADHYOPRANAHARA MARMA WSR TO KANTASIRAMATRUKA MARMA

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Marma is the word which is derived from “mrnj” which means death. Thus Marma sthanas are considered as the vital points which causes death when it gets injured. The concept of marma is discussed elaborately in the classics by Charaka, Sushrutha and Vagbhata. Sushrutha mentions that knowledge on marma constitutes half of the knowledge of surgical sciences. Hence a physician must have a wisdom in Marma to provide shuddha chikitsa. The practice of marma is prevalent in Tamil culture and in Kerala. Marma chikitsa is an important part of Ayurveda. Sushrutha classifies marma according to the location, its structure and effect of its trauma. Sadhyopranahara marmas, classified under the effect of trauma, are that which causes immediate death or death within seven days of injury. There are 19 sadhyopranahara marmas in our body. This article deals with a detailed study on sadhyopranahara marmas with a special focus on the kantasira/Matruka marma and case reports related to Kantasira marma.

Keywords: Ayurveda, Marma, Case reports, Brhatrayee, Laghutrayee

Registration Code: ABPO 2145

VIRUDDHA AHARA AS AMA

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In Ayurvedic Classics, Ahara (food) is mentioned as one among the “Three Upasthambas” (Sub pillars of body). Food forms the most inevitable part of one’s life. It is a known fact that “Your food tells who you are”. Improper consumption of food is the cause of many diseases. The difference of proper health and disease is based on the difference between wholesome and unwholesome food. The word Viruddha (incompatible) means one which specifically obstructs, opposes or resists. It also refers to the food items which provoke doshas but do not expel them out of the body. These are liable to cause acute toxicity-food poisoning by infected food material. The concept of viruddha ahara mentioned in classical texts (Caraka Samhita, Susruta Samhita and Ashtanga Hridayam) is very much relevant in present era because of altered lifestyle of fast food which in turn is said to be the cause of many systemic disorders. Regular intake of combinations of incompatible food leads to the production of toxins i.e., Ama which further leads to the formation of ama visa and also vitiation of rasa dhatu. It spreads to other dhatus and finally leads to the manifestation of various diseases. The cases of food incompatibility, food-food interactions, food-drug interactions are increasing. A need to understand the concept of viruddha has risen manifold for preserving health. This article enlists a variety of incompatible dietary constituents consumed in day-to-day life and its hazardous effects on health.

Keywords: Upasthambas, Incompatible, Food poisoning, Food-food interactions

Registration Code: ABPO 2146



METHODS OF DRUG EFFICACY ENHANCEMENT - A REVIEW

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Ayurveda is a medical system with time tested fundamentals. It has details about all sectors of life including practices to abide by to lead a healthy life, diagnosis and treatment of diseases, diligence for mental and physical contempt, spirituality, and so on. Modernity is imprecated with rush. To meet the rising demands for fast-acting medications we tend to oversee the classical modalities existing and adapt entirely different drug preparation and delivering methods compensating heavily on the fundamentals of preparation causing huge indifference to the intended and observed actions. A thorough review of classical texts and opinions of various practitioners will provide us with innovations that will enhance the efficiency of medications without compromising on the intended action. It is in this scenario that the concepts of Avarthi Thailas, Bhavana, usage of different Anupanas for the same drug of choice, And Ghritha As An Adjuvant become points of attention. If developed with due consideration after thorough review these concepts can effectively help in pinpointing drug deliveries, enhancing drug action, reducing toxicity, and bringing about extraordinary results. This paper intends to critically examine such methods of drug enhancement detailed across various Ayurvedic compendiums and from the experiences of various practitioners along with possible suggestions for standardization and extrapolations to meet future demands.

Keywords: Avarthi Thailas , Bhavana, Anupanas, Gritha, Faster Action

Registration Code: ABPO 2153

NIDRASLEEP AN AYURVEDIC PRESPECTIVE

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Sleep is a natural activity of all living beings. Sleep occurs naturally in healthy persons at night regularly as habituated. Man can exercise some control over it, he can prepare, postpone or even avoid it for short periods temporarily. But he cannot be without sleep longer than 3 to 4 weeks. According to Ayurveda, Aahar (Diet), Nidra (Sleep), and Brahmacharya (Celibacy) are the Upasstambhas of Life. Nidra is very essential and necessary for a healthy life. Nidra is very important for our physical as well as mental health. Our body tries to repair and heal itself during Nidra. It restores our ability to perform daily tasks. Proper sleep brings happiness, nourishment, strength, potency/fertility, knowledge, and longevity) to a person. Improper sleep causes misery, emaciation, weakness, sterility, ignorance, and death. The Ayurvedic Samhitas provide a great deal of emphasis on the importance and usefulness of sleep, as well as its vital role in maintaining health.

Keywords: Nidra, Sleep, Upasstambha, Ayurveda

Registration Code: ABPO 2307



VIRUDDHA AHARA : A CRITICAL VIEW

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Viruddha is the unique concept described in Ayurveda. Any food or liquid which is not mutually contradictory to each other after reaching the body becomes incompatible is viruddha. These incompatible foods produces consequences similar to poison and artificial poisoning. There are mainly 18 types of viruddha mentioned in Ayurveda. They cause many health hazards. To collect and compile all the data related to viruddha from various Ayurveda classical literatures. By taking these viruddha dravyas many health hazards occurs. These health hazards produces consequences similar to dooshi visha and gara visha. It can be observed that viruddha anna can lead to disorders up to impotency and infertility, thus it has an impact up to shukra dhatu dushti. From this, it is clear that viruddha ahara is an important aspect of today's improper dietary habits. This can lead to several hazardous diseases unknowingly to people. Therefore, it is important to enlist the causative incompatible dietary factors and train people to avoid such etiologic factors.

Keywords: Viruddha

Registration Code: ABPO 2316

SIGNIFICANCE OF AUSHADA SEVANA KALA IN AYURVEDIC PRACTICES

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Aushada sevana kala is the type of Avasthika kala meant for the proper time of drug administration. It is an important factor to remember when treating a disease. The administration of drug at proper time helps to acquire optimum health benefits of administered drugs. Acharya Charaka says that aushada given at appropriate time is more effective than one given at inappropriate time. The concept of aushada sevana kala helps to prevent any adverse food and drug interaction which is helpful to attain a quick and sustainable relief to the patient. It is a descriptive literary study. Collection and compile all the information's about aushada sevana kala from various literatures in Ayurveda. There are many advantages to utilizing aushada sevana kala. It is used to maintain and enhance health as well as to cure diseases. Therefor the timing of administering medication is crucial for achieving the intended therapeutic response in the treatment. Aushada sevana kala is helpful in increasing the efficacy and absorption of drugs. In our Samhitas we can see the relation between aushada and kala. But analyse all these description we can see that aushada sevana kala mainly depends on vata dosha. Because the activity of vata dosha is responsible for all kala. Drugs moving property is caused by the activity of vata dosha. As a result aushada sevana kala is highly significant in rogi chikitsa.

Keywords: Aushada sevana kala, Kala

Registration Code: ABPO 2320



CHIKITSAMANJARI - A UNIQUE ENCYCLOPEDIA OF KERALIYA AYURVEDA

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Chikitsamanjari can be considered as a true representative of the Kerala tradition of Ayurveda and plays a pivotal role in keeping the Kerala tradition of Ayurveda alive. The book can be considered as an abridged version of Brihath trayees, explaining in brief about the major diseases encompassing the six branches of Ayurveda, excluding Rasayana and Vajikarana. Based on internal and external evidences, it can be inferred that the author of the text might be one among the Ashtavaidyas. Chikitsamanjari Part I and II together contain 67 titles, with the first 65 titles describing different diseases and their treatments and the last two titles giving a concise note on Dharavidhi and Manavidhi respectively. Among the Birhat trayees, the book has a greater inclination towards Ashtanga Hridaya. This book contains more than 1000 drugs and formulations, including 164 single drugs. Locally available drugs have been described extensively and are mentioned in their vernacular names. Most of the formulations are simple, cheap, easily available and easy to prepare even at home like mukkudi and swarasa kalpana. Newly emerging diseases like Bhaktarodha, Somaroga and Asthisrava and existing conditions of growing prevalence such as Sthaulya, Karshya are explained. Much importance has been given to simple procedures like dhara, abhyanga, pinda sweda and tapa sweda rather than complex procedures. Among Panchakarma, Virechana yogas are elaborately explained and no yogas for vasti are explained. Urovasti is indicated as a procedure in functional conditions like Arochaka, Bhaktarodha. Modifications of swedana karma like Kshira bashpa, Tavidu kizhi and Tapasweda using arkapatra and panasapatra have been mentioned. Eventhough Chikitsamanjari is an authentic text that describes Kerala Ayurveda, it has got certain demerits and limitations. Truly, Chikitsamanjari is a textbook of Ayurveda, which has considered the nuance of treatment from all the angles of simplicity, availability, efficacy and cost effectiveness.

Keywords: Chikitsamanjari, Ashtavaidyas, Keraliya Ayurveda, Panchakarma

Registration Code: ABPO 2367



CHRONOBIOLOGY AND ITS AYURVEDIC UNDERSTANDING

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Rhythm is an essential component of life. Chronobiology is a branch of biology concerned with biological rhythms i.e, the time related phenomena in living organisms. It is a relatively young and fast evolving research field. Circadian rhythm, Ultradian rhythm and Infradian rhythm are some examples for biological rhythm. The three important divisions of Chronobiology are Chronophysiology, Chrono pathology and Chrono pharmacology. Although Chronobiology has been considered as a relatively new branch of human biology, its roots can be traced out in ancient archives and cultural practices. Ancient Ayurvedic scholars has observed the chronobiological changes in physiology and pathology giving utmost importance to rhythmicity which in turn signifies Kaala. Physiologic factors such as Tridosha, Agni, Bala, Vega and so many other factors like Artava exhibit rhythmicity. Loss of such rhythmicity affects health. Also, the hina, mithya and atiyoga of Kaala is one among the three main etiological factors for diseases. Hence, proper health needs maintenance of the rhythm. This can be achieved by following Ayurvedic guidelines like Dinacharya, Rithucharya etc. Rhythmic temporal patterns play an important role in the therapeutics also. This is a conceptual exploratory study and try to attempt to trace out the hints of Chronobiology from Ayurvedic literature, and to re-establish the importance of Kaala in regulating life.

Keywords: Chronobiology, Biological rhythm, Circadian Rhythm, Kaala

Registration Code: ABPO 2403



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Samhita & Siffhanta - Poster

THE CONCEPT OF VYADHIKSHAMATVA - A MISNOMER INTERPRETATION FOR IMMUNITY

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The concept of Vyadhikshamatva, it's original interpretation in accordance with the view point of Chakrapani, - a need of Ayurveda. Analytical study done on the concept of Vyadhikshamatva, from the materials available mainly from the Ayurvedic literature. - Rather interpreting Vyadhikshamatva as Immunity, it is better to interpret as Vyadhibala. - On understanding Vyadhikshamatva as Vyadhibala, it becomes easy for a vaidya to analyse the prognosis of Vyadhi and avastha of Vyadhi in respect to Sarirabala of an individual.

Keywords: Vyadhikshamatva, Immunity, Prognosis, Vyadhibala, Sharira Bala.

Registration Code: ABPO 2497

AN INSIGHT FOR UNDERSTANDING PATHOPHYSIOLOGY OF SHULA WITH KARYA KARANA SIDDHANTA

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Karya Karana Siddhanta becomes the base for Ayurveda Chikitsa Sastra. Without Karana occurrence of karya is impossible. For the occurrence of Shula there must be underlining karana in the form of Vata dosha. Shula is derived from रुजायां meaning pain. Tridoshas are fundamentals which are inherited in the body from the birth and remains in intact till the death. Tridoshas in balanced state along with the Samagni, Samamala which leads to healthy individual but the imbalanced state of Tridosha and deranged Dhatu, Agni and Mala leads to Vyadhi i.e., Shula , Vedana etc .Derangement in the Doshas are due to variation in the Gurvadi guna present in Ahara. The imbalanced guna of Doshas and other elements of body leads to manifestation of Vyadhi. Hence there is need to understand the pathology of Shula with respective to gunas of Vata dosha . To understand the pathophysiology of Shula with Guna siddantha. Conceptual analysis was done from the concepts of Bhavaprakasha nighantu , text books of Padartha vijnana and Brihatrayii. Results: The present literary revealed the Guna present in Aharaja nidana mentioned for Shuladhikara become the inevitable Karana for the causation of Karya Shula.: For the manifestation of any Vyadhi, there might be causes as extrinsic factors like Ahara and Viharaja nidana and intrinsic factors like Doshas, Dhatu, Agni, and Mala. The Gunas in the Doshas have impact on manifestation of vyadhi and in Diagnosis of vyadhi ,in turn helps in management of the Vyadhi using Guna Siddhanta. Vata being the main source for manifestation of pain and by Vata guna analysis,Sheeta and Ruksha guna causes Stambhana and Shoshana karma to this Hetu viparita chikitsa can be planned .

Keywords: Nidana, Guna,Vata,Hetu Viparita Chikitsa

Registration Code: ABPO 2641



AYURVEDIC DISEASE PROFILING FOR SCREENING COLORECTAL CANCER

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The development of a screening profile for colorectal cancer (CRC) highlights the intricate processes involved in creating a tool that can make a substantial difference in early detection and improved treatment outcomes. Here, we delve into the steps taken to craft this screening profile and its potential impact on CRC management: The endeavor to create an effective screening profile for colorectal cancer (CRC) commenced with an extensive exploration of relevant literature. The goal was to identify not only the typical symptoms associated with CRC but also those early signs that often go unnoticed or are dismissed as minor digestive issues. The journey towards developing an Ayurvedic-based screening profile for CRC consisted of three distinct stages. In the first stage, 'literature exploration,' we faced the challenge of establishing a conceptual foundation for CRC within Ayurveda, as direct references were absent in classical texts. To overcome this, considered diseases affecting the 'Mahasrotus' since CRC, as a 'mahasrotus/Kostagatha' disease, affects these channels. From the extensive list of 16 Mahasrotus-affecting diseases in the Brihatrayees, we narrowed it down to four diseases through critical analysis.

Keywords: : Disease profiling, Screening, Colorectal cancer, Mahasrotus, Rogamarga

Registration Code: ABPO 2666



TIME RHYTHMS AND WELLNESS-EXPLORING THE SYNERGY OF CHRONOBIOLOGY AND AYURVEDA

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Chronobiology is the study of biological rhythms and their influence on various physiological and behavioral processes. Ayurveda, on the other hand, is an ancient system of medicine that emphasizes the balance of mind, body, and spirit for overall health and well-being. While these two fields may seem distinct, there is a connection between chronobiology and Ayurveda, as both share a fundamental understanding of the importance of time and rhythms in maintaining health. Ayurveda has long recognized the significance of living in harmony with the natural daily and seasonal rhythms. These rhythms are explained as Dinacharya and Rithucharya which are the integral components of Ayurvedic living. Concepts of Ayurveda which are in accordance with chronobiology can be classified under three domains. Preventive (Dinacharya etc.), causative (effect of Kala in relation with disease) and therapeutic (Oushadhakala). This paper delves into the intersection of chronobiology and Ayurveda, by exploring the principles of Ayurveda deeply rooted in the understanding of the body's natural rhythms and the concept of circadian cycles, which aligns remarkably well with that of chronobiology, emphasizing their potential to offer holistic and personalized healthcare solutions. By integrating the timeless wisdom of Ayurveda with the precision of chronobiology, we can pave the way for a more comprehensive approach to well-being in current scenario.

Keywords: Dinacharya, Rithucharya, Healthcare, Circadian Rhythm

Registration Code: ABPO 2712



FOOD REGIMEN

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Ahara (food) is one among the important factor for sustenance of life. It is told as foremost pillar among the three Upasthambha (pillars) of life (Trayopsthambha i.e. Ahara, Nidra and Bhramcharya) in Ayurveda. When body is supported by the Trayopstambhas, it is endowed by growth, strength and complexion. “Matrasitiyam” in the context of food emphasizes the Ayurvedic principle of mindful eating, highlighting the significance of the quantity and quality of food intake for maintaining overall health and well-being. It underscores the idea that the portion and type of food consumed significantly impact the body’s equilibrium, digestion, and overall vitality. Within the framework of Ayurveda, Matrasitiyam advocates for moderation and balance in one’s dietary habits, offering valuable insights into the intricate relationship between food and holistic health. For maintaining a holistic life, proper regimen of food intake is required timely intake of food which one is accustomed to, food that which is clean, pleasing and having properties of snigdha, laghu and usna is desirable. The quality of food depends on desirable and undesirable food. 1. Ahara vidhi vidhana - Rules for taking food 2. Ashta aharavidhi vishesa ayatanani - Factors determining the utility of food 3. Ahara paninamakara bhava - Factors responsible for digestion 4. Ahara kala - proper time of meals (Stating opinions of acharya charaka and acharya sushruta) .one should follow these rules and regulation in order to maintain health and prevent diseases. As food alone be cause of happiness, health and misery, disease so a person should always follow the rules mentioned in Ayurveda classics.

Keywords: Ahara, Matra, Regimen of food intake, Desirable and undesirable food

Registration Code: ABPO 2736

UTILITY OF CHANDAS IN TEACHING AND LEARNING AYURVEDA SAMHITA

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Chandas are the poetic meters. It is an integral part of classical text-based learning. Chandas refers to one of the six vedangas of vedic studies. It is represented by number of aksharas present in each line. The word chandas is based on the root 'chad' which means to feel pleasant or gratifies etc. All the verse in Brihathreyee samhithas in in in poetic form in different chandas, especially in Ashtanga Hridaya . All Brihathreyees, Pubmed, Google scholar etc: Fourteen different chandas are available in susruta samhita. They are malini, salini, pushpithagra etc. In Ashtanga hridaya- 44 chandas. In durvadigana-shalini vritta, in mustadi gana-Indravajra etc. In charaka samhita anushtup, indravajra, upendra vajra like 13 chandas were found. Each Chandas has its own rhythm. The Ayurveda text were written mostly in simple and concise style known as Suthra and in combined form of both prose and verse. A Verse is consisted of four parts known as pada. There are two types of chandas which are Akshara chandda and Matra chanda. Rhythmically all verses are of three types i.e. samachanda, ardhasamacanda and visamachhanda. Chandas helps us to recite and memorize the slokas very easily. It helps in giving shape to poetic thought and imagination. Proper acquaintance of samhita can not be possible without the adequate knowledge of each and every meter. Hence proper and logical study of meter according to composition is mandatory to recite and memorise the slokas rhythmically.

Keywords: Chandas, Brihatreyees

Registration Code: ABPO 2785



NYAYAS AND THEIR UTILITY AN ANALYTICAL REVIEW

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Nyaya is defined as “a method” or “an expression of general truth” or “logical expression” or “a principle”. Incorporation of nyaya is a tradition in Sanskrit literature. Generally the nyayas are used to visualize a situation with nugget of words. Since antiquity, various acharyas allocated extensively different nyayas in their treatises and works to beautify their literature as well as to explore the concealed subject in a comprehensive manner. Mainly the commentators of samhitas have taken the help of Nyaya to convey the hidden meaning. To make reader to understand the hidden meaning of the verses commentators have adopted application of Nyayas as one of the most relevant method. Chakrapani the famous commentator of Charaka Samhita has quoted various Nyayas like Suchikataha Nyaya, Kapinjaladhikarana Nyaya, Sringagrahika Nyaya, Gobalivardha Nyaya, Chatrino gacchantiti Nyaya etc in his Ayurveda Dipika commentary. Analysis of this nyayas will help to understand the Samhita in a better way. In present study an attempt will be made to analyze the above nyayas from Chakrapani commentary on Charaka Samhita.

Keywords: Nyaya, Chakrapani, Dipika, Charaka, method, logical expression, Principles etc.

Registration Code: ABPO 2856

RATIONALE IN UNDERSTANDING THE USES OF AMRITHOTHARAM KASHAYAM

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Amrithotharam kashayam is also known as Nagaradi kashayam. It is a classical Ayurvedic medication designed specifically for vitiated kapha Doshas including fever, loss of appetite and even good for constipation. Chikitsa manjari, Sahasra yogam Result: In various diseases with different anupanas it is highly beneficial. Discussion and conclusion: This kashaya is very efficient for jwaram, malabhandam, sopham, kamala etc. Doshakarma -kaphavatasamana, vatanulomana, tridoshahara, Rakta prasadhana. Deepana & pachan, Virechana., srothovisodhana, lekhana, lekhana. `As per classical texts its Anupana is Saindhava(rocksalt)and Guda(jaggery). In Anaha and Gulma -with Hinguvachadi choornam. As Hinguvachadichoornam is indicated in amadosha, and Agnimandya, it will add its effect. Guggulu kalpana is used to treat sacroiliitis; because it has anti-inflammatory qualities, it may enhance the benefits of Amruthotaram kashaya. The primary use of kolakulatadi churnam or kottamchukkadi churna is for managing inflammatory conditions. Thus, boiling Amruthotaram Kashaya with these churnas and applying their Lepa may be beneficial. While preparing Amruttotaram kashyam, adding ingredients like Rasna or Punarnava may be beneficial for ailments like arthralgia or joint edema, respectively. It is strictly prohibited to consume Girtha because Amrithotharam Kashayam possess the amapachana property. Avarti tailas are also contraindicated because of its Guruta(heaviness). In Ayurvedic practice, amruttotaram kashayam is typically used as an independent medication for a variety of ailments. However, combining additional medicines with this kashayam, during preparation or giving anupana can enhance its effectiveness and make it more feasible for patients to take the medication easily, instead of giving a set of medications.

Keywords: Amrithotaram kashayam, Anupana

Registration Code: ABPO 3001



STUDY OF SATTVA AND SATTVABALA AS DESCRIBED IN AYURVEDIC SAMHITAS

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According to Ayurveda, Life remains well organized by the structure of four components which are Shareera, Indriya, Sattva and Atma. Where Sattva, Atma and Shareera are considered as 'Tridanda'. Sattva means Mana. In Ayurveda, while considering the state of Health and disease, more attention has been given to Shareera and Sattva i.e. Physical and Mental (Psychosomatic). It is also worth nothing that there has been very little, or rather negligible and little practical and conceptual development in the field of Psychological aspects. According to Global Mental Health Statistics 970 million people world wide suffer from some form of mental illness. 1 in 4 people will be affected by mental illness at some point of their lives. 14.3% of deaths worldwide or approximately 8 million deaths each year, are caused by mental disorders. The main objective is to make the knowledge of subjects related to Sattva and Sattvabala easily available to the public as described in Ayurvedic texts. All the available Samhitas, Darshanika literatures and other medical texts, medical journals and research papers. Summary- Raja and Tama Dosh are more prevelant in people with Avara Sattva. People with Sattvik Sattva Prakriti have mostly controlled superior Sattvabala. Although people with Rajasic Sattva Prakriti have superior Sattvabala, they are uncontrolled compared to Sattvik Prakriti. Tamas Satva has less Sattvabala and is mostly passive in nature. Manas Dosh and Shareera dosha especially affect each other. Rajas and Tamas are the two Dosh of Manas that play a major role in causing diseases at both the Psychological and Somatic level. In comparison to other Sattva, People with Avara Sattva can neither support themselves nor other and are unable to bear even mild pain, despite having a good constitution. Thus the diagnosis and intensity of the disease, physical and mental health depend on Sattva and Sattvabala.

Keywords: Shareera, Indriya, Sattva, Atma, Tridanda, Psychosomatic

Registration Code: ABPO 3029



IMPORTANCE OF YOGA FOR FEMALE HEALTH

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Yoga is derived from a Sanskrit “yujir yogē” dhatu that means “union.” Traditionally, yoga is a method of uniting oneself with the Divine, Universal Spirit, or Cosmic Consciousness. It includes both physical and mental exercises that are intended to help for achieve this goal. Life’s everyday challenges cause stress. Stress increases sympathetic activity, which causes effect of physical activity. Yoga can significantly reduce the effects of elevated stress responses by down regulating the hypothalamic– pituitary–adrenal axis. Yoga improves physical and mental health by regulating the hypothalamic pituitary-adrenal axis. Yoga intervention improves blood flow at the pelvic level while also stimulating the release of B endorphins, which act as nonspecific analgesics. Yoga poses improve spinal flexibility and strengthen back muscles and yoga nidra may induce deep relaxation and, as a result, decrease oxygen consumption, resulting in pain relief. Example:Suryanamaskar,,pawanmuktasana,shavasana etc . Helps during pregnancy and labour , Reduces the symptoms of premenstrual syndrome , Helps those coping with gestational diabetes,Improves heart health , Improves back pain, Delays the onset of alzheimer’s disease , Improves back pain, Helps with the symptoms of anxiety.

Keywords: Yoga, Hypothalamic pituitary-adrenal axis, Endorphins, Suryanamaskar

Registration Code: ABPO 3043



FROM MALAYA TO HIMALAYA - MEDICAL TRANSMISSIONS FROM SOUTH INDIA TO TIBET

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Here we investigate connections to South India within Tibetan medical literature, and links between their medical traditions. Sciences develop within the unique confluence of a place's ecology, culture, and connection to outside influences. Understanding the unique streams of influence woven together over the centuries can help uncover layers of meaning within texts, and inspire contemporary application of these teachings in clinical practice. With its unique geography, botanical and culture, South India has had extensive connections with many regions of the ancient world. While trade and cultural links between South India and the Middle East, Europe, and China are well established, the exchange of medical knowledge and herbal substances are less documented. There has also been little study previously on connections between South India and the Tibeto-Himalayan region. Medical science in Tibet ('Sowa Rigpa', meaning 'cikitsā vidyā' in Tibetan) developed over 1200 years ago when Indian Śāstras were brought over the Himalayas along with Buddhism. Rooted in the teachings of the Rsis ('Drangsong' in Tibetan), a syncretic system developed over the following centuries- where Āyurvedic siddhānta met Vajrayana Buddhism, indigenous Tibetan healing methods, along with influences from Chinese and Greco-Persian medicines. In the following centuries, great Tibetan doctor-saints such as Yuthok Yonten Gonpo (Gunanātha) made trips to various parts of the Indian subcontinent including the South, studying with the Ācāryas of the time and bringing their teachings over the Himalayas. Great Sanskrit works such as the Astānga-hṛdaya-saMhitā and works of Nāgārjuna were translated into Tibetan language. This culminated in the primary text of Sowa Rigpa - the Four Tantras, which was narrated by Buddha-Rsi emanations. In the biographies and writings of Yuthok and other masters, there are many references to South India. This study explores these connections, and how this knowledge can benefit the understanding and clinical practice of both traditions.

Keywords: Tibetan medicine, sowa rigpa, South Indian medicine, Ayurveda, Yuthok, Rishi

Registration Code: ABPO 3117



INTERRELATIONSHIP OF DIFFERENT TYPES OF SHROTODUSHTI INVOLVED IN PRAMEHA

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According to Ayurveda, the human body is composed of innumerable Srotas, (micro or macro channels), which carry out all the physiological functions of the body. Apart from carrying out essential physiological processes, the Srotas also help the body to restore normal health. Various Srotas have different functions based on where they are located and how they are distributed throughout the body. Pathological changes in the body are due to Sroto dushti. Prameha which is correlated as Diabetes is a global illness which is considered a metabolic syndrome in which various types of Dhatu (meda, mansa, rasa, mutra etc) and their respective srotas get vitiated. Not only Meda dhatu and Medavaha srotas other Srotas like Rasavaha, Annavaha, Purishavaha, Mutravaha srotas etc also get vitiated by their separate Nidanas which take part in the pathogenesis of Prameha. Due to the present lifestyle the prevalence rate of diabetes (prameha) has been projected to grow by 40% by next decade. This prevalence has increased the risk for cardiovascular diseases and chronic kidney diseases. We can see the significance of the disease given by the seer because Prameha is listed among the eight major disorders in Charaka Nidana. Despite of recent progression in medical science, there are still some drawbacks in understanding of pathogenesis at srotas level (shrotodushti). Through this article an effort is made which provides a better and in depth understanding of prameha as a vvyadhi in Ayurvedic perspective which is further helpful in providing better management.

Keywords: Srotas, Srotodushti, Ayurveda, Medovaha srotas, Nidana

Registration Code: ABPO 3147



THE SCIENTIFIC VALIDATION OF THE CONCEPT OF SAMSKARO HI GUNAANTARADHANA IN PREVIEW OF LEPANA TECHNIQUE ONE OF THE METHODS OF BHAJANA SAMSKARA

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The concept of Samskara, as Samskaro Hi Gunaantaradhana, explains how various techniques can alter the physical and chemical properties of drugs to achieve the desired effect. Bhajana is a method of samskara that involves using different types of utensils like iron, copper, silver, and gold during drug preparation. These utensils are used in various ways, such as during storage of the drug, cooking in specific utensils, and lepana into specific utensils. All these methods are used to fortify the drug with essential minerals naturally. Dwitiya Triphala Rasayana, prepared using Lepana technique, was evaluated for efficacy in treating iron deficiency anemia as per Charaka Samhita. Methodology: Dwitiya Triphala Rasayana is a medication that is made by applying triphala into an iron utensil, using the classical method described in Karaprachitya Adhaya of Charaka Chikitsa Sthana. After conducting a pharmaceutical study, the physicochemical properties of the medication were examined, and a clinical case report was produced. A significant change had been seen in physicochemical parameters like ICP-AES and XRF. There has been a significant clinical improvement noted, however, further studies are required for validation. Gunaantardhana is a technique in Ayurveda used to alter the properties of drugs to achieve desired effects based on the subject's prakriti, desha, kala, and vaya. The concept of samskara involves using a drug that produces maximum results with minimal cost.

Keywords: Samskara, Bhajana, Lepana, Fortification, Gunaantaradhana, Iron Deficiency Anemia

Registration Code: ABPO 3167



SCIENCE AND SASTRA





AN OBSERVATIONAL STUDY TO ASSESS THE THERAPEUTIC EFFECTIVENESS OF BRAHMI CAPSULE AS EXPERIENCED BY THE AYURVEDA PHYSICIANS ACROSS INDIA DURING THEIR CLINICAL PRACTICE

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Brahmi (*Bacopa monnieri*) is a traditional herbal medicine that has been in use since the time of the Vedic civilization for cognitive problems. Today the prevalence of Alzheimer's disease among adults (almost 15% of adults of age 65 and above) and learning difficulties among children (between 5 to 15% among school going children) have grown exponentially high. As a result the usage of Ayush drugs related to adult and child psychological disabilities is getting more preference and among them Brahmi maintains its popularity as the most widely used brain tonic in the present era also. Brahmi capsule is used for improving concentration and for managing the problems related to cognitive functions and speech. Majority (202) of the physicians opined that they have used the medicine in all of the above mentioned indications either always or occasionally. Brahmi, which is described as Medhya(improves intellect), may directly work on micro-faculties such as Dhi(intelligence), Dhriti (retaining power of mind)and Smriti(memory) and thus helps in treating behavioral issues and learning difficulties. Bacosides are the triterpenoid saponins of prime importance which is found in Brahmi and they have shown the capacity to enhance nerve impulse transmission. The bacosides also promote the repair of damaged neurons by up-regulating neuronal synthesis and kinase activity. The bacosides also aid in the restoration of synaptic activity, which ultimately leads to proper nerve impulse transmission. Brahmi capsule is also found to be effective in many conditions like anxiety, tremors, depression related to diabetes, post-surgical fine movement impairment, epilepsy, stammering etc. The present article is based on the survey conducted among the Ayurveda physicians in different parts of India, to assess the effectiveness and additional benefits observed during their clinical practice with Brahmi capsule.

Keywords: Brahmi, Medhya, Bacosides, Swarya, Dhi

Registration Code: ABOP 1048

A COMPARATIVE STUDY OF SAHAJ NADI PARIKSHA AND PULSE PLETHYSMOGRAPHY TO ASSESS ACCURACY OF CONSUMER GRADE DEVICE SANAAY FOR PREDICTION OF CURRENT STATUS OF DOSHA

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According to Ayurved all the physiological activities are governed by 3 physiological energies called Dosha. One of the ways of assessing these is by feeling the touch of pulsating artery to identify the variations in physiology. This assessment is observation made by physician himself based on his experience to sense the touch hence it is limited to the physician and non-sharable. The efforts are being made to make the observations in sharable format using different equipment. Here an effort is made to explore the feasibility of using a consumer grade device(SANAAY – Sahaj Nadi Yantra – A modified Pulse Oximeter) to assess Pulse and observe the efficacy with manual Sahaj Nadi Pariksha –A Manual 5 level Pulse reading & diagnostic procedure. Method- A consumer grade device with Pulse Plethysmograph (PPG) data system modified to assess the pulse variations was used to assess 180 subjects. 30 seconds of pulse data was collected and analyzed. Same sets of patients were assessed by expert Nadi Vaidya trained in Sahaj Nadi Pariksha at the same time for instantaneous comparison. Result- The result shows more than 80% similarity with the observations made by Vaidya. Conclusion- Consumer grade PPG device can be modified to observe pulse variations which help in predicting Vikruti in a patient with about 80% accuracy.

Keywords: Sahaj Nadi pariksha, PPG, Pulse Plethysmography, Vikruti Prediction, Pulse Diagnosis, Nadi Pariksha

Registration Code: ABOP 1054



THE RED ZONE OF PREGNANCY -THE 8TH MONTH

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Bridging the gap between ancient Ayurvedic wisdom and modern medical guidance, our study explores fetal development during the gestation period. Within the maternal womb, the fetus undergoes a remarkable journey of growth and maturation. Our research focuses on Ayurvedic principles concerning Garbha Utpatti (fetal origination) and Garbha Vriddhi (fetal growth), with a particular emphasis on the concept of Ojas—the vital life energy. Additionally, we explore the realm of Garbhini Lakshana, Ayurvedic indicators of early pregnancy designed to predict and prevent fetal anomalies. This holistic approach, uniting ancient Ayurvedic wisdom with contemporary medical insights, underscores the paramount significance of nurturing the eighth month of pregnancy for the well-being of both mother and child. Centering around the pivotal eighth-month gestation, this comprehensive exploratory study focuses on correlating the ancient Ayurvedic and modern medical perspectives on the cross movement of the Ojas through the channels carrying nourishment from the mother to the fetus, because of the immaturity of the fetus ascribed to the unstable 'Ojas'. Classical text opines that if the Ojas has moved to the mother the fetus will die and if it is still with the fetus then the mother's life will be in danger. Hence our acharyas also do not consider this month fit for labor. Simultaneously, we plunge into a modern medical exploration of pulmonary embryogenesis and fetal lung maturity. We spotlight the Lecithin-to-Sphingomyelin ratio (L/S ratio), a scientifically recognized biomarker that crucially denotes fetal lung maturity, impacting neonatal survival. The significance of the L/S ratio becomes increasingly evident with preterm delivery, highlighting the elevated risk of mortality before the 35th week or during the eighth month of pregnancy. Overall, the study amalgamates Ayurvedic traditions with medical science to create a more unified, comprehensive perspective on gestation, ultimately illuminating the path towards developing seamlessly integrated prenatal management strategies.

Keywords: Pregnancy, L/S Ration, Ojas, 8th month Gestation

Registration Code: ABOP 1126

INTEGRATING AYURVEDA AND ARTIFICIAL INTELLIGENCE A SYNERGISTIC APPROACH FOR HOLISTIC HEALTHCARE

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Ayurveda, the ancient Indian system of medicine, and Artificial Intelligence (AI) and Machine Learning (ML) are two seemingly disparate fields that can be combined to revolutionise healthcare. Integrating Ayurveda with AI and ML in healthcare promises to improve personalised and holistic practices. Ayurveda promotes mind-body balance, while AI and ML optimise decision-making by processing and analysing vast amounts of data. This paper discusses the potential of integrating Ayurvedic principles with AI and ML algorithms to create personalised healthcare solutions, thereby revolutionising patient care by addressing individual constitution, lifestyle, and genetic makeup. AI/ML can be used to enhance Ayurvedic wisdom through natural language processing and sentiment analysis, enabling the extraction of valuable knowledge and promoting awareness of this ancient healing system. AI and ML integration in Ayurveda can expedite drug discovery and development by analysing Ayurvedic formulations, aligning new drugs with holistic healthcare principles, creating computational models for Ayurvedic concepts like Prakruti, Sara, Agni, etc., and helping in the development of new tools to assess different Ayurvedic parameters. The integration of Ayurveda and AI/ML in healthcare will be a significant advancement, offering a personalised, holistic approach to health and wellness and further aiding in validating Ayurvedic practices in modern contexts and proving the efficacy and efficiency of Ayurvedic treatments. It can also be used to make apps that integrate machine learning to help Ayurvedic practitioners diagnose and treat with much greater accuracy and precision. AI and ML can predict disease likelihood based on a person's health history and Ayurvedic constitution, enabling early detection for preventive measures and timely interventions. This multi-faceted approach will help the Ayurveda healthcare industry as a whole to explore various aspects, from health tourism to medicine manufacturing.

Keywords: Ayurveda, Artificial intelligence, Machine learning, Healthcare, AI Model, Algorithm

Registration Code: ABOP 1173



CELLULAR METABOLISM AND THE BIOPHOTON PHENOMENON FROM THE PERSPECTIVE OF AYURVEDA

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Scientific observations showed that living organisms and tissues spontaneously emit light with measurable but ultraweak intensity, photons in the visible part of the electromagnetic spectrum. Literature research has been primarily conducted on various influences on metabolism, such as oxygenation disorders, injuries, emotional stress, cancerous abnormalities, and detectable biophoton patterns and intensities. It can be concluded that biophoton emission detected alongside signs of cellular metabolic function is not simply a metabolic by-product, but part of cellular communication that may also play a role in maintaining the homeostasis of the whole organism. It can be connected to the modulations in the electromagnetic fields existing in the living organism. Several studies were found that directly associated the Prana and Agni concepts with biophoton phenomena. Regarding these aspects, biophotons may also play the role of the connecting aspect between the Pitta dosha or Agni (fire element) and the Vata dosha or Prana (air element). According to the literature findings, biophoton phenomena may have practical uses as well in health care, for example in monitoring metabolic processes, in diagnosis, even in detection of the viability of tumour tissues. This presentation aims to discuss the scientific background of thousands years known phenomena that are involved in the Ayurvedic methods.

Keywords: Electromagnetic, Cellular communication Metabolic stress, Pitta, Vata

Registration Code: ABOP 1221

CURRENT STATUS OF RESEARCH IN AYURVEDA VS TRADITIONAL CHINESE MEDICINE- A COMPARATIVE ANALYSIS

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Among the various Traditional medicines, Traditional Chinese medicine (TCM) is one of the most widely applied health resources across the globe, with an expected valuation of 49.6 billion US dollars by the end of 2023. Traditional Indian medicine- Ayurveda (TIM) is catching up to its Chinese counterpart through slow yet sustained efforts in addressing the lacunae in areas of research and integration. The objective of the paper is to review & analyze TCM and TIM (Ayurveda) published research works indexed in PubMed. Parameters including Time period, Research type, Study Design, Publication number and quality (IF), etc will be analyzed. The search strategy is to review the quantitative inventory of published scientific research indexed in PubMed medical subject headings, sorted within the broad term using boolean operators. The literary search on research in TCM and TIM revealed that the total article count in TCM is seven times of TIM. It was observed that the article counts in RCT's 1844 vs 106, Systematic reviews 1065 vs 61, and Meta-analysis 701 vs 13 in TCM and TIM respectively. Exploring the study design in TCM, there were comparatively far more studies under RCT (24%), while TIM concentrated on case reports (37%). Following the case reports were comparative studies (22%), RCT (16%), and systematic reviews (10%) among other TIM research designs. The total number of publications for TIM & TCM (in terms of RCT, SYS REVIEW, and Meta-analysis) in 2022 faces a considerable difference of 13 vs 334. The quality of TCM research and inherent publications has been increasing with a higher incidence of studies published in international as well as Chinese journals with considerable IF. Although the number of research articles in Ayurveda is on a steady rise with research awareness and acumen, the observed gap in TIM publication will be explored in this paper.

Keywords: Traditional Indian medicine, Traditional chinese medicine, Research status, Ayurveda, Quality research, Impact factor

Registration Code: ABOP 1314



UNVEILING AMRITAKALA EXPLORING THE MYSTICAL CONCEPT AND ITS POTENTIAL IN RESEARCH

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Ayurveda, a holistic science with roots in the panchamahabhoota theory, postulates that every entity in the universe is composed of five fundamental elements (pancha maha bhutas). Ayurveda also posits a profound connection between universe and human body called LOKA –PURUSHA samya which explains “what is in this body that all exists in the universe also and viceversa”. The different “angas” of Ayurveda including Agadatantra put forward the same in various aspects. This relationship is further elucidated through the concept of “Amritakala” and “Vishakala” in the realm of Keraleeya visha chikitsa granthaS , specifically detailed in the text book Visha Vaidya Jyotsnika”. Amrita kala is a powerful energy, capable of countering the effects of visha in the body. This power is concentrated in 15 points varying its dominance during sukla paksha and Krishna paksha of the lunar cycle. In males it starts ascending from the right side in Sukla paksha and descends through the left side in Krishna paksha, following opposite pattern in females. Acharyas opine that if bite occurs at amrita kala, due to its power the ill effects of visha will not occur and any treatment giving at amrita kala will increase the ojas in the body. These concepts draw an insight into the lunar cycle and physiological rhythms of body, shedding light into the interconnection of celestial influences on health. The findings highlight the promise of this unique therapeutic approach and its potential to enhance the body’s resilience and recovery from poisoning incidents. This paper is an attempt to discuss the mechanisms of amritakala in the body and find its scope in research.

Keywords: Panchamahabhoota, Lokapurusha Samya, Visha Vaidya Jyotsnika. Lunar Cycle

Registration Code: ABOP 1348

THERAPEUTIC POTENTIAL OF AYURVEDIC FORMULATION IN THE MANAGEMENT OF POLYTHIOURACIL INDUCED HYPOTHYROIDISM IN RATS A PRE-CLINICAL APPROACH

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Hypothyroidism refers to the widespread pathological state of thyroid hormone insufficiency. Kancharan guggulu is considered as a drug of choice for Granthi vicar, gulma, gandmala, vrana, and Galgand. The objective of this study is to evaluate the therapeutic efficacy of Kancharan guggulu against propylthiouracil (PTU)-induced hypothyroidism rat model following oral administration. The animals were divided into six groups each for male and female, consisting 6 animals in each group. The groups were Normal Control, Hypothyroidism Control, Standard drug, High Dose, Mid Dose and Low Dose groups. All pathological and biochemical parameters i.e. hemoglobin, Total RBC, Total WBC, PCV, platelet, ESR, blood lipid profile, LFT, and Thyroid profile (FT3, FT4, TSH, T3, T4) were done on 0th, 30th, 60th and 90th day. The histopathological evaluation of thyroid was also performed after 90 days. Results showed that after the induction period to prepare the hypothyroidism model, the FT3, FT4, T3 and T4 all decreased considerably that persisted in the diseased model (Group-II) but amelioration took place in other groups significantly and TSH took the absolute opposite standpoint. In agreement with this, the histopathology data showed cuboidal to columnar shape of follicular epithelia of Group-II rats but the High, and Mid dose of Kancharan guggulu restored the cell shape and hyperplasia to confer the follicular epithelia much flatter to slightly cuboidal structure. The high and the mid dose restored the thyroid function considerably better as compared to the low dose of the Ayurvedic formulation. Factually, the Kancharan guggulu was found to be analogous, in activity, with available Levothyroxine drug that is used against hypothyroidism. In vitro, in vivo, or in silico, studies are still ongoing to study the mechanism of action of the drug.

Keywords: Hypothyroidism, Kancharan guggulu, Thyroid, Ayurveda

Registration Code: ABOP 1441



AI-ENHANCED HERB IDENTIFICATION IN AYURVEDA

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Accurately identifying herbs is essential to producing Ayurvedic goods, as it forms the foundation for making safe and effective cures. With the most recent developments in machine learning and artificial intelligence (AI), there is a promising chance to revolutionize the process of medicinal herb identification. The study introduces technologies such as Natural Language Processing (NLP), deep learning, Machine Learning (ML), and Computer Vision (CV) are employed to enhance herb classification and identification of Anukt dravya through AI-enhanced Dravya Parikshan Vidhi. Convolutional Neural Networks (CNNs) are employed to interpret visual characteristics from images of herbs, enabling automated classification based on size, shape, color, and texture. Additionally, machine learning is applied to sensor data for olfactory (Odor profile) and taste analysis, contributing to a holistic approach to herb recognition. Using artificial neural networks (ANN) and response surface methodology (RSM) estimation of surface smoothness and roughness can contribute to a partial to complete approach of identification in its way. Several models like AI-Praman, AI-nose are being used currently. Data augmentation, Data mining and Natural Language Processing (NLP) techniques are utilized to analyze and extract valuable information from sources, facilitating a comprehensive understanding of herbs, their properties, and their uses. This study explores the integration of the latest technology in Ayurvedic practices, focusing on the identification of medicinal herbs using AI-powered technologies.

Keywords: Artificial intelligence, Anukt Dravya, Identification, Machine learning

Registration Code: ABOP 1486

CRITICAL REVIEW ON SCIENCE BEHIND MANTRA CHIKITSA AND ITS UTILITY IN CURRENT ERA

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Ayurveda the age old classical science is now gaining more and more acceptance in global market. 'Mantra Chikitsa' once an unexplored aspect of Ayurveda now has attracted the attention of global researchers. A typical Indian household's day starts with chanting of Mantras and sacred hymns, a part of our tradition that has been carried over for thousands of years. But this is not just a practice of spirituality that is being passed generation after generation. Puranas, Vedas and stories of Mythology have references where Mantra has been used to prevent unknown causes of diseases and to treat them. Ayurveda has mentioned Mantra Chikitsa in every step while describing a disease, from the mythological origin of a disease like origin of jwara to treatment of the same using Vishnusahasranamam. A list of incurable diseases has been mentioned in Ayurveda but even for those diseases Mantra Chikitsa has been mentioned, which implies that even those kind of diseases should be given a try with Mantra Chikitsa. Mantra Chikitsa in this era can be considered as using different waves at different scales to heal one's mind and boost his morale. Many National and International researches have been and are being conducted on this aspect and its effects on human health. So here is an attempt to understand the Science behind Mantra Chikitsa and its utility in current era.

Keywords: Mantra, Spirituality, Sound waves, Preventive, Mythology, Daily life

Registration Code: ABOP 1700



EVALUATION OF LAGHUVISHA GARBHA TAILA TRANSDERMAL PATCH IN THE MANAGEMENT OF JANU SANDHIGATA VATA WSR TO KNEE ARTHRITIS PAINKNEE JOINT PAIN

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Advancement in working pattern and age factor, both together has become prime causative factor for aggravation of vata, which accelerates dhatukshaya and balakshaya. Sandhigata vata is a commonest disorder occurs due to dhatukshaya. When it affects to Janu sandhi it is called as Janusandhigata vata (knee arthritis). Considering the higher incidence of this disease due to various faulty lifestyles and vataja ahara vihara, it is necessary to elaborate on safe and effective management in Ayurveda Science. Among the pharmacological therapies, the recent guidelines recommended topical medications as an alternative or adjunctive therapy, or even as first line therapy to relieve mild to moderate pain in knee OA because of its safety profile. As the time passes it's an urgent need to modernise the ancient system in pace with the development of science and technology. So considering all these facts a novel approach in execution of transdermal delivery technology has been reviewed. Laghuvisha garbha taila which is a sneha yoga converted into new drug dosage form a Transdermal patch for its better application and absorption into the skin and effective in reducing the pain. AIM: To review the progress and status of Transdermal Drug Delivery field. Materials and methods: from the Ayurvedic texts, web browser and few papers related to the topic. Conclusion: The goal of Ayurveda is to improve the quality of life by preventing and treating disease and chronic illness. So Ayurveda is needed to restructure in the global context to meet the rising demands of a society with the application of technology (New Drug Dosage form -Transdermal Drug Delivery)

Keywords: Janu sandhigata vata, Knee Arthritis, Laghuvisha garbha taila, Transdermal Patch

Registration Code: ABOP 1911

UNVEILING THE ONCOLOGICAL POTENTIAL OF TRIPHALA METABOLITES THROUGH HIGH-RESOLUTION LCMS ANALYSIS

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Triphala, an extensively utilized drug comprising extracts from *Phyllanthus emblica*, *Terminalia chebula*, and *Terminalia bellirica*, exhibits diverse pharmacological effects, including anti-cancer, anticaries, anti-microbial, immunomodulatory, and hypolipidemic properties. This study aims to investigate the potential oncological impact of Triphala metabolites using mass spectrometry. **Methodology:** The dried aqueous Triphala extract was prepared through hot air drying of the decoction at 50. The extracts were subjected for basic physicochemical characterisation. Subsequently, this extract underwent high-resolution liquid chromatography-mass spectrometry (HR-LCMS) for a comprehensive metabolomic analysis. **Results:** The LC-MS analysis identified 1354 metabolites, with 354 conclusively characterized. These encompassed a range of alkaloids, diterpenes, flavonoids, polyketides, and glycosides. The intensified resolution of this method revealed trace metabolites, notably Neoandrographolide (a natural chemosensitizer) and Kurarinol (a tyrosinase inhibitor). Kurarinol has potential in inducing apoptosis in hepatocellular carcinoma cells by suppressing STAT3 signaling. Neoandrographolide is known to inhibit various signaling pathways and factors associated with cancer cell proliferation, survival, metastasis, and angiogenesis. **Conclusions:** The highlighted metabolites, recognized for their anti-inflammatory properties, present promising prospects for therapeutic applications in oncology. Neoandrographolide and Kurarinol, by influencing crucial cellular pathways, offer avenues for inhibiting cancer progression, metastasis, and angiogenesis. **Significance of the Study:** This research sheds light on the metabolomic profile of Triphala, emphasizing the need for further investigations to harness the therapeutic potential of these metabolites in cancer treatment. Notably, as inflammation plays a pivotal role in carcinogenesis, the anti-inflammatory properties of these metabolites hold substantial implications for cancer treatment strategies.

Keywords: Metabolomics, Cancer, Physicochemical characterization, Anti-inflammatory, Neoandrographolide, Kurarinol

Registration Code: ABOP 2026



HARNESSING THE POTENTIAL OF HIGH-THROUGHPUT OMICS TECHNIQUES IN AYURGENOMICS

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In the present scientific era, securing Āyurveda's global standing and gaining widespread acceptance requires scientific validation. One promising integrative approach on the rise is Ayurgenomics, which harmonizes Āyurvedic principles with genomics and other omics. It is imperative to employ cutting-edge technologies to enhance the scientific validation of Āyurvedic principles and practices through omics studies. A recent study has been conducted with DNA methylation profiling after Āyurvedic intervention in bronchial asthmatics. One such powerful tool is transcriptome profiling, a high-throughput sequencing technique enabling comprehensive analysis of gene expression patterns within biological systems. Applying this tool to elucidate dynamic gene expression changes in diseased states and response to Ayurvedic therapies and identify key regulatory pathways through differentially expressed genes (DEGs) offers a profound understanding of the biological mechanisms at play. This technique can also significantly contribute to P4 medicine, emphasizing predictive, preventive, personalized, and participatory healthcare. A significant challenge lies in developing a proper methodology to validate various concepts and address different diseases to align with this integrative approach. Therefore, research efforts should be directed towards formulating a plan incorporating principles such as guna, agni, ojas, trisūtra, etc., and regimens like dinacharya, nitucharya, etc. Such a plan can be devised for panchakarma therapies as well. This paper highlights the areas where omics techniques including transcriptomics can be employed in Ayurgenomics, along with some examples.

Keywords: Transcriptome profiling, P4 medicine, Genes

Registration Code: ABOP 2036



APPLICATION OF TECHNOLOGY INNOVATIONS AND ARTIFICIAL INTELLIGENCE IN PANCHAKARMA

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This paper discusses about the future applications of AI in conducting panchakarma and clinical decision support with regards to the assessment of these procedures. The application of technology, innovation and artificial intelligence can be explored to make the record and critically analyse the assessment parameters of each Panchakarma in a systematic way. Data collection can be done with more accuracy and uniformity which will help to establish its relevance on scientific platforms. The whole world is exploring the gut microbiota, nasal drug delivery possibilities and so on. Whereas in Ayurveda the potential action of Panchakarma are already well explained. The next step we need to ensure is to administer Panchakarma safely, accurately and in a hygiene way using the technologies available and explore the patient care delivery strategies. Along with that it is need of the hour to develop cost effective instruments by utilising new technologies to enrich and empower the delivery of Panchakarma. The whole healthcare system is exploring the various possibilities of AI in every aspect beginning from diagnosis. So it's high time to embark on the integration of innovations, technology and AI with Ayurveda which can surely help to bring evidence-based Panchakarma practices and it will be a milestone for traditional healthcare system.

Keywords: Ayurveda AI, Panchakarma, data analysis, patient care

Registration Code: ABOP 2102



DEVELOPMENT OF AN AI AND MACHINE LEARNING BASED WEBSITE TWAKSTHAM - AN AYURVEDIC SKIN DISEASE DIAGNOSTIC WEBSITE

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According to the Global Burden of Disease Project, skin diseases are the 4th leading cause of non-fatal disease burden worldwide. A large percentage of misdiagnosis of common cutaneous diseases occurs every year because of under-education in the field of dermatology. Classical ayurveda text has given much importance to skin disease giving it a separate Adhyaya named Kushta Roga and detailed about its symptoms and signs. Skin manifestations of other systemic illnesses can also be seen in other Adhyayas. So, understanding these conditions and diagnosing the disease correctly is a challenging task. Nowadays Artificial intelligence and Machine learning technology have made significant advancement in various areas of the medical field. This article explores the process of developing a website, using AI and ML which helps in diagnosing skin diseases through ayurveda terminology named Twakstham. Methodology includes Data Collection, Choosing the right machine learning model and training, Developing a user-friendly interface, Integration with AI Algorithm, Validation and Testing, and Continuous Learning and Improvement. The development of AI and ML-based Ayurveda skin disease diagnostic website Twakstham represents an important milestone in the Ayurveda healthcare sector. This will serve as the largest free, open access database of Ayurveda Skin disease, to the registered Ayurveda graduates. Further it will help in the diagnosing process, will reduce the chances of misdiagnosis thus helps in the planning of treatment protocol, resulting in better and early management of skin disease.

Keywords: Ayurveda, Skin Diseases, Diagnosis, AI and ML Based Website, Twakstham, An ayurvedic Skin disease diagnostic website

Registration Code: ABOP 2222

MULTITARGET-MULTILIGAND APPROACH TO IDENTIFY POTENTIAL PHYTOCHEMICALS IN ANTI-VEGF RESISTANT GLIOBLASTOMA

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Angiogenesis is an important process in tumor progression. VEGF is the key factor regulating angiogenesis and hence anti-VEGF therapy is considered a useful therapeutic approach in tumor conditions. However the drug resistance and lack of efficacy of existing drugs limit the potential of such a therapeutic approach in certain cases and the tumor growth will continue through alternative mechanisms. Glioblastoma (GBM) is one such type of tumor that shows resistance to anti-VEGF therapy. Previously, we identified the hub genes differentially expressed in anti- VEGF resistance in GBM. Medhya Rasayana, an ayurvedic formulation, is used for the management of neurological disorders. In the present study, we used computational docking methods to identify the phytochemicals present in the medicinal plants of Medhya Rasayana, which can target the proteins expressed by the hub genes associated with anti-VEGF resistance. The docking results were validated by in vitro cell based studies. Network pharmacological analysis was also performed to identify the highly effective phytochemicals for a possible adjuvant therapy. Results showed that multiple phytochemicals from Medhya Rasayana plants target multiple proteins involved in resistance to anti-VEGF therapy in GBM. These phytochemicals may be considered for adjuvant therapy along with anti- VEGF therapy in anti-VEGF resistant GBM conditions.

Keywords: Glioblastoma, Transcriptome data analysis, Vascular endothelial growth factor, angiogenesis, anti-VEGF therapy, drug resistance, differentially expressed genes, Molecular Docking, Medicinal Plants, Medhya Rasayana.

Registration Code: ABOP 2225



EXPLORING LIPOSOMAL DRUG DELIVERY SYSTEM FROM THE ASPECT OF AYURVEDIC PHARMACEUTICAL NORMS AND DEVELOPING A PROTOTYPE

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Globally, one third of ischaemic heart disease is attributed to high cholesterol. According to estimates, elevated cholesterol contributes to 29.7 million DALYS, or 2% of all DALYS, and 2.6 million fatalities (4.5% of all deaths). The familial cholesterol increase is around 1 in 250. Liposomal drug delivery is explored by the contemporary medicine to optimize drug action, enhance the sustained release of drugs, and improve the percentage of entrapment efficiency. It is considered as an efficient model of target drug delivery, efficient drug stability, and with least bio toxicity as no organic solvents involved. Exploring and compounding a liposome based on a coconut oil, studied for its action on Hyperlipidemia on rodents. Methodology: Coconut oil impregnated with 24 herbs along with coconut milk was studied on Wistar rats animal model on Hyperlipidemia. The experimental study protocol number IAEC/03/11. The drug was studied for preventive and treatment aspect with negative and positive controls. The oil extract in the adult human dose of 24 ml proved the best in reducing LDL, serum cholesterol and triglycerides level, and was encouraging therapeutic and preventive effects on hyperlipidemia. The water and alcohol extract of the drugs are taken to form the hydrophilic and lipophilic compound and liposome formulated. RESULT: Converting 24 ml of oil to a capsule would enhance the patient compliance and effectiveness of Ayurveda in Hypercholestermia. Conclusion: Liposomal drug delivery system has been understood and practiced in Ayurveda in the form of lipid dosage forms. This is intended to make in more precision to the drug delivery, effective therapeutic dose, minimal or no side effects and less degradation of drug in the process.

Keywords: Liposome, Ayurveda, Hypercholestermia, Drug Delivery

Registration Code: ABOP 2650

THE NEED FOR METICULOUS DOCUMENTATION AND RETROSPECTIVE ANALYSIS IN IMPROVING CLINICAL EVIDENCE IN AYURVEDA

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Though Ayurveda has been a widely practiced Indian medicine system, the evidence generated based on the practice is very few. The reasoning involves around lack of awareness of documentation, evidence generation, and publication of the same. The lack of evidence makes it difficult for Ayurveda to be accepted as a mainstream medical system. **Methodology:** An efficient clinical documentation system must be implemented to generate an evidence-based approach from the ongoing Ayurvedic clinical practice. This will highlight the strengths and limitations of Ayurveda as a preventive and curative modality of healing. The program should be designed to facilitate the complete cycle of a clinical encounter customized for Ayurveda, with assistance of a software module. This will include documentation procedures of IP/OP and helps in generating clinical reports at each level. It is mandate to include Data Capturing, Data Monitoring and Data Mining in the module. The data capturing component consists of registration, epidemiology components, rigorous documentation based on disease to disease which includes the Ayurveda concept and consultation with reasoning on change of medicine visit to visit and document any allopathy or other allied medication taken by the patient. Data monitoring will evaluate the completeness and accuracy of the captured data. The Data mining component should generate both descriptive and analytical reports on epidemiology, safety, and efficacy data on Ayurvedic treatments. **Result** To generate safety data on ayurveda medicines, evidence generation on efficacy, and improve the number of publications based on the data generated. **Conclusion** As a need of the hour, meticulous documentation and evidence generation will generate trust and confidence in Ayurveda.

Keywords: Ayurveda Clinical documentation, Retrospective Analysis, Ayurveda evidence generation

Registration Code: ABOP 2778



AYURVEDA AND CONSERVATION BIOLOGY

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Ayurveda is one of the most renowned traditional systems of medicine that has survived and flourished from ages till now. Flourish of Ayurveda depends on the knowledge of nature based medicines, relationship of human body constitution, function to nature and its elements that act in coordination which affect the living beings. Conservation biology is the study of the conservation of nature and of Earth's biodiversity with the aim of protecting species, their habitats, and ecosystems at all scales and all levels of biological organization. It is also concerned with phenomena that affect the maintenance, loss, and restoration of biodiversity and the science of sustaining evolutionary processes that cause genetic, population, species, and ecosystem diversity. Ayurveda is a life science which treats and prevents the diseases with the products of environment. This gives more importance to each and every part of environment. Vrikshayurveda, Pasu Ayurveda etc explained in our classics shows the importance of conservation of species. Where the Vrikshayurveda explains about different plant species including herbs, shrubs and trees. The Government has taken a number of steps for the conservation of medicinal plants, including Ayurvedic plants, which includes enforcement of the Indian Forest Act; 1927, Wildlife Protection Act, 1972; Forest Conservation Act, 1980; Environmental Protection Act, 1986, Biological Diversity Act, 2002. The relationship between conservation and sustainable use as well as the impact of the development of the discipline of conservation biology should be understood by the common man to save our ecosystem.. Traditional knowledge is vital for sustainability of natural resources including medicinal plants. It's a need of hour to conserve these threatened species by bridging the gap. Proper cultivation packages, collection practices, habitat management, conducting surveys and proper monitoring will be beneficial to have a healthy relation between Ayurveda and Ecosystem.

Keywords: Biodiversity, habitat, species, Vrukshayurveda, Pasuayurveda

Registration Code: ABOP 2852



DNA BARCODING FOR IDENTIFICATION OF CINNAMON SPECIES

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SpiceDB (<http://spicedb.co.in/>) is a concise and freely accessible repository developed to provide comprehensive and consolidated information of Indian spices that would aid in understanding their diverse biological activity. The current version covers five spices: Pepper, Cardamom, Clove, Cinnamon and Cumin, used predominantly in traditional ayurvedic preparations and Indian cuisine. SpiceDB provides a non-redundant, unambiguous, expert-curated dataset of spice metabolites along with their molecular, physiochemical and bioactivity descriptors. Venturing further into profiling and characterising spices on the basis of their genomic data, DNA barcoding analysis of four Cinnamon bark samples (Srilankan, Indonesian, Malabar and Vietnamese varieties - *Cinnamomum verum*, *Cinnamomum burmannii*, *Cinnamomum citriodorum*, *Cinnamomum loureiroi* respectively) were done. The DNAs of the four species were isolated and the *rbcL* genes of each variety were amplified and sequenced using the forward and reverse primers. The sequenced results were successfully submitted to GenBank and granted with accession numbers OR088918-OR088921. BLAST analysis to check sequence similarity and phylogenetic analysis to study the evolutionary lineage of the cinnamon species have also been performed. The study thus paves way for holistic investigation of spices from the perspective of genomics, proteomics and metabolomics to understand the molecular mechanism associated with their therapeutic activity.

Keywords: SpiceDB, *rbcL* genes, GenBank, BLAST, Phylogenetic analysis.

Registration Code: ABOP 2927



TRADITIONAL KNOWLEDGE BASED COMPUTATIONAL INVESTIGATION AND EMPIRICAL VALIDATION OF ANTIMIGRAINE ACTIVITY OF ACTIVE PRINCIPLES FROM CAYRATIA PEDATA

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Migraine is a neurovascular disorder characterized by episodes of headache at the front or one side of the head that is accompanied by nausea, vomiting and increased sensitivity to light and sound. Abnormally higher levels of several neurotransmitters including histamine, calcitonine gene related peptide, nitric oxide and substance P are reported to be closely linked to migraine. Cayratia pedata, commonly known as Birdfoot Grape-Vine, is a herb belonging to the family Vitaceae that has been recommended by traditional ayurvedic practitioners in rural Kerala as remedy against migraine. Using empirical and virtual techniques 35 active principles were identified from the leaves of Cayratia pedata. The phylogenetic relationships of Cayratia pedata within the Vitacea family were also evaluated using DNA barcoding analysis. Investigations identified key important protein targets and neurotransmitters involved in the pathophysiology of migraine by computing a pathway map using pathVisio software. Based on the pathway, three highly connected and important targets viz. Calcitonine Gene Related Peptide (CGRP) receptor, Cyclooxygenase-2 (COX-2) and Nitric Oxide Synthase (NOS) were identified for evaluation of the mechanism of action of active principles in combating migraine. In-silico molecular docking analyses shortlisted nine lead compounds against the selected targets. These were then screened to identify active principles that satisfy ADMET properties, based on which 5-Methylsalicylaldehyde was selected as the lead compound responsible for the anti-migraine activity. In vitro tests validated the hypothesis and the in-silico predictions that 5-Methylsalicylaldehyde significantly inhibits lipopolysaccharide induced release of histamine when macrophage cell lines were used as the models. It is concluded that the plant extract can be used for the effective treatment of migraine and 5-Methylsalicylaldehyde present in the extract .

Keywords: Migraine, Vitaceae family, CGRP receptor, COX-2, NOS, PathVisio

Registration Code: ABOP 2943

ANTIHYPERTENSIVE ACTIVITY OF PHYTOCOMPOUNDS BY TARGETING RENIN-ANGIOTENSIN-ALDOSTERONE SYSTEM

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Both in the state and worldwide, hypertension and associated problems are more common. In humans, hypertension is a separate risk factor that, if left unchecked, can result in stroke, cardiovascular disease, and kidney disease, among other problems. The renin-angiotensin-aldosterone system (RAAS) is in charge of preventing hypertension or blood pressure from rising. The existing medicine's ineffectiveness and drug resistance are two drawbacks to the mono-targeted treatment. More research is needed to create safe, efficient treatments for hypertension that have fewer side effects in order to close these gaps in the existing treatment paradigm. Instead of using mono-target therapy, the current work has provided a novel system-based strategy that focuses on several targets on the RAAS axis as a system with various phytochemicals from the medicinal plant used in the treatment of Ayurveda. Various medication combinations were employed for therapeutic purposes in Ayurveda. The goal of the current work is to target the complete RAAS axis using phytochemicals from medicinal plants used in ayurvedic formulations, drawing on traditional ayurvedic expertise to determine if each RAAS axis component acts as an inhibitor or modulator. The Insilco method is utilized to examine how phytochemicals interact with each member of the RAAS axis. A potential antihypertensive phytochemical has been identified from a medicinal plant used in ayurvedic formulations. To validate the phytochemical's inhibitory or modulatory effect in the RAAS, in vitro experiments will be conducted. The outcome of the study provides useful guidance for clinicians to treat hypertension with fewer side effects.

Keywords: Ayurveda, RAAS, Hypertension

Registration Code: ABOP 2988



QUANTIFICATION OF CANDIDA SPORE IN SLAISHMIKI YONIVYAPAD USING LACTOPHENOL COTTON BLUE STAINING AND IMAGEJ SOFTWARE

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Background and aim: Candida albicans are the main organisms responsible for Slaishmiki yonivyapad and should therefore be used as an index to evaluate the intensity of Vaginal candidiasis. Even though subjective criteria like-pruritis and discharge- are generally used, an absence of objective criteria in assessment of the condition questions the efficacy of the treatment. Additionally, the general method of mounting with KOH (Potassium hydroxide) makes it difficult in quantifying the spores as they cluster. To solve this problem, we presented a convenient method for quantification of candida spore in vaginal smear with lactophenol cotton blue stain followed by quantifying with ImageJ software. Methods: 60 samples of vaginal smear was collected from women having Slaishmiki yonivyapad before, during and after ayurvedic treatment. Samples were stained with lactophenol cotton blue and four quadrants of the field of smear was quantified in ImageJ software, an open-resource image software. Original images of vaginal smear were converted into RGB images, and these images were deconvolved by ImageJ using the colour deconvolution plugin. Results: The resulting monochromatic image obtained showed candida spores in maximal separation from background tissues. Candida spores were quantified in an accurate and efficient manner and statistics could be applied in quantifying the efficacy of ayurvedic treatment in Slaishmiki yonivyapad. Conclusions: The objective criteria thus developed ,because of the simplicity and accuracy, may be widely applied in studying Slaishmiki yonivyapad. Ethical Considerations: Study was approved by the IEC of Amrita Institute of Medical Science and has been registered in CTRI.

Keywords: Candida spore, Slaishmiki yonivyapad, lactophenol cotton blue, ImageJ software.

Registration Code: ABOP 3007

COMPLETE WITHDRAWAL OF STEROIDS AND ALLOPATHIC MEDICINES IN SLE

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Musculo skeletal ailments Systemic Lupus erythematosus [Observation of a case , total withdrawal of steroids and allopathic medicines] Dr. Gargi Shrivastava (ayurvedic physician) – BAMS, Govt.ayurvedic college Gwalior M.P. Dr. Abhinav tiwari (ayurvedic physician)- BAMS , MMM Govt. ayurvedic college Udaipur rajasthan Mob no -7222916889 EMAIL –gargimini@gmail.com Systemic lupus erythematosus which can we correlated VAAT RAKTA in Ayurveda is multi system disease of auto-immune origin ,which cause inflammation of connective tissues such as cartilage lining of blood vessels along the associated main complains –join pain, butterfly shape rashes on face ,skin lesions ,ulcer in mouth, fatigue and fever .Here I am going to present case study of of 35 years old female came in opd with mouth ulcer , moderate to severe shifting joint pain ,a big MALAR rash on cheeks and bridge of nose. And on going treatment hypothyroidism thyroxine 100mcg , pathological findings are DS DNA positive885[0-80],CRP and ESR-70 also increase. WBC ,HB, VIT B12 C3&C4 complement are low. Treatment Planned As Vaat Rakt With Oral Medicine And Panchkarma Procedures Virechan And Basti .started with 3 days home detox plan then LOT-1) PITTSAMAKCHIKITSHA2]RAKTSHODHAN 3]VEDNASTHAPAN then a vrihad rechan done, Drug of choice of oral medicine – GUDUCHI, MANJISTHA and CHOPCHINI, RAS ASHADHI – RASRAAJRAS, RASAYAN–1gm amrita 1/day, after vrihad rechan started mild brahan chikitsa [MATRA BASTI] for management of VAAT dosha, COMPLICATION– KIDNEY DISORDER ,and IBS HYPERTENTION COMPLICATION MANAGEMENT LOT – BASTI SHODHAN [GOKSHUR ,VARUN], HRIDRA (ARJUN) AND MEDHYA [BRAHMI] CONCLUSION – COMPLETE WITHDRAWAL OF STEROIDS,PAIN SUBSIDE THYROXINE REDUCTION UP TO 50 Mcg BLOOD PRESSURE UNDER CONTROL Patient is in observation with management dose Key Words – SLE, VAAT RAKT,STEROID ,PANCHKARMA ,GILOY

Keywords: Sle, Vaat Rakta, Steroids, Panchkarma, Giloy

Registration Code: ABOP 3016



EXPLORING TRANS DISCIPLINARY RESEARCH I N THE LIGHT OF CHIKITSA CHATUSHPADAS

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Ancient wisdom in Ayurveda is a result of extensive research in various disciplines by our Acharyas with the sole objective of helping an individual to gracefully attain “Chaturvidha purusharthas”. As a generation of healthcare providers in Ayurveda, we must celebrate that ideology and inculcate the knowledge of various streams to make our practice more acceptable to the modern mindset. We are endeavouring to explore this in the light of “Chikitsa chatushpadas”. Enabling the ‘physicians’ with ease of access to relevant contemporary research data will empower them to be well equipped in terms of knowledge and skills which will ultimately translate into high quality patient care. Exploring the mechanism of various ‘drug interactions’ and also making attempts to further enhance its efficacy by integrating research data of ancient ayurvedic methods and the principles of modern technologies like bio-engineering, agriculture technologies, genetic engineering, nanotechnology from the initial stages till the level of drug ingestion. It is safe to state that, a major part of health services is highly dependent on ‘secondary patient care’. Hence, it becomes very crucial to employ new age technologies like AI assistants, bots etc and also integrate relevant aspects of research data in the fields of physiotherapy, diet and nutrition with the purpose of making healthcare more streamlined and effective both in terms of cost and ease of access. Even when the other systems are in place, it ultimately comes down to the reception of all these aspects by the patient and their situations. To enhance this, Smriti and Satwa play important roles; this can be further explored by tapping into the fields of Medical astrology and Yoga meditation and integrating relevant research insights. In conclusion, we are attempting to spark a movement of trans disciplinary research applications with Ayurveda to tackle new age healthcare challenges.

Keywords: Ancient wisdom, Trans disciplinary research, Chikitsa chatushpadas, Chaturvidha purusharthas, Integration, Modern technologies

Registration Code: ABOP 3031



DEVELOPMENT AND SCOPE OF AYURVEDAGRANTHASAMUCCAYA APTA DIGITAL LIBRARY MULTILINGUAL SEARCHABLE ELECTRONIC BOOKS OF AYURVEDA

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The Central Council for Research in Ayurvedic Sciences has launched a web portal named Āyurvedagrānṭhasamuccaya - APTA Digital Library (APTA being the acronym for Authoritative Principal Textbooks of Ayurveda). The core objective of this portal is to make all the major classical compendiums of Ayurveda available on a single web-based platform to enable students, practitioners, academicians, and researchers of Āyurveda to have readily accessible and searchable information along with varied search options. The salient features of the portal. The portal has 35 texts, which includes major texts viz., Brihatrayi, Laghutrayi, important nighantu, and a few other classical books of Ayurveda. The portal is available at URL www.ccras.res.in/ccras-ebooks/. The search features of the portal can be accessed without any Sign-Up or Registration. However, Sign Up is required for reading individual books available on the portal. The portal offers effective navigation, search modalities, and edutainment facilities. The various use case scenarios of the portal include its application in research, academics, and clinical practice. In academics, it can be used as a single-point learning resource material, as a study resource for smart classroom teaching, and as a tool for conducting quizzes and tests. In research, it can be used for data synthesis, categorization, and finding the various contexts in which a term is used. In clinical practice, the portal can help the physician identify the disease pattern and the formulations and dosage forms for specific disease conditions through various search options. Conclusion: Apart from making the books available at a click away, it also provides edutainment options and advanced search options, which can immensely help academics, research, and clinical practice in Ayurveda.

Keywords: Ayurvedagrānṭhasamuccayaḥ, APTA Digital Library, E-book portal

Registration Code: ABOP 3080



NAMASTE PORTAL - A LAUNCHPAD FOR THE GLOBALIZATION OF AYUSH SYSTEMS

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The National Ayush Morbidity and Standardized Terminologies Electronic Portal (NAMASTE Portal) is a web-based portal developed by the Ministry of Ayush for Standardized Terminologies and National Morbidity Codes of Ayurveda, Siddha and Unani Systems of Medicine and WHO-ICD-10 and ICD-11. Materials and Methods: The information available on the dashboard of the NAMASTE Portal is analyzed and various activities to launch the program across the country are also studied for assessing its successful implementation. The results are studied to match its objectives and the overall globalization of Ayurveda. Contributions of NAMASTE Portal: The NAMASTE portal is being utilized for the collection of month-wise morbidity statistics from 86 Ayush institutions across the country as of the date and to date, data of 96,29,862 OPD patients and 1,71,708 IPD patients is available on the portal. The real-time dashboard provides locally valid and representative data of what Ayurveda treats in the 21st century in India. The classification structure also forms the base of the zero drafts for the development of the International Classification of Diseases Chapter 26 Traditional Medicine 2 module by the World Health Organization and the data available on the portal is being used for the frequency analysis. Further scope: The morbidity statistics may be used (i) to design an improved curriculum of Ayurveda with specialized courses (ii) to outline a Practice Data Research Strategy (PDRS) (iii) for practitioner development through computerized relational database development analyzing Reasons for Encounter and (iv) to initiate national morbidity studies from an Ayurveda perspective.

Keywords: AYUSH morbidity codes, Electronic health records, Morbidity statistics collection, National AYUSH Morbidity and Standardized Terminology Portal, and Standardized Ayurveda terminologies.

Registration Code: ABOP 3081

AN INNOVATIVE LEARNING TOOL FOR AYURVEDA STUDENTS - A SURVEY

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In digitization era, students are more adapted to the digital world and routinely used digital playback devices in their lives for entertainment and communication. Faculty too seeing students gazing at their various media devices than reading text books. The reason might be that traditional textbooks did not meet the needs of the digital generation. Ashtanga Hridaya, an authentic Ayurveda treatise also called as essence of eight branches of Ayurveda, consists of six sections and 120 chapters. Sloka is the poetic form used in the Ayurvedic texts. Teaching and learning of Ayurveda should be integrative in nature involving ancient as well as modern technologies without affecting the fundamental learning principles, which helps in the propagation of knowledge of Ayurveda. So, it is necessary to think about innovative ways to encourage students to access reading efficiently. For that, a survey was conducted among Ayurveda students by giving questionnaire to get the feedback from students who learned Sloka from the Samhita and audio Sloka. The obtained result was compared and analysed statistically. So, the present study, aims to utilize audio Sloka of Ashtanga Hridaya, Uttarasthana for easy memorizing and utilization of the knowledge in Ayurveda, which will be beneficial to the Ayurveda community.

Keywords: Ashtanga Hridaya, Uttarasthana, Sloka.

Registration Code: ABPO 1084



ROLE OF ARTIFICIAL INTELLIGENCE IN AYURVEDA

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Ayurveda is the science of life which is utilized for the maintenance of health since from the ancient time. Ayurveda is one of the oldest medical systems which comprises thousands of medical concepts and hypothesis. It has the ability to treat many of the chronic diseases like Arthritis, Asthama, Diabetes etc. With increase demand of Ayurveda medicine and acceptance of Ayurveda in the entire World, there is requirement of modernization and use of advance techniques in Ayurveda. Upgrading yourself is the only way of staying ahead. To upgrade is to make improvement in something or exchange it for better version. There may be upgradation of skills knowledge or system. So, for upgrading this ancient and precious system of medicine there must be full-fledged inclusion of technology that allows computers and machines to function in an intelligent manner. Artificial Intelligence is one of the valuable tools which came into the view a few years back and is regarded as revolutionary and futuristic. It can be used to overcome challenges faced in Ayurveda by applying in the various sectors like Data Analysis, Literature Review Assistance, Translation and Interpretation etc. The collected from web browser and few papers related on AI could be a valuable tool for Ayurveda Research and also effectively used to solve the challenges faced in Ayurveda with its probable solutions for global acceptance of Ayurveda.

Keywords: Ayurveda, Artificial Intelligence, Data Analysis, Literature Review Assistance

Registration Code: ABPO 1197

COMPARATIVE ANALYSIS OF SAHAJ NADI PARIKSHA OF AYURVEDA WITH SADHAKA NADI PARIKSHA OF SIDDHA

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Nadi Pariksha is one among the ashta sthana pariksha to understand the physiological and disease state. Originating from four main streams—Shiva Nadi, Nandi Nadi, Agasthya Nadi, and Sankhya Nadi—multiple schools of Nadi Pariksha exist. Sahaj Nadi Pariksha belongs to Sankhya school of Ayurveda, while Sadhaka Nadi Pariksha is from Agasthya school of Siddha. Both techniques, simple yet profound, offer a holistic scan of a person's body, aiding physicians in guiding patients for health maintenance and assessing disease status and prognosis. This study employs both literature review and practical application in clinics for both techniques. Sahaja Nadi Pariksha is developed by Vaidhya Sanjay Kumar, fortified with references from the texts - the Brihatrayi, Nadi Vignyan by Kanada rishi and Ravana, Yogaratnakara, Basavarajeeyam and secrets of the pulse. The study of Sadhaka Nadi Pariksha involves examining the 104 verses of Vaithiya Sadhaka Nadi from the 32-text compendium Pathinen Siddhar Nadi Sasthiram. Practical aspects, such as technique, interpretation methods, accuracy, physician bias, and integration with electronic devices, are studied. While both techniques require practice to develop touch sensory perception, Sahaja Nadi Pariksha enables a physician to identify a person's Prakriti, severity scale of doshas, subdoshas, dhathus, acute or chronic conditions, and involvement of the circulatory system, ama, etc. Sadhaka Nadi Pariksha indicates physiological state when the intensity ratio is 4:2:1, and for each of the 18 vikriti Nadi combinations it directly lists differential diagnosis with a reference table. Both Nadi Pariksha techniques are unique, subjective, and complete algorithms on their own. Combining both practices allows physicians to cross-verify and enhance the accuracy of interpretation. This comparative analysis opens avenues to enhance the functionality of SaNaaY, the Nadi yantra using PPI technology, by incorporating the five levels of the Sahaj Nadi matrix and the Sadhaka Nadi reference table.

Keywords: Nadi Pariksha, Vaithiya Sadhaka Nadi, SaNaaY, Siddha, Asta Sthana Pariksha

Registration Code: ABPO 1463



CRITICAL REVIEW ON CONCEPT OF PERSONALIZED MEDICINE IN AYURVED

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Personalized medicine is an emerging practice of medicine that uses an individual's genetic profile to guide decisions made in regard to the prevention, diagnosis and treatment of disease. Knowledge of a patient's genetic profile can help doctors select the proper medication or therapy and administer it using the proper dose or regimen. Personalized medicine is being advanced through data from the Human Genome Project. According to Ayurvedic system of medicine each person is unique and has a specific combination of three doshas. These doshas determine their physical and mental characteristics. The three doshas are Vata, Pitta, and Kapha. Ayurveda takes a holistic approach to health and wellness, considering the interconnectedness of the mind, body, and spirit. Though all three doshas exist in every human being one is dominant based on which an individual's Prakriti is determined. Prakritis are discrete phenotypes and they are determined on the basis of physical, psychological, physiological and behavioural traits. Prakriti-based medicine can play a vital role in this changing scenario of global health wisdom. Literary review from ayurvedic text books brihatrayees, laghutrayees, Nighantus etc. and articles from google scholar and pubmed were used for this review. Personalized medicine is based on the patient's genetic profile. In Ayurveda rogi and roga pareeksha mainly depends upon the prakriti. Along with that predominance of doshas, desha, bala,kala, anala, vaya, satwam,sathmya and ahara are also examined in the diagnosis of the disease. From the descriptions it is clear that in ayurvedic system of medicine the drug selection has close resemblance with personalized medicine. Therefore, the concept of personalized medicine has close resemblance with the concept of diagnosis and treatment in Ayurveda.

Keywords: Personalized medicine, Human genome, Prakriti

Registration Code: ABPO 1497

EXPLORING PRAKRITI AGEOTYPES AND RASAYANA THERAPY- A MULTIDIMENSIONAL APPROACH FOR A GRACEFUL AGEING

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Prakriti refers to the body constitution of an individual which determines the physical, physiological, psychological, and behavioural patterns of an individual. It plays a major role in determining one's lifespan and ageing is one such natural process which brings unfavourable changes all over the body resulting in a decline in overall performances. This has been defined in ayurveda, where Kapha, Pitta and Vata prakriti individuals are known to have prolonged, moderate and lowest lifespan respectively. Omic based analysis also tries to prove the same point. A recent longitudinal, deep multi-omic profiling has enabled the identification of individuals with distinct ageing phenotypes, which they termed as 'ageotypes' indicating that biological age can significantly differ between individuals of similar chronological age. Ageotypes may provide a molecular assessment of personal ageing that may ultimately be useful in monitoring and intervening in the ageing process. Research has proven that acceleration of the biological clock has been associated with human diseases, and halting and reversal of brain ageing are possible in humans within a reasonable time frame depending on individuals ageotype. Prakriti plays a vital role in prediction of lifespan, disease direction and identification of the extent of the prognosis well before contracting an illness. Methods to prolong the life span is explained in Ayurveda through Rasayana therapy which is the unique treatment protocol intended for sustaining youthfulness. A multidimensional approach incorporating the principles of Ayurveda like Prakriti and the novel concept of ageotypes and adoption of Prakriti based diet and lifestyle and selection of Rasayana therapies apt for one's Prakriti and analysing the effects through interdisciplinary approach can help provide more leads on how to prolong the life span. Such a multidimensional integrative approach can help in achieving a healthy and graceful ageing.

Keywords: Prakriti, Ageotypes, Rasayana therapy, Ageing, Phenotypes

Registration Code: ABPO 1548



AYURVEDIC PERSPECTIVE OF CIRCADIAN RHYTHM

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The cyclical, natural changes that occur in our bodies are known as biological rhythms, in which researches mainly focus on circadian rhythms. Body functions vary based on how well they adapt to the rhythms of sun and moon. Ayurveda explains this on the basis of cyclic rhythm of Tridoshas. Similar to how Soma, Surya, and Anila maintain the integrity of the earthly universe, Doshas Vata, Pitha and Kapha maintain the integrity of our bodies. This review paper aims to understand the concept of circadian rhythm in Ayurvedic view and its application in the prevention and management of disorders. Literature search was carried out in Classical texts of Ayurveda and Modern system and relevant databases. A total 4958 articles were found, among them 62 relevant articles were taken, of which full paper and abstracts of the most relevant and freely downloadable articles were reviewed. This research made it clear that the Ayurvedic diet and lifestyle recommendations aim to maintain the diurnal and seasonal variations of Doshas. Deviation in this rhythm leads to many disorders. In the present era, due to the increased demand of shift working, circadian rhythm disharmonies contribute to various lifestyle disorders and psychological illness. We can maximize our health, immunity and mental alertness by proper alignment of circadian rhythm by following methods like Rithucharya, Dinacharya, proper Ahar and Nidra, Ritusodhanas etc.

Keywords: Biological Rhythm, Tridoshas, Dinacharya, Ritucharya, Diet, Life style disorders.

Registration Code: ABPO 1574



AYURVEDA AND CONSERVATION BIOLOGY

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Ayurveda, the sacred knowledge of longevity has been practiced since time immemorial and employs many single drugs and several classes of medicine in the treatment of diseases. Expressed juices, Decoctions, Spiritual liquors, Medicinal lipids, Pastes, Powders, and pills are important Ayurvedic dosage forms. Medicinal plants are globally valuable sources of herbal products. In the past few decades, the use of herbal medicines has increased around the world, mainly for the management of chronic diseases due to adverse effects, poor activity against chronic diseases, and increasing microbial resistance to synthetic drugs. In India, around 70% of modern medicines are either derived from natural sources or synthetically modified from naturally occurring phytochemicals. Many of these plants are used in cosmetics, flavors, fragrances, disinfectants, and insect repellants. As a result, the market for herbal products has increased, particularly in American and European countries. Unrestricted commercialization of Ayurvedic products will threaten the vital resources, plant diversity, and natural heritage of the earth. Besides, losing certain extremely useful plants from their natural habitat may cause social, economic, and environmental issues, which may disturb the natural ecosystem, and potentially lead to broader environmental consequences. Proper assessment of population size mapping and biology of threatened plants, In situ conservation by the biosphere resources, Ex situ conservation through artificial regeneration of botanical gardens, and arboreta, etc; could solve the issue to a great extent. Reutilization and recycling of the products will result in effective waste management, which is easy and economical. Plant tissue culture, Good Agricultural Practices, Synthetic seed technology, and breeding improvement using molecular marker-based approaches applied at the genetic level can also be incorporated. Through this work, an attempt has been made to compile the necessary methodologies for effective utilization and conservation with special reference to Medicinal plants in the field of Ayurveda.

Keywords: Medicinal plants, In situ conservation, Ex situ conservation, Tissue culture, Reutilization, Good Agricultural practices

Registration Code: ABPO 1656



NEED OF AI TO UNDERSTAND THE COMPLEXITY OF AYURVEDA AND ITS FUNDAMENTAL PRINCIPLES

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The fundamental principles of Ayurveda are timeless, but their practical application in the contemporary world is intricate. Over time, circumstances, geography, human biology, climate, and available medicines have changed and evolved. Ayurvedic principles retain their depth, but their practical use is not straightforward for everyone. Understanding Doshas, which are ever-changing and influenced by factors like age and seasons, and manifesting in diverse ways, can pose challenges for healthcare professionals. So, there is a demand for an algorithm that can analyze and make an equilibrium between the concept of Doshas and their effects on bodily tissues and waste products. To truly standardize Ayurvedic medicine system a thorough mathematical analysis is necessary. This analysis should cover aspects such as causes (Hetu), symptoms (Lakshana), medications, tastes, body tissues (Dhatus), waste products, various treatment methods and protocol, distinctions among different diseases, including unspecified diseases. Without this precise mathematical analysis, the standardization of Ayurvedic healthcare remains a formidable task. Computers can rapidly perform intricate mathematical analyses and can be helpful in providing healthcare practitioners with swift diagnoses, treatment recommendations, streamlined Panchakarma procedures to enhance healthcare accessibility and efficiency.

Keywords: Diagnosis science

Registration Code: ABPO 1698

PRAKRITI A PHILOSOPHY OR AVANT- GARDE CONTRIVANCE

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Ayurveda texts describe the connection between Deha Prakriti (psychophysiological constitution), which corresponds to the phenotype, and the Janma Prakriti, which corresponds to the genotype. This study aims to support the hypothesis which states that there is a relationship between the concept of Prakriti and genomics. Prakriti as a tool can be used in two ways- in the treatment aspect and as prophylaxis. Protocol 1: To assess the relationship between Prakriti of endometriosis patients and the varied symptomatology that is often associated with the variability of genes. This enables us to develop a genetic algorithm thus introducing Prakriti dependent treatment plans for Endometriosis patients. Protocol 2: To identify a family susceptible to the presence of a disease-carrying gene of Endometriosis. If they are planning for a baby, give proper genetic counseling along with pre-conceptional care. Then we try to predict the chance of a particular disease in a newborn by assessing the Prakriti through PRS-IPA Software. Depending upon the Prakriti, we introduce a Nutrigenomics plan to prevent that individual from getting that disease in the future. Personalized medicines based on Prakriti and Vikriti are more effective. Evidence-based Practice and documentation are easily implemented through this protocol. To conclude, Ayurgenomics presents a personalized approach to medicines predictive, preventive, and curative aspects with molecular variability starting from the sukra and sonita. It is time to study the interindividual variability due to genetic variability through generating genetic algorithms for assessing susceptibility and establishing diagnosis and prognosis. `When Nutrigenomics and Pharmacogenomics combine with the concept of Prakriti , it can help millions in future. Prakriti which remains as a philosophy in the syllabus can be applied to clinical practice, research, and education from the basic level of germ cells to create better individuals both mentally and physically.

Keywords: Prakriti, Ayurveda, Personalized medicine, Endometriosis, Ayurgenomics, Nutrigenomics

Registration Code: ABPO 1822



RAKSHAPEKSHA- DESIRE TO CARE

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In recent years, with the high demand for healthy lifestyle, the innovative IT health monitoring systems have been revolutionizing the medical industry. Keeping that in mind, we are trying to explore how modern technology and Traditional medication can go together to address the challenges that are preventing healthy lifestyle in the community. We have following thoughts to cover in this application: Creating a platform to Connect Ayurvedic practitioners and people in need. As a first step, this will be achieved by creating a secured database that will follow all security norms to keep the data privacy intact. Multimodal data capturing of practitioners and people to render data which can help in storing case history and setting reminders to take medicines, diet, Panchakarmas to be performed. Reward points system for patients responding to reminders which can be converted in to discounts in future consulting and medicines. Recommendation of Yoga asanas to be practiced, proposing food intake & sleeping pattern, etc. based on the assessment made by Practitioners. The app will also provide ways for the patient to upload fresh complaints or any improvements felt in their health. Reports and insights for practitioners to analyse patient history and patients to view their health improvement trend.

Keywords: Health monitoring, Secured database, Multimodal data, Reports

Registration Code: ABPO 2171



SYNERGY OF TRADITION AND TECHNOLOGY ARTIFICIAL INTELLIGENCE AND AYURVEDA

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The integration of Artificial Intelligence (AI) with Ayurveda, an ancient Indian system of medicine, marks a transformative synergy between traditional wisdom and cutting-edge technology. This amalgamation holds profound implications for healthcare. Artificial Intelligence enhances Ayurveda by providing personalized health assessments, efficient diagnosis, and precise herbal remedies based on vast datasets and historical knowledge. Additionally, Artificial Intelligence ensures quality control and standardization of Ayurvedic products, addressing critical challenges in the field. The collaboration facilitates the global accessibility of Ayurvedic knowledge through telemedicine and virtual practitioners. Furthermore, Artificial Intelligence accelerates Ayurvedic research by analysing extensive datasets, leading to new insights and innovations. Despite the immense potential, ethical considerations around authenticity, patient privacy, and cultural preservation must be navigated. This abstract explores how the integration of Artificial Intelligence and Ayurveda is reshaping healthcare, promising a future where ancient wisdom meets cutting-edge innovation for holistic well-being.

Keywords: Artificial intelligence, Ayurveda, Tridosha, Prakriti

Registration Code: ABPO 2371



DEVELOPMENT OF LEPAEASE THE AYURVEDIC PATCH SOLUTION A READY TO USE LEPA DELIVERY SYSTEM

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Lepa Kalpana is one of the upakalpana in Ayurveda, employed for its localized topical application in various medical conditions. This approach allows for the optimal absorption of drugs directly at the affected site. However, it is essential to acknowledge that this method can be time-consuming and prone to creating a mess. To address these challenges, especially in modern healthcare settings, innovative approaches and technology should be harnessed. This article aims to develop a ready to use Lepa delivery system without hindering the authenticity and mode of action of this drug delivery system. Lepa Ease is an innovative Lepa delivery system that utilizes retort technology to package pre-prepared Lepa formulations. These are conveniently provided alongside adhesive bandages made from non-woven spun lace fabric, making the Lepa application process seamless. Lepa Ease will come in different formulations, so that based on the dosa predominance and disease conditions, it can be used accordingly. The packaging system makes it leakproof, and is made available in different sizes according to the site of application. Lepa Ease, the Ayurvedic patch solution is an innovative way of Lepa delivery system which can be used as an alternative for Lepa Kalpana, without interfering with its authentic mode of action. Lepa Ease, when launched, will act as a pioneer in Ayurveda Lepa Kalpana by ruling out the common notion of Ayurvedic managements being inconvenient and complex.

Keywords: Topical application, Ayurvedic bandages, Readymade patch, Lepamam

Registration Code: ABPO 2416

AI-EMBEDDING ANCIENT WISDOM WITH TECHNOLOGY

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The quest for optimal health and well-being has led to a fascinating convergence of ancient wisdom and modern technology. Hence, the prototype was to explore the powerful combination of Ayurveda and AI, by unveiling how these two disciplines will transform the pursuit of health and well-being in modern era. Clinical data captured from RUDRA app were used for the prototype. purpose is to assist doctors with personalized diagnosis & prescriptions guided with predictive analysis and decoding ancient texts. It enhances herb identification for safe and effective products. Currently Doctors refer to online portals like dharaonline.org for published article on symptoms. Symptoms to disease mapping is created using the AYUSH portal. Using data from RUDRA, AI algorithms can analyse an individu's genetic, physiological, and lifestyle information's to determine their unique"prakriti". This information helps practitioners develop tailored treatment plans. Our Predictive Analytics & ML models can identify patterns in Ayurvedic diagnoses and treatments, predicting health-related decline and recommending preventive measures. This information refines treatment plans and optimizes patient outcomes. Likewise, Doctors currently refer to ayutexts.org containing classical text reference and osadhi.dharaonlin.org for formulations and the ingredients used for a formulation. AI-powered natural language processing (NLP) can decipher and analyze ancient texts, making it more accessible to researchers and practitioners AI's Image Recognition, Spectroscopy, Chemical Analysis, NLP are a few valuable contributions from AI to overcome challenges in Herb Identification. Helps to analyze large amounts of data and recognize intricate patterns. Its phase 2 prototype. AI and ML algorithms have made significant strides in healthcare, from early disease detection to personalized treatment plans. Analysing clinical data, they can identify patterns and make predictions that aid medical professionals in making informed decisions. For a proper AI drive initiative, clean & segregated database is needed effective documentation makes it achievable.

Keywords: Pharmaceuticals, science, Engineering, Ayurveda, Artificial intelligence, Generative, Machine learning

Registration Code: ABPO 2446



POSSIBILITIES OF ARTIFICIAL INTELLIGENCE IN AYURVEDA PHARMACOLOGY

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Artificial intelligence (AI) is the application of advanced computing techniques to enable machines to imitate thinking like humans and do things that are considered "smart." AI technology can process enormous amounts of data in ways humans cannot. The goal for AI is to do things such as recognise patterns, make decisions, and judge like humans based on data. AI has rapidly advanced in the medical field, revolutionising patient care and diagnosis, much like it has impacted other sectors massively. Ayurveda is still only beginning to utilise technology in its core areas. This paper aims to find out the possibilities of Artificial intelligence in Ayurveda Pharmacology. By reviewing published papers from different databases and performing critical analysis, certain key areas were identified by which Artificial intelligence can enhance Ayurveda Pharmacology. It can offer advanced tools for herb identification by image recognition, quality control by analysing the chemical composition of herbs, optimise herb cultivation and harvesting, herb-drug interaction analysis, personalised treatments, data analysis, development of databases for Ayurvedic raw drugs etc. By incorporating AI, Ayurvedic practice can become more precise and personalised while preserving its traditional principles. It is important to note that while AI can be a valuable tool in the Ayurveda, it should be used in conjunction with traditional knowledge and expertise to ensure accuracy and authenticity. These technologies must be seen as *karam* or tools that can be utilised to make Ayurveda more accessible and understandable to a wider audience, facilitating its integration into modern healthcare.

Keywords: Herb identification, Image recognition, Technology, quality control, Cultivation, and harvesting

Registration Code: ABPO 2530

AN INNOVATIVE INSIGHT INTO APPLICATION OF ARTIFICIAL INTELLIGENCE IN JIHVA PAREEKSHA

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In Ayurveda, a diseased person is primarily examined by Darshana, Sparshana, and Prashna pareeksha. Darshana pareeksha includes examining the Indriya adhistanas like Jihva etc to gain insights into the underlying pathology. Jihva is one of the important indicators of healthy status of a person. Jihva pareeksha determines the status of the agni, presence of ama/niramatva as well as underlying vyadhi. The main reason behind poor acceptance of Ayurvedic diagnosis is the lack of standardized systemic objective methodology and diagnostic methods. Being in the era of Artificial Intelligence (AI), there is a need to explore the available models of AI that can be incorporated to standardize the Ayurvedic diagnosis by objective methodology. Materials and Classical texts of Ayurveda, Literatures from Information Technology and journals from standard e-database were considered. A literary review was carried out on concepts related to Jihva and aspects of AI including Machine learning, Deep Learning, Neural Networks etc were reviewed in terms of their feasibility in designing an AI guided tool for Jihva Pareeksha. i) Computer aided image enhancement is a necessary for an accurate Tongue image analysis. ii) Classifiers like KNN, Neural Network, Decision Tree, FNLM, GLCM, DLCNN etc are necessary to identify the class of the rendered tongue image. iii) TDAS, Tongue-Net and other existing models are to be considered in developing an AI guided tool for Jihva Pareeksha. The need for Scientific evaluation of ayurveda and its recognition as Evidence Based medicine has been in the main stream for a long time. Various steps have been taken in this regard, the integration of AI for tool development to standardize the Ayurvedic diagnosis by objective methodology is one such. These AI systems must be designed, developed and deployed in a trustworthy manner, respecting human rights and privacy with ethical considerations.

Keywords: Darshana Pareeksha, Jihva, Jihva Pareeksha, AI, Machine Learning, Deep Learning

Registration Code: ABPO 2556



ENHANCING HEALTH PREVENTION THROUGH AI-DRIVEN PERSONALIZED NUTRITION A PROMISING PARADIGM

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Ayurveda, which originated in India over 5,000 years ago, links a person's "Prakriti," or unique makeup, to their health. This ancient technique identifies three doshas—Vata, Pitta, and Kapha—and gives each person precise diet and lifestyle counsel. Introduction: The intersection between personalized diet with Ayurveda's Prakriti is intriguing. Diets that promote health combine modern nutritional science and old understanding. Ayurvedic principles are utilized to make food suggestions for each person based on their Prakriti constitution, which may be healthy. This study looks at how Ayurvedic principles are used to make dietary suggestions for each person based on their unique Prakriti constitution. It also talks about the possible health benefits of this personalized method. Ayurvedic texts, studies, Important Ayurvedic literature, study papers, and other relevant publications were studied to learn more about this holistic dietary method. Artificial intelligence (AI) is a pivotal factor in the development of personalised diet recommendations through its utilisation in various areas such as data analysis, personalization, continuous adaptation, behaviour prediction, remote monitoring, research advancements, accessibility, and nutritional insights. AI-driven personalized nutrition, with its precision, adaptability, and predictive capabilities, offers transformative potential for health prevention. It customizes recommendations to individual needs, forecasts adherence, and enhances accessibility through remote monitoring. Accelerated research complements these benefits, promising more effective strategies for preventing a range of health conditions. AI-driven personalized nutrition holds immense promise for health prevention, offering tailored strategies to enhance well-being effectively.

Keywords: Personalized nutrition, Prakriti, Ayurveda, Health maintenance, Individualized dietary recommendations

Registration Code: ABPO 2605



UTILITY OF ARTIFICIAL INTELLIGENCE FOR GLOBAL ACCEPTANCE OF AYURVEDA

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Artificial intelligence, an emerging technology is widely used to promote evidence-based Ayurveda. Technology can help modernise Ayurveda in many ways. Medical technologies have been used in Ayurveda to improve diagnosis and monitoring response to treatment. Information Technology (IT) has helped in preserving manuscripts and the digitisation of medical data. Various government and non- government entities are actively participating in setting trends in Ayurveda digitization. Today, e-books help us in reading of the text and also to perform complete search of the text. Hence an attempt has been made to highlight the challenges in the field of Ayurveda by using Artificial Intelligence for global acceptance.

Keywords: Artificial intelligence, Information technology, E-books.

Registration Code: ABPO 1888



AYURVEDA BIOLOGY KA SURVEY AMONG AYURVEDA PG SCHOLARS OF KERALA

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Ayurveda biology is a new emerging cross-cultural field of research. The idea of cross-cultural fusion in biology put forward by Ayu-genomics was followed by decadal research programme named as 'Ayurveda biology' by Dr Valiathan. The transfusion of knowledge from both modern biology and Ayurveda can sow the seeds for growth of a new cross-cultural biology that may generate contributions to the world of medicine and physiology. It seems that Ayurveda and biology both carry equivalent etymological meaning, the study of changes in life process. Ayurveda biology uses the approach of molecular biology to study the fundamentals of Ayurveda. The main objective of the Ayurveda biology programme is to promote the application of basic science towards the investigation of Ayurvedic concepts, procedures and product with the materials and methods of molecular biology, immunology and biological chemistry. It was inevitable that Ayurveda would soon be viewed through the window of molecular biology in 21st century. So, for Ayurveda to be appreciated by western medical researcher, this traditional system of medicine needs to be understood in terms of modern science. Today some institutions are offering Ayurveda biology courses across India. On the basis of all these we conducted a survey by google form among Ayurveda PG students all over Kerala to know how well they aware about the concept of Ayurveda biology. Questions was developed in the department of Samhita Sanskrit and Siddhanta by incorporating questions regarding the awareness, opinion and basic features regarding Ayurveda biology. From the survey it is evident that majority of the participant are not much aware about Ayurveda biology. And this presentation highlights the outcomes of the survey conducted.

Keywords: Ayurveda biology, Ayu-genomics, Cross-cultural field, Molecular biology, KA survey

Registration Code: ABPO 2649



ANTIMICROBIAL AGENT FROM NEEM AZADIRACHTA INDICA LEAVES IN COSMETICS FOR SKIN AND HAIR CARE

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Azadirachta indica, commonly known as neem is a tropical evergreen plant (Family Meliaceae) native to South Asia. Neem has attracted many researchers worldwide in recent years due to its extensive range of medicinal properties. Different parts of neem plant have shown anti-microbial effects against many microorganisms, but bitter principles from neem leaves have been molecules of interest in many antimicrobial studies. In the cosmetic industry filled with synthetic actives, neem leaves extract has the potential to be a good antimicrobial active. Extraction and enrichment of bitters from neem leaves and to determine anti-microbial activity of Hydro-alcoholic extract of neem (*Azadirachta indica*) leaves with enriched bitters (NLT 20%) against *Cutibacterium acnes* (*C. acnes*) and *Malassezia furfur*. (*M.furfur*) Methods: Extraction of Bitter components from neem leaves were carried out by using Hydro-alcoholic solvent, where the obtained extract was subjected to further purification and enrichment. Bitters from the neem leaves extract were quantified by a gravimetric analysis. Antimicrobial activity of plant extract was measured by agar well diffusion method. Purified extract with bitters enriched up to 20% showed a 13mm zone against *M. furfur* at 10mg/ml where Climbazole (Positive control) showed a zone of 24mm at 1mg/ml. A 16mm zone was observed when neem leaves extract was tested against *C.Acnes* at 10mg/ml concentration. Clindamycin, which was used as positive control against *C.Acnes* showed a zone of 50 mm at a concentration of 1mg/ml. Neem leaves extract with enriched bitters (NLT 20%) can be a potential anti-microbial agent to be used in cosmetics.

Keywords: Neem leaves, Anti-microbial, *C. acnes*, *M. furfur*, ZOI.

Registration Code: ABOP 2668



INFORMATION TECHNOLOGY AND AYURVEDA PRESENT SCENERIO

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Today information technology is used in wide range of fields and one of the upcoming fields is of Medical Science Modern, which is known as Health Information Technology (HIT). The National Health Service (NHS) has made an important strategic decision to emphasize medical research specially Ayurveda research as one of its core missions. Thus, as the NHS continues to develop its IT infrastructure, it will be able to make technical upgrades and policy changes to improve information sharing and its information base for research. Our society needs a generation of physicians that are technologically skilled and adapted toward innovation. Health informatics tools include computers, clinical guidelines, formal medical terminologies, and information and communication systems. With the development in IT, there has been a significant change in medical education all over the world. The changes is that majority of the medical students are computer literate these days. New information on medical topics is readily accessible via the Internet and handheld computers such as palmtops, personal digital assistants (PDA). Information Technology can assist medical education in various ways such as in college networks and internet. Computer-assisted learning (CAL), Virtual reality (VR), Human patient simulators are some options. We can read our Samhitas and commentaries from e-Samhita, applications and channels etc. New research which is related to our ancient medical science could also approach through various journals, google scholars, PubMed etc. these all are parts of modernisation of our ancient system of medicine. For educational purpose like teaching and learning, With the help of college networks and Internet, the medical students as well as the teachers may stay in contact even when they are off college. This article reviews the greatest technological innovations that revolutionized our traditional medical science in many aspects.

Keywords: Ayurveda, Samhita, Health, Technology, Research

Registration Code: ABPO 2679

AYURVEDIC AND YOGA APPROACH IN MANAGEMENT OF PREPUBERTY AND REPRODUCTIVE LIFE PRATIMA PRALHAD LIPNE*

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Pre-Puberty is defined as the development of pubertal changes, at an age younger than the accepted lower limits for age of onset of Puberty. Emerging evidence suggests that exposures in Prepuberty and Premenopause is getting common causing instability in life cycle. So, prevention of this is need in today's world. Extent of Problems: - Disease causing mental health issues like more Depressive behavior, eating disorder, as well as it can cause chronic disease like Diabetes, Anorexia or Bulimia, Hormonal Imbalance, Kids stop growing at an earlier ages and development issues while growing up, Problems in Conceiving, early ageing etc. Aims & Objective of study: - Longevity of life, disease free lifestyle, preventing next generation from the early puberty and early menopause issue, improve public health. Treatment: - Ahara, Vihara, Nidra, Pathya & Apathya, Dincharya, Swasthavritta, Rutucharya, Sadvritta, Panchkarma Therapy, Yogasana, Meditation Hypothesis: - To prevent Pre-Puberty system by approach of ayurveda and yoga Principle. If Prepuberty doesn't stop soon it will create huge impact on life span and then slowly genetic change will lead to adverse effects on female reproductive cycle. As data says in every 5 years' time span of getting periods according to age is getting lower implies shortening of life span and hormonal imbalance. To overcome this problem one should follow the above treatment mentioned. Expected result: - According to ayurveda one will get cure from the lifestyle disease like Early Puberty, Early Menopause, PCOD, PCOS, Obesity, Stress, Mental imbalance, Healthy lifestyle, one can live moderate lifespan.

Keywords: Pre-Puberty, Genetic changes, Junk food, Ayurveda, yoga, Meditation

Registration Code: ABPO 2709



UNLOCKING LONGEVITY- THE INTERPLAY OF DARKNESS AND METABOLISM

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The interplay between metabolism, darkness, and longevity has intrigued researchers for centuries. In this research paper, we aim to delve into the deep-rooted connection between metabolism, darkness, and longevity. This study aims to highlight how comprehensive understanding of these dynamics can lead to improved long and healthy life. Ayurveda emphasizes the role of Agni or digestive fire in metabolic processes with respect to origination of all the diseases. Allopathic medicine corroborates this link, recognizing metabolic disorders such as diabetes and obesity as significant health risks. Studies have shown the role of telomere which are present on the DNA in aging and age-related diseases, linking metabolism and longevity. Ayurveda also emphasizes the importance of darkness in regulating circadian rhythms and supporting sleep quality by giving concepts like Dincharya, Ratricharya, Aahar and nidra, which modern research supports by highlighting the impact of light exposure and sleep disruptions on metabolic function and disease risk. In this context, the role of melanin cannot be overstated. Research also shows firm correlation of Biological cycle and release of Growth hormone from Pituitary gland which ultimately affects metabolic rate which in return affects the longevity of an individual. Yoga practices, such as meditation and Kumbhak (Antar Kumbhak/Inspiratory capacity holding exercise) pranayam complement these aims of control metabolic activity by reducing cellular oxygen demand. By carefully integrating this concept with the respiratory function & Cellular level oxidation rate, we can control and sustain metabolic function and improve overall health outcomes. Integrating these insights can provide more comprehensive and holistic approach towards rejuvenation of the overall health by reducing the burden of metabolic disorders. Our study aims to provide a powerful tool to enhance our understanding of how we can balance these factors to improve our lives.

Keywords: Ayurveda, Longevity, Metabolism, Darkness, Kumbhak

Registration Code: ABPO 2816

LITERATURE REVIEW OF SIDDHA TEXT AGATHIYAR KANMA KAANDAM IN REFERENCE TO PRAJNAPARADHA

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“Agathiyar Kanma Kaandam,” a Siddha text comprising 300 verses, delineates the karmaja nidhanas of diverse diseases. By comprehending these factors, physicians can effectively address ailments unresponsive to treatments based on physical and mental nidhanas only. Deciphering the verses involves employing tantrayuktis—specifically adhikarana, apadesha, uddesha, nirdesha, vyakhyana, and anagataveksha. Karma factors for each disease are categorized into kayika, vachika, and manasika karmas. The study delves into potential dhi bhramsha, dhriti bhramsha, and smriti bhramsha collectively known as pragnyaparada, in association with the karmas, influencing individuals to engage in actions leading to specific diseases. The text outlines karmaja nidanas for 18 diseases, identifying a total of 58 karma nidanas categorized as 36 kayika, 10 vachika, and 12 manasika karmas. By recognizing karmaja factors, physicians can educate individuals to overcome pragnyaparada, offering enhanced solutions for the aforementioned 18 diseases. Significance: Certain diseases in specific rogis surpass the efficacy of treatments involving pathya ahara, dinacharya, and oushada. Identifying karmaja nidanas and addressing them through education, thereby enriching the patient’s dhi, dhairya, and atma vinyanam, providing a comprehensive and promising solution.

Keywords: Karmaja nidana, Dhi bhramsha, Dhriti bhramsha, Smriti bhramsha, Tantrayukti

Registration Code: ABPO 2835



SIGNIFICANCE OF AYURVEDA IN TRANSDISCIPLINARY HEALTH RESEARCH

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The ultimate goal of all branches of health study is to provide a healthy and pleasant environment for all living beings. The increase in population, rapidly developing cities, growing disparities, climate change, and increasing incidence of chronic disease are all complex socioeconomic issues that affect health. Research on complex health problems is a challenge to all the fields of medicine and cannot be handled by health academics or practitioners working alone. Transdisciplinarity is a unique conceptual and methodological approaches that synthesise and extend discipline-specific viewpoints, theories, methodologies, and translational tactics in order to produce novel answers to specific scientific and societal challenges.[Ayurveda has its own distinct approach in sustaining physical and mental health. It believes in the principal of 'Swastasya Swasthya Rakshanam & Aaturasya Vikara Prashamanam'. Advance in the scientific way of approach by Ayurveda had proved it to be one of the most effective way of health system even during the COVID -19 pandemic. Therefore Ayurveda can play a major role in solving global health concerns because it allows for a holistic approach to treat diseases.

Keywords: Global health, Preventive methods, Research in ayurveda, Scientific approach, Transdisciplinarity, COVID-19

Registration Code: ABPO 2837



DOCTURE-POLY A CONVERGENCE OF ANCIENT WISDOM AND MODERN TECHNOLOGY FOR PERSONALIZED WELL-BEING

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This paper introduces Docture-Poly™, a wearable IoT device engineered to facilitate and maintain the body's homeostasis, essential for holistic well-being. Translational Ayurvedic research that has led to the development of Poly Scientific Ayurveda forms the basis for the development of Machine Learning and Artificial Intelligence Algorithms for this device. The paper revolves around the origin of this algorithm that specializes in the analysis of Heart Rate Variability (HRV) curves. And also explains how the data generated helped us segment the HRV curve into 15 finely defined frequency subdomains using Fast Fourier Transform (FFT) and how we employed Support Vector Machine (SVM) algorithms for precise boundary delineation. Crucially, this algorithm benefits from data derived from the observations of Dr. Ravishankar Polisetty's pulse diagnostic method. Dr. Polisetty's method, renowned for its accuracy and deep physiological understanding, fuels our algorithm's training to discern intricate HRV patterns. Each of the 15 frequency subdomains correlates with specific physiological processes and organ functions, allowing the algorithm to calculate ratios and relationships across these domains, providing an extensive analysis of metabolism and chemical reaction rates within various organs that had led to origin of non-invasive mathematical algorithms of predicting blood biochemistry. To summarize, our machine learning algorithm, nestled in the heart of Docture-Poly™, unites signal processing, SVM precision, and the wisdom of Dr. Ravishankar Polisetty's pulse diagnostic method, ushering in a new era of healthcare diagnostics. By empowering clinicians with in-depth insights into metabolic imbalances and chemical reactions across organs, it paves the way for precise and personalized healthcare interventions.

Keywords: Poly Scientific Ayurveda ,Docture-Poly, Heart rate Variability, Fast Fourier Transform, Support Vector Machine

Registration Code: ABPO 2976



AI AND AYURVEDA- BRIDGING TRADITION AND TECHNOLOGY

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Artificial intelligence is a field of science concerned with building computers and machines that can reason, learn, and act in such a way that would normally require human intelligence or that involves data whose scale exceeds what humans can analyse. Ayurveda, the science of life is based on its fundamental principles which are deep rooted. In this current era, the integration of artificial intelligence (AI) in Ayurveda, presents a promising avenue for enhancing healthcare. This paper delves into the applications of AI In Ayurveda, highlighting its potential to revolutionize personalized medicine and diagnosis. AI-driven tools, such as machine learning algorithms and data analytics, can assist Ayurvedic practitioners in refining patient assessments, tailoring treatment plans, and predicting disease outcomes. Furthermore, AI's ability to process vast datasets allows for a more comprehensive analysis of Ayurvedic principles, bridging the gap between traditional wisdom and evidence-based medicine. This paper examines the current and potential use cases of AI in Ayurveda, emphasizing the need for responsible integration to preserve the authenticity and efficacy of this ancient healing system. As Ayurveda embraces modern technology, it stands to benefit from the analytical prowess of AI, offering an innovative approach to holistic and individualized healthcare.

Keywords: Algorithms, Data analytics

Registration Code: ABPO 3004

CONSERVATION BIOLOGY - AN EMBEDDED PHILOSOPHY IN AYURVEDA

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Ayurveda our ancient treasure of wisdom embodies the aspects not only of health but life itself in an holistic manner with due importance to our environment in par with our body systems. As a science, Ayurveda uses all aspects of nature to achieve its objectives which is to maintain the health of a healthy individual and also to cure diseases. Hence, the conservation of our ecosystem is an imbedded ideology in this science. The core of Ayurveda gives emphasis to the Tridoshas which are nothing but the ultimate permutations and combinations of the Panchamahabhuthas; the five basic elements by which the whole of our environment is composed. The fundamental goal of conservative biology is to maintain a balance in this biodiversity so that all species and life forms can thrive. We are endeavouring to explore the common contemporary ground between both the sciences by merging ancient insights with modern practices to tackle the existent threats to our ecosystem and also to streamline the management of our natural resources. The concepts of Prakriti and Purusha offer deeper insights into the approach of ecology and evolutionary genetics to determine the quality of future generations and also explore possible modes to shape sustainale ecosystems. Our philosophical culture has celebrated the idea of “Vasudaiva Kutumbakam” which advocates us to treat the whole world as one family by understanding the importance of the contribution of each element of nature. Furthermore, the concepts like “Loka purusha samya siddhantha” hints towards the ideology of interrelated coexistence between all forms of life. In conclusion, we are attempting to present the idea of integrating the wisdom of Ayurveda with the principles of conservation biology so that we can live the dream of a world that is healthy in all aspects celebrating the resurgence of Ayurveda.

Keywords: Ayurveda, Conservative biology, Ecosystem, Prakriti, Evolutionary genetics, Resurgence of Ayurveda

Registration Code: ABPO 3010



EXPLORING THE CONCEPT OF ADHYATMA DRAVYAGUNA SAMGRAHA WITHIN THE PARADIGM OF QUANTUM BIOPHYSICS

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Quantum science challenges the conventional perspective of a stable physical world, introducing the concept of a dynamic universe composed of interconnected energy patterns. In contrast, Ayurveda, rooted in the Vedas, integrates this interconnectedness into its health philosophy, emphasizing individuals' ability to shape their well-being through their cognitive processes and beliefs. This study delves into how Ayurveda's interconnectedness concept, particularly through "Adhyatma Dravyaguna Samgraha," involving Mana, Mano-Arthas, Buddhi, and Atma, influences an individual's health or illness. To elucidate this concept, the study leverages quantum field theory and related quantum biophysics theories, drawing insights from peer-reviewed journals and relevant literature on quantum theory and Ayurveda. Ayurveda and quantum physics converge in their perspectives on consciousness and its influence on the physical body, akin to the concept of quantum entanglement. Levels of awareness can be associated with "Manomaya" and "Vijnānamaya kosha." Mind and consciousness are integral to Ayurveda's understanding of human physiology, encapsulated in Caraka's statement that "Satwa, Atma, and Shareera are akin to a tripod for sentient beings." Ayurveda emphasizes the interplay between consciousness and the body as a pivotal determinant of health, attributing the primary cause of disease to "Prajnaparadha." Both Ayurveda and quantum physics suggest that thoughts have the power to shape physical reality. Perception and behavior can profoundly affect physiology, potentially leading to psychosomatic disorders. Thoughts displays attributes of waves. Emotions emit energy, triggering quantum events and interactions involving mental processes such as Chintyam, Vicharyam, Uhyam, Dhyeyam, Sankalpam, with the involvement of Mana and Atma. Engagement in unwholesome mental processes can lead to unfavorable consequences in actions, correlating with many events of thought and idea manifestation. ** Conclusion** Hence, nurturing positive thoughts and emotions is crucial for holistic well-being, aligning Ayurveda's comprehensive approach with the fundamental principles inherent in quantum physics.

Keywords: Atma, Emotions, Consciousness, Quantum Physics, Mana, Adhyatma dravyaguna

Registration Code: ABPO 3028



AYUR-AI THE 2.0 VERSION

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Upgrading is the improvement or better version of something, whether it is a person, science or technology, upgrading is mandatory for moving ahead. Ayurveda is one of the world's oldest known medical systems which is originated in India and has wide range of medicinal concepts and hypothesis. It contains solution for thousands of diseases. However, many still consider theories and treatment principle of ayurvedic system as expired form of medicine and irrelevant. Introducing artificial intelligence in the field of ayurveda will surely help in upgrading and also to change misconceptions of people towards ayurveda. This paper contains information regarding scope of AI in Ayurveda, collected from PubMed, Google scholar, and Ayushdhara. The search yielded 32+ research articles on the scope of AI in Ayurveda. Among these 10 articles were utilised for study which includes information regarding history of AI and its importance in ayurveda, challenges faced by ayurveda, AI in rasa Shastra, AI in selection and identification of drugs, AI to reduce work load. Even though ayurveda has many possibilities and benefits it also has many drawbacks in the work load of manufacturing products, purity of rasa products, high cost of medicines compared to other systems etc. So it is important to reduce such drawbacks and help ayurveda to reach more people in its new version. AI and robotics help to overcome these drawbacks of ayurveda and open up a new path for its growth.

Keywords: Artificial intelligence, Traditional medicine, Robotics, upgrading, Ayurveda, Technology

Registration Code: ABPO 3125



GLOBAL ONLINE PLATFORM FOR AYURVEDA

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Ayurveda, a time-tested medicinal system, has got a huge consumer base globally. High need and availability of skilled labourers are there in industry but there is a missing link between them. Large community of farmers, large demand of quality drugs and food products are there, but absence of linkage between them. Large community of experts willing to share knowledge along with large community of professionals who want to gain knowledge, but there is an absence of a way of communication. Huge needs, also availability but there is an error in connection. Options in this global platform includes consultation, sale and purchase, advisory board, HR and publication which is elaborated in the presentation. Main issue in this era is trust related. In this platform, intention is to provide fully reliable products and resources for both consumers and manufacturers, secured jobs and market for employees and farmers. Global online platform aims to be a workmate for all, who stand with merit in case of dispute. So, this platform is a companion whom every parties in the industry can trust.

Keywords: Workmate, Job, Market

Registration Code: ABPO 3140

OMICS-DRIVEN AYURVEDA ADVANCEMENTS IN INTEGRATING TECHNOLOGY AND TRADITIONAL MEDICINE

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The advancements of biomedical technologies are used in wide scale to produce biological data sets. Omics technologies coupled with bioinformatics are at a fast pace acquiring world-wide acceptance. Objectives: The aim of the paper is to analyse the research conducted in the field of Ayurveda which is coupled with biomedical technologies to make it more evidence based and easily acceptable. Methodology: Different Databases like PubMed, Scopus, Dhara, Google Scholar, Science Direct were searched using keywords like genomics, Proteomics, transcriptomics, microbiomics, metabolomics, epigenomics, pharmacogenomics, bioinformatics ayurgenomics, ayurnutrigenomics, ayurbioinformatics and Ayurveda with the help of Boolean operators by using filters. Discussion and Conclusion: The association of Prakriti with genomics, especially with EGLN1 oxygen sensor, CYP2C19 genotypes and HLA Gene polymorphism, with marker metabolites and metabolic pathways, the role of prakriti variation in gut dysbiosis of microbiome, role of Virechana and Basti in gut microbiota, the role of ayurveda treatment and Pathya in Ayurveda has proved the importance of Omics technology in the field of Ayurveda. Forthcoming studies that integrate metabolomics with genomic, microbiome, physiological parameters with Ayurveda concepts and treatments aspects may facilitate a broader systems-level understanding and mechanistic insights into these integrative practices that are employed to promote health and well-being

Keywords: Omics, Ayurveda, ayur genomics, Protiomics, Genomics, Microbiomics

Registration Code: ABPO 3177



SWASTHAVRITTA



SCREENING OF MILLETS FOR THEIR IN-VITRO PREBIOTIC ACTIVITY

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In our study, we have selected ten millets for their in-vitro prebiotic activity. Prebiotics are food components that provide health benefits to the host by supporting the growth of some of the selected microorganisms in the gut, such as lactobacilli, yeast and bifidobacteria. Millets employed in this study were Sorghum millet (Jowar), Buckwheat millet (Kuttu), Pearl millet (Bajra), Foxtail millet (Kakum/Kangni), Finger millet (Ragi), Browntop millet (Korle), Barnyard millet (Sanwa), Little millet (Moraiyo), Kodo millets and Amaranth millet (Rajgira). Among them, Pearl millet (*Pennisetum glaucum*), Finger millet (*Eleusine coracana*), Sorghum (*Sorghum bicolor* L.), and Foxtail millet (*Setaria italica*) have given positive prebiotic activity results with test probiotic microorganisms. Millet was ground into fine powder with the grinder, and the powder was used as carbon source in media. Probiotic strains used in this study included *Lactobacillus plantarum* (MTCC 1407), *Lactobacillus paracasei* (MCC 4490), *Lactobacillus rhamnosus* (MTCC 1408), and *Saccharomyces boulardii*. The prebiotic activity was assessed using minimal MRS (deMan, Rogosa, Sharpe) agar medium (media without carbon source) with 4.0 gm of millet powder, 10 μ l of test probiotic strain culture, and incubation was done under anaerobic conditions maintained in an anaerobic jar at 37°C for 24h. Results: It was observed that the growth of all microorganisms was confluent on their respective Petri plates under anaerobic conditions, as observed on positive control plates. The study's conclusion is that whole grain millets showed prebiotic activity and thus can be recognized as an important prebiotic nutritious food which will support the growth of population of healthy gut microbes playing an important role in promoting digestion.

Keywords: Keywo Millets, Probiotic, prebiotic activity, Minimal media, MRS.

Registration Code: ABOP 1007



A RANDOMIZED CONTROLLED CLINICAL STUDY TO MEASURE THE EFFECT OF SURYANAMASKAR ON BODY FAT PERCENTAGE AND BMI IN STHAULAYA WSR TO OVERWEIGHT PERSONS

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According to Charaka, Sthaulaya is a multidimensional disease in which abnormal and excessive fat accumulation occurs in our body affecting us adversely. In 2016, the WHO revealed that almost 1.9 billion adults were overweight, with over 650 million of them being obese. Despite advances in the modern medical system, the prevalence of Sthaulaya has been steadily increasing. Studies have shown that Suryanamaskar shows potential in obesity management through behavioral change, weight loss, and maintenance. In this scenario, an endeavor has been taken in the present study to see how Suryanamaskar affected overweight people's BMI and body fat percentage. In this study 93 cases of age group 18-50 years, having BMI ³ 23 and < 30 were randomly selected regardless of their race, age, sex, and socioeconomic considerations, but fully satisfied the diagnostic criteria. All 93 participants were divided into two groups, group A with 45 participants, and Group B having 48 participants. In group A 30 min session, 6 days/wk. of Suryanamaskar was advised while Group B was the untreated control group. The total duration of the study was 8 weeks. In Group A, SN intervention causes a statistically significant reduction in BMI and body fat percentage scores. In untreated control Group B, a statistically insignificant reduction in BMI and body fat percentage scores were found. In Group A, BMI and body fat percentage scores were reduced statistically significantly as compared to the Group B participants. These results indicate that Suryanamaskar practice does have an effect on BMI and Body fat percentage in Sthaulaya (overweight). Specifically, our results suggest that when Sthula (overweight) persons practice Suryanamaskar, their BMI and Body fat percentage decrease.

Keywords: Obesity, Yoga, BFP, Sun Salutation, Randomized control trial

Registration Code: ABOP1015



SATTVIC DIETS-THE MOST SUSTAINABLE DIETS GOING FORWARD- A REVIEW

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To integrate Eastern wisdom of Ayurveda in particular “Sattvic diet” with modern science and provide strong scientific reasoning pertaining to its practical usability as an essential step towards establishing it as the most “Sustainable diet” option for mankind going forward. Exhaustive literature review of research articles was done (PubMed and Google Scholar) to gather scientific information about plant based, Sattvic and Sustainable diets. The review highlights that food consumption patterns have a huge impact on public as well as environmental health. Increased urbanization, technological advancements and growth in economy have resulted in corresponding food transition from traditional diets (plant-based diets – containing minimally processed foods- whole grains, fruits , vegetables, spices and nuts) to Western style diets (animal-based diets with ultra-processed foods, low in protective foods-fruits & vegetables). Western diets are resource intensive, have negative impact on health and environment with high emission rates of greenhouse gases. Linear programming models support that transition to wholesome plant-based diet including dairy (like Sattvic diets) will not only serve to be a healthy, nutrient dense, affordable and culturally acceptable diet but can also mitigate climate concerns besides ensuring global food security for 11 million people by the year 2050. Achieving UnitedNation’s Global Sustainable Development Goals(2030) require coordinated efforts for nutrition transition. Dietary principles of ayurveda steeped in tradition and experience when presented with scientific reasoning can facilitate behavioural change required for incorporation and acceptance of healthy plant based , Sattvic diets and can lead to one step closer towards sustainable and conscientious society. Sustainable diet research will go a long way in: • Enabling policy makers to formulate dietary guidelines with dual objective of tackling “triple burden of malnutrition” and ameliorating climatic concerns. • Help government realize importance of providing nutritious food to all at affordable prices.

Keywords: United Nations Global Sustainable Development Goals(2030), Ayurveda, Western Diets, Ultra-processed foods, Conscientious society.

Registration Code: ABOP 1053



AYURVEDIC MANAGEMENT OF BYSSINOSIS

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Occupational exposure is a potential cause of almost all respiratory diseases. Several occupational agents and job have been identified as a definite or probable cause of occupational lung diseases in various epidemiological studies. The purpose of the topic is to present the power of Ayurveda in the management of occupational disease byssinosis through the method of evidence based case study. The case under study shows improvement in condition and no repetition of disease with proper Ayurvedic intervention including yoga therapy. Results of the study provide cure to many occupational diseases faced by this generation especially in diseases related to respiratory tract

Keywords: Respiratory Diseases, Occupational Disorder, Evidence Based Case Study, Yoga Therapy, Panchakarma Therapy, Diet and Lifestyle

Registration Code: ABOP 1100

AYURVEDIC EXTERNAL THERAPIES AND LIFESTYLE MODIFICATIONS FOR ANDROGENIC ALOPECIA: A CASE STUDY

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This study investigates the efficacy of Ayurvedic external therapies and lifestyle modifications in managing androgenic alopecia, a prevalent condition in India characterized by hair loss primarily in males aged 30-50 years. The research aims to explore a multimodal approach to address this condition, considering Ayurvedic principles that attribute its cause to pitta dosha imbalance. A case study involving a 32-year-old male with androgenic alopecia, Norwood scale type 4 severity was conducted. The patient exhibited hair loss on the vertex of the head, occasional dandruff, and itching. Internal medications were declined, and instead, the patient underwent jaloukavacharana, prachaana, and adopted lifestyle and dietary modifications. The study observed the patient's progress over a 2-month period. The treatment approach of external Ayurvedic therapies and lifestyle modifications resulted in a notable reduction in dandruff occurrence and the emergence of new hair on the vertex within 2 months. This case study demonstrates substantial improvements in androgenic alopecia solely through external therapies aimed at alleviating pitta dosha imbalance. This study highlights the potential of Ayurvedic external therapies and lifestyle adjustments as effective interventions for managing androgenic alopecia. The observed reduction in dandruff and the regrowth of hair on the vertex underscore the significance of this holistic approach in addressing the condition without resorting to internal medications. This research contributes valuable insights into alternative treatments for androgenic alopecia, offering a minimally invasive and holistic approach for individuals who may be averse to internal medications. By focusing on Ayurvedic principles and addressing pitta dosha imbalance, this study suggests a promising avenue for managing a prevalent condition in India, potentially improving the quality of life for affected individuals.

Keywords: Jaloukavacharana, Prachaana, Norwood type 4, Vertex hair loss

Registration Code: ABOP 1119



A COMPREHENSIVE REVIEW ON THE DEVELOPMENT OF METHODS FOR THE ANALYSIS OF BALARDHA VYAYAMA

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Ayurveda, the ancient science of life has described fundamental principles and practical methods to lead a healthy and disease-free life, among which one of the principles is Vyayama. It is one of the finest methods to attain supreme aspects of physical as well as psychological health. Our Acharyas have given profound information regarding Vyayama (Physical Exercise) by explaining the time, duration, directions and amount in which one should perform it effectively. As per WHO at least 150 to 300 minutes of moderate aerobic physical activity per week (or the equivalent strenuous exercise) is advised for all adults, and an average of 60 minutes of moderate aerobic physical activity per day for children and adolescents for health and wellbeing. Contemporary science explains various measures and scales to measure the physical strength and ability of physical exertion like RPE scale, Harvard step test, VO2 max etc. Similar to this Balardha lakshan are described in ancient literature up to which one should perform vyayama. As there is no specific gradation mentioned in Ayurvedic scriptures, an attempt is made to measure the strength of an individual according to their Vyayama shakti considering both modern and Ayurvedic parameters.

Keywords: Borg scale, Balardha lakshana, Vyayama shakti, Vyayama gradation

Registration Code: ABOP 1129



A CASE CONTROL STUDY TO EVALUATE QUALITY OF LIFE WSR TO BRAHMAMUHURTA JAGARANA

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Now a day's World's Population are facing lot more psychological problem than physical suffering. 'Quality of life' refers to a subjective evaluation which is embedded in a cultural, social and environmental context. There is a strong relationship between brahma muhurtajagarana and healthy life. This concept need to be elaborated and explained from the Ayurveda as well as justified with modern views for which this study has been planned. 600 volunteers were divided in the 2 equal groups which were 300 volunteers who had been waking up in brahma muhurta and other 300 volunteers – Case Control group who had not been waking up in the brahma muhurta. They were given questionnaire regarding "Quality of life" and survey result found that brahma muhurtajagarana plays important role for living 'Quality of life'.

Keywords: Case control study, Braham Muhrut Jagaran, WHOQOL-BREF

Registration Code: ABOP 1134



MANIFEST AROGYA PINDA BRAHMANDA NYAYA -MAN IS A MICROCOSM

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This is a scientific interpretation of a philosophical concept with an epistemological approach. The purposes are: 1.To have a conscious and self-aware civil society. 2.To understand the purpose of one's existence and get the answer of question 'who am I?'. 3.To make human race healthy and curable in both psychological and physical aspect. Methodology: It is a literary research Which has been linked to practices of swasthavritta to give strong base under public health. All this was extracted from charaka samhita, other samhitas and part of puranas . Summary of results: 1.World manifests minimum vyadhi. 2.World overcomes and cures all the vyadhi. 3.Execution and application of all other public health plans goes successful. Conclusion : 1.it helps one to attain the purpose of the existence that is dharma, artha, kama and moksha. 2.This perception of chikitsa helps in healing and preventing the causative factors that are responsible for manifestation of all kinds of mana vyadhi. Significance/contributions of the study: 1. A Non-pharmaceutical intervention in clinical approach. 2.it is a zero investment AYUSH project . 3. It is the first step in public health education - every regimen , therapy , treatment revolves around the fact that cosmos and human body are one and exchange of dravyas in all aspect among them ensures equilibrium of all energies claiming health of mankind and achieving prevention and cure of any Disease manifestation. 4.it is an approach to explore this adhyatmik aspect (which is an intangible concept) and incorporate in clinical practice and also get it preached among masses and fulfill the aim of a conscious planet.

Keywords: Self Aware Society, Epistemological Approach, Non-Pharmaceutical Intervention, Adhyatmik, Prevention And Cure, Cosmos

Registration Code: ABOP 1196

ROLE OF MILLETS IN PREVENTION MANAGEMENT OF LIFESTYLE DISEASES

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There has been phenomenal rise in various lifestyle diseases during last decade like Type 2 Diabetes Mellitus, Obesity, and Hypertension etc all over the world. India is most affected nation by this slow rising pandemic of lifestyle diseases with India being considered the diabetes capital of the world. It is not only urban population but slowly this pandemic is percolating down to rural population at alarming pace. These diseases can be prevented and managed to some extent by judicious use of diet and lifestyle. Millets is one among such foods which is pushed into oblivion due to lack of awareness about health benefits and knowledge about how to prepare various foods from Millets. Millets being rich sources of many vital nutrients, have promising potential to combat different lifestyle diseases. There is robust scientific evidence to suggest that consumption of millets reduces progression of prediabetes, results in better glycemic control, reduces body mass index (BMI), and mitigates atherosclerotic cardiovascular disease risk. Ayurveda has also given an important place to Millets which are explained as Kudhanyas, Trnadhanya etc in classical textbooks. India is one country proactively striving to bring millets back as common part of the diet. United Nations has declared the year 2023 as the international year of millets (IYM) and India has enormous role in spearheading such declaration. This paper tries to analyse various health benefits of Millets in contemporary classics with special reference to Kudhanya and Trnadhanya in Ayurveda.

Keywords: Kudhanya, Trnadhanya, Type 2 Diabetes Mellitus, Hypertension, Lifestyle diseases, Millets

Registration Code: ABOP 1201



TRANSFORMING TYPE 2 DIABETES THE POWER OF SPECIFIC YOGA AND PRANAYAMA PRACTICES

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Type 2 Diabetes Mellitus (T2DM) is a chronic metabolic disorder characterized by elevated blood glucose levels, often associated with various complications and a reduced quality of life. Conventional medical management strategies focus primarily on medications and dietary modifications. However, an emerging body of evidence suggests that incorporating yoga and pranayama (breathing exercises) into the treatment regimen can offer significant benefits for individuals with T2DM. Engaging in yogic practices can lead to improved biochemical markers and reduced stress, ultimately contributing to a better quality of life for individuals, both in the prevention of primary and secondary diabetes management. Seated yoga postures like Ardhamatsyendrasana and Mandukasana have a positive impact on pancreatic function. These asanas, which involve forward bends, provide a gentle massage and exert pressure on the pancreas, thereby stimulating the secretion of insulin. Previous studies have proven that practicing asanas such as Dhanurasana, Matsyendrasana, Halasana, Vajrasana, Naukasana, Bhujangasana, Setubandhasana, and Pavanamuktasana is associated with an improved sensitivity of pancreatic β -cells to the glucose signal. There is evidence supporting the advantageous impact of pranayama in both diabetes management and its application in palliative care. Kapalabhati, a pranayama technique, enhances the functionality of the pancreas' β -cells by generating increased abdominal pressure during exhalation. Selected yoga techniques and pranayama have the potential to play a valuable role in the management of T2DM. When incorporated alongside standard medical interventions, they offer a holistic approach addressing both the physical and psychological aspects of the condition. While further research is needed to establish specific protocols and guidelines for T2DM management, the existing evidence suggests that these complementary practices can contribute to improved glycemic control, enhanced overall health, and an improved quality of life for individuals living with T2DM.

Keywords: Diabetes Mellitus, Kapalabhati, Yoga postures

Registration Code: ABOP 1225

UNLOCKING THE HEALING POTENTIAL AYURVEDIC APPROACHES TO COSMETIC TOXICITY MANAGEMENT

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Cosmetic products contain a wide range of chemicals to which we are exposed every day. Many of these are used or applied on a daily basis and in a different way. These products are assumed for enhancing our personal hygiene and appearance. Most of them contains hazardous chemicals like talcum, parabens, coal tar dye, phthalates, triethanalamine, and some heavy metals. Garavisha is a wonderful concept explained by Ayurveda Acharyas which throw light on the changing lifestyle and possibility of exposure of toxins. Susruthacharya mentions about various Garavisha adhishtanas. Some of them have direct link with Cosmetic toxicity like abhyanga visha, mukhalepa visha, anjana visha etc. Literature has been reviewed from Ayurveda and contemporary sciences. • Articles and related websites have been searched. This abstract is meant to bring the knowledge of Cosmetic toxicity in today's day to day life and its hazardous effect on health in relation to Garavisha and various agada yogas mentioned for it. Garavisha is nothing but composition of two nontoxic elements that lead to form toxic element which deteriorate wellbeing of individual. In Ancient days there were numerous modes of poisoning referring to the Garavisha adhishtanas as described by Acharya Susrutha. Symptoms of poisoning along with specific treatment of each of these adhishtanas has been elaborately explained by Acharya Susrutha. Various agada yogas mentioned in Garavisha can be administered in Cosmetic toxicity. Awareness of the toxic ingredients and utilizing the natural products will help to reduce the incidence of Cosmetic toxicity

Keywords: Cosmetic toxicity, Gara visha

Registration Code: ABOP 1228



EXPLORING THE PHYTASE ACTIVITY OF TAKRA BUTTERMILK AND ITS ROLE AS AN ANUPANA ADJUVANT IN THE DEPHYTINIZATION OF MUDGA VIGNA RADIATA L A SPECTROPHOTOMETRIC ANALYTICAL STUDY

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Phytate, also known as phytic acid or inositol hexakisphosphate (IP6), is a naturally occurring multi- phosphate compound primarily detected in green gram. Its ability to bind positively charged minerals like iron, calcium and zinc has earned it the label of an “antinutrient”. In the annals of Ayurveda, Takra (buttermilk) is revered as a classic “Anupana” to promote nutrient absorption and facilitate digestion for mudga (green gram). Buttermilk demonstrates inherent phytase activity by quantifying the inorganic phosphate liberated during the hydrolysis of phytic acid by phytase enzymes. As per the findings, phytase enzymatic activity of 2.93 units/ml in every milliliter of buttermilk, accompanied by a release rate of 1.47/min of inorganic phosphate during phytic acid hydrolysis. This evidence affirms the effective hydrolysis of phytic acid by the phytase present in buttermilk. Remarkably, this study also highlights a substantial reduction of phytic acid concentration in green gram treated with takra, with a mean value of 32.38 mg/ml compared to uncooked (53.08 mg/ml) and cooked (46.42 mg/ml). This decline can be attributed to the phytase enzymatic activity of buttermilk. The utilization of buttermilk as an adjuvant holds potential in creating fortified green gram products that allow better mineral intake, particularly benefitting the communities who rely primarily on legumes as their staple diet. Additionally, our study offers empirical evidence for the integration of takra in dietary routines and open avenues for developing functional foods aimed at nutrient uptake and over all well-being. These discoveries highlight the significance of traditional wisdom in shaping the modern dietary practices for holistic health and wellness.

Keywords: Ayurveda, Dephytinization, Hydrolysis of phytic acid, mudga, Takra

Registration Code: ABOP 1231

CHILD COSMETIC TOXICITY AYURVEDIC INSIGHTS AND MANAGEMENT

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The word “cosmetics” is derived from the Greek word kosmetikos which means “skilled at decorating”. Cosmetic products for infants are night creams, diaper rash creams, mosquito repellents, massage oils, and sunscreen lotions etc. These products contain synthetic colourants, aroma enhancers, flavouring agents, and thickeners have been found to cause significantly harmful and presence of heavy metals like Lead, mercury, arsenic, cadmium, that can lead to human poisoning. In Ayurveda, Susrutacharya discusses various Gara Visha Adhishtanas related to cosmetic toxicity, such as Abhyanga, Anjana, Parisheka, Anulepana, and Mukhalepa Visha. If collyrium is poisonous, produce Daha, vedana, Drshti Vibhrama and Andhyam. Abhyanga Visha produces symptoms like Sphota, Ruja, Srava, Jwara, Mukhalepa Visha produces symptoms like Syavamukha and thorny eruptions. Management of Gara Visha by Sodhana therapies, and samana therapies are suitable for cosmetic toxicity. kottam ramachadi choornnam, Lodrasevyadi Kashaya, kottam tagaradi choornnam, sigrupunarnavadi choornnam, satha doutha gritham, visha vilwadi gulika, Neelithulasyadi Keram, Paranthyadi tailam are mainly used Agadatantra formulations. Literatures has been reviewed from Ayurveda Classics & Contemporary sciences. Articles and related websites have been searched. There is a growing demand for the incorporation of Ayurveda principles in this industry. Natural products will help to reduce the incidence of cosmetic toxicity Raising awareness about toxic ingredients and embracing natural products can contribute to reducing the occurrence of cosmetic toxicity.

Keywords: Cosmetics toxicity, Gara visha, Agada tantra formulations.

Registration Code: ABOP 1232



IMPLEMENTATION OF NADI SHODHANA PRANAYAMAI ROUTINE FOR ENHANCING RESPIRATORY HEALTH

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All living organisms engage in the process of respiration as a means to deliver oxygen for addressing metabolic energy demands. The process is stated in Ayurveda as shwasana, that incorporates the functions of prana vayu and pranavaha srotasa. In accordance with data released by WHO in 2019, a number of respiratory tract disorders, such as lung cancer, chronic obstructive pulmonary disease, lower respiratory infections, trachea, and bronchitis, rank among the top 10 leading causes of mortality worldwide. Furthermore, chronic obstructive pulmonary disease, lower respiratory infections, TB, and asthma are the leading causes of death in India for people of either gender. Since the upper respiratory tract acts as the entrance site for numerous disease-causing microorganisms, sustaining the integrity of respiratory system is essential in lowering mortality. Pranayama is the term used to refer to yogic breathing exercises. Nadi Shodhana Pranayama is a variation that involves breathing through one nostril at a time. The term Nadi, which refers to channels, and Shodhana, meaning cleaning, together signify a method for purifying the channels of the body. In accordance with Ayurvedic and Yogic literature, NSP enhances overall respiratory health and helps with a variety of respiratory ailments. A healthy subject was assessed for Lung function and enrolled in the study. The SOP for NSP was carried out for a period of 45 days with proper intermittent monitoring. After the completion, the Pulmonary parameters were re-assessed. The execution of this study revealed that NSP boosts an individual's lung function. Multiple parameters, such as Forced Vital Capacity (FVC), Forced Expiratory Volume (FEV), and Peak Expiratory Flow Rate (PEFR), improved, as stated in our ancient literatures. NSP enhances the lung function in subjects and can be used for betterment of respiratory health in public domain.

Keywords: Prana, Pranavaha Srotasa, Nadi Shodhana Pranayama, Pulmonary Function Tests

Registration Code: ABOP 1235



EFFICACY OF VIDARIKANDADI CHURNA AS NUTRACEUTICAL COOKIES IN UNDERWEIGHT SCHOOL CHILDREN AGED 4-10 YEARS

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Undernutrition means taking unbalanced diet lacking adequate protein and calories resulting in growth retardation occurring most frequently in infants and young children and commonly associated with infections. The magnitude of the problem raises great attention in India as 49% of world's underweight children live in India. It can be compared to karsya described in Ayurveda classics. There is description of vidarikandadichurna in Yogaratnakara text for karsyachikitsa. The trial was proposed to study the effect of efficacy of vidarikandadichurna converted as nutraceutical cookies for convenient administration in underweight school children aged 4-10 years. The study was conducted at Govt. Model H.S.S. for Girls Pattom, Thiruvananthapuram. Screening camp was conducted and undernourished children of both sexes, with age group 4-10 years were selected. 30 children each was assigned to both study group and control group by using stratified sampling technique and were given specific dietary advice. The study group received one nutraceutical cookie weighing around 20gm with milk as anupana, daily for a period of 45 days and control group were under observation for the same period. Follow up was done for one month. The control group was given nutraceutical cookies at the end of the study on an ethical basis. The anthropometric measurements i.e. weight, height, BMI, MUAC and MCC before treatment, after treatment and after follow up were obtained and analyzed statistically. The gain in the anthropometric measurements in the study group was significantly greater than that of control group

Keywords: Karsya, Undernutrition, Vidarikandadichurna, Nutraceutical cookies

Registration Code: ABOP 1266

AN IN VITRO STUDY ON THE ANTIMICROBIAL EFFECT OF FUMIGATION WITH JATU-SARJARASADI CHOORNA

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Air around us can get contaminated by millions of micro-organisms. In the present scenario, shooting incidence of airborne diseases is a major public health challenge. Therefore, disinfecting our immediate surroundings is quite important. In ayurveda, dhoopana is a method by which drugs of herbal, herbo-mineral or animal origin are used for fumigation to disinfect the internal & external environment of human being. It is a safe, natural and cost-effective method that creates an aseptic environment. But researches conducted in this field is negligible and the effectiveness of dhoopa yogas has to be proved scientifically for the acceptance of the modern society. Therefore, Jatusarjarasadi dhoopa yoga mentioned in Ashtanga samgraha sutrasthana is selected for the study to evaluate its antimicrobial activity. Jatu, Sarjarasa, Ushira, Sarshapa, Patra, Valaka, Vella, Arushkara, Pura, Arjuna are the ten ingredients of the yoga, among which Arushkara is replaced in this study with its abhava dravya Citraka due to safety reasons. The study was conducted in the procedure room of Prasootitantra department of Government Ayurveda College Hospital, Tripunithura was fumigated for 30 minutes and kept enclosed for 24 hours. Total microbial colonies were estimated by settle plate method. Petridishes containing culture medium of bacteriae and fungi were exposed for 60 minutes in the room before fumigation and 24 hours after fumigation. The sample plates were incubated and total microbial colonies before and after fumigation were counted. The data was statistically analysed using Wilcoxon Signed Rank Test. On statistical analysis, the reduction in total colony count of bacteriae and fungi was found to be significant and showed profound anti-bacterial activity when compared to anti-fungal action. The study concluded that fumigation with Jatusarjarasadi choorna has anti-microbial effect.

Keywords: Dhoopana, Disinfection, Fumigation, Ayurveda, Purification

Registration Code: ABOP 1272

EFFECT OF PRATHIMARSA NASYA AND ABHYANGA ON THE PHYSICAL FITNESS AMONG ATHLETES IN THE SPORTS HOSTEL OF MAR BASIL HIGHER SECONDARY SCHOOL KOTHAMANGALAM

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Physical fitness has direct influence on athlete's performance level. Sports medicine deals with the physical fitness and the treatment of injury related to sports and exercise by curative, rehabilitative and preventive modalities. Ayurveda the complete science of life can contribute in this field also. Abhyanga and Prathimarsa nasya are important Dinacharya procedures which play a key role in the maintenance of health and fitness of athletes. Regular Abhyanga controls Vata dosas and improves physical strength. Prathimarsa nasya improves the musculature of neck shoulder and chest. Ayurveda classics advice Abhyanga with Thila thailam and Prathimarsa Nasya with Anuthailam as a daily regimen for healthy individual. This study is being made to highlight the application of these Ayurveda Dinacharya procedures in promoting the physical fitness of sports persons. This study is a single group pre-post study. 47 subjects of age group 12-18 participating in athletic events were selected from the Sports Hostel of Mar Basil Higher Secondary School Kothamangalam as per the inclusion and exclusion criteria. After necessary investigations participants had been advised to follow the daily regimen Abhyanga with Thila Thaila after work out, half an hour before bath and Prathimarsa Nasyam with Anuthailam in morning, between 6am- 6.30am for 60 days continuously. Assessments were done on 31st day, 61st day and 91st day (follow up). Scores recorded for test items were converted into marks as per formula based on AAHPER fitness test chart and subjected to statistical analysis using repeated measure ANOVA test. Results showed that Prathimarsa nasya and Abhyanga have statistical significance in improving the physical fitness variables and overall performance level of athletes

Keywords: Physical fitness, Dinacharya, Abhyangam, Prathimarsa nasya

Registration Code: ABOP 1273



EFFECT OF JALANETI AND SOOPYA YOOSHA IN ALLERGIC RHINITIS

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Allergic rhinitis is a common health problem affecting immune system. It is an allergic response to specific allergens causing inflammation of nasal mucosa. Cardinal symptoms include nasal congestion, rhinorrhea, pruritis of nose and eyes. Allergic rhinitis can be co-related with lakshanas of Pratishtyaya mentioned in Ayurveda. This study aimed at yoga therapy and diet as an efficient treatment protocol for the disease. Jalaneti mentioned in yoga, helped in preventing and managing upper respiratory tract infections. Soopya yoosha containing mudga and moolaka is a dietary preparation having pratishtyayahara property. In present study Jalaneti and Soopya yoosha were used in patients of allergic rhinitis. Study design was Single group pre and post-trial with a sample size of 25 patients. Subjects with symptoms of Allergic rhinitis under the age group of 15 to 30 were selected, from OPD of Govt. Ayurveda college Hospital, Tripunithura. Jalaneti was done in morning between 7.30 a.m. and 8.00 a.m. for a period of 15 days; then in every third day for next 7 days and finally once in a week. The study period was for one month. 150 ml of Soopya yoosha was given at 6.00 p.m. in evening daily for a period of one month. Changes in symptoms were noted on 0th, 16th, 31st day and 61st day of follow-up period. The data was analyzed statistically using Repeated measures Friedman's test. showed that the Practise of Jala neti in morning, along with intake of Soopya yoosha in evening had statistical significance in reducing symptoms of Allergic rhinitis with p value

Keywords: Allergic rhinitis, Pratishtyaya, Jalaneti, Soopya Yoosha

Registration Code: ABOP 1275



EVALUATION OF THE IMPACT AND SCOPE OF ISHA OUTREACHS NALAM TRAINING AND EDUCATION SESSIONS

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This study aims to assess the effectiveness of the 'Nalam' training and education sessions conducted by Isha Outreach, focusing on herbs, home remedies, and dinacharya, targeting youth and homemakers in the community, training them as community health volunteers. The evaluation encompasses both individual and community-level benefits. 'Nalam,' translating to 'wellbeing,' comprises 2-hour monthly sessions over 10 months, covering Ayurvedic insights on backyard herbs, kitchen spices, home remedies for common ailments, and dinacharya practices. Participants learned about 30 herbs, 30 medicines, and various dinacharya techniques for everyday life. Assessments were conducted at 3 months, 6 months, and 1 year post-program, utilizing a questionnaire to gather data on factors such as hospital visits, sick days, and adherence to dinacharya practices for themselves, their families, and local community members. Among the 1021 participants surveyed, one year after the program, there was a notable 90% reduction in hospital visits, a 68% decrease in sick days for both participants and their families. Regarding dinacharya practices, 84% reported adherence after 3 months, 54% after 6 months, and 51% after 1 year. Additionally, 66% of participants expressed confidence in sharing their knowledge with others. The 'Nalam' sessions, consisting of 20 hours of training and ongoing support, have positively impacted thousands of lives and brought about transformative changes in the community. This success serves as a replicable model for similar initiatives in other locations. Significance: Empowering health volunteers within the community significantly enhances the sustainability of health education programs, fostering a culture of health and well-being in society.

Keywords: Community Health Volunteers, Backyard Herbs, Kitchen Spices, Home Remedies, Dinacharya.

Registration Code: ABOP 1307



INTEGRATIVE APPROACH OF SIRO ABHYANGA AS A DINACHARYA PROCEDURE AND BHRAMARI PRANAYAMA IN STRESS REDUCTION IN LOCO PILOTS

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Stress, recognized in Ayurveda and modern medicine, plays a vital role in the onset of diseases. Ayurveda refers to stress as 'sahasa', which weakens the body's ojas and increases vulnerability to ailments. Since stressors cannot be eliminated, preventive measures and lifestyle modifications are crucial for coping. Adequate diet and sleep protect the body. Yoga is increasingly employed in clinical settings to address stress-related mental and physical health conditions, exhibiting promising efficacy. The job of Indian railways drivers is highly stressful, with an uncontrollable work environment beyond their control. Loco pilots experience significant stress, impacting their well-being and performance. The demanding nature of their job, combined with the responsibility for passenger safety, often leads to heightened stress levels. Prioritizing stress management strategies and providing substantial support to loco pilots is vital for their mental and emotional well-being, ensuring safe and efficient railway operations. Understanding and addressing stress in a scientific and compassionate manner not only holds the key to individual well-being but also paves the way for a healthier and harmonious society. This review aims to assess the therapeutic effects of Siro abhyanga and Bhramari pranayama in managing stress among loco pilots. By analyzing selected articles, a comprehensive understanding of the integrative approach of regular pranayama practice and Siro abhyanga in stress management will be provided. A comprehensive review of the literature was conducted to explore stress reduction techniques such as Siro abhyanga and Bhramari pranayama, specifically in relation to engine drivers. The review included classical Ayurvedic textbooks, reputable journal articles, and other relevant sources. Seven articles were selected for analysis, offering a comprehensive understanding of the topic. The combination of Siro abhyanga and Bhramari pranayama is expected to have a synergistic effect in reducing stress among Loco pilots.

Keywords: Anxiety, Yoga, Ayurveda, Engine driver

Registration Code: ABOP 1322

AMALGAMATION OF AYURVEDA IN HEALTH ECONOMICS A DOMAIN FOR PUBLIC HEALTH POLICY MAKING - A SCOPING REVIEW

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By 2030, India is projected to become the world most populous country, with nearly 200 million individuals reaching the age of 60 by 2025. However, this growing elderly population pose a substantial global burden and threaten public health, thereby hindering social and economic development on a global scale. In this context, there is a rising demand for traditional Ayurvedic medicines with growing healthcare economy estimated to be \$70 billion by 2025. Despite being the fastest growing market in the traditional medicine sector, the potential of Ayurvedic medicine remains largely untapped. A comprehensive review was undertaken, rigorously evaluating a range of publications, including annual reports, policy articles, and Ayurvedic literatures. In addition, Information on health economics were obtained from the National Health Portal of India, Ministry of AYUSH, CCRAS and National AYUSH Mission. The Economic evaluation in Ayurveda Health care financing can focus on the strategy of Monitoring and Evaluating the Cost effectiveness and utility analysis. Budget impact and spending growth can provide cost guideline and framework for early assessment of decision implementation. Use of decision analytic model may estimate the incremental cost per QALY ratio and Value of Diagnostic Information (VODI) can support cost containment for patients in early detection of disease.. As the utilization of AYUSH medical system grows, its critical source to consider economic analysis is limited in formulating health strategies. By examining the economic aspects of Ayurveda interventions, policymakers and researchers can make more informed and efficient healthcare decisions, considering cost-effectiveness and financing value.

Keywords: Economic evaluation, Health budget, Policymaking, Cost-effectiveness, AYUSH Healthcare

Registration Code: ABOP 1383



INTEGRATING AYURVEDA AND TECHNOLOGY A SIMULATION MODEL FOR OCCUPATIONAL STRESS PREVENTION AND WELLNESS ENHANCEMENT

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Occupational stress refers to the psychological, emotional, and physical strain which arises when employees perceive a misalignment between the demands of their job and their ability to cope with them effectively. Occupational stress can be caused by various factors at work, including job demands, relationships with colleagues, and how individuals cope with stress. It is difficult to effectively address this issue because it is complex and has many different aspects. Employees often hide their stress or mental health problems at work because of the stigma surrounding mental health, concerns about job security, and the desire to appear professional. Monitoring real-time stress is important for individuals who want to understand their stress patterns, manage their reactions to stressors, and implement coping strategies to reduce stress in the moment. A simulation model for preventing occupational stress and improving well-being is necessary because workplace stress factors are complicated and change over time. This simulation model provides a controlled, data-driven environment to understand how these factors interact and predict the outcomes of stress prevention and wellness strategies. This study develops a simulation model that integrates Ayurvedic principles, advanced technology, and wearable devices to prevent occupational stress and enhance well-being in the workplace. It assesses employees' mind-body constitution (Prakriti) and real-time stress levels, providing personalized Ayurvedic advice, stress management tools, yoga and meditation guidance, progress tracking, community support, and access to Ayurvedic practitioners. This groundbreaking simulation model harmoniously blends the timeless wisdom of Ayurveda with cutting-edge technology, aiming to tackle and alleviate the burden of workplace stress while fostering a profound sense of well-being. By seamlessly integrating ancient knowledge with modern advancements, this innovative approach has the transformative potential to cultivate happier, healthier, and more productive workforces.

Keywords: Occupational stress, Real time stress

Registration Code: ABOP 1394

EXPLORING REJUVENATION TECHNIQUES FOR FACIAL SKIN

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Skin aging is a complex process influenced by endogenous and exogenous factors. The structural components of dermis such as collagen and elastin may either decrease or become abnormal in aging skin. A wide range of therapies are currently available for skin rejuvenation and anti-aging. Procedures such as chemical peels, botulinum toxin, laser treatment, facelifts etc. are more popular and expensive aesthetic correction for facial aging. Alternative approaches to facial rejuvenation such as facial acupuncture, facial acupressure, chromotherapy, face yoga/facial exercises which are less invasive, preventive and often less expensive than the above-mentioned procedures. Ayurveda explains various dinacharya procedures such as abhyanga, utsadana, nasya karma, and gandusha which are good for skin health as a preventive aspect. Data were obtained using a stepwise search process by searching the online PubMed, Science Direct and Scopus databases. The search yielded a total of 1088 articles. After applying filters such as 'free full text', 'full text' and removing duplicates, 75 papers were included. Finally, by screening those papers, 8 relevant papers were selected. Studies reveal that the alternative techniques help to the reduction of the wrinkles and facial sagging. The adoption of alternative methods has been shown to enhance collagen intensity, contributing to skin rejuvenation. Muscular activity helps to increase the production of collagen and elastin. Face yoga and facial exercise may be able to improve the appearance of facial skin by stimulating underlying muscle growth. Chromotherapy helps in the rejuvenation of skin and stimulation of dermal collagen synthesis. Acupuncture and acupressure treatment benefits include reduction of wrinkles, improvement of facial muscle tone, improved skin texture and decrease of skin sagging. Abhyanga, utsadana procedures helps to improve collagen intensity and are good for skin rejuvenation. So as a preventive aesthetic modality these alternative techniques are more efficacious.

Keywords: Facial aging, Facial rejuvenation, Chromotherapy, Facial exercise, Acupuncture, Dinacharya

Registration Code: ABOP 1395



DIETARY AND LIFESTYLE MODIFICATIONS IN OBESITY AS PER AYURVEDA AND MODERN SCIENCE

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Being overweight or obese can have a serious impact on health. Obesity is abnormal growth of the adipose tissues due to an enlargement of fat cell size or an increase in fat cell number or combination of both. The prevalence of overweight and obesity has increased drastically in recent decades. Improper food habits with faulty lifestyle reduces individual happiness and predispose to many lifestyle disorders. Different factors have been linked to the development of obesity, which include genetic, demographic, and lifestyle factors (sedentary behaviour, physical inactivity and poor dietary habits). Due to the consumption of energy dense food (unhealthy food habits), sedentary lifestyle, lack of health care services, financial support, the developing countries are facing high risk of obesity and their adverse consequence. The most effective weight loss intervention is one that includes a moderately reduced-calorie diet, increased physical activity, and the use of behaviour strategies to facilitate adherence. Ayurveda strongly emphasizes on preventive aspect of health and promoting it. In Ayurvedic concept, sthaulya is one of the santarpanothajanya vikara, it depends upon the quality and quantity of ahara rasa. Santarpanajanya vikaras can be managed by pathyaharas and viharas. A project submitted to KUHS regarding diet and lifestyle modifications applicable in obesity for evaluation. It includes most commonly used food habits, with a slight modification in diet, by collecting and analysing data based on ayurvedic and modern principles. Diet schedule developed on sedentary, moderate and for active persons in a range of 1000-1300kcal, 1300-1600kcal, 1600-2000kcal. The lifestyle modification includes yoga and exercise therapy. One who follows, dinacharya, diet and lifestyle modifications correctly, i.e, tripod application of ahara, vihara, oushada can manage and prevent overweight and obesity to a great extent.

Keywords: Obesity, Sthaulya, Diet schedule, Lifestyle modifications, Yoga

Registration Code: ABOP 1474

EXPLORING THE CONCEPT OF FASTING IN AYURVEDA: A COMPREHENSIVE REVIEW OF LITERATURE

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Gaining a comprehensive understanding of fasting is crucial in the current situation, considering its significance as a langhana procedure. This involves delving into its indications, benefits, contraindications, duration, post-procedures, and more to navigate its complexities effectively. This literature review probes into the concept of fasting in Ayurveda, aiming to decipher its variform dimensions. This study aims to understand the concept of fasting according to Ayurveda, its significance, therapeutic applications, and its impact on the wellness of the body-mind-spirit triad. By examining a wide range of Ayurvedic texts, scholarly articles, and traditional practices, the research aims to provide a refined understanding of fasting in the context of Ayurveda. A systematic methodology was utilized to conduct a thorough literature review. Various databases such as PubMed, Google Scholar, and Ayurvedic repositories were carefully explored, employing specific keywords related to Ayurvedic fasting practices, doshas, detoxification, and spiritual aspects. Inclusion criteria encompassed peer-reviewed articles published in the last two decades as well as classical Ayurvedic texts. Thematic analysis was employed to consolidate the findings and recognize recurring themes present in the selected literature.: This comprehensive review highlights the individualized approaches of Ayurvedic fasting based on dosha imbalances, strengthening digestive fire(agni) , detoxification of ama and emphasizing the restoration of equilibrium in the body, enhancing mental clarity and wellness. Moreover, it delves into the spiritual aspects of fasting, emphasizing its contribution to enhancing self-control, mindfulness, and self-awareness. It emphasizes the integration of Ayurvedic principles and modern research, highlighting concepts of Ayurvedic fasting and its implications for future research and therapeutic applications in holistic healthcare.

Keywords: Fasting, Langhana, Upavasa, Detoxification, Wellness, Fasting techniques in Ayurveda

Registration Code: ABOP 1480



AN INTERDISCIPLINARY APPROACH EVALUATING THE PROS IN AYURVEDIC COSMETOLOGY THROUGH AN ANALYSIS OF HERBAL MEDICINES AND ALTERNATIVES

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The concept of beauty in Ayurveda dates back to time immemorial. The demand of Ayurveda is great in the field of cosmetology due to its effective, cost friendly and long lasting methods. While allopathy solely focusses on remedies like oral tablets, injections, or harmful techniques for the treatment of skin related issues, Ayurveda gives mental and spiritual well-being, an important part in beauty and healing. Prakriti based services such as customization helps in providing products based on an analysis of skin and hair texture, moisture level, and includes surveys that identify rasa, dosha and prakriti thus bringing in personalized products. This hence becomes a source of resurgence of Ayurveda worldwide through Ayurvedic cosmetology. The society nowadays has a higher demand for herbal products especially in the fields of health and cosmetology. Due to lack of cultivation and availability of most of the natural resources that are needed for healthy products, a combination of chemical substitutes are formulated. This paper delves into some major sources of cosmetology in Ayurveda that works as cost effective alternatives for harmful allopathic treatments such as dermabrasion and chemical peeling that not only possess side effects but also leads to long term issues like discoloration, and even kidney or liver damage. It is indeed a necessity to make the society aware of certain demerits or consequences of these techniques. Most of these acne control and skin improvement techniques do have alternatives in Ayurveda. For example panchakarma avoids the root cause of skin issues unlike Allopathy. In order to improve the trust on Ayurveda in modern world, it is necessary to use natural and eco-friendly substances in the novel products.

Keywords: Ayurvedic Cosmetology, Panchakarma, Yoga, Naturopathy, Allopathy

Registration Code: ABOP 1499

EFFECTIVENESS OF KHADIRACHOORNA FOR DANTADHAVANA IN IMPROVING ORAL HYGIENE

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Oral hygiene includes all the practices for keeping mouth clean and healthy. Good oral hygiene is necessary for prevention of dental caries, periodontal diseases, bad breath and dental problems. In modern life, due to lack of time and negligence, people tend to neglect the maintenance of oral hygiene, leading to many oral diseases. The WHO estimates that globally 3.5 billion people suffer from one or the other form of oral diseases. After consumption of food within 15 to 20 minutes, some bacteria acts on residue food particles and produce acid which causes dental decay. In addition to this, the accumulated debris, bacteria etc. causes dental plaque. Dental caries and periodontal disease are the two most common worldwide prevalent dental ailments. Further maintenance of oral health is important not only for the structure of oral cavity but also deliver large impact on general health. Dantadhavana, jihwanirlekhana, kavala, gandusha etc. are some procedures which helps to maintain oral health. Dantadhavana, mentioned in dinacharya procedures has important role to play in these situations. Ayurveda emphasis on the use of variety of drugs for the purpose of dantadhavana. The present study was non randomized interventional type and the objective of this study was to find out the effectiveness of Khadirachoorna for dantadhavana in improving oral hygiene. A sample size of 30 individuals aged between 25 to 55 years in Thiruvananthapuram District were selected and advised to brush the teeth with Khadirachoorna for a period of 30 days. The oral hygiene index and microbiological examination of saliva were assessed before and after the study. The data were analyzed by using Wilcoxon signed rank test and statistically significant with P value < 0.05 (OHI-S) and < 0.001 (total pathogenic bacterial count). Thus the study proved Dantadhavana with Khadirachoorna is significantly effective in improving oral hygiene. The study has uploaded to Kerala University of Health Sciences for acceptance.

Keywords: Dinacharya, Oral health

Registration Code: ABOP 1502



QUALITY OF SLEEP AFTER COVID - 19 PANDEMIC

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Sleep is a natural and reversible state in which physical and mental activity are reduced by alteration and inhibition in our consciousness and sensory activity, respectively. Fast moving life and advancement in technologies have altered the normal pace and qualities of sleep. The duration and quality of sleep from a toddler to the elderly has changed drastically after the COVID-19 pandemic. COVID-19 pandemic has forced the public to enter into a stage of isolation which has negatively impaired the patterns of sleep. Lock down, non availability of jobs, physiological and psychological trauma of infection, increased workload for health care professionals all have elevated the burden of sleep disturbances during and post pandemic. Sleep disturbances are found starting from 2 weeks to 48 weeks after certifying negative for COVID-19. Most common sleep disturbances post COVID-19 includes insomnia, daytime sleep, sleep wake disorders and sleep related movement disorders. Nowadays sleep disorders have increased at an alarming rate and the quality of sleep has deteriorated. 7-8 hours of sleep is a must for a healthy individual. In Ayurvedic classics the concept of Nidra is explained with great emphasis. It is considered one among the three sub-pillars for a healthy living. It is also mentioned among 13 adharaneeya vegas and also one among the 80 nanatmajavyadhis. The clinical significance of Nidra in form of alpanidra, nidranasha and atinidra with their respective treatments are explained. Interventions in the form of diet modifications, Ayurvedic medications, therapeutic procedures, Yoga, meditation can be considered. This review is an attempt to analyze sleep changes post COVID-19 and their management from an Ayurvedic perspective.

Keywords: Sleep, Sleep quality, Nidra, Alpanidra, Nidranasha, Atinidra

Registration Code: ABOP 1521

EFFECT OF VAMANADHAUTI ALONG WITH DIET AND LIFESTYLE MODIFICATION AS PER AYURVEDA IN AJEERNA DYSPEPSIA A CASE STUDY

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In present era, Ajeerna is a very common health issue which denotes improper functioning of Agni leading to lots of other diseases and has resemblance with dyspepsia. The worldwide prevalence of dyspepsia is 20-30% and in India it is 7.6-49%. Unhealthy & sedentary lifestyle, increasing intake of fast food and faulty eating habits play important role in pathogenesis of Ajeerna. In the context of Ajeerna, Sadyovamana Chikitsa is described which can be correlated with a Yogic cleansing procedure-Vamanadhauti. Vamanadhauti mainly acts on Amashaya, removes impurities from it and improves digestion power. It can be correlated with Sadyovamana Chikitsa described in Sushruta Samhita in the context of Ajeerna Chikitsa. To evaluate the effect of Vamanadhauti along with diet and lifestyle modification in the management of Ajeerna. Methodology: In the present case, a 24-year-old female reported at the OPD of Swasthavritta with symptoms like pain in epigastric region, discomfort, bloating and heaviness in abdomen; associated with early satiety, feeling of stickiness in oral cavity, headache, nausea and occasionally 1-2 times vomiting/week over the period of last three years. The patient had habits like late night sleeping, day-sleep, lack of physical activities etc. since 4 years before the onset of symptoms. After clinical evaluation, this patient was subjected to Vamanadhauti (twice a week for three weeks) along with diet and lifestyle modification as per the guidelines of Ayurveda. Conventionally, therapies like antacids, antiemetics, acid suppression therapy, prokinetic drugs etc. are available for dyspepsia, but they can provide only temporary relief and are not so much cost effective. Hence, drugless management was planned in this case. It was found to be promising showing a marked improvement in the condition of patient through reduction in symptom score and betterment in the score of WHOQOL-BRIEF from 68.27 to 81.4.

Keywords: Ajeerna, Ayurveda, Diet, Dyspepsia, Vamanadhauti, Yoga

Registration Code: ABOP 1543



DINACHARY A FOR 21ST CENTURY

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This is a scientific interpretation of practise of daily regimen (DINCHARYA) mentioned in classical texts with some modern day products available for a preventive approach. The purposes are: 1.To have a conscious and healthy society. 2.To make society understand the purpose of ayurveda to improve one's living. 3.To make human race healthy by providing resistance towards various diseases that occur due to malpractices (virudha ahaar,Asatmya indriyaartha sannikarsha etc) performed on daily basis . 4.To cure trivial complaints that are tremendously affecting present day society. methodology: Studying different products available in market with respect to dravyas given in classical text . factual study of dincharya is done according to all the classical references. Summary of results: 1.World manifests minimum vyadhi. 2.It bestowes resistance towards vyadhijanaka hetu to the World to overcome and fight all the vyadhis . 3.Execution and application of all other public health plans goes successful. 1.It helps one to attain the purpose of the existence that is dharma, artha, kama and moksha. 2.This perception of chikitsa helps in healing and preventing the causative factors that are responsible for manifestation of all kinds of vyadhi. Significance/contributions of the study: 1. A preventive intervention in clinical approach. 2.it is a minimal investment AYUSH project . 3. It is the first step in public health education - which is feasible and effective and ensures equilibrium of all energies claiming health of mankind and achieving prevention and cure of any manifestation. 4.it is also an approach to promote AYURVEDA in this 21st century and incorporate in clinical practice and also fulfill the aim of a conscious planet.

Keywords: Dinacharya, Preventive Methods,Vyadhijanaka Hetu,Public Health

Registration Code: ABOP 1571

EFFECT OF SHWADAMSHTRADI RASAYANA IN IMPROVING THE QUALITY OF LIFE AMONG PEOPLE AGED 60-75 YEARS

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Ageing is a multidimensional process of physical, psychological and social change. It is of course a biological reality which is beyond human control. Increasing number of elders in the population is a matter of great concern because of its impacts on public health and socio-economic growth of our country. As age advances, dhatus in the human body gets degenerated, health and functional capacities may decline resulting in poor quality of life. Quality of life is the composite measure of physical, mental and social well-being. Quality of life is the subjective component of wellbeing and it measures a person's subjective feeling of happiness or unhappiness about various life concerns. Rasayana therapy boosts the ojus and immune system, also maintains good health and establish impaired or lost physical and mental health. This study is aimed at assessing the effect of Shwadamshtiradi Rasayana with cow's ghee and honey in improving the quality of life among people aged 60-75 years. A pre-post interventional study with a sample size of 30 participants aged 60-75 years were selected satisfying the inclusion and exclusion criteria from the OPD of Swasthavritta, Govt. Ayurveda College Panchakarma Hospital, Poojappura, Thiruvananthapuram and advised to take Shwadamshtiradi Rasayana with cow's ghee and honey for a period of 45 days. The Quality of life assessed before and after the study using Quality of life Questionnaire 15D©. Data was collected, processed and conclusions were made accordingly. The data was analysed statistically using Wilcoxon signed rank test. After intervention, improvement in quality of life showed highly significant results with p

Keywords: Ageing, Rasyana therapy

Registration Code: ABOP 1578



PREVENTIVE AND CURATIVE ASPECT OF PRAMEHA WITH RESPECTIVE NIDANA PARIVARJANA

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Nidana is the fundamental cause of all diseases. Faulty dietary and lifestyle habits are cause of many diseases. This faulty diet and lifestyle habits are termed as Nidanans, the causative factor for many diseases. Knowledge of Nidana is important in clinical practice. Faulty dietary habits and Lifestyle has a significant impact on physical as well as mental health of a person. In recent decades, dietary habits and life style has emerged as an important indicator one's health and has gained attention of many researchers around the world. Millions of people follow an unhealthy dietary habits and lifestyle Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, obesity are caused by an unhealthy lifestyle. And concept of Nidana Parivarjan is to avoid the known causing factors in diet and lifestyle of the patient. The concept is mentioned in Ayurvedic classics which not only treats the disease but also acts as a measure to prevent future diseases. Thus, Nidana Parivarjan is regarded as first line treatment of many diseases.

Keywords: Prameha, Dietary Habits, Lifestyle.

Registration Code: ABOP 1580

BIOMEDICAL WASTE MANAGEMENT IN AYURVEDIC HOSPITALS

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Bio medical waste management is an integral part of traditional and contemporary system of health care. The authorization for biomedical waste treatment is mandatory as per the ministry of environment and forest under the environment act ,1986. Waste generated for the treatment of sick persons at ayurvedic hospitals has a potential health hazards to the ecosystem and public surrounding the area. There are several biomedical waste generated during Ayurveda treatment such as tissues, body parts, discarded blood, gloves ,syringes, catheters, other medical supplies, oils, plant decoction, waste, buttermilk leaf extract, fresh leaves, burnt ashes etc. The biomedical waste generated through this process is mostly biodegradable and can be managed through sewage/drainage, incineration and landfill. Biomedical waste in hospitals during ayurvedic treatment is much higher in comparison to the waste generated in the past. Today the use of natural product are very less and industrial products are used in high quantity ,which requires a proper disposal mechanism ,most of them cannot be naturally destroyed. Today waste goes through a process such as segregation of waste at the source , recycling and reuse of products of proper products ,than management of waste through scientific mechanism for the interest of society and environment. For a healthy environment ,the proper management of biomedical waste and disposal facilities become important. unregulated waste treatments poses a serious threat to human beings and natural habitats as the presence of carbon di oxide, methane and greenhouse gas which cause global warming and climate change. This poster focuses on the identification and classification of biomedical wastes in ayurvedic hospitals, current practices of its management in ayurvedic hospitals and its future prospective.

Keywords: Biomedical waste, Incineration, Landfilling, Global warming, Sewage,

Registration Code: ABOP 1602



A REVIEW ON AYURVEDIC AND MODERN CONCEPT OF APPETIZERS

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By definition, the system that controls energy intake (food consumption) and related motivational states like hunger is called the appetite system. The need to eat is a psychological and physiological phenomenon. An appetizer is a part of a food item that has a stimulating effect and makes you want to eat more. It might be a food ingredient or a small portion of food that activates the digestive system. The underlying cause of illness according to Ayurveda is Mandagni. There are other Ayurvedic ideas that are connected to the concept of Aahara, which keeps Agni in a balance state. Aahara Kalpnas mentioned in classics used as an appetizer which were consumed either before meal or with a meal. Deepan Dravya and Hridhya Dravya serve as appetizers in Ayurveda. According to Ayurveda, Deepan is a substance that stimulates the digestive system but does not digest Ama. The term that is healthy for the heart and mind is referred to as Hridhya. Methods: During the presentation of the entire topic, all relevant studies and ancient literature regarding appetizers will be discussed. Ayurvedic and contemporary food preparation as appetizers will be covered in this assessment, along with their accessibility and impact on health. This literary analysis tries to clarify the differences between modern and Ayurvedic concepts of appetizers, as well as the drawbacks of modern appetizers and the benefits of Ayurvedic food appetizers. The use of ancient Aahar Kalpnas as appetizers should encourage the development of policies that lessen and prevent the negative effects of modern appetizers.

Keywords: Appetite, Agni, Appetizers, Aahar Kalpna

Registration Code: ABOP 1629

LIFESTYLE MODIFICATION FOR GERIATRIC CARE

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Geriatrics is the area of general medicine that deals with the clinical, preventive, medical, and social aspects of illness in the aged. According to the WHO, by 2030, 1 in 6 people in the world will be of age 60 years or above. The number of persons aged 80 years or older is expected to be increased by triple between 2020 and 2050 and reach 426 million. A person's physical ability in coordination with their psychological functioning, which is manifested in the form of habits, behavior, diet, and living pattern, results in a specific lifestyle. Age-related lifestyle diseases like hypertension, diabetes mellitus, and dementia are highly prevalent and are linked to cardiovascular diseases. Such illnesses are typically difficult to treat and the traditional medical system with its structural outlook, is still battling to maintain control as one disease state feeds into another. To comprehend the psycho-somatic effects on the human body and emerging lifestyle diseases, an Ayurvedic method is necessary. To prepare modified lifestyle for maintaining positive health in elderly. All available Ayurvedic classics, Various publications, research papers. In old age, people face many problems which hamper their life potential like physiological problems, pathological problems, psychological problems and social problems. Therefore, there is a great need for pre-geriatric care (e.g.- physical activity, friend circle etc) and geriatric care (yoga, meditation, etc) including dincharya, ritucharya, rasayana etc to cope up with all these problems. Modified lifestyle may be very successful in geriatric health problems like mental illness, depression etc.

Keywords: Medhya Rasayana, Lifestyle, Asana, Dincharya.

Registration Code: ABOP 1633



EFFECT OF MUDGADI KASHAYA PEYA AND SELECTED YOGA TECHNIQUES IN OVERWEIGHT

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Overweight is defined as abnormal or excessive fat accumulation that presents a risk to health. Overweight and obesity are the fifth greatest risk factors for death worldwide. Due to secondary consequences including obesity, type-2 diabetes mellitus, coronary heart disease, dyslipidaemia, etc., the morbidity and mortality of overweight people are rising. Obesity and overweight are primarily caused by an imbalance in energy between calories consumed and calories burned. In order to maintain balance between the two, the management approach attempts to reduce energy intake while boosting energy expenditure. In Ayurveda, overweight can be correlated to sthoulya. In this study an intervention along with addition of one dietary intervention was made into the daily routine of subjects. Here yoga is most suitable adaptation of physical activity and Mudgadi kashaya Peya is a dietary preparation having kapha medohara property which can reduce the over gaining weight. Single group pre-post study was done on 30 subjects, selected according to inclusion and exclusion criteria, from the OPD of Govt. Ayurveda College Hospital, Tripunithura. Yoga practise was done regularly in morning for 45 minutes daily and 192ml (approx. 1 glass) of Mudgadi kashaya peya was administered as dinner at 07:30 pm in selected study subjects. Changes in outcome variables such as body weight, BMI, waist hip ratio and Lipid profile were noted on 0th day, 31st day and 61st day. The study was effective in reducing BMI, Weight, Waist-hip ratio, Total cholesterol, S. triglyceride, LDL and VLDL and had a slight improvement in HDL level. The result is submitted to university for evaluation.

Keywords: Mudgadi Kashaya Peya, BMI, Waist-Hip Ratio, Yoga, Total cholestrol

Registration Code: ABOP 1636



ROLE OF YOGA IN HEALTH AND DISEASE

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Yoga as a mode of therapy has become extremely popular, and a great number of studies and systematic reviews offer scientific evidence of its potential in treating a wide range of psychosomatic conditions. Healthy life can be considered as a by-product of practicing yogic techniques since it has been observed that yoga practitioners are physically and mentally healthier and have better coping skills to stressors than the normal population. This review paper details some of the health promoting benefits of yoga as well as discusses the important cardiovascular, respiratory conditions in which it may have preventive, supportive, curative and rehabilitative potential. Role of yoga in stress, mental health, pregnancy and childhood are also detailed. Psycho-neuro-endocrine changes including correction of GABAergic activity, and parasympathetic activation coupled with decreased reactivity of sympathoadrenal system and HPA axis are highlighted. This is true in the process of introducing any new therapy into the modern health care system and is not surprising when we consider that the proper studies on yoga as a therapeutic modality are not older than a few decades. It is important to develop objective measures of various mind-body therapies and their techniques while including them in intervention trials. An overview is given of the lacunae present in the reviewed studies and suggestions given for improvements in future studies. In conclusion, we can say that yoga has preventive, promotive as well as curative potential and that a yogic lifestyle confers many advantages to the practitioner. Since lifestyle related diseases are alarmingly on the rise in our modern society, yogic lifestyle that is cost effective and relatively safe, should be given a special place in preventing and managing these diseases.

Keywords: Health, Disease, Stress, Yoga therapy.

Registration Code: ABOP 1668



SPECIFIC IMPACT OF AYURVEDIC PRINCIPLES ON HEALTH AND NUTRITION

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Ayurveda, an ancient holistic healing system in India, emphasizes the interconnectedness of body, mind, and spirit in achieving optimal health and wellness. Unlike conventional medicine or yoga both in Ayurveda focuses on personalized approaches to health and nutrition, through the balance of tridoshas, saptadathu and mala. These dosha dathu and mala reflect ones inherent physical and mental characteristics, guiding personalized dietary and lifestyle choices. Doshas-Ayurveda identifies three primary doshas: Vata, Pitta, and Kapha. Each person has a unique combination of these doshas, which determines their physical and mental characteristics. Understanding your dominant dosha can help tailor your diet and lifestyle choices to maintain balance. Asthaaaharvidhi vesheshaaytan- Ayurveda emphasizes the consumption of fresh, whole foods that are in season and locally sourced. A balanced Ayurvedic diet includes all six tastes: sweet, sour, salty, bitter, pungent, and astringent, in appropriate proportions based on your dosha. Aaharvidhi vidhaan- In Ayurveda the importance aaharvidhidvidhan for proper mindful eating, which involves being present during meals, chewing food thoroughly, and eating in a calm and peaceful environment. By completely following the principles of Ayurveda, one can attain physical or mental samavasthaof dhosha, dathu, and mala in samaavastha. Due to which body and mind through natural remedies, balanced nutrition, and holistic practices, enhancing overall well-being and vitality for a fulfilling life. Ayurvedic principles into contemporary health and nutrition practices offers a holistic approach to wellness, emphasizing the interconnectedness of the body, mind, and spirit for overall vitality and longevity.

Keywords: Ayurvedic Principles, Doshas Dathu Balance, Asthaaaharvisheshayetan, Aaharvidhi Vidhan.

Registration Code: ABOP 1705



ENLIGHTENMENT THE GOAL OF YOGA AND AYURVEDA -- FROM PHILOSOPHY TO SCIENCE

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The highest goal of the practice of Yoga and Ayurveda as described in the classical Vedic texts is the achievement of enlightenment. This paper discusses developing scientific parameters and definitions of the state of enlightenment, and explores research on the effects of the practice of the Transcendental Meditation technique on cognitive and physiological functioning in relation to this goal. Modern science has identified three major states of consciousness (waking, sleep, dream) characterized by unique physiological correlates and cognitive experience. Identification of fourth major state of consciousness consistent with descriptions of samadhi, resulted from studies such as Wallace and Wilson's A Wakeful Hypometabolic Physiology State (American Journal of Physiology 1971). New research indicates sustained development of higher states of consciousness consistent with descriptions of enlightenment in Vedic literature and supported by the practices of Yoga and Ayurveda. Progressive improvement in mental and physical function emerge during waking and sleep states when alternated with 2 daily 20-minute periods of Transcendental Meditation (TM). Travis, Arenander and Mason's work is cited on EEG coherence, power and contingent negative variation (Biological Psychology 2002), psychological and physiological characteristics of a proposed object-referral/self-referral continuum of self-awareness (Consciousness and Cognition 2004), electrophysiological correlates of higher states of consciousness during sleep in longer-term practitioners of the TM program (Sleep 1997). These and other pioneering research efforts address a timely need to develop a scientific basis for understanding and developing higher states of consciousness as outlined in Vedic literature and the systems of Yoga and Ayurveda, and as developed in the work of Maharishi Mahesh Yogi. Enlightenment, which in recent times has been seen as impractical to achieve or as a luxury for the philosophically or spiritually inclined, is seen as a necessity, and as the basis for the creation of a healthy, peaceful society.

Keywords: Enlightenment Yoga Ayurveda Vedic Scriptures Research

Registration Code: ABOP 1707



UNRAVELING THE GUT-BRAIN CONNECTION STRATEGIES FOR PREVENTING MENTAL DISORDERS

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Preventive medicine is vital for promoting health and averting diseases. Common mental disorders like major depressive disorder (MDD) and anxiety can significantly impact one's well-being. The gut, housing around ten trillion micro-organisms collectively called the 'microbiota,' plays a crucial role in overall health. Dysbiosis in the gut microbiota, affecting the Gut-Brain Axis, influences mental health. Recent studies indicate that probiotic treatments show promise in alleviating these conditions. Microbiota-focused interventions can positively impact mood, cognition, and anxiety, enhancing neurological functions. Databases like PubMed and Scopus were searched and 8660 papers were retrieved. After applying filters like free full text and removing duplicates 750 papers were included. Among these 13 papers were selected. Studies show distinct differences in the gut microbiota between healthy individuals and those with MDD, characterized by decreases in Bifidobacterium and Lactobacillus and increases in Clostridium, Streptococcus, and Klebsiella. A meta-analysis of RCTs involving 229 depressed patients revealed a positive effect of probiotics on depressive symptoms, especially when used alongside antidepressant treatment. Additional clinical trials demonstrated that supplementing Lactobacillus plantarum with antidepressants improved cognitive performance in depressed patients compared to antidepressants alone. In a clinical study, a 30-day intake of probiotics containing Lactobacillus helveticus and Bifidobacterium longum effectively reduced symptoms of depression and anxiety compared to a control group. Additionally, a preclinical study showed that specific strains of Bifidobacterium and Lactobacillus lowered stress levels and alleviated anxiety symptoms in mice. Various strains of lactic acid bacteria with probiotic properties have shown effectiveness in addressing mental health conditions. Buttermilk, a fermented dairy product rich in these bacteria like L.helveticus, L.bulgaris, L.lactis, B.longum etc., and other nutrients, is valued in Ayurveda as both a dietary and medicinal component, used for psychosomatic and psychological disorders. Studies should be conducted on psychobiotic potential of buttermilk.

Keywords: Gut microbiota, Mental health, Gut brain axis, Probiotics, Psychobiotics, Buttermilk

Registration Code: ABOP 1714

A REVIEW STUDY ON THE COSMETIC EFFECT OF DINACHARYA PROCEDURES AND OTHER ASPECTS DESCRIBED IN AYURVEDIC CLASSICS

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Cosmetology is the science of beauty treatment which can positively affect the appearance and existence of a human. Every person, irrespective of one's gender, wants to look good in physical appearance and also wants to have well poised psyche blooming with self confidence. This aesthetic wellness can be termed as 'Beauty'. According to Ayurveda, the concept of beauty includes physical, mental, social and spiritual elements based on the balance of the Doshas. Dinacharya, Ahara, Samyak Nidra, consumption of Rasayana and use of other medicines (Varnya Mahakshaya, eladi gana etc), some other special procedures and behavioural aspects like Sadavritta, can be considered while thinking about cosmetology. Prakriti has a characteristic role in maintaining the Saundarya as it is a combination of physical, physiological and psychological characteristics of an individual. Saundarya, Lavanya, Roopa are the synonyms that are referred to indicate the word 'beauty' since ancient times. As per Adi Shankara, Saundarya Lahari describes the beauty of great mother Shakti. Aim- To collect and compile the references related to Cosmetology in Ayurveda including Swasthavritta practices for beauty purpose from various Ayurvedic Samhitas. Classical texts and their available commentaries, Nighantu, articles and research works have been referred. Significance- Nowadays, lifestyle has been changed and every person is in hurry to look more attractive. Being negligent to the hazardous effect of using chemicals in the form of beauty products, people are going to put themselves into long term cosmetic issues. There are various methods described in Ayurveda regarding beauty as mentioned above. Hence, its the time to revive those ancient methodologies. Ayurvedic cosmetology is a natural principle followed to maintain beauty. It doesn't maintain the beauty of a person only, but it helps to compete with the hazardous effects of modern methods.

Keywords: Dinacharya, Saundarya, Roopa, Lavanya, Cosmetic

Registration Code: ABOP 1732



AN IN-VITRO STUDY ON ANTI-BACTERIAL ACTION OF DHAVDI BHASMA IN WATER PURIFICATION A POTENTIAL NATURAL HERBAL COAGULANT FOR WATER TREATMENT

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Ayurveda mentioned various plants and their compound formulations for treating polluted and contaminated water. It has been estimated that up to 80% of all diseases and sicknesses in many developing countries are caused by inadequate sanitation and polluted and contaminated water. The present study aimed to evaluate the antibacterial activity of Dhavādi Bhasma and its applications in water purification as a natural herbal coagulant. During this study, Dhavādi Bhasma was analysed for antibacterial activity against six different microbes of standard bacterial strains by using MIC & MBC methods. Three different surface water samples were collected from Bagalkot City and they were treated with Dhavādi Bhasma at the optimum dosage of 3gm/l by jar test method to assess the coagulation potential. The untreated and treated water samples were analysed for physicochemical and microbiological parameters by using standard methods. Dhavādi Bhasma showed antibacterial activity against tested six different microbes of standard bacterial strains. Treatment of 3gm/l of Dhavādi Bhasma significantly reduced the water turbidity thereby achieving a turbidity reduction of more than 90% in all the water samples. However, the resultant pH, conductivity, alkalinity, total dissolved solids and total hardness were partially increased but all remained within the permissible limit as per WHO/USPH standards. A significant reduction in the microbial load (coliform counts) was found in all the water samples. Dhavādi Bhasma showed strong antibacterial activity and is also an efficient potential natural herbal coagulant, flocculent and absorbent in water treatment. Application of this low-cost Dhavādi Bhasma is recommended for an eco-friendly, non-toxic, and good and cheaper method of water purification. After the treatment of Dhavādi Bhasma, sludge gets settled at the bottom of the tank and can be used as bio-fertilizers and it becomes an added advantage of this treatment.

Keywords: Dhavādi Bhasma, Surface water treatment, Antibacterial activity, Natural coagulant

Registration Code: ABOP 1733

ADOLESCENT HEALTH AND NUTRITION WSR IRON DEFICIENCY ANEMIA

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Adolescence is a phase of rapid growth and development during which physical, intellectual, psychological and behavioral changes occur. WHO defines Adolescence is the phase in between the age group of 10-19 yrs. They constitute more than 1.2 billion world wide and about 21% of Indian population. Adolescence is the most vulnerable period for development of anemia, especially in girls. Adolescent anemia is a global health problem. Various risk groups are prone to anemia it leads to long term consequences. Iron deficiency anemia (IDA) is the most prevalent public health concern both nationally and globally. Adolescent age group is also the opportunity for us to correct nutritional deficiencies to prevent the long term consequences. Anemia in adolescence may cause a wide range of functional consequences across the life course, including reduced resistance to infection, impaired physical performance and neurodevelopment, and suboptimal schooling outcomes .In Ayurveda Pandu Roga is a clinical entity with great resemblance to iron deficiency anemia due to the similar clinical signs and symptoms. The causes of nutritional anemia are imbalanced diet and malabsorption of food nutrients. Nutritional anemia can be easily managed with the dietetic regimen if it is followed properly. Preventive measures in the form of dietary management and taking measures to correct losses or malabsorption are the preferred methods of management Therefore, this paper emphasizes the need of Ayurveda for development of health and nutrition in iron deficiency anemia.

Keywords: Adolescent, Nutrition, Anemia, Iron deficiency

Registration Code: ABOP 1759



A CROSS-SECTIONAL SURVEY AMONG YOUNG MOTHERS TO EXPLORE THE CHOICE OF OIL USED FOR PAEDIATRIC MASSAGE IN KERALA

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Infant oil massage is a very prevalent tradition in many parts of India. Ayurveda textbooks like Arogyakalpadrumam specifically mention abhyanga in infants. Earlier studies report that sesame-based traditional oil, coconut oil, mustard oil, and olive oil are commonly used for infant oil massage in India. Indian Pediatric Association recommends oil massage with level-2 evidence but warns to avoid olive oil or mustard oil. Even though oil massage is well-practiced in Kerala there is a lack of documented data. To identify the oil used for traditional infant oil massage practice in Kerala. A cross-sectional survey was conducted among 145 young primi mothers of infants (21-29 years) in Malappuram district. Traditional infant oil massage is a universal kriyakrama with a prevalence of 90% in the study setting. Only 10% of the subjects said that they had never given oil massage to their infants. Nine oils were found to be used for head massage with normal coconut oil (73%) being the most used. Although fifteen types of oils were used for body massage, the majority (61%) were using normal coconut oil. 19% bought coconut oil from the market while the others (81%) prepared it at home. Chemparuthyadi, Nalpamaradi, and Lakshadi coconut oils were the Ayurvedic formulations in use but only in meager proportions (<10%). **CONCLUSION:** The present study exposes a variety of oils used for infant massage. Most of the respondents chose the oil based on their traditional knowledge instead of authentic medical guidance. This evidence serves as the potential baseline data that can be made use of in health education as well as better health care practices if given the appropriate scientific attention and understanding in the selection of oil thus augmenting the science of Ayurveda.>

Keywords: Traditional, Infant, Oil massage, Abhyanga

Registration Code: ABOP 1784

EFFECT OF CHAVYADI MASTHU AND SELECTED YOGA TECHNIQUES IN OBESITY

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Obesity is a complex multi factorial disease and major risk factor for many non-communicable diseases which invites several pathological complications. Obesity is defined as abnormal or excessive fat accumulation that may impair health. The prevalence of obesity is now rapidly increasing worldwide due to increased sedentary lifestyles, physical inactivity, and unhealthy diet. Eating more calories than one burn in daily activity on a long-term basis cause the extra calories to add up and cause weight gain and obesity. Obesity has been described as sthoulya or medoroga in Ayurveda texts. Charaka has mentioned sthoulya under the caption of Santharpanotha vikara and it is to be treated with Apatarpana. According to Ayurveda meda kaphavidhi with dhathwagni mandhya can be considered as the cause of sthoulya. Usage of laghu, ushna, ruksha, tikshna are suggested for sthoulya management as they have medo nashaka kapha nashaka and sthoulya hara actions. Medorogadhikara in Bhava prakasha describes a medohara preparation of saktu along with the powders of chavya, jeeraka, vyosha, hingu, souchala and anala mixed with masthu. Ayurveda also insists on doing daily exercises to reduce kapha and meda. Daily practice of yogasanas is a better option for vyayama. In this study selected participants will be administered chavyadi masthu preparation in a dose of 60ml at 7am and 7pm half an hour before food with regular practice of selected yoga techniques for a period of 3 months. BMI, waste hip ratio and skinfold thickness will be assessed on 0th, 31st, 61st, 91st days along with lipid profile and FBS on 0th and 91st day. The data collected will be processed and conclusions will be made accordingly. Effect of yoga practices in obesity has already been studied and proven. The combined effect of yogasanas and Chavyadi masthu is expected to be more effective in reducing obesity.

Keywords: Chavyadi masthu, Yoga, Obesity, Sthoulya, Medoroga, Santharpanotha vikara

Registration Code: ABOP 1791



MEYAM - AYURVEDA WITH AN ERGONOMICS EDGE TO TREAT REPETITIVE STRAIN INJURIES RSI RESEARCH CLINICAL STUDY

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MMEYAM - Ayurveda with an Ergonomics Edge to Treat Repetitive Strain Injuries (RSI) – Research, Clinical Study & Outcome By Dr. Yogesh Prabhakaran We are regularly subject to various mental and emotional stress from our ever-demanding jobs, Sedentary lifestyle, Chemical abuse, and going out of sync with the natural day-night circle. We overuse our joints, muscles, nerves plexus, eyes, and brain thanks to our computers and mobile phones leading to work-life that often results in potentially debilitating conditions called Repetitive Strain Injury (RSI). This RSI only leads to various major ailments in our body. MEYAM - Steeped in AYURVEDIC tradition, we draw upon the disciplines of ERGNOMICS to adopt a holistic approach in therapeutic YOGA & MEDITATION and SIDHA VARMA / MARMA for treating RSI and metabolic syndrome. By fusing ancient traditions with contemporary practices that are backed by evidence, we developed the concept of MEYAM (Marma–Ergonomics-Yoga-Ayurveda-Meditation) that most effectively addresses RSI and promotes improved human performance and productivity. Our team has extensively investigated the different stages of RSI and our approach with MEYAM treatment mode. This holistic treatment system MEYAM (Marma-Ergonomics –Yoga –Ayurveda- Meditation) approached blending consultation, therapies, and movements with a lesser part of oral medicines. We have developed and standardized our MEYAM program with all these time-tested proven methodologies for healing – Inside out. Marma/Varma Therapy- A Psycho-somatic treatment of Dermatome therapy Ergonomics (Science of work)- RSI -Posture correction, Rehabilitation with preventive Care. Yoga -Therapeutic - Therapeutic Rehabilitation exercise with mindfulness Ayurveda – Kerala Therapies - Three - Dosha concept, Therapies, Lifestyle & food-Therapies applicable for health conditions Meditation - Breathwork, Mindfulness

Keywords: MEYAM- Marma Ergonomics Yoga Ayurveda Meditation

Registration Code: ABOP 1793

EFFECT OF YAVA SYAMAKA PEYA AND SURYANAMASKARA IN OVERWEIGHT ADULTS

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Overweight is a major modifiable risk factor for most chronic non-communicable diseases. Overweight and obesity is the latest threat among Keralites which has increased the prevalence of non-communicable diseases. Now Kerala holds the second spot for Obesity in the country, right next to Punjab. Overweight if not managed at right time will lead to Obesity which invites a number of pathological complications and psychological disorders. Thus the mortality and morbidity rates are more in obese person. Overweight is now prevalent in both developed and developing countries affecting children as well as adults. It is seen more prevalent among people of high socio-economic status, especially in urban cities. Modern lifestyle and poor diet are the major reasons that develops Overweight. In Ayurveda Overweight can be correlated with Medoroga or Sthoulya. Athisthoola is considered one among Astaunindita purusha by Charaka. Sthoulya is a santarpano tha vikara, therefore Apatarpana is the line of management. Anything that leads to a continuing imbalance between food intake and energy consumption will lead to Overweight. Thus the management of Overweight should be aimed at providing the right kind of diet and increasing energy consumption through physical activity. Suryanamaskara is a powerful yoga technique which contains 12 rhythmic Yogasanas. So in this study as a dietary intervention Yava Syamaka Peya will be administered as dinner at 7:00pm along with Suryanamaskara daily. The study period is for 3 months. Body Mass Index, Waist circumference, Hip circumference and Waist-hip ratio will be assessed on 0th day, 31st day, 61st day and 91st day along with FBS, Total Cholesterol level on 0th day and 91st day. The data collected will be processed and conclusions will be made accordingly. Previous studies on overweight which included diet and yoga have yielded positive results and I anticipate similar outcomes for my case study report.

Keywords: Overweight, Santarpana, Apatarpana, Suryanamaskara

Registration Code: ABOP 1804



UNDERSTANDING DINACHARYA THE NEED FOR STANDARDIZATION OF ABHYANGA

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The concept of Dinacharya in Ayurveda refers to the art of healthy living, which mentions Nitya-Abhyanga or daily massage and its multitude of benefits. Even though its practice is deeply rooted in our culture the procedures or duration of the same is not specified in any Classical texts. This highlights the need to standardize Abhyanga mentioned in Dinacharya. Available studies were collected using keywords- Abhyanga, daily massage and healthy individual, standardization and body massage on PubMed, Scopus, and Ayurveda journals. All open-access papers were collected and 48 duplicates were removed. Out of 116 papers, 20 papers were selected. 96 papers were excluded because they didn't specifically target Abhyanga mentioned in Dinacharya. Furthermore, brihatrayes were also referred. According to Dalhana, the effect of abhyanga reach twak, rakta, mamsa, medo, asthi and majja dhatu in 400(133 sec), 500(160 sec), 600(190 sec), 700(228 sec), 800(240 sec) and 900(280 sec) matra-kalas respectively. Studies show Abhyanga is Srama-hara after a 12-minute massage as it increases the blood flow to musculature thereby easing exhaustion, Swapna-kara after 20 minutes of massage by reducing beta brainwave activity which increases dopamine and serotonin, and decrease of cortisol, inducing sleep. Sutwakta as daily massage increases the production of skin-nourishing sebum which protects, cools, and preserves the skin's young characteristics. Modern lifestyles has made it difficult to adhere to advised daily regime like Dinacharya which has adversely impacted health. As a result, lifestyle disorders such as stress, hypertension and obesity are on the rise. To tackle this, integrating essential daily routines, such as daily abhyanga with a standardized protocol is necessary to obtain its complete benefit.

Keywords: Abhyanga, daily massage and healthy individual, Standardization and body massage.

Registration Code: ABOP 1869

OCCUPATIONAL HEALTH - THE PREVALENT HEALTH DISORDERS AMONG IT PROFESSIONALS

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This study is to take a view of professionals who have been spending longer than 20 hours a week on unsupported electronic devices and linked to the development of musculoskeletal disorders and other associated ailments affecting the quality of life. A survey was conducted among IT professionals of average age 30 and above on their use of electronic gadgets. An average of more than 8-10 hours of screentime has been observed in majority. The different kinds of health disorders developed by them has been fairly analysed. Based on the different criteria of analysis, 39.1% has developed cervical pain, 39.1% has also developed with slight pain on the back, 30.4% has developed signs of moderate headaches, 21.7% has experienced numbness of the palm, 8.7% do experience eye strains, 43.5% do experience difficulty falling asleep or staying asleep, 13% has developed emotional distresses, 43.5% requires external help for performing daily chores. The results of the present study revealed that the users of the unsupported gadgets usually experience subjective symptoms. The observations derived from the above meta-analysis also connote that unsupported gadgets may evince as a risk factor for multifarious health problems in long-term users. There is high demand for awareness among the IT professionals regarding the incorrect postures maintained during the long use of the devices and the other associated health disorders developed. Various kinds of posture correcting techniques and yoga along with other supportive Ayurvedic medications can be adopted to overcome the same.

Keywords: Musculoskeletal disorder, Emotional wellbeing, Spine disorders

Registration Code: ABOP 1872



EFFECT OF SURYANAMASKARA SELECTED PRANAYAMA AND YAVA SAKTU MODAKA IN MENOPAUSAL SYMPTOMS

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Menopause is the term for the natural and permanent cessation of monthly female reproductive cycles. Menopausal women are known to experience physical, psychological, and vasomotor symptoms. In Ayurveda, menopause is not mentioned separately or as a disease but it is considered as Rajakshaya, the transition period of body from predominance of Pittadosha to Vatadosha. Rajonivritti (menopause) occurring in JarapakvaShareer (aged body) at the age of 50 years. In modern science, hormone therapy has been used to control the symptoms of menopause. But long term use of this therapy had an increased risk for cardiovascular disease, stroke, breast cancer etc. A lifestyle modification is therefore an essential component in reducing menopausal symptoms, which includes a healthy diet, physical exercise, stress reduction and weight management. In this study 25 Subjects with menopausal symptoms between the age group of 45 to 55 years were selected, from OPD of Govt. Ayurveda college Hospital, Tripunithura as per the inclusion and exclusion criteria. The study subjects were advised to have two yavasaktumodakas of 10 gm. each in morning at 7.30 a.m and the practice of Suryanamaskara and selected pranayamas in the morning for 1 month. Assessment was done on 0th, 15th and 31st day of intervention. Along with this, the blood investigations like fasting blood sugar, post prandial blood sugar and serum cholesterol were assessed on 0th and 31st day of the study period. Results showed that Suryanamaskara, Selected Pranayama and Yavasaktumodakahave statistical significance in reducing Menopausal Symptoms.

Keywords: Menopause, Suryanamaskara, Yava saktu modaka

Registration Code: ABOP 1885

A RATIONAL APPROACH FOR ENHANCING QUALITY OF LIFE THROUGH AYURVEDIC FUNDAMENTAL A REVIEW ARTICLE

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Ayurveda refers to the ancient science of health. It is a holistic science and covers every aspect of life along with offering many guidelines to help people stay healthy throughout their lives. In present era, ongoing medical science is aware about the health and dietary requirement. It is advised to avoid the bad lifestyle habits. The lifestyle and habits of a person determine their Ayu. A healthy lifestyle is the result of good routine habits. Ayurveda preaches the attainment of a healthy lifespan. A framework for preventative care is provided by Ayurveda's three pillars of health Trayopastambha i.e. Aahara, Nidra, Brahmachara (nutrition, sleep, and a balanced lifestyle). Three qualities of the mind, Sattva, Rajas and Tamas known as Gunas, are dynamic and influenced by our nutrition and way of living. Sadvritta, a rule of conduct comparable to psychoneuroimmunology in contemporary medicine, is one of the recommendations made by Ayurveda for maintaining mental wellness. Adopting Ayurvedic Dinacharya and Ritucharya will help you get in touch with your internal rhythms and provide you advice on how to live a better life. Preventive strategies like better sleep, nutrition, lifestyle, detoxification, mental wellness, and immunomodulatory herbs can all boost immunity. Ayurveda places more emphasis on bolstering the host than merely preventing disease. Its comprehensive definition of immunity includes the capacity to fend off diseases and heal more quickly from illness.

Keywords: Ayurveda, Quality of life, Trayopastambha, Dinacharya and Ritucharya

Registration Code: ABOP 1886



COMBINED EFFECT OF PADAABHYANGA AND SELECTED YOGA TECHNIQUES ON STRESS AMONG POLICE PERSONNEL IN KERALA

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Increased stress among police officers is recognized as a severe concern on a global scale. According to a study done by Ragesh G et al. (2017) in Kerala, India, stress among police personnel was found in 16.5% of subjects (the scale used - Operational police stress questionnaire (PSQ-OP)). The major brunt of this job is borne by civil police officers as they are the foot soldiers of the police in India. They have to deal with angry mobs, counter-insurgency operations, traffic control, VIP security, political rallies, religious festival crowd control, and various other law and order duties without losing their composure and sensitivity. Therefore, physical fitness is not the only criteria, but each personnel should also be mentally fit to do full justice to their duties. Their physical and mental health may be directly impacted by stress which could lead to depression, poor performance, and absenteeism. This in turn may affect the crime prevention and correctional services as well as their personal and family life. They needed support to ease into the uniform life from a civilian life. Ayurveda considers occupational stress as manasika vikara associated with sahasa and pranjaparada. This study aims to reduce stress among police personnel by incorporating Padaabhyanga with ksheerabala taila and selected Yoga techniques in their daily routine.

Keywords: Pada Abhyanga, Ksheera bala taila, Yoga, Stressed police personnel

Registration Code: ABOP 1888

ROLE OF YOGA IN MANAGEMENT OF METABOLIC SYNDROME- A CONCEPTUAL REVIEW

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Metabolic syndrome is a multi-factorial disease which is rapidly emerging due to sedentary lifestyle and faulty dietary habits with a cluster of pathologies including central obesity, raised triglycerides, low levels of High-density lipoprotein (HDL), hyperglycemia and hypertension collectively referred to as the metabolic syndrome (formerly known as syndrome X and insulin resistance syndrome). It increases 5-fold risk of Type II DM and 2-fold risk of Cardio-vascular disease. It is estimated the global prevalence of metabolic syndrome in 2020 at 2.8% for children and 4.8% (2.9–8.5) for adolescents, equating to around 25.8 (12.6–61.0) million children and 35.5 (21.3–63.0) million adolescents living with metabolic syndrome. Metabolic syndrome can lead to several serious and chronic complications, including type 2 diabetes, cardiovascular diseases, stroke, kidney disease and non-alcoholic fatty liver disease. In Ayurveda it can be understood under umbrella of medavahasrotodusti. Yoga is an effective tool for stress management, that may reduce blood pressure (BP) increase parasympathetic activation. The pathophysiology of a disease from the Yogic approach of Yoga Vasistha's Adhi (originated from mind) and Vyadhi (ailment/disease) concept and focused on Yoga and HPA axis. Thus, complementary medicine therapy particularly yoga which includes lifestyle modification, dietary changes, stress reduction through meditation and physical exercise and through 'asanas' has been suggested as both a preventive and a therapeutic modality. Therefore, the purpose of this presentation is to discuss the present condition and scenario of metabolic diseases over the globe and how yoga in the form of lifestyle intervention will be helpful to reduce the risk of metabolic dysfunctions.

Keywords: Metabolic syndrome, Yoga, Medovahasrotodushti

Registration Code: ABOP 1894



EFFECT OF SELECTED YOGA TECHNIQUES AS AN ADJUNCT TO VILWAMoola KHALA AND SATWAVAJAYA CHIKITSA IN PRIMARY INSOMNIA

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In Ayurveda, Nidra has been given prime importance and hence included in the tripod of life. So alteration in the natural process of Nidra i.e. Nidranasa, has a huge impact on the life processes as well. Insomnia is the difficulty in initiating and maintaining sleep, or both, or the perception of poor sleep quality, in which one's physical, psychological and social activities interfere with, by a strong feeling of sleep deficiency upon waking in the morning. It can be divided into two: primary and secondary insomnia. Primary insomnia cannot be attributed to an existing medical, psychiatric or environmental cause unlike secondary insomnia where symptoms arise from a primary medical illness, mental disorder or other sleep disorders. Yoga is a very effective form of therapy which includes various postures (asanas), breathing exercise, meditation, yama, niyama etc. Its effectiveness is not just limited to physical aspects but rather to mental health especially in reducing stress which is one of the main triggering factors of insomnia. Case study was conducted in 10 participants selected consecutively, 5 in study group and 5 in control group, in the age group 20-60 years, selected using Pittsburgh Sleep Quality Index (PSQI), satisfying the inclusion and exclusion criteria. In Group I, selected Yoga techniques along with use of Vilwamoola Khala and Satwavajaya Chikitsa in the form of sleep hygiene techniques were advised in Insomnia. In Group II, Yoga was not advised. The study period was for 30 days. Assessment was done on 0th day, 31st day and follow up on 46th day using PSQI score. When comparing both groups, the effect was more in study group seen in the form of reduced PSQI score. The result indicates that effect of selected Yoga techniques together with Vilwamoola Khala and Satwavajaya Chikitsa in Insomnia more effective.

Keywords: Nidra, Nidranasa, Sleep deficiency, PSQI Score, stress

Registration Code: ABOP 1913

EFFECT OF SELECTED YOGA TECHNIQUES FOR REDUCING STRESS AMONG POSTMENOPAUSAL WOMEN OF THE AGE GROUP 45-55 YEARS

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Menopause is the permanent cessation of menstruation at the end of reproductive life and postmenopause is the phase of life that comes after the menopause which begins 12 months after last menstruation. Changing hormone level during menopause may affect physical and emotional health. Stress as the response of the body to internal and external threats and relevant consequences potentially exacerbate the menopausal symptoms which in turn affect their work performance, relationships, standard of living and quality of life. Stress can lead to physical and mental symptoms in postmenopausal women. Yoga is good at addressing the individual at physical, psychological and social levels. In yoga, asanas and pranayama improve muscle strength, flexibility, blood circulation, oxygen uptake and hormone functions. Relaxation induced by meditation helps to stabilize the autonomic nervous system. Therefore an intervention made in their dinacharya with yoga can assure better quality of life by preserving their health. Case studies was performed in 5 participants who are in postmenopausal period in the age group of 45-55 yrs. Participants were selected from outpatient department of Swasthavritta Government Ayurveda College Panchakarma Hospital, Poojappura, Thiruvananthapuram with the help of a semi structured questionnaire. Practices of selected yoga techniques were done 60 minutes per day for continuous 45 days, and stress scores before (0th day) and after (46th day) the study was assessed with Modified ISMA (International Stress Management Association) Stress Questionnaire. The change in stress scores were analysed separately and was found to be reduced and so it can be concluded that selected yoga techniques are effective in reducing stress in postmenopausal women of age group 45-55 years.

Keywords: Postmenopause, Stress, Asana, Pranayama, Relaxation techniques, ISMA Stress Questionnaire

Registration Code: ABOP 1923



AYURVEDIC PERSPECTIVES ON COSMETIC ENHANCEMENT A CLINICAL STUDY ON THE EFFICACY OF MADHUYASHTYADI TAILA IN PRATIMARSHA NASYA AND SHIRO ABHYANGA FOR HAIR CARE

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The perception of beauty, leading to a sense of pleasure and satisfaction, is intricately tied to the principles outlined in Ayurveda. Assessing beauty through sara, sanhanan, twak, praman, and dirghaayu lakshan, Ayurvedic literature classifies cosmetic substances into categories such as varnya, kushtagna, kandugana, vayasthapak, and udardaprasaman. While Ayurveda primarily focuses on holistic health, this study delves into the detailed discussion of hair care from a cosmetic standpoint, drawing from various procedures mentioned in classical texts, including nasya, shiroabhyanga, snana dhoompana, ushnisha, kshaurkarma, and keshaprasadni. A comprehensive collection of literature from diverse Ayurvedic classics serves as the foundation for this research. Additionally, a clinical study involving 30 healthy volunteers from the National Institute of Ayurveda, Jaipur, was conducted to evaluate the efficacy of Madhuyashtyadi Taila in pratimarsha nasya and shiro abhyanga over a span of three months. After the three-month trial period, noteworthy improvements were observed: 10% of subjects exhibited marked improvement, 33.33% displayed moderate improvement, and 66.66% showed mild improvement. Characteristics such as mardavata (softness), snighdata (smoothness), and dridhmoolta (root strength) demonstrated significant enhancement in 30 subjects. The results attained statistical significance after rigorous analysis. The constituents of Madhuyashtyadi Taila, possessing madhura (sweet), snigdha (unctuous), and guru (heavy) attributes, along with rasayana (rejuvenating) properties, play a pivotal role in improving and revitalizing the health of the uradhva jatrugata region concerning hair. This scholarly research contributes valuable insights into Ayurvedic approaches for cosmetic enhancement, specifically focusing on hair care, and underscores the efficacy of Madhuyashtyadi Taila in pratimarsha nasya and shiro abhyanga.

Keywords: Cosmetology, Keshaswasthya, Dincharya, Shiroabhyang, Pratimarsha Nasya, Madhuyashtyadi Taila

Registration Code: ABOP 1933

ROLE OF SWASTHAVRITTA IN PUBLIC HEALTH WSR TO DINACHARYA AND RITHUCHARYA

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Public health is the science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, individuals, and organizations. Public health mainly having three P's that is Health promotion, Disease prevention and health protection. Public can be get affected by two set of diseases-Communicable and Non communicable diseases. For the maintenance of health Acharyas has mentioned to follow the Dinacharya and Rithucharyadi procedures. It is act as protecting mechanism and health promoting aspect and immunity of that individual is increased and in turn it will improve the community health. Due to the lifestyle changes and climate changes there is more prevalence of disease in present era. Communicable and non communicable disease is increasing at alarming rate in our community due to the unhealthy life style habits, Individual who follows the Dinacharya- Rithucharya procedure will get the immunity and prevents the disease, if at all he is affected with disease the intensity will be very less and the spread of disease in the community also very less or minimal. It helps to educate the people on the benefits of preventive care and healthy behavior's to facilitate life changes and also reducing the need for expensive emergency care and hospitalizations. Unhealthy lifestyle of one individual will influence other people's to follow the same- This can be modified by individual care and can be reflected in the Society for the health promotion and disease prevention in the society .Hence here I am try to explain the importance of following Dinacharya and Rithucharya for the promotion of health and prevention of disease in the community.

Keywords: Public health, dinacharya, Rithucharya, Immunity, Health promotion

Registration Code: ABOP 2023



PILOT STUDY ON ASSOCIATION BETWEEN LIFESTYLE AND HYPOTHYROIDISM IN BHOPAL CITY RESIDENTS - A SURVEY STUDY

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Hypothyroidism is one of the prevalent endocrine disorder. Prevalence of Hypothyroidism in India is 11%. Thyroid hormones are necessary for the normal functioning of physiological systems. Many studies have reported that unhealthy lifestyle is associated with a variety of endocrine and metabolic diseases. Therefore, knowledge of any lifestyle factor that associated with hypothyroidism is crucial. Hence, this study is planned to identify the potential association of unhealthy lifestyle with development of Hypothyroidism. This study was carried out on Bhopal city residents as a pilot observational study among 30 Hypothyroid patients between 18-52 years. Lifestyle related data had been collected by structured questionnaire including sleep quality, unhealthy dietary habits, irregular food habit, and family history. Physical inactivity, obesity had been recorded based on WHO scale, level of Anxiety, Depression by using GAD-7 and PHQ-9 scale respectively. Study reported 66.66% and 80% participants were consuming excess sugar and fat respectively, 70% participants were taking fast food regularly, 40% had irregularity in food timing, 71% participants had obesity, 83.33% participant were found to be physically inactive, 60% were sedentary for more than 6 hours and 23.33% were sedentary 3 to 6 hours daily. 40% and 56.6% had poor sleep quality and had late night sleep habits respectively, 36.6% had moderate and 16.6% had severe anxiety, 10 % had moderate depression. Present Pilot study concluded that unhealthy Lifestyle had close association in development of Hypothyroidism.

Keywords: Hypothyroidism, Unhealthy lifestyle, Sleep, Physical inactivity, Anxiety

Registration Code: ABOP 2024

ADD ON EFFECT OF TRIPHALA KWATHA WITH YAVA SAKTHU AND MADHU ALONG WITH LIFESTYLE MODIFICATIONS ON BORDERLINE DYSLIPIDEMIA

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Dyslipidemia is one among the major metabolic risk factors for Atherosclerotic cardiovascular disease which requires urgent intervention strategies to prevent and manage this condition. Many Interventional trials reported to have hypolipidemic effect which gives temporary relief but cause long term undesirable effects. Clinical importance of herbal drugs in the management of Dyslipidemia has received considerable attention in recent years. The objective of the present study was to find out the effect of Triphala kwatha with Yava Sakthu and Madhu as an adjunct to Lifestyle modifications on borderline dyslipidaemia through laboratory investigations as per NCEPATP Guidelines. A comparative case study was conducted in 10 participants, already diagnosed with borderline dyslipidemia. Out of the 10 participants, Group A (first 5 participants) was given 48ml Triphala kwatha with 6 g Yava sakthu and 6g Madhu twice daily one hour before food with Life style modifications for 90 days while the Group B (rest 5 participants) was kept on Lifestyle modifications alone. Lifestyle modification includes dietary restriction and exercise in the form of brisk walking 30 minutes daily in the morning. The responses were assessed on objective parameters especially Lipid profile on 0th, 45th and 91st day and using case proforma. On 91st day, the Lipid profile of all participants from Group A reached to the normal value while in Group B only 3 of them shown reduction with the same. This comparative case study suggest that the Triphala kwatha with Yavasakthu and Madhu along with lifestyle modification is more effective than lifestyle modification alone in borderline dyslipidemia.

Keywords: Triphala kwatha, Yavasakthu, Madhu, Lifestyle modifications, Dyslipidemia

Registration Code: ABOP 2046



PREVALENCE OF SMARTPHONE ADDICTION AND ASSOCIATED MENTAL HEALTH OUTCOMES AMONG COLLEGE STUDENTS - A PILOT STUDY

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The development of smartphones has caused a dramatic change in societies worldwide. It is one of the best tools that have integrated communication, education, and entertainment. Exploration of the connection between unbalanced use and different aspects of health will be evaluated such as addiction, social influences, brain changes. The excessive use of smartphones to a level where it interferes with the daily lives of users is thus considered to be smartphone addiction. To identify the prevalence of Smart phone addiction among college students of Bhopal city. To identify Consequences of Smart Phone Addiction on Mental Health Among college Students in Bhopal City. This cross-sectional observational study had been carried out as a pilot study among 30 college students those have been using smart phones. Data related to use of smart phone, and its impact on mental health had been collected by self reported questionnaire SAS-SV, GAD-7. In study 76.67% female and 23.33% male students were registered, 73.33% were post graduate, 26.67% were under graduate students. The Study reported 73.4% students were addicted, 60.00% were using smart phone 4-6 hour, 23.33% >6 hour, 10.00% 2-4 hours daily. 30% students had reported Dry eye syndrome. While, 40.00% had mild anxiety, 16.67% had moderate anxiety, 6.67% had severe anxiety. Maximum 66.67% students using smartphone >5yr, 20% 3-5yr, 13.33% 2-3yr. Prevalence of smartphone addiction was quite high amongst the college students and maximum students reported dry eye syndrome and anxiety among students. It is important raise awareness regarding prevention of smartphone addiction mental issues among students. awareness regarding this upcoming problem amongst students is of utmost importance.

Keywords: Smartphone, Addiction, Mental health, Dry eye, Anxiety

Registration Code: ABOP2072



DIETARY HABITS IN SCHOOL GOING CHILDREN WITH SPECIAL REFERENCE TO ADOLESCENTS - AN INTROSPECTION

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Nutrition is a basic human need, which connect and balance the health of family, community and environment. School going age is a dynamic period of growth and development, where the nutritional needs are high and critical. One major visible impact of globalization is the transformation of food habits. Adolescent age of secondary school students is more prone to behavioural changes which may become stable in their adulthood and spread to next generation. So the identification of current status of dietary habits is the first step in breaking the chain of its propagation. Literature review on “Dietary habits in adolescents” followed by a cross sectional study on “Dietary habits and related problems among secondary school students in Edarikode - A cross sectional study”. Schools, parents, gender, diversity-attractiveness and advertisements of food etc. have significant influence in dietary habits of children. Underweight, obesity, anaemia (21.05%), menstrual problems (26.31%), skipping of breakfast (30%), eating outside food (77%), late night food (30%) intake and health problems (63.33%) are becoming more common among adolescent students. Students have less awareness regarding healthy food habits. Intake of vegetables (53.64%), fruits (46.67%) and egg / milk were comparatively less than that of cereals (89.65%), fried food (63.34%) and bakery food (73%) respectively. There exist significant prevalence for unhealthy dietary habits and health problems among adolescent school students. Awareness and incorporation of Ayurvedic and modern concepts of healthy food intake through dietary and behavioural modifications are need of time.

Keywords: Dietary habits, Secondary school children, Diet

Registration Code: ABOP 2091



CLINICAL EFFICACY OF BHRAMARI PRANAYAM ON SERUM CORTISOL LEVEL IN PATIENTS OF ANIDRA INSOMNIA

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In yoga, Pranayama has a very important role in maintaining health. There is some strong scientific basis on constant physiological changes produced when pranayama is practiced for long duration. Prānāyāma brings about varying physiological and psychological effects. Bhramari practice plays a significant role for normalizing the hormonal imbalance and also improves other disorders like insomnia, anxiety, and depression. The present study was conducted for evaluating the effect of Bhramri Pranayam on serum cortisol level in patients of Anidra.: A total of 50 subjects suffering from (anidra) insomnia were enrolled after taking an informed consent and divided into Gp. A and Gp. B. Total 23 subjects from each group completed the trial. Bhramari pranayam was the interventional group and sleep hygiene was the control group. Group A practiced Bhramari pranayama for app. 20-30 min and Group B was allowed to follow sleep hygiene. Serum cortisol level was assessed before and after the trial. Sleep quality was assessed using PSQI questionnaire and a self-prepared questionnaire based on anidra symptoms given in ayurvedic texts before and after completion of the total study period of two months. The serum cortisol level reduced highly significantly ($p < 0.001$) in Bhr.P group. Statistical analysis shows significant ($p < 0.05$) result when both groups were analyzed using unpaired t test. Sleep quality was also improved significantly in Bhr.P. group in different prakriti individuals. Conclusion: Two months of regular bhramari pranayam practice in daily routine could be very helpful to achieve good sleep quality as well as in reducing serum cortisol level.>

Keywords: Anidra, Pranayama, Sleep quality, Bhramari pranayama, Cortisol

Registration Code: ABOP 2122

IMPORTANCE OF AYURVEDIC MENSTRUAL REGIMEN IN MODERN ERA

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The Rajaswala phase, also known as the menstrual period, is when follicles are recruited for the following cycle and the dominant follicle is determined by the fifth to seventh day. The paricharyas prescribed for this phase help a woman to adapt well to the physiological and psychological changes taking place in the body during the menstruation and thus prevent occurrence of diseases. It also helps in conceiving a healthy offspring. Agnimandhya, Klama, and Dhatu Kshaya are emblematic of the Rajaswala period. Rajaswala paricharya helps to reduce oxidative stress. It helps to counteract free radical activity through a diet rich in antioxidants. Ayurvedic and contemporary scientific literature and research relevant to the subject were identified, explored and interpreted. Women in the reproductive age group experience a variety of conditions connected to the menstrual cycle, such as menorrhagia, dysmenorrhea, irregular menses, PCOD, endometriosis which have a major impact on their health. These conditions are caused by changing lifestyles, physical and emotional stress, and poor eating habits. The steroid sex hormones estrogen and progesterone appear to have the greatest effects on non-reproductive systems also such body temperature, bone density, and the immune system throughout the menstrual cycle. Liver enzymes also fluctuate during a typical menstrual cycle, which may be mediated by progesterone. Following menstrual regimen not only maintains the reproductive health but overall wellbeing of a woman. Menstruation is a reflection of a woman's reproductive health. It is a preventative guideline to counter any menstrual irregularities. Since Rajaswala Paricharya satisfies the requirements of Shudda Aartava for the achievement of health progeny, it can be regarded as one of the most efficient preconception measures.

Keywords: Rajaswala paricharya, Menstrual disorders, Liver

Registration Code: ABop 2189



EFFICACY OF MRUTTIKA LEPA MUD PACK IN YUVAN PIDIKA ACNE VULGARIS - A CASE STUDY

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Today, every person, whether young or old wants to look attractive and flawless skin. Chief parameters for judging appearance are healthy skin, hair and good physical health. Minor ailment like acne vulgaris can affect the individual psychologically and emotionally. Acne vulgaris is a follicular disorder affecting susceptible pilosebaceous follicles primarily of the face, neck and upper trunk. Characterized by comedones, papules, nodules and cysts. Acharya Sushruta was the first and foremost who described Yuvan-Pidika disease under the heading of “Kshudra Roga” According to Acharya Sushrut Yuvan-Pidika is caused by vitiation of Kapha, Vata and Rakta. Characterized by Shalmali thorn like eruptions, Kandū, Shoola, Ghana, Medogarbha, Daha, Strava, Vivarnata. In Naturopathy, Mud therapy is a famous and cost-effective treatment modality. Mud is capable of absorbing toxins from the body also useful for prevention and treatment of many diseases. Acharya Sushrut has defined anti-toxic effect of black soil. It is indicated as lepa in Shotha, Arunshika, and mainly in Kapha, Pitta, Raktaj vikara. Chemical based product have multiple side effects along with chances of reoccurrence. Existing condition demanded a gradual shift from chemical-based products to natural products. There is a huge market of natural products in the field of cosmetology due to its unique concept of beauty and effective, cheaper and long-lasting beauty therapy with minimal side effect. This case study is of a 17-year-old female patient who came to hospital complaining of eruptions over her face with mild pain for 11 months. The patient was given a mud pack to apply on the face for the period of 45 days daily in the morning. Patient was successfully treated without any complication within 45 days proving it is a safe, simple and cheap method in Yuvan – Pidika.

Keywords: Cosmetology, Beauty, Skin disease

Registration Code: ABop 2196

UNLOCKING THE HEALING POTENTIAL OF YOGA THERAPY IN THE MANAGEMENT OF METABOLIC SYNDROME

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In the fast-paced modern era, the relentless pursuit of ambitious goals often leaves little time for maintaining a healthy lifestyle, giving rise to numerous new diseases. Among these health challenges, Metabolic syndrome emerges as a significant concern, characterized by a cluster of metabolic derangements that include obesity, hypertension (HTN), dyslipidaemia (DLP), diabetes mellitus (DM) associated with accelerated cardiovascular diseases (CVD). Stress is one of the contributing factor for the development of MS. Yoga is a fast spreading discipline that has the ability in harmonizing the physical, psychological and emotional dimensions. This study aims to investigate the potential of yoga therapy as an effective approach in the prevention and management of MS. The study reviews existing research on yoga's impact on cardiovascular and metabolic health. It also discusses the essential components of a yogic lifestyle, including diet, attitudes, and various yogic practices that contribute to better health. Findings from various research studies, which document the positive effects of yoga in managing MS has been incorporated. The majority of studies on yoga and cardiovascular and metabolic health show positive trends, suggesting that yoga can be a valuable part of integrative healthcare. Yoga practices help normalize stress perception, reduce insulin resistance and enhance thereby prevents various metabolic disorders. Yoga's holistic approach to physical, mental, emotional, and spiritual well-being is highlighted. It is emphasized that yoga promotes positive health by normalizing stress perception, balancing the autonomic nervous system, and reducing risk factors for obesity, cardiovascular diseases, diabetes, hypertension. Conclusion The poster underscores the immense potential of integrating yogic principles, practices and attitudes into daily life that helps in the prevention and management of MS.

Keywords: Metabolic Syndrome, Yoga therapy

Registration Code: ABOP 2213



MILK ELIXIR OR TOXIN - AN AYURVEDIC PERSPECTIVE

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Ayurveda, the age-old medical science, upholds the principles of “Swasthasya Swaasthya Rakshanam” and “Aturasya Vikara Prashamanam.” Its foundation lies in a profound understanding of prakriti and the interrelationship between humans and their surroundings. Ayurveda highly values milk as a versatile food that, when consumed correctly, can contribute to good digestion, immune function, and various other aspects of well-being. Milk is often promoted as a complete food source, with cow’s milk being the most commonly consumed type among various options. To meet the growing demand and ensure profitability, modern farmers increasingly employ chemical drugs, bovine and growth hormone injections, antibiotics, forced feeding, and specialized breeding practices to boost milk production. These additives have adverse effects on both animals and consumers of Godugdha. The aim of this article is to consolidate laboratory investigations with A1 milk, A2 milk, homogenized packaged milk, and plant-based milk, examining their pros and cons while also delving into the Ayurvedic viewpoint on milk. A literary study is carried out with knowledge from ayurvedic scriptures, research articles, magazines and laboratory investigations. Cow’s milk contains various constituents, some of which can benefit human health, while others may be harmful. The classification into A1 and A2 milk types is based on the genetic variations of β -casein, accounting for 30% of cow’s milk proteins. A1 and A2 milk types differ by a single amino acid, and A1 milk has been associated with potential health risks for humans. Cow’s milk, particularly A2 milk from desi cows, is known to possess various beneficial properties. It is Vata-Pitta Shamaka, Stanya Janana, Jivaniya, Vrishya, and Rasayana. Therefore, cow’s milk can remain a part of the human diet if consumed in accordance with classical guidelines and in moderation.

Keywords: Milk, A1 milk, A2 milk, Cow, Vegan, Homogenised

Registration Code: ABOP 2228

AYURVEDIC MANAGEMENT OF LUNG CARCINOMA WITH LIVER METASTASIS: A CASE STUDY

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Lung cancer accounted for 5.5% of all cancers and 7.8% of all cancer-related deaths, while Liver cancer was among the top three causes of cancer death in more than 46 countries. Clinical findings and Diagnosis: A 75-year-old female patient diagnosed with Liver metastasis having chief complaints of breathlessness on exertion, pain in right hypochondriac and epigastric region and generalised weakness visited the Cancer Consultation and Treatment OPD in our hospital on 22 July 2021. Previously she had undergone one cycle of chemotherapy but was unable to tolerate the therapy anymore. Vitals of the patient were normal. There was no family history of any type of cancer. Therapeutic interventions: Patient was treated with ayurvedic medicines (Arbudhar Kashaya, Yakritpleehahar kwath, Kanchnar gugglu, Triphala churna, Muktashukti bhasma, Amlaki churna, Dhatri lauh, Laghu basant malti ras, Sitopaladi churna, Yashti churna, along with associated anupanas) for over one year. Reticulonodular tree in bud appearance seen in bilateral lung parenchyma found in CECT Thorax. CT abdomen revealed multiple heterogeneously enhancing hyperdense SOL in liver, of approx 25×24 mm, suggestive of Liver metastasis & Gall bladder showing multiple calculi of 8mm. Outcomes: After the treatment, improvement in Chest X-ray findings were noted. CT abdomen showed Non enhancing hypodense lesions in right lobe of liver, of approx. 1.2 cm and multiple calculi of size 5-6 mm in gall bladder with normal wall thickness. Patient improved clinically with positive findings in radiology report. Management was done successfully with Ayurvedic medicines. There was a remarkable relief in the symptoms as well as the quality of life was also improved. This case may be a new hope for research and treatment for cancers.

Keywords: Arbudhar Kashaya, Lung Cancer, Quality of life, Yakritpleehahar kwath

Registration Code: ABOP 2248



HEALTH STATUS OF BAMS STUDENTS IN KERALA - A CROSS SECTIONAL STUDY

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Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The major health domains are physical, mental, social and spiritual health. Ayurveda students who are the future Ayurveda doctors for propagating the Ayurveda science, are facing different health related problems during their BAMS course. Even though Ayurvedic classical literatures portrays the importance and methods for maintaining health in detail and BAMS curriculum also included these portions for the purpose of study, the impact of these theoretical aspects in health of BAMS students is questionable. On this occasion, a cross sectional study among BAMS students in Kerala on their health status is becoming more relevant. This is a cross sectional study among 216 BAMS students of age group 18-25 from 7 Āyurvēda colleges all over Kerala. A case record form and a validated health status questionnaire were administered to elicit an overall idea about health status among this population. The lifestyle disorders, lower back & upper back problems, underweight, overweight, improper eating habits, difficulties in - learning, performing presentations, family/social interaction and sleep, depression, anxiety, OCDs, loss of self-esteem, suicidal ideation etc. are becoming more prevalent among BAMS students of Kerala. The health problems among BAMS students are comparable with that of students from other medical professions irrespective of the nature of their academic knowledge. The BAMS Students in Kerala are facing significant problems of health in its all dimensions which was comparable with that of students from other medical professions irrespective of the nature of their academic knowledge.

Keywords: BAMS, Kerala, Health Status, Ayurveda, Student

Registration Code: ABPO 2253

EFFECT OF PANCHAVALKALA KWATHA WITH HONEY AS KAVALA IN IMPROVING ORAL HYGIENE

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Oral health is a key indicator of overall health, well-being and quality of life. In the present scenario, people all over the world are suffering from many oral cavity-related problems like dental cavities, gingivitis, periodontal diseases, halitosis, mouth ulcers etc. These are caused mainly due to poor oral hygiene and limited available techniques for improving oral hygiene. Two powerful methods suggested by Ayurveda for maintaining a perfect, healthy state of mind and body are dinacharya and rithucharya. Under the broad umbrella of dinacharya, procedures like kavala are suggested for oral hygiene, which also takes care of associated areas like the eyes, ears and parts of the respiratory and digestive systems. These procedures are useful in the prevention of diseases of the mouth, including teeth and gums. Kavala is an ancient Ayurvedic technique that involves swishing liquid in the mouth. This action draws out impurities from the mouth primarily to improve oral health, which in turn improves overall health. In Chakradatta, Panchavalkala kwatha with honey is indicated for washing the mouth. The objective of this study is to evaluate the effect of the same combination on improving oral hygiene. A sample size of 30 participants aged 20–50 who had poor oral hygiene and who visited the OPD of Swasthavritta in Govt Ayurveda College Panchakarma Hospital Poojappura, Thiruvananthapuram, was selected and advised to gargle the mouth using 50 ml of Panchavalkala kwatha with 12 g of honey twice daily after food in the morning and night regularly for 30 days. The OHI-S, total pathogenic bacterial count, tongue coating, anorexia, and taste perception were assessed on the 0th and 31st days. The results were analysed statistically & it showed that kavala using Panchavalkala kwatha with honey is significantly effective in improving oral hygiene. The study is uploaded to KUHS for acceptance.

Keywords: Dinacharya, Oral hygiene, Oral Hygiene Index

Registration Code: ABOP 2262



REDEFINING TRADITION RAJASWALA PARICHARYA IN THE MODERN ERA

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Ayurveda helps women to gain better health and quality life by following 'Paricharyas'. Female has to undergo three phases in her life Bal, Rajaswala, Vrudhi. Ayurved described three Charyas Rajaswala Paricharya, Garbhini Paricharya, Sutika Paricharya to balance these three phases of women's life for healthy wellbeing. Most neglected Paricharya is the Rajaswala Paricharya. Menstruation is a natural phenomenon, but it is also related with biology, psychology, society and religion for women. Menstruation is considered to be a mirror of reproductive health. This topic was selected because it was observed that while Ayurveda has not mentioned any symptoms, modern sciences has described fatigue, lower back pain etc. as associated symptoms of menstrual cycle but Rajaswala Paricharya helps to reduce all these symptoms along with reducing chance of PCOS, infertility and menopausal syndrome. Researchers also stated that importance of Rajaswala Paricharaya in menstrual period. This study aims at finding modern perspective of Rajaswala Paricharya. Do's and Don'ts given in classic texts, its effect on health, Principle behind all Paricharyas and its application in today's lifestyle. Rajaswala Paricharya helps women respond healthily to the drastic physical and psychic charges during the menstrual cycle and in relieving most of the associated symptoms of menstrual cycle.

Keywords: Rajaswala, Paricharya, Menstrual Cycle, Pcos, Associated symptoms

Registration Code: ABOP 2267

BRIDGING RESEARCH GAPS- A COMPREHENSIVE ANALYSIS OF SYSTEMATIC REVIEWS ON AYURVEDIC INTERVENTIONS FOR DIABETES MELLITUS

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Diabetes mellitus is a global health concern with increasing prevalence rates, necessitating diverse perspectives for effective solutions. Ayurveda, as a holistic system, holds promise for addressing this concern. Systematic reviews play a vital role in consolidating existing research, offering valuable insights, and guiding healthcare practices. While analysing systematic reviews in Ayurveda, they are very few in number with methodological deficits. We need to address this lacuna. This study aims to bridge the gap in systematic reviews on diabetes in Ayurveda by conducting a comprehensive analysis of available research. **Methodology:** Extensive searches were conducted on databases such as the Cochrane Library and PubMed, identifying relevant studies related to diabetes in Ayurveda. Data from each study were meticulously reviewed, and findings, as well as methodological shortcomings, were analysed. Systematic reviews revealed significant insights on the impact of interventions and their implications for practice and research. From the Cochrane Library, two studies were identified, and both studies were unable to draw definite conclusions regarding their efficacy due to methodological deficiencies. From PubMed, three studies were identified, focusing on certain herbs and polyherbal formulations with glucose-lowering effects. All studies emphasise the need for high-quality randomised controlled trials (RCTs) with large sample sizes and the need for further investigation. This comprehensive overview of systematic reviews on diabetes in Ayurveda sheds light on intervention impact and existing research gaps in the studies, and paves the way for further research. This study also includes recommendations for addressing specific issues in RCTs to strengthen the evidence base.

Keywords: Systematic Review, Ayurveda, Diabetes Mellitus

Registration Code: ABOP 2277



ROLE OF MILLETS IN SANTARPANJANYA VYADHI A REVIEW

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Milletts have long been employed in Ayurveda for therapeutic purposes as well as millets has been diversely described in the Ayurveda classics for the nutritional purpose. Millet is a collective term referring to a number of small-seeded annual grasses that are cultivated as grain crops, primarily in the dry areas in subtropical, tropical regions. Various Pathya kalpana or food preparations using millets have been described in Ayurvedic classics. In Ayurveda, millets are mentioned under Kudhanya or trinadhanya varga as dietary supplements and therapeutic agents. Millet consumption has been associated with reducing the risk of IBS, heart disease, gastrointestinal conditions, hypertension, diabetes, hyperlipidemia. The present study will explore nutritional as well as the therapeutic potential of millets in perspectives of Ayurveda substantiated by modern scientific studies. The methodology includes review of literature from ancient Indian classics of Ayurveda, modern scientific and research-based publications including journals and periodicals. Millet proteins are a good source of essential amino acids, micronutrients, minerals etc. Thus, Millets have a high nutritive value. The presence of all required nutrients in millets makes them therapeutic in diseases like Prameha, Udar roga, Sthoulya. Millets can be used extensively in dietary management in various diseases as well as in regular diets. They are helpful in diseases related to santarpana or Kapha and Pitta dosha. As a result of this study, millets will become more widely accepted in daily diets as a potential nutritional supplement and also for their medicinal benefits.

Keywords: Millets, Dietary supplement, santarpanjanya vyadhi, Trina Dhanya, Kudhanya

Registration Code: ABOP 2335

APPLICATION OF AYURVEDIC PRINCIPLES OF DINACHARYA SADVRUTTA RASAYANAM FOR PROMOTION OF OCCUPATIONAL HEALTH- A LITERATURE REVIEW

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Ayurveda upholds advises to be inculcated in day-to-day life for the promotion of health and prevention of diseases. A person's lifestyle and his occupation are deeply inter-related. Ayurvedic principles can be applied to modify the lifestyle of a person to bring down the occupation related risk factors, thereby, help in disease prevention. Aim: The present paper aims at developing lifestyle interventions based on the Ayurvedic principles of Dinacharya, Sadvrutta & Rasayanam (DSR) for promotion of Occupational Health (OH). Dinacharya is a potential health promotion tool in Ayurveda. It provides a set of guidelines which are aimed at promoting personal hygiene and at the same time helps in maintaining the homeostasis, i.e., tridosha balance. Sadvrutta are a set of codes and conducts explained in Ayurveda for promotion of physical, mental and social health. Rasayanam or rejuvenation which can be applied in the form of seasonal purification or Rasayana drugs can prevent the disease onset. For example, for a traffic policeman strengthening the mucosal surfaces can be achieved through Dinacharya practices like Anjanam, Pratimarsha Nasyam, Gandusham and Dhumapanam further supported by Rasayana drugs like pushkaramoolam or pippali having specific action on respiratory system can help prevent diseases due to exposure to dust and smoke. Physical endurance needed for prolonged standing can be created by Abhyangam as well as Vyayamam. The risk of varicosity can be minimized by certain Yogic postures like Vipareetakarani, Vajrasanam, Sarvangasana etc. Auditory risks can be minimized by administration of Karna Puranam. With practices like Dhyanam and relaxing Pranayama sympathetic nervous system can be controlled. Conclusion: Ayurvedic principles have a great potential of disease promotion which can be applied in the field of Occupational Health. Thus, the direct and indirect medical costs spent on Occupational diseases can be minimize which can diverted to nation's development.

Keywords: Ayurveda, Occupational Health, Dinacharya, Rasayanam, Sadvrutta, Yoga

Registration Code: ABOP 2393



AERIAL PERSPECTIVE ON AYURVEDIC TRICHOLOGY

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More than the sociological meaning of hair loss, hair has become a very important part of self-identity or “body image.” Hair thinning and perceived hair loss has a very imperative negative impact on the psyche of the individual. The emotions as a result of hair loss are sometimes so overwhelming that it starts affecting the patient’s daily routine life. In the present scenario, the adverse side-effects of chemicals in hair care have made people move towards herbal products. Ayurveda trichology being a least explored area has abundant job opportunities and immense scope for research on classical references in hair care. Enrichment of knowledge on the the basics of Ayurveda trichology, with the aim to offer a holistic approach by imbibing the concepts of Ayurveda, yoga, nutricosmetics and modern technologies. The study was performed using a qualitative content analysis method. Five Ayurveda physicians practicing Trichology have participated in the in-depth interview and the results were divided into different themes. Five interviews were completed and the results were divided into following themes: 1. Common trichology concerns visiting Ayurveda OPD, 2. Lifestyle modifications in Trichology, 3. Therapeutic preparations used in trichology practice, 4. Launching a cosmetic product, 5. Practical limitations in Trichology, 6. Tackling the legal knots in practice

Keywords: Hair loss, Ayurveda trichology, Hair care

Registration Code: ABPO 2412

AN IN-VITRO STUDY TO EVALUATE THE EFFECT OF A HERBAL FORMULATION IN AMELIORATING THE CELLULAR TOXIC MANIFESTATIONS OF ALCOHOL UPTAKE

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Alcohol dependency is a crucial health and socioeconomic problem throughout the world. Despite great advancements made in the field of medicine, there is lack of effective and safe medications for the treatment of alcohol. Hence, identification of a herbal therapeutic agent that can effectively treat the cellular toxic manifestations following alcohol toxicity is of utmost importance. The study aims to evaluate the effect of a herbal formulation mentioned in Yoga Ratna Samuchayam in the context of Madatyaya (Alcoholism). The drugs of the formulation are Pippali (Piper retrofractum), Sauvarchala lavana (Black salt), Hingu (Ferula Asafoetida), Dadima (Punica granatum), Shunti (Zingiber officinale) and Parasika yavani (Hyoscyamus Niger). Impact of alcohol as well as the herbal formulation in neuronal cell metabolism can be studied using mitochondrial membrane potential detection. Since alcoholism is known to affect cellular redox status, different oxidative and anti-oxidative features have to be analyzed. Inflammatory reactions due to alcohol consumption can be studied using cyclooxygenase, and myeloperoxidase enzyme assays. To analyze the impact of herbal formulations on alcohol metabolism human liver cell line or human intestinal cell line can be used. Cellular absorption can be studied using different transporters such as P-glycoprotein and organic anion transporter (OAT). Cellular viability would be restored to near-normal levels, oxidative stress levels reduced, and the incidence of apoptosis be significantly diminished by the herbal formulation. Thus, exhibiting a protective effect on cellular damage markers. This in-vitro study suggests that the herbal formulation under investigation would be an effective ameliorative agent against alcohol-induced cellular toxicity. The observed protective effects on cellular viability, oxidative stress and cellular damage markers highlight its efficacy. Further in-vivo investigations and clinical trials are required to confirm these findings and explore its therapeutic utility in alcohol-related disorders.

Keywords: Madatyaya, Ayurveda, Pippali, Oxidative stress, Cellular absorption, Punica granatum,

Registration Code: ABPO 2433



ROLE OF AYURVEDA IN THE MANAGEMENT OF CONTAGIOUS SKIN DISEASES

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Skin diseases includes a broad spectrum of diseases which may exhibit rashes, inflammation, itching and other skin changes. Ayurveda samhithas explains it under KUSTA. Contagious skin diseases are conditions of skin which can be spread from one person to another. This can be spread throughout a community which may create issues in quality of life both physically and mentally. Susrutha samhitha explains Kusta as the first one among OUPASARGIKA rogas which spreads through various kinds of person to person contact. प्रसङ्गाद्गात्रसंसर्शान्निवासात् सहभोजनात् | सहशय्यासनाच्चापा वस्त्रमाल्यानुलेपनात् || कुष्ठं ज्वरश्च शोषश्च नेत्राभष्यन्द एव च | औपसर्गकिरोगाश्च सङ्क्रामन्ती नरान्तरम् || (su.ni 5/33) This is an attempt to detail the preventive as well as curative aspect of contagious skin diseases through Ayurvedic point of view. References about skin diseases were collected from various Ayurveda classics, journals ,scientific publications and management of skin diseases were analyzed from Ayurvedic samhithas and Swasthavritta OPD of GAMC Mysuru. Ayurvedic management of contagious skin diseases in preventive and curative aspect found effective in managing the same and improving quality of life in patients. Preventive management is explained in Swasthavritta charyas including dinacharya ,ritucharya , rasyana prakarana etc.. which focus on personal hygiene, community hygiene and enhancing vyadhikshamatva of the individual. Curative management is explained in Ayurvedic samhithas focusing on nidana parivarjana, Samprapti vighatana, lakshanika chikitsa and apunarbhava chikitsa.It includes shodhana , shamana as well as external applications including lepa ,kshalana,kharshana etc..

Keywords: Kusta, Oupasargika roga, Contagious diseases

Registration Code: ABPO 2438

OBSERVATIONAL STUDY DONE ON THE INVOLVEMENT OF AVARANA IN DM TYPE 2 PATIENTS WSR TO AVARANAJANYA MADHUMEHA

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Application of Avarana to find Paratantra dosha prakopa involvement in DM type 2 patients - a high end need of the hour Methods - Utilized relevant literature study from the classics and clinical application at the OPD level under different categories of PPBS level Result - Study showed up prevalence of Kaphavrta vyana in DM type 2 patients and got significance for Pittavrta vata . Conclusion - It's high time to apply avarana clinically by evaluating it at the OPD level and treatment aimed more on avastha of vyadhi rather than symptomatological approach of chikitsa to revert public health disasters like DM type 2 .

Keywords: Avarana, DM type 2, PPBS, Avaranajanya Madhumeh

Registration Code: ABOP 2493



EXPLORING AYURVEDIC STRATEGIES FOR OBESITY PREVENTION TRADITIONAL WISDOM MEETS MODERN HEALTH CHALLENGES

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Obesity has become a global health epidemic. It contributes to a wide range of chronic diseases like cardiovascular diseases, diabetes mellitus, hypertension, and certain types of cancer, significantly impacting the quality of life for affected individuals. Ayurveda has recognized obesity as a major health concern and offers holistic approaches to its prevention and management. This research paper aims to provide a comprehensive review of Ayurvedic strategies for the prevention of obesity and thereby preventing many other chronic diseases. This paper explores how following the fundamental principles of Ayurveda explained under Dinacharya, Trayopasthambha, Vegadharana, Sadvritta, and Ritucharya can help in maintaining an optimal weight. It examines how relevant Dinacharya procedures, following proper Aharavidhi and Nidraavidhi, proper management of natural urges, and our codes of conduct to be followed in society, practicing yoga and meditation can be effectively utilized to maintain our physical and mental well-being, thereby maintaining the body weight at an optimum level. This paper also explores the research papers in Ayurveda that have shown benefits in the prevention of obesity. Incorporating Ayurvedic principles into modern lifestyles may play a pivotal role in reducing the burden of obesity and improving the overall quality of life. Further research and integration of Ayurveda with contemporary healthcare systems are warranted to fully harness its potential for obesity prevention and health promotion. This paper will help the Ayurvedic fraternity to approach obesity from a preventive aspect rather than treating its complications.

Keywords: Sthoulya, Dinacharya, Ahara, Nidra, Sadvritta, Vegadharana

Registration Code: ABOP 2494

AYURVEDIC MANAGEMENT FOR HYPERTENSION WITH MICRO ALBUMINURIA- A CASE REPORT

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Blood pressure is a non communicable disease and one of the major risk factor of coronary artery diseases. The main causative factors of this diseases are unhealthy lifestyle, stress, smoking, obesity, hereditary. In this condition the pressure of blood pushing against the arterial walls becomes high. Arteries carry the blood from heart to other parts of our body. So in chronic stage it will leads to severe systemic diseases which affects commonly in heart, kidney, lung etc. Microalbuminuria in hypertension is an early sign of kidney damage and it is considered as a predictor for the end stage of renal disease and cardiovascular disease. So it is of great importance to manage microalbuminuria or urinary albumin creatinine ratio and progression of kidney disease in hypertensive patient. In Ayurveda classical text, no proper description of hypertension is available. By viewing the pathogenesis and physiology, it is formed by the involvement of tridoshas , srotorodha, and dhatu dushti. The present case is a 60year male patient who was diagnosed uncontrolled hypertension with microalbuminuria. He was admitted in Govt. Ayurveda College Tripunithura for 1month. The patient was present complaints such as frothy urine, over tiredness joint pain, and uncontrolled anger and increased blood pressure during evening time, not controlled by hypertensive modern medicines. His urine albumin-creatinine ratio was 54mg/gm of creatinine and uric acid was 8.9mg/dl before starting our medicine. He was advised the treatment module including internal medicines, lifestyle modification including diet restriction and yogic breathing exercise. Within one month of Ayurveda treatment the urine albumin creatinine ratio and uric acid was reduced and became within normal limit. His blood pressure also became controlled and he was recovered from all symptoms. Ayurvedic treatment module appears to be safe and efficacious with early recovery and better outcomes in this case.

Keywords: Hypertension ,Microalbuminuria, Ayurveda

Registration Code: ABOP 2499



NADA YOGA CARE AN ANCIENT YOGA TECHNOLOGY FOR ELIMINATING RARE DISEASES AND DISABILITIES IN HUMAN BEINGS

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An ancient yoga technology for Eliminating Rare Diseases and Disabilities in Human beings. Abstract: There are more than 7000 rare diseases in the world and the number is increasing day by day. As per the existing medical definitions rare diseases and disabilities are conditions that cannot be treated and curable. As per the study and research about nada yoga definitions the rare diseases and disabilities can be changed, treated, and cured by using Nada Yoga methodology. This technology works with appropriate sound frequencies in perfect amplitude and wavelength. These findings help to eliminate rare diseases and disabilities from the human body in a few weeks. Nada Yoga is a Yoga methodology that is followed by various frequencies of sound with appropriate wavelength and amplitude. This vibration works with the silent stem cells inside the brain and is harvesting unused stem cells. Harvested brain cells start to produce new cells inside the brain and it replaces the damaged area of the brain for reorganizing the body. Through that rare diseases and disabilities are eliminated. The results of the research work and experiments show that stem cells can be harvested in the brain in a few weeks through Nada Yoga applications. That will help to reorganize all damaged cells to normalcy and through that the rare diseases and disabilities will disappear. There have been thousands of Yoga technologies from the pre-Vedic period. Nada Yoga is the oldest in its category. Biological teaching in schools is a part of modern medical science today. Concerned with Nada yoga, there is another biological perspective on the human brain. The theory and practice of Nada Yoga is a complete remedy for solving or eliminating rare diseases, disabilities, and AMR(Antimicrobial resistance).

Keywords: Rare disease cure, Yoga for disability, Ancient knowledge for better life science

Registration Code: ABOP 2507

DIETARY AND LIFESTYLE MODIFICATIONS IN DIABETES MELLITUS AS PER AYURVEDA AND MODERN SCIENCE

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Diabetes mellitus is a chronic metabolic disorder that affects millions of people worldwide. With a global prevalence of 10.5%, diabetes is a leading cause of morbidity and mortality all over the world. Over 80% of Type 2 diabetes sufferers are overweight, so weight management is critical in reducing the risk for long-term complications. Prameha is frequently correlated with DM type 2. Pathyahara and vihara plays supportive role in the management of yapya vyadhi like that of prameha. Beyond conventional medical treatments, yoga and pranayama offers a unique approach to manage diabetes by addressing the physical and mental aspects of this chronic ailment. Through an analysis of dietary recommendations and lifestyle changes, this project seeks to provide a comprehensive approach to diabetes management from both Ayurveda and modern scientific perspectives. Most of the medicines and food articles mentioned in the management of prameha are of tikta, katu, kashaya rasas, chedana and are having ushna virya. In modern nutrition, calorific value and glycaemic index are the crucial factors on deciding a diabetic diet. Dietary approach focuses on promoting a sensible eating pattern within the framework of the individual's food habits. In this project, a diet schedule that consists of three parts was developed after reviewing relevant literature. The 1st and 2nd part of schedule with a restricted calories of 1300 – 1500 and 1600 – 1800 kcal is recommended respectively for obese and overweight diabetics. The 3rd part of schedule (1900- 2200 kcal) is intended for diabetics with normal BMI. The diet schedule was finalized after considering the pathyapathya mentioned in classics, the availability of those food items in the present day, their calorific values and glycaemic indices. The study concluded that ahara, vihara and oushadha has significant role in preventing the development of Diabetes among prediabetic population.

Keywords: Diabetes mellitus, Dietary and lifestyle modifications, Prameha, Pathyahara vihara, Yoga, Glycaemic index

Registration Code: ABOP 2517



OCCUPATIONAL HEALTH AND WELLNESS – HOLISTIC APPROACH FOR IT PROFESSIONALS

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Occupational health practices, otherwise known as health safety practices, mainly aim at promotion and maintenance of the physical, mental and social well being of workers in all occupations. Information Technology is one of the fastest growing sectors in India. The IT sector has witnessed remarkable growth, transforming the way they work and connect. However, This rapid evolution has brought about unique challenges to the health and well being of IT Professionals and computer users of other professions, Among them youngsters are common population who are more prone to get health problems due to nature of their work. Major causes of the occupational health problems are Irregular and unhealthy food habits, Lack of physical activity, Vegadharana (suppression of natural urges), Irregular sleep patterns, Continuous exposure to screen and radiation, Noise pollution, Divasvapna (day sleep). Hence, here are some common health problems experienced by IT Professionals; Musculoskeletal diseases, Ocular disorders, Carpal tunnel syndrome, Fatigue, Social isolation, Repetitive Stress Injury (RSI), Insomnia and lifestyle disorders (hypertension, diabetes, obesity etc). Ayurveda a Holistic approach of medicines with its roots in ancient Indic science. Which plays a vital role in addressing occupational health concerns of IT professionals by providing holistic approach of well being and integrated ayurvedic principles into their daily lives are as follows – Dinacharya, Ritucharya, Achara Rasayana, Sadvritta, Pathya (ahara-vihara), Vyayama, herbs for stress relief and immune support and by following such Yoga techniques like Mind sound resonance technique (MSRT) , Cyclic meditation, Suryanamaskara and Pranayama will be helpful for IT Professionals to enhance their overall health and Productivity while addressing the specific challenges faced by their occupations.

Keywords: Dinacharya, Rutucharya, Stress, Obesity, Yoga, Pathya ahara-vihara.

Registration Code: ABOP 2531

MEDICAL APPLICATION OF YOGA IN MATERNAL HEALTH

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This abstract will explore the potential applications of yoga in promoting the well-being of pregnant women and improving their overall health outcomes. Pregnancy is a trans-formative period that brings about physical, emotional, and hormonal changes in a woman's body. These changes can often lead to discomfort, stress, and anxiety. One of the key benefits of yoga in maternal health is its ability to alleviate physical discomfort. Prenatal yoga classes focus on gentle stretching and strengthening exercises that target the specific needs of pregnant women. These exercises help to improve flexibility, reduce muscle tension, and promote better posture, thereby relieving common pregnancy-related issues such as back pain, sciatica, and pelvic girdle pain. Furthermore, yoga practices that incorporate deep breathing techniques can have a profound impact on the emotional well-being of pregnant women. Pregnancy can be a time of heightened stress and anxiety, and practicing yoga can help women cultivate a sense of calm and relaxation. Yoga also provides an opportunity for pregnant women to connect with their bodies and their growing babies. Mindfulness-based practices, such as body scans or loving-kindness meditations, can help women cultivate a sense of gratitude, acceptance, and self-compassion during this trans-formative period. Yoga can also play a role in preparing women for childbirth. Certain yoga poses and breathing techniques, such as squatting positions or pelvic floor exercises, can help strengthen the muscles needed for labour and delivery. Moreover, the mindfulness skills developed through yoga practice can enhance women's ability to cope with pain and manage stress during childbirth. By addressing physical discomfort, reducing stress levels, and promoting emotional resilience, yoga can contribute to a healthier and more positive pregnancy experience. Integrating yoga into prenatal care programs and providing access to qualified instructors can empower women to take an active role in their own maternal health journey.

Keywords: Maternal health, Asana, Prenatal yoga.

Registration Code: ABOP 2526



SLEEP WELL LIVE WELL THE UNDENIABLE CONNECTION BETWEEN SLEEP QUALITY AND QUALITY OF LIFE

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Background Sleep quality is a critical component of overall health and well-being. It has been shown to affect physical, mental health, and quality of life (QoL). Poor sleep quality is associated with a number of chronic health conditions. It is also linked to decreased productivity at work, as well as increased risk of accidents. Aims and Objectives The aim of this survey study was to investigate the effect of sleep quality on QoL in a general population sample and to identify the factors associated with poor sleep quality. A cross-sectional survey was conducted in AIIA on people of age group 20- 35 years. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI) and special survey questionnaire based on Ayurvedic definitions of Samyak and Asamyak Nidra. QoL was assessed using the WHOQOL-BREF Poor sleep quality was associated with a number of factors, including age, education level, income level, employment status, and chronic health conditions. Sleep quality was found to be positively correlated with QoL. Participants with better sleep quality had higher scores on all domains of the WHOQOL-BREF The findings of this study suggest that sleep quality is an important determinant of QoL. Improving sleep quality may be a beneficial strategy for enhancing overall health and well-being. This study provides further evidence of the strong relationship between sleep quality and QoL and highlight the importance of sleep for overall well-being. The study also identifies several factors associated with poor sleep quality, which can be targeted by interventions to improve sleep quality and subsequently QoL.

Keywords: Sleep quality, Quality of life, Cross-sectional survey, Pittsburgh Sleep Quality Index, WHOQOL-BREF

Registration Code: ABOP 2568

A SURVEY ON THE PREVALENCE OF POST COVID COMPLICATIONS

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COVID-19 has spread to around 229 countries/ territories after its first detection in China in December 2019. COVID-19 was declared as the sixth Public Health Emergency of International Concern (PHEIC) on 30th January 2020 and as a Pandemic on 11th March 2020 by the WHO. According to WHO, globally 771,191,203 confirmed cases including 6,961,014 deaths were reported till October 12, 2023. Post-COVID complications include a wide range of health problems which people experience four or more weeks after getting infected by COVID-19. Post COVID-19 syndrome has great significance as it affects covid-19 survivors at all levels of disease severity, even younger adults and those not hospitalized and is becoming an important burden to the society affecting the quality of life of people. For the timely planning and also for strengthening health care services, data on post-COVID-19 syndrome in general population are required. The data acquired through this survey will undeniably elucidate the precise domains demanding paramount focus in future pandemic mitigation efforts. WHO has recognized the significance of Disease X which represents the unforeseen outbreak that scientists and public health experts are apprehensive about, as it has the potential to trigger a worldwide health emergency when it inevitably arises and emphasizes the importance of preparedness, vigilant surveillance and global collaboration to effectively mitigate such an unpredictable threat. The study was conducted to find out the prevalence of post-COVID complications among 300 participants in the age group 20-70 years who visited the OPDs Government Ayurveda College Thiruvananthapuram selected by consecutive sampling and directly interviewed using a validated semi-structured questionnaire. From the study prevalence of at least one post-COVID complication was elicited and most common symptoms were fatigue, hair fall, arthralgia, dyspnoea and cough.

Keywords: COVID-19, Post-COVID-19 Syndrome, Public health, Pandemic, Post-COVID complications, Ayurveda

Registration Code: ABOP 2580



REVITALIZING AYURVEDIC RITUALS EXPLORING THE PHYSIOLOGICAL EFFECTS OF NASYA ABHYANGA UDVARTAN AND SNAN ON THE HUMAN BODY

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This research delves into the ancient Ayurvedic practices of Nasya (nasal administration), Abhyanga (oil massage), Udvartan (massage with herbal powders) and Snan (bathing) to investigate their potential physiological impacts on the human body. Through an interdisciplinary approach integrating traditional Ayurvedic wisdom and modern scientific understanding, we explore the mechanisms and benefits of these rituals, shedding light on their potential to promote holistic well-being and enhance overall health. The study aims to bridge the gap between traditional practices and contemporary medical understanding, offering valuable insights into the potential of these rituals for integrative healthcare approaches. 1. To explore the fundamental principles and techniques of nasya, abhyanga, udvartan and snan in ayurveda. 2. To understand the physiological mechanism through which these rituals influence the human body. 3. To evaluate the potential positive impact of these rituals on health. The detail literature of nasya, abhyanga, udvartan and snan is collected from Ayurvedic text, modern books and review articles available on Pubmed, Google scholar, Research gate, Ayushdhara etc. This study explores Ayurvedic rituals (Snan, Nasya, Udvartan, Abhyanga) and their potential physiological benefits for overall well-being, blending ancient wisdom with modern science. This study emphasizes the profound physiological effects of Ayurvedic rituals, showcasing their potential to enhance overall well-being. By combining ancient wisdom with modern science, we demonstrate that practices like Snan, Nasya, Udvartan, and Abhyanga can significantly contribute to integrative healthcare strategies, aligning traditional wisdom with contemporary medical understanding for optimal health benefits.

Keywords: Holistic health, Nasya, Abhyanga, Udvartan, Snan, Physiological effects

Registration Code: ABOP 2594

EVALUATING THE EFFECTIVENESS OF KAVALA IN THE PREVENTION AND MANAGEMENT OF RADIATION-INDUCED MUCOSITIS IN HEAD AND NECK CANCER A RANDOMIZED CONTROLLED TRIAL

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The treatment of Head and Neck Squamous Cell Carcinoma (HNSCC) often necessitates Radiotherapy (RT), Chemo-radiotherapy (CRT), or Concurrent Chemo-Radiotherapy (CCRT). While these modalities are crucial for managing the disease, they invariably bestow upon patients a burden of side effects, encompassing mucositis, xerostomia, dental caries pain, and candidiasis, collectively impinging upon the patient's Quality of Life. This condition aligns with the Ayurvedic description of 'Pitta-pradhana Sannipatha Sarvasara Mukharoga. Amongst these tribulations, oral mucositis emerges as the most formidable adversary, gravely diminishing the quality of life for HNC patients. In this Randomized Controlled Trial involving 60 patients undergoing RT or CRT, the investigation centered on the effectiveness of the "kavala procedure with 'Draksha guduchadi kashaya' (study group) in comparison with conventional soda salt mouthwash (control group) for managing the onset and severity of oral mucositis. This assessment was conducted from the inception of radiation therapy, spanning over 5-6 weeks of treatment and extending to two months post-treatment, with evaluation based on the Radiotherapy Oncology Group (RTOG) grading. Remarkably, significant differences emerged between the Study and Control groups concerning the onset ($p=0.049$) and intensity of mucositis ($p=0.000$), demonstrating statistical significance in favor of the study group. Incorporating Ayurvedic principles of "kavala" with specialized medicines aimed at sodhana-ropana nature, this approach effectively alleviated the onset and severity of mucositis. Moreover, it yielded additional advantages, including enhanced taste perception and increased nutritional intake when compared to the conventional treatment group. The employment of Ayurvedic oral cleansing technique, kavala, played a pivotal role in primary, secondary, and tertiary prevention of mucositis.

Keywords: Oral mucositis, Kavala, Radiation, Prevention, Head and Neck cancer

Registration Code: ABOP 2595



KSHUDRA DHANYA AS MILLETS AND ITS USE IN TODAYS DAY TO DAY LIFE

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Kshudra Danya is a group of small seeded cereals used as human food since ages. They are popular by the name millets. As Millets are packed with nutrients, they have numerous health benefits. Ayurveda has a distinguished explanation of Kshudra Danya (millets) with their specific qualities and effects, based on which their indications and contraindications can be elicited. This analysis may help in understanding the right usage of Kshudra Danya(millets) to avail their complete health benefits. Critical analysis of kshudra dhanya and its its benefits in todays life To search, compile, analyze the different variety and dishes of khudra dhanya for day to day life. Need of study As khudra dhanya is mentioned in ayurveda since ages but due to less advertisement and knowledge about ayurveda we are unable to use them in our daily life style so for the betterment in todays sedentary lifestyle we need to explore khudra dhanya and its variety of dishes which are healthy from Ayurvedic point of view. Search, compile and analyze different views on khusdra dhanya Todays Modern sophisticated sedentary lifestyle is giving rise to epidemic of Non-communicable diseases and khudra dhanya are best to be used in these Santarpanajanya Vikara (Diseases due to over nourishment) and Kapha Pitta DoshajaVikara (Diseases due to Kapha and Pitta). Millets can be used as a preventive diet in healthy and therapeutic diet in diseased. There are a lot of Patya Kalpanas(Food preparations) that can be prepared out of Millets so, preparation that suits both Rogi (Patient) and Roga (Disease) can be chosen to avail complete health benefits out of Millets.

Keywords: Kshudra Danya, Millets, Ayurveda, Santarpanajanya Vyadhi, Vata Vyadhi

Registration Code: ABOP 2620

YOGA AS AN ADD-ON THERAPY IN PRIMARY PREVENTION OF DYSLIPIDEMIA

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The World Health Organization estimates that dyslipidemia is associated with more than 50% of global cases of ischemic heart disease, and over 4 million deaths per year. About 80% of lipid disorders are related to diet and lifestyle, with the remainder being familial. Epidemiological data suggest that individuals with long-term exposure to even moderately elevated levels of low density lipoprotein cholesterol (LDL-C) are at increased risk of developing atherosclerotic cardiovascular disease (ASCVD) later in life. In addition to lifestyle improvements, some patients with elevated LDL-C but no previous clinical ASCVD events will also require lipid lowering pharmacotherapy for primary prevention. Controversies remain as to the usage of Statins causing potential harm in the context of primary prevention of Dyslipidemia. Dyslipidemia is a Kapha-medo vitiated condition. Ayurvedic classics give special emphasis on preventive aspects like practising Dinacarya, Nishacharya, Rithucharya, Nithya sevaniya ahara etc., which are conducive factors for the maintenance of positive health. Yogatherapy advocates Vamana dhauthi (Abdominal cleansing) as a Shatkarma on a daily basis which helps to alleviate all Kapha-Medo risk factors. An Observational study on Individuals with Borderline high Dyslipidemia (as per ATP III guidelines) visiting the OPD of swasthavritta at Government Ayurveda college Kannur and managed with Ayurvedic diet and regimes and Conventional Vamanadhauthi was done. The Lipid profile values before and after the integrated management was observed. There was remarkable change in the Lipid profile values. Thus an integrated approach of Ayurvedic diet and regimes and Vamanadhauthi focusing on Primary level prevention of Dyslipidemia can offer remarkable contributions to Public health.

Keywords: Dyslipidemia, Atherosclerotic cardiovascular disease, Yoga, Primary prevention, Shatkarma, Vamanadhauthi

Registration Code: ABOP 2630



A REVIEW ON OCCUPATIONAL RISKS IN IT PROFESSIONALS PREVENTION AND CONTROL THROUGH AYURVEDA

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Occupation is a useful measure of social differentiation particularly in communities highly industrialized and urbanized. Occupational diseases are usually defined as disease arising out of or in the course of employment. IT and the IT workforce are rapidly expanding with potential occupational health implications. According to a study done by National Institute of Occupational safety and Health, IT workers experience more stress than any other occupational group. Lifestyles mentioned in Ayurveda should be followed to prevent various occupational disorders. The literature search was done from the data bases like PubMed, MEDLINE and classical texts like Brihatrayees. Review of peer reviewed original research articles were also done. This review aims to describe the occupational risks in IT workers and its control and prevention through Ayurveda. Ayurveda plays an important role for decreasing the intensity of occupational hazards by changing the lifestyle and by following the rules of Dinacharya, Ritucharya, Sadvritta, Adharaneeya and Dharaneeya Vegas, and Ahara-Viharas. उद्योगपुरुषलक्षणम् “ an occupation / job is the identity of an individual, which indicates the importance of it in each person’s life. Occupational hazards cannot be totally prevented because causative factor cannot be completely eliminated. In IT professionals Physical hazards out of noise, radiation and pressure could be managed through Nasya Karma which can strengthen the Indriyas. Ergonomic hazards out of poor posture and manual handling could be managed through abhyanga which is mentioned in Dinacharya. Psychological hazards out of workplace bullying and harassment could be managed through yoga and meditation. We should try to prevent the occupational disorders than to treat them. Preventive medicine and occupational health have the same aim-the prevention of disease and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations ;where ayurveda can contribute significantly.

Keywords: Occupational diseases, Ayurveda, Information technology professionals, lifestyle, Prevention, Occupational Health.

Registration Code: ABOP 2703

DEVELOPMENT AND VALIDATION OF STANDARD OPERATING PROCEDURE FOR THE PREPARATION OF AKRITA MUDGA YUSHA WITH COMPREHENSIVE STANDARDIZATION BASED ON NUTRITIVE VALUE ANALYSIS

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In Ayurveda, food recipes are traditionally classified based on their inherent qualities such as “ruksha,” “snigdha,” “guru,” and “laghu.” However, for those not well-versed in Ayurveda, these terminologies can be challenging to comprehend. In today’s context, the nutritional and caloric content of food plays a crucial role in dietary choices. The ancient Ayurvedic texts, specifically the “krittana verga” of various samhitas, describe food preparation methods that can be quite intricate and inaccessible for the average person. It is important to recognize that the health and disease conditions of individuals are significantly influenced by the food they consume and, notably, the methods used in food preparation. The processes involved in food preparation can alter its quality and nutritional characteristics. Therefore, there is a pressing need to create and validate Standard Operating Procedures (SOPs) for recipes found within the “krittana verga.” This study focuses on Yusha, a recipe commonly employed by Acharyas (Ayurvedic scholars) for managing various diseases through specific combinations. The aim of this research is to standardize and validate “Akrita mudga yusha” using a meticulously developed SOP. The primary objective is to standardize “Akrita mudga yusha “ through the formulation of the SOP. The secondary objective is to evaluate the caloric and nutritional values of “Akrita mudga yusha.” The SOP draft was created following the reference of Kaidev Nighantu. Yusha was subsequently prepared three times using this SOP, and the resulting samples were sent to a food laboratory for comprehensive nutritional analysis. The standardization process is based on the data obtained from these analyses. The outcomes of the SOP development, as well as the nutritional analysis results, will be presented and discussed during a forthcoming seminar presentation.

Keywords: Akrita yusha, Ayurveda food, Nutritional value, SOP, Yusha

Registration Code: ABOP 2729



CLINICAL STUDY TO EVALUATE THE EFFECTIVENESS OF MANJISTADI PANCHADASHA TROPICAL UNDER EYE SERUM IN THE PATIENTS WITH PERIORBITAL HYPERPIGMENTATION POH

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To evaluate the efficacy of Manjistadi panchadasha tropical under eye serum in patients with periorbital hyperpigmentation. An open label randomised singel arm clinical study. A group of 20 patients aged 21 to 50 years, with grade I to IV pigmentary POH were given the Manjistadi panchadasha tropical under eye serum for 2 months. Followup visits were scheduled once in two weeks. Results was evaluated by pigmentation grading and patients reported satisfaction ratings (excellent, very good, good & not satisfied) In the group of 20 patients, 18 patients completed the study. End results showed reduction in the pigmentation and grading is seen over 2 months. Mean improvement in the grading was 50%; 6 patients achieved 30% improvement; 8 patients achieved 50% improvement; 4 patients achieved 70% improvement. Patients satisfaction level were high[excellent - 3; very good - 7; good - 6; not satisfied -2], no adverse events were occurred in 18 patients. This clinical study demonstrate effectiveness of the Manjistadi panchadasha tropical under eye serum in patients with periorbital hyperpigmentation addition to clinical improvement noted, significant improvements noted in grading, patients exhibited high satisfaction levels with treatment outcomes . No adverse events noted.

Keywords: Periorbital Hyperpigmentation, Manjistadi panchadasha tropical under eye serum,

Registration Code: ABOP 2777



A SINGLE CASE STUDY ON PALMOPLANTER HYPERKERATOSIS EKAKUSHTHA AMONG CONSTRUCTION WORKERS AND ITS AYURVEDIC MANAGMENT

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Hyperkeratosis is thickening of the stratum corneum (the outermost layer of Epidermis), often associated with the presence of an abnormal quantity of keratin. Among its types one is palmoplantar hyperkeratosis characterized by widespread thickened skin over palm and soles often associated with itching. It counts for 1.17 cases/100,000 cases in dermatologic outpatient departments. This condition can be corelated with Ekakushta which is a type of kushta Vyadhi caused by vitiation of Vata Kapha doshas due to Improper Aahar vihara which manifest symptoms like Asweda (lack of sweating) Mahavastu (widespread) Matsya shakalopamam (scales of fish). The present case is of a patient having palmoplantar hyperkeratosis successfully managed with Ayurvedic treatment. A 65-year-old patient suffering from palmoplantar hyperkeratosis was treated on the line of Ekakushtha. Due to Patient's occupation (construction work) repeated contact of cement and other harmful chemicals and metals at construction work palm of his right hand eventually get thicken brownish painful and itchy because of keratinization that further affect left palm and the pathology continues for years. Panchanimba Churna 3gms, Gandhak Rasayana 125 mgs orally and Marichyadi oil for LA twice a day for were administered. Patient start to get relief after a week and get 80 % relief in 28 days. Experience of this case showed that palmoplantar hyperkeratosis may satisfactory be managed with Ayurvedic treatment.

Keywords: Ekakushta, Palmopanter Hyperkeratosis, Panchanimba churna, Gandhak Rasayana, Marichyadi oil.

Registration Code: ABOP 2795



A REVIEW ON THE RELEVANCE OF SHATKARMA YOGIC CLEANSING PROCEDURE WSR TO BASTI YOGIC ENEMA AS A TOOL FOR ACHIEVING HOLISTIC HEALTH

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Cleansing practices have always been a cardinal part of most indigenous health systems. Yoga is essentially a spiritual discipline based on a science of subtle energy system which focuses on bringing harmony between the body, mind and spirit. Six cleansing practices known as Shatkarma are described in the schools of Hatha Yoga, viz., Dhauti, Basti, Neti, etc. The science of Yoga, emphasizes that Shatkriyas help the body to rejuvenate and purify the mind. Purification as such does not imply to the gross waste matter in the body but it also considers the removal of the subtle negativities thus correcting the mental, emotional and spiritual force. Basti is an important Shatkarma, intended to clean the latter part of the GI tract, especially the colon. Holistic health is an approach to life that considers multidimensional aspects of wellness. This review aims to focus and discuss the physical, psychological and spiritual benefits of Yogic Basti based on the references from various literatures ranging from classical to contemporary to understand the cleansing procedure as a tool to achieve holistic health. Classical textbooks of Yoga and Ayurveda having references of Basti viz., Hatha Yoga Pradipika, Gheranda Samhita, Charaka Samhita, 20 Yoga Upanishads, etc and different databases were reviewed to analyse it with its technique, mode of action, breathing pattern, frequency, time of practice, precautions, contraindications and benefits physically, mentally and spiritually. As per the texts, Basti increases the appetite, glow, destroys excess doshas, dhatus and purifies the senses and mind. They make the karmendriya keen and the jnanendriya more perceptive and sensitive. Yogic Basti is an effective technique not only for the purpose of purifying the body elements, but also to influence the subtle body and integrate the whole being, physically, emotionally, mentally, and spiritually.

Keywords: Colon Health, Hatha Yoga, Psychological health, Spiritual force, Spiritual Health, Subtle body

Registration Code: ABOP 2798

ASSOCIATION BETWEEN SCREEN TIME AND PRAKRITI AMONG AYURVEDA PROFESSIONALS AN OBSERVATIONAL STUDY

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We are amid a global transition in which digital “screens” are no longer simply entertainment devices and distractions rather it has become a basic need of everyone. In fact, after Digital India campaign launched by the Indian govt in recent decades with initiatives like Digi Lockers, E-Hospitals, E-Path Shala, BHIM, E-Health campaigns, E-Education Campaigns, E-Kranti etc. digital technology has developed at an exponential speed and screen time has become a large part of today’s society. As per study, the average screen time for an Indian is up to six hours. Even Prime Minister Narendra Modi expressed concern over increasing screen time and called it a “worrying trend.” This Screen time and the contents we consume varies from person to person. Prakriti is a fundamental & unique concept of Ayurveda. Ayurveda classifies all individual into specific type of prakriti based on Tridosha i.e., Vata, Pitta, Kapha and their relative ratios which may be broadly envisaged into seven types. The uniqueness of an individual i.e., one’s physical, physiological, psychological, and behavioral characters are determined by Prakriti. This concept is famous for it’s Predictive, Preventive & Curative aspects. Screen Time may have some relation with different Deha Prakriti. Objective: To find out any association between screen time and Prakriti among Ayurveda professionals. This observational study was conducted in All India Institute of Ayurveda among 100 Ayurveda professionals after obtaining written consent to participate in the study. Details regarding screen time use were collected by a predesigned questionnaire and the validated CCRAS prakriti assessment scale was used to assess their Prakriti. Through this study among Ayurveda professionals, an attempt has been made to find any association scientifically.

Keywords: Ayurveda, Prakriti, Professionals, Screen time, Tridosha

Registration Code: ABOP 2829



A REVIEW ON AROMATHERAPY BASED ON AYURVEDIC CONCEPTS

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Aromatherapy is one of the most actively growing forms of holistic therapy that uses mainly volatile substances which have a subtle, yet extremely powerful influence on our body, mind and spirit. The word “aroma” means ‘sweet odor’ or ‘sweet herb’. According to Ayurveda, among Panchamahabhutas, Prithvi Mahabhuta has Gandha (smell) Tanmatra, which is the base for Aroma therapy. Purpose of Study: In the classics, Yagya, Homa, Dhupana, Lepana, Graha Rogas, Avagahana, Rakshoghna karma, Mala Dharana, Udvartana etc. under Trividha Chikitsa and separate chapters describing how smell of body can be used as a prognosis of disorders are listed. Separate groups of drugs (Gana) gives detail description of Sugandhi Dravyas with various Ayurvedic principles for maintaining and promoting physical, psychological and spiritual well being. Scientific studies show that volatile substances as inhaled bind to olfactory epithelium from where olfactory nerve transmit the message to limbic system. It is aimed to explore various dimensions of aromatic procedures scattered in the Ayurvedic literature ranging from the topic of Dinacharya, Ritucharya, Sadavritta to the treatment of diseases like Twak Vikara, Mansasika Rogas, etc. Methodology: For fulfilling the goal, all available Ayurvedic and Modern literature viz., Brihatrayi, Laghutaryi, Nighnatus, etc and peer reviewed articles and journals have been thoroughly referred for compiling reference about Aromatherapy, its mode of action, benefits, contraindications and safety measures. Results: Aromatherapy protects the vital energy, calms the nervous system, relaxes muscles, regulates digestion and metabolism and boosts immunity. Significance: Roots of aromatherapy can be found in ancient text of Ayurveda described under various concepts and procedures which were used in day to day life for health promotion as well as in the management of disease. It was believed to be effective as a promotive, preventive and curative measure for physical, psychological, emotional and spiritual aspects.

Keywords: Aroma, Gandha Tanmatra, Prithvi Mahabhuta, Sugandhi Dravyas,

Registration Code: ABOP 2839

ROLE OF YOGA IN MANAGEMENT OF PSYCHOSOMATIC DISORDERS

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Psychosomatic disorders or the psychophysiological disorder is a group of conditions where the psychological and sociocultural stresses play a major role in the predisposition of marked physiological changes and biomedical disorders. It is well established that both mind and body have significant influences on one another. Due to various stress factors an improper stimulation of the autonomic nervous system regulating the functions of the internal organs, is responsible for the evolution of this disorder and leads to impairment of the functional organs. When stress and organic disease occur together, concurrent physical and psychological disorders lead to considerable disability and poor quality of life. Any kind of psychological or physiological stress can result in secretion of various stress hormones, in order to face the external challenges. Chronic stress will lead to improper or excess stimulation of autonomic nervous system contributing to the development of disease. There are four distinct phases in the development of stress disorders- psychic phase, psychosomatic phase, somatic phase and organic phase. The regular practice of yoga does have positive impact on neuro-physiological system of our body. Among Ashtanga Yoga, Asana, Pranayama, Dhyana is most important to bring neurohumoral patterns into normalcy if practiced regularly. This paper is an attempt to know about the role of Yoga in the effective management of psychosomatic disorders. For that Data are collected from various classical textbook, Ayurveda and Yoga textbook, various research articles and Journals. It has been found that Yoga will be effective in regulating all four stages of Psychosomatic disorders which can best understood in terms of panchakosha, manoguna, Dosha, Dhatu and the neuro hormonal aspects. The knowledge will be helpful for the effective management, preventing the recurrence and exacerbations of the disease.

Keywords: Yoga, Psychosomatic disorders, Panchakosha, Manoguna, Asana, Pranayama

Registration Code: ABOP 2891



AMALAKI IN ENHANCING SPORTS PERFORMANCE WSR TO CARDIORESPIRATORY FITNESS

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Introduction: Cardiorespiratory fitness (CRF) refers to the capacity of the circulatory and respiratory systems to supply oxygen to skeletal muscle mitochondria for energy production needed during physical activity. There are several ways of enhancing the CRF like physical activity, yoga, meditation, ergogenic aids, nutritional supplements and others. Amalaki is one of the most widely used Ayurveda drug in sports arena either alone or in combinations to enhance CRF. However there is lack of proper evidence regarding how Amalaki is helpful in enhancing the CRF. So the current study is planned to assess how Amalaki is helpful in enhancing the CRF. Methods: The Phytochemicals related to amalaki was enlisted after a thorough review of the available literature like Scopus, Pubmed, Google scholar and Dr Dukes Phytochemical database. The phytochemicals are then critically analysed to explore all the possible pathways which can enhance the CRF. Result: A total of twelve pathways was found which are having a positive influence on the cardiorespiratory fitness. Conclusion: Amalaki is found to have effect in enhancing the cardiorespiratory endurance in humans.

Keywords: Aerobic fitness, Ayurveda, Swasthavritta, Stamina, Strength, Endurance

Registration Code: ABPO 2941

AN ANALYTICAL REVIEW OF THE CONSEQUENCES OF EVOLVING DIETARY PATTERNS ON PUBLIC HEALTH

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Recent shifts in dietary patterns, influenced by Western dietary trends, have become increasingly prevalent, particularly in urban areas of India. Despite Ayurveda's well-established dietary guidelines that specify the type, quantity, and quality of food, emerging dietary practices often diverge from these principles, potentially leading to systemic and metabolic disorders. With the growing prevalence of metabolic disorders in India, it is imperative to conduct a comprehensive review of current dietary and lifestyle habits. Method: This study involved a thorough analysis of recently consumed Aharadravya (food items) with a specific focus on their Guna (properties) and Karma (effects), while considering factors such as Kala (time), Avastha (condition), and Samyoga (combinations). Many modern dietary choices tend to be Ruksha (dry), Sheeta (cold), and Paryushita (stale) or involve extended cooking, potentially leading to issues like Vishtambha (constipation). Additionally, the consumption of Ushna (hot) and Snigdha (unctuous) Ahara, characterized by ingredients such as butter, garlic, and red chili sauce, or excessive use of items like curd, cheese, and paneer (commonly found in pizza and burgers), can result in Abhishyanda (internal blockages). These adverse effects can be mitigated or neutralized by incorporating spices or medicinal herbs into the diet. The consistent consumption of fast foods, often categorized as Paryushita (stale), Atyushneekruta (overly cooked), Abhishyandi, Vidaahi, and Kledakara, combined with incompatible dietary combinations (Viruddhahara), can lead to a range of health issues. These may include conditions such as infertility, skin disorders, metabolic disturbances, and various gastrointestinal problems like distension, bloating, indigestion, acidity, and even respiratory complications. Failure to adhere to appropriate dietary patterns in the face of evolving dietary habits may have a profound impact on society, resulting in a plethora of diseases and placing a significant burden on the country's public health infrastructure.

Keywords: Viruddhahara, Diet, Health, Fast food, Metabolic disorders, Chronic illness

Registration Code: ABOP 3030



COMPREHENSIVE MANAGEMENT OF PCOS-RELATED COSMETIC CONCERNS AN AYURVEDIC APPROACH

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Ayurveda addresses PCOS-related cosmetic concerns holistically, considering the well-being of individuals. PCOS, a common hormonal disorder, impacts both fertility and metabolism, leading to various cosmetic issues and affecting self-esteem and quality of life. In this retrospective study, we examined 102 cases, including inpatient and outpatient. Among these, 42 individuals exhibited cosmetological issues. Our study examined 42 cases, analyzing the prevalence of various symptoms. The most common symptom was obesity 45.2%, followed by pigmentation and skin lesions, and hairfall (33.3%). Acne or pimples affected 23.8%, while dandruff was seen in 14.3%. Excessive hair growth affected 11.9%, and stretch marks were identified in 2.4% of cases. Medication track shows Kashayam to be the most frequently used in 88.1% of cases followed by Gulika at 85.7% and Thailam at 83.3%. Lehyam was given to 69.0% of patients, Arishtam and Choornam were used in 57.1% and 52.4% of cases respectively. Gritham and Bhasmam had lower utilization rates with 45.2%, 26.2%, and 14.3% respectively. The front-line medications include Sukumaram Kashayam, Chandraprabhavatika, Durvadi Thailam, Sukumara Lehyam, Sukumararishtam, Kumaryasavam, Avipathi Choornam, Shad-Dharana Choornam, Kallyanka Gritham, Sukumara Gritham, and Kanmada Bhasmam. In 16 inpatient cases, Virechanam was most common (81.3%), followed by Abhyangam (56.3%), while Snehapanaam and Udwarthanam were used in 50%. Local lepanam was administered in 18.8% of cases. The analysis of the data indicates that while cosmetological concerns often stem from localized dosha imbalances, practice-based evidence underscores the significance of a comprehensive approach that includes systemic correction through Deepana, Pachana, and Anulomana chikitsa. This approach is evident through the pattern of internal medicine and therapies aimed to rectify imbalances in the Rakta, Mamsa, Medha, and Asthi dhatus in PCOS with cosmetic issues.

Keywords: Cosmetology, Ayurveda, Pigmentation, Hairfall, Obesity

Registration Code: ABOP 3049

REVITALIZATION OF FOLKLORE FOOD HABITS FOR IMPROVING ENDURANCE SPORTS

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Every ethnic community possesses traditional knowledge and rich oral heritage that are transmissible within their community, yet unknown to the world outside of their habitat. In northern Kerala, there are rich tradition of medicines and treatment methods conventionally followed by certain families through centuries. Members of castes, such as Vannan, Malayan and Velan, who practise traditional art forms such as Theyyam and kalari prevailed in northern parts of Kerala, are the prime lantern holders of these traditional medicines. Methodology: They follow some peculiar food habits and customs that support health during tiring rituals. This diet may help in improving the endurance and preventing various health issues that could have expected with such long performances. This can be effectively introduced in special diet to our sports persons. They are the least considered group with special needs while planning the nutritional requirements for different sectors, even though their daily workout demands supply of specific nutrients to improve stamina. The nutritional plan in current practice for the sports persons is based on the western knowledge and if we could suggest some indigenous diet plan, it would be more appropriate for the sports persons of Indian subcontinent. It can be objectively validated by measuring the increased levels of nitric oxide, dopamine and red blood cells and low levels of Lactate dehydrogenase and Malondialdehyde in blood. In order to increase the nitric oxide, dopamine and red blood cells, certain illicit drugs and various chemical supplements are used in the world market nowadays, which are hazardous to our body in long run. Conclusion: If we could find out some natural alternatives, it will be a much sorted option

Keywords: Folklore food habits, Theyyam, Endurance sports, Preventive health, Nutritional health, Objective validation.

Registration Code: ABOP 3134



MEDICAL APPLICATION OF YOGA

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Yoga, an ancient practice with roots in India. The practice of yoga has shown remarkable efficacy in stress reduction and mental health improvement. Mindfulness-based techniques, including meditation and deep breathing, activate the body's relaxation responses, leading to reduced stress hormone levels and enhanced mental well-being. This aspect positions yoga as a valuable adjunct therapy in managing conditions such as anxiety, depression, and post-traumatic stress disorder. Furthermore, yoga's impact extends to pain management, particularly in chronic pain conditions like arthritis and back pain. Through enhanced flexibility, strength, and postural alignment, yoga contributes to the reduction of muscle tension and joint discomfort. The practice's emphasis on mindfulness also reshapes the perception of pain, enabling better-coping mechanisms. Yoga's influence on cardiovascular health is evident through its ability to lower blood pressure, heart rate, and overall cardiovascular risk. Breath control and relaxation techniques play a pivotal role in regulating these physiological parameters, offering a promising avenue for preventive heart care. Respiratory health is also positively affected by yoga, with pranayama exercises enhancing lung capacity and function. These breathing exercises strengthen respiratory muscles and improve oxygen exchange, making yoga a valuable component of respiratory rehabilitation programs. Flexibility and balance, core components of yoga practice, are crucial for preventing falls and injuries, especially in aging populations. By enhancing joint mobility and stability, yoga fosters better body awareness and alignment, contributing to overall musculoskeletal health. In conclusion, yoga's integration into the medical landscape underscores its profound impact on various facets of health. From mental well-being and pain management to cardiovascular and respiratory health, its versatility offers a compelling case for its inclusion as a complementary therapy in conventional medical approaches. As research continues to unravel the intricacies of yoga's effects, it is poised to play an increasingly significant role in fostering holistic well-being.

Keywords: Yoga, Respiratory health, Pain management

Registration Code: ABPO 1038

D-CO-D TABLETS FOR PREVENTING CO-MORBIDITIES IN DIABETES MELLITUS- CLINICO-LABORATORY PROOF

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Diabetes mellitus has turned into medical emergency where it leads to irreparable organ damage and pernicious health. Diagnosis of diabetes happen often after prolonged subterranean existence of disease and therefore symptomatic treatment is insufficient and treatment must aim at total organ protection and that is the premise of D-Co-D tablets. Methodology: D-Co-D tablets is a polyherbal Proprietary siddha medicine and is the first AYUSH drug tested for various therapeutic facets in treatment of diabetes mellitus and its co-morbidities also established its effect by clinical evaluation on 300 diabetic patients for a period of 6 months. Studies include a. Clinical trial: The parameters tested in patients post treatment with D-Co-D are Sodium, Potassium, Urea, Creatine, acid, Total protein, Albumin, Bilirubin, Alkaline phosphate, Acid Phosphatase, Amylase, Total cholesterol, Vitamin B12, Systolic and diastolic blood pressure, details blood glucose profile – fasting, post prandial, random and HbA1c. b. Invitro 1. Cell protection studies -Pancreas, Cardiac, Nerve and kidney, SK N SH, HK-2 and liver 2. Effect on phagocytosis and cell level redox balance test 3. Inhibition assays – Lipase, α -Amylase, α -Glucosidase, Myeloperoxidase, Angiotensin, Sarcosine dehydrogenase. Summary of findings: In vitro and clinical trials has proven that D-Co-D increased glucose metabolism and utilization and thereby protecting the various vital organ cells. Clinical analysis also clearly proven improvement in organ health parameters and has better regulation of blood glucose levels. Scientific findings clearly show D-Co-D can regulate blood glucose levels and can protect the vital organ cells from dis functioning and damages. Significance: Inclusion of D-Co-D in Diabetes treatment can prevent the co-morbidities which occur progressively in diabetes and can regulate the blood glucose levels can definitely fill in the lacuna in the diabetes treatment and can be used in prediabetes that prevent conversion of prediabetes to diabetes.

Keywords: Diabetes, Co-morbidities of diabetes, Complications of diabetes, Organ damages due to diabetes, Pseudo hunger, Blood glucose regulation

Registration Code: ABPO 1080



ANAGEN GROW FOR HAIR GROWTH SCIENTIFIC CLINICAL PROOF OF AN AQUA HERBAL SERUM

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Hair fall is although is not a medical problem but it affects the self-esteem, confidence and overall appeal of sufferer. The underlying mechanism of hair loss is often due to conversion of testosterone to DHT by an enzyme called alpha reductase. The follicular miniaturization due to poor transport of nutrients to hair root is also another cause for hair fall. Any hair growth formulation must address both the above causes of hair loss only then desired therapeutic benefit can be expected. Methodology: Anagen grow is a polyherbal Proprietary siddha drug formulated for the treatment of hair fall and hair loss. Studies conducted a. Invitro studies: • In vitro hair growth • Catagen reversion, • Alpha reductase inhibition, • Anagen conversion of hair, • Sulphotransferase expression in scalp and minoxidil sulphate conversion. b. Clinical trials • Clinical trial (IEC approved, CTRI registered) in hair fall sufferers for 3 months Summary of findings: The findings show that anagen grow reverse catagen hair, reduce alpha reductase enzyme, prolong the anagen hair and finally convert the prodrug minoxidil to minoxidil sulfate and hence anagen grow is useful for hair growth as well as to boost the clinical efficacy of the allopathic drug Minoxidil. The clinical trial findings establish that anagen grow significantly reduced hair fall, increased hair growth and anagen hair and finally hair density for unit area. Anagen grow is proven clinically and by in vitro methods to increase the hair growth and also repair and prevent the hair damage. Significance: Anagen grow increases hair growth and prevents hair loss and hair damage. This is an effective choice for non-oil users also as this comes in aqua base and is purely an herbal concoction and provides moisturization that reduces in hair fall due to oxidative stress on scalp.

Keywords: Hair fall, Hair damage, Hair growth, Herbal serum, Hair growth serum, Hnagen grow

Registration Code: ABPO 1081



ROLE OF YOGA IN PREVENTION AND MAINTENANCE OF HEALTH A REVIEW

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The practice of yoga for the prevention and treatment of illnesses is known as medical yoga. Medical yoga involves appropriate breathing methods, mindfulness, and meditation in addition to the physical components of yoga, which are significant and helpful for building physical strength. Numerous studies have demonstrated that yoga has positive effects on the body, including lowering blood sugar levels, easing musculoskeletal problems, and maintaining a healthy cardiovascular system. It has also been demonstrated to have significant psychological advantages, since yoga can aid to boost mental vigour and good feelings while lowering aggressive, depressive, and anxious feelings. If one perform or follow Yoga in judicious way it can be benefited to mankind otherwise it can be harmful like road traffic accident.

Keywords: yoga, anxiety, depression, mindfulness, meditation, arthritis, cardiovascular disease

Registration Code: ABPO 1087



COSMETOLOGY IN AYURVEDA

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Skin is the largest organ of human body. It is exposed to the polluted environment on daily basis, so one should take good care of it. The use of chemical containing cosmetics has increased in the present time which has led to chronic problems such as skin allergies and skin cancer. Herbal drugs show a significant result in cosmeceutical industries and have no side effects on human body. Brief description of skin and skin types will be discussed. History and importance of cosmetology, advantage of herbal cosmetics over chemical based cosmetics will be elaborated, daily skin care, dincharya and daily recommendations for healthy skin will be told. Mahakashaya, gana and their mode of action will also be discussed along with shodhan chikitsa. Plants used for cosmetic application will be elaborated.

Keywords: Cosmeceuticals, Skin, Cosmetology, Dincharya, Makakashaya, Gana

Registration Code: ABPO 1091



CLINICAL YOGA AND AYURVEDA

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Ayurveda and yoga are ancient science have great popularity in modern era. It is possible to transform the man to his highest state of existence through various yogic practices. The most important objective of yoga is to attain liberation(moksha). The purpose of the study is use of yogic practice for prevention and treatment of medical conditions. Many studies shows that yoga can positively impact the body in many ways , including regulating blood glucose levels, improve musculoskeletal ailments and specially psychological benefits. By proper practice of yoga results increase physical and mental energy.

Keywords: Yoga, Yogic practices, Spinal disorders, Obesity anxiety, Depression

Registration Code: ABPO 1103



COSMETOLOGY IN AYURVEDA

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Cosmetology is one of the major emerging branches gained attention of researchers, industry and general public globally. Presently the cosmetics have become part of life. The synthetic cosmetics can cause adverse reactions like skin and mucous membranes irritation, allergies, photo irritation, and photo allergy including systemic effects, hence the importance of herbal cosmetology become highlighted. Thorough literary search done on various Ayurveda Samhitas, contemporary science, research articles and websites for cosmetology in Ayurveda. Ayurveda explains cosmetic science in detail in view of its preventive as well as promotive aspects of beauty and curative aspects of any ailment related to beauty. The Ayurvedic Cosmetics described in the Ayurvedic texts are not mere cosmetics but they are Cosmo-therapeutics.

Keywords: Ayurveda, Cosmetology, Swasthawritta

Registration Code: ABPO 1110

AYURVEDA PROMINENT ROLE IN PUBLIC HEALTH HARNESSING THE POWER OF TRADITIONAL FORMULATIONS EXEMPLIFIED BY PUNARNAVA MANDUR IN TREATING IRON DEFICIENCY IN RURAL FEMALES

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This abstract highlights the significant role of Ayurveda in promoting public health, focusing on the utilization of traditional Ayurvedic formulations, exemplified by Punarnava Mandur in the ASHA Kit, for addressing iron deficiency in rural females. The study encompasses a comprehensive analysis of Ayurveda integration into public health initiatives, with a specific emphasis on the inclusion of traditional Ayurvedic formulations, such as Punarnava Mandur, in the ASHA Kit for addressing iron deficiency in rural females. It examines the traditional wisdom, scientific principles, and evidence-based research supporting the efficacy of Punarnava Mandur in the ASHA Kit. The ASHA Kit, an integral component of public health interventions, incorporates traditional Ayurvedic formulations like Punarnava Mandur to address iron deficiency in rural females. Punarnava Mandur, with its iron-rich composition and synergistic herbal ingredients, promotes hemoglobin synthesis and improves iron status. By including Punarnava Mandur in the ASHA Kit, Ayurveda contributes to a holistic approach to combating anemia and improving the health outcomes of rural communities. The integration of Ayurveda, through the inclusion of traditional Ayurvedic formulations like Punarnava Mandur in the ASHA Kit, demonstrates its efficacy in addressing iron deficiency, specifically among rural females. The presence of Punarnava Mandur in the ASHA Kit signifies Ayurveda potential to complement conventional healthcare practices and provide culturally appropriate solutions. By combining the strengths of traditional medicines with modern public health strategies, Ayurveda contributes to improving the health and well-being of underserved populations. These findings not only affirm the value of Ayurveda in public health but also open avenues for further exploration of traditional remedies in healthcare practices, benefiting marginalized communities worldwide.

Keywords: Ayurveda, Public health, Punarnava Mandur, Iron deficiency, Anemia, ASHA Kit

Registration Code: ABPO 1155



PRATIMARSHA NASYA - UNDERSTANDING THE BENEFITS IN OCCUPATIONAL HEALTH

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Work is a means to meet economic needs and ensure the social inclusion of individuals. It is an integral part of people's lives which has a significant impact on quality of life. As per WHO, "Health is a complete state of physical, mental and social well-being and not merely an absence of disease or infirmity. Working environment, stress, and tension during the work will definitely have some effect on the health and mind of a person leading to occupational disorders, and can create significant losses for both the employer and the employment institution. In the present scenario, it is crucial to provide occupational health services to the workers as they are predisposed to issues that often result from ergonomic concerns, sedentary lifestyle, metabolic and psychosocial issues, sleepiness/wakefulness, sinusitis, cervical spondylitis, dry eye, etc. Dinacharya described by Ayurvedacharyas can help to cope with these conditions if followed regularly. Acharya Charaka emphasizes the prevention of diseases by explaining swasthasya swaasthya rakshanam. Pratimarsha nasya is one among the Dinacharya procedures that can help to prevent these problems. Shiras (head) is considered as the ultimate organ (Uttamanga) because of its location of prana and key sensory organs, including the nose, ears etc and therefore it should be protected. When treating head and neck conditions (Urdhwa Jatrugata Vyadhi), Ayurvedic guidelines particularly Nasya & Pratimarsha Nasya are highly conventional. Nasya Dravya is absorbed through the nasal mucosa, travels to the brain, and acts on important centers that regulate various neurological, endocrine, and circulatory functions, as well as having systemic effects. This paper attempts to integrate Ayurvedic concepts for understanding and managing occupational health and hazards.

Keywords: Work, Dinacharya, Occupational health, Occupational hazards, Pratimarsha nasya, Ayurveda

Registration Code: ABPO 1277

A COMPREHENSIVE REVIEW ON EXPLORING THE CONCEPT OF BEAUTY IN AYURVEDIC COSMETOLOGY

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Ayurveda is a timeless indigenous science that extends beyond mere medicine; it's an art of holistic living. In the realm of cosmetology, the term "beauty" is typically associated with the external appearance of the body. However, within Ayurveda, it encompasses the overall health of an individual. "Vata, Pitta, and Kapha" are the three pillars of Ayurveda. The human body is believed to be composed of the Panchamahabhoot, the three doshas, and EkaDashindriyan. The sense of touch, which is one of the EkaDashindriyan, is associated with the skin. According to Acharya Vagbhata, the pitta located in the skin is known as "Bhrajak Pitta." It digests substances used in activities like Abhyanga, Lepa, Avghana, and Parisheka, and it enhances complexion and glow naturally. It is responsible for maintaining the natural colour and radiance of the skin. The texts describe the use of medicinal substances from various categories, such as "Elaadi Varga" and "Varnya Mahakashaya," for the pacification of skin-related imbalances. This helps maintain the balance of Bhrajak Pitta, leading to the attainment of natural color, brightness, and radiance. Following the prescribed Dincharaya, Ratricharaya, Ritucharaya and dietary guidelines is the key to keeping the body healthy. All of these activities are essential for maintaining external and internal health and radiance. Drawing from the extensive and well-established wisdom of Ayurveda, herbal extracts, fruit extracts, and essential oils are now utilized as potent remedies and personal care products that actively safeguard the skin and deter premature aging. Hence, in this article, we will delve into the impact of these substances and daily practices on the skin.

Keywords: Vata, Pitta, Kapha, Dosha, Panchamahabhoot, Dincharaya, Ratricharaya, Ritucharaya, Lepa, Avagahan, Parisheka,

Registration Code: ABPO 1282



5th GAF-IAS 2023

Swasthavritta - Poster

YOGA

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Yoga “ युज समाधौ” (as derived In Sanskrit) .योगश्चित्तवृत्ततत्तनरीोध । Yoga facilitate & Control the “Manas” from the objects & provoke to mix with “atma” to attain salvation, which is eternal, the ultimate solution for absolute happiness. Which is devoid of risk of sorrow, pain difficulty (or) rebirth . Karta of yoga – Maharshi Patanjali Explained 7 types of yoga’s and also explained about “ astanga yoga .” Yoga is a way of life. All the Yoga principles are merely accepted by Ayurveda and practicing in the name of “Sattva vajaya & Daivavyapashray chikitsa” . As Pranayam & Asana are given more importance in Ayurveda . “Practising of yoga in our daily life leads healthy life.”

Keywords: Benifits, Types, Yoga for good health

Registration Code: ABPO 1316



A REVIEW ON COSMETIC FORMULATIONS DESCRIBED IN AYURVEDA TEXT

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The term “cosmetics” originates from the Greek word ‘kosmetike,’ which means the ‘technique of dress and ornamentation.’ Beauty is a universal aspiration, applicable not only to women but also to men. It encompasses more than just attracting others, as it provides a profound sense of comfort and self-assurance. Beauty transcends the mere application of external cosmetic products; it encompasses overall health. In Ayurveda, there is a well-established connection between beauty and health. The use of cosmetics has been prevalent for millennia across various ancient cultures such as the Egyptians, Sumerians, the Indus Valley Civilization, Romans, and Greeks. Ancient India exhibited a high level of expertise in the art of cosmetics, evident from numerous references in various texts, including Ayurvedic Classical texts from the Brihat-trayi, which discuss the use of various substances, procedures, and therapies for enhancing the beauty of the face, eyes, teeth, hair, and skin. Charaka, Sushruta, and Vagbhata also mention specific groups of drugs like ‘Varnya Mahakashaya,’ ‘Eladi,’ and ‘Lodhradi.’ Ayurvedic texts cover a range of cosmetic practices, from daily regimens like face-washing, oil massages, dry powder and paste massages, and ointments, to the treatment of skin disorders and dedicated chapters on post-surgical cosmetic care. Therefore, Cosmetology can be viewed as an integral component of Ayurveda since ancient times. This review focuses on the concept of cosmetology within Ayurveda. The concept of beauty and cosmetics has existed since the dawn of human civilization. With increasing societal demand and necessity, the field of cosmetology is advancing rapidly. Ayurveda, an ancient indigenous medical science, stands out for being not only a medical discipline but also an art of holistic living for humans. There is a significant demand for Ayurveda in the realm of cosmetology due to its distinctive approach to beauty and its effective, enduring therapies

Keywords: Brihat-trayi, Cosmetology

Registration Code: ABPO 1335



PARENTS FOR HEALTHY SCHOOLS

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In today's busy world, it's crucial to prioritize the nutritional well-being of school-going children. Healthy snacking plays a crucial role in meeting their dietary requirements and establishing lifelong healthy eating habits, especially considering the abundance of processed and sugary food choices available. In a recent study conducted in Kerala, it was found that there is a significant correlation between overweight school-going students and their consumption of junk food. Children's diet and nutrition affect both their current well-being and academic performance, with enduring effects into adulthood as their childhood dietary choices often persist. By infusing Ayurvedic principles into snacks, we aim to offer tasty, health-promoting choices for children, empowering parents, educators, and caregivers. All the studies for this review paper were obtained from various sources such as Research Gate, PubMed, Scopus, GoogleScholar and various journals were referred for the literature review. The outcomes focused on nutrition-related knowledge, attitudes, and dietary behaviors. References from Ayurvedic texts were also incorporated into this study. Implementing school nutritional programs, outreach programs for parents, and policies like a "5 days a week fruits and vegetables policy" and a "fruit bowl thrice a week policy" can promote healthy snacking among school-going children. Including homemade snacks during the 11 a.m. snack interval further encourages healthier choices. Teaching parents about healthy snacks and Ayurvedic properties increases awareness and fosters a culture of nutritious eating. While snack breaks for school-age children may seem trivial, it is important to prioritize Aahara (food) as one of the Trayopasthambha of well-being. By integrating Ayurveda with modern requirements, we can provide healthy snacks that cater to the nutritional needs of school-aged children. This approach blends traditional wisdom with modern practices to provide children with nutritious snacks during their breaks.

Keywords: Healthy Snacks, Primary School, Nutrition, Ayurveda

Registration Code: ABPO 1341

MEDICAL APPLICATION OF YOGA

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Ayurveda and yoga are ancient science have great popularity in modern era. It is possible to transform the man to his highest state of existence through various yogic practices .The most important objective of yoga is to attain liberation(moksha). The purpose of the study is use of yogic practice for prevention and treatment of medical conditions. Many studies shows that yoga can positively impact the body in many ways , including regulating blood glucose levels, improve musculoskeletal ailments and specially psychological benefits. By proper practice of yoga results increase physical and mental energy.

Keywords: Yoga, Yogic practices, Case study, Depression, Anxiety, Diet mangement

Registration Code: ABPO 1366



ROLE OF VIRUDHA AHARA IN CURRENT LIFESTYLE DISEASES, A REVIEW

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Ayurveda is considered as science of life which provides a holistic approach to health and well-being. Ayurveda has always emphasized maintaining health and preventing diseases by following a proper diet and lifestyle regimen rather than the treatment and cure of disease. According to Ayurveda, Ahara or diet is the foremost pillar for healthy life. Types of ahara that we consume have an effect on our body as well as mind. Viruddha ahara is a unique and important topic discussed in ayurveda. Unwholesome and incompatible food habits come under “Viruddha Ahara”. The food that is wrong in combination, that has undergone wrong processing, which is consumed in incorrect dose, which is consumed at the incorrect time of day, and in wrong season comes under Viruddha ahara. It can disturb the normalcy of doshas and dhatus in the body. It is said to be the cause of many systemic disorders, as per ayurvedic literature. Persons who consume Viruddha Ahara are prone to many disorders. Acharya caraka had explained 18 types of viruddha ahara and diseases due to the consumption of viruddha ahara. Viruddha ahara is an important aspect of today’s improper dietary habits. Lifestyle diseases are very common in the present era, and are primarily originating from improper food habits. The incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia, and overweight/obesity associated with cardiovascular diseases is high on the rise. In this paper, the role of viruddha ahara in the causation of increased lifestyle diseases has been discussed. There is a crucial need to identify the causative incompatible dietary factors and educate the public to avoid such etiologic factors to prevent lifestyle diseases.

Keywords: Ayurveda, Ahara, Viruddha ahara, Incompatible diet, Life style diseases

Registration Code: ABPO 1369

MANAGEMENT OF SCALP DISORDERS - AN AYURVEDIC PERSPECTIVE

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A healthy, vibrant hair is the reflection of the healthy status of the body. As hair is the first noticeable part of beauty for women as well as men, it plays a pivotal role in the maintenance of good appearance of human beings. The condition of scalp and hair problems have some psychological impact on human societies. It is seen that even minor changes in hairs like greying of hair, early hair fall affect the self-confidence and self-esteem of a person. In ayurveda classics charaka considered hair as the mala of asthi dhatu while Sharangadhara counted it as the upadhatu of asthi. Various diseases like Khalitya (Hair loss), Palitya (Premature Greying of Hairs) Darunaka (Dandruff), Indralupta (Alopecia areata) etc are described in ayurveda texts. Disturbances in the balanced state of Vatta, Pitta and Kapha are involved in the etiopathogenesis of these diseases. Keshya (Hair tonic) Keshya-Samjanana (Hair revitalizer) and Keshya-Ranjana (Natural hair colouring agent) are used to treat hair fall and pre-mature greying of hair. Cardinal features of the aging involves Greying of hair and wrinkle formation on face. For the normal growth of upadhatu and mala, poshana of concerned dhatu should be done firstly according to Chikitsasutra (treatment guideline) described in ayurveda texts. Similarly, the treatment of srotomoola (Origin of micro and macro channels of body) is also considered in the treatment. Drugs like amalaki (Indian gooseberry), Bringaraja (Eclipta alba), Neelamari (true indigo), iron-containing compounds and other herbs are used as Rasayana (rejuvenator). Panchakarma therapies, Snehana, swedana and Vasti also used to manage hair disorders.

Keywords: Common hair Problems, Ayurvedic management, Keshya, Rasayana.

Registration Code: ABPO 1387



SCOPE OF MUKHA LEPA IN AYURVEDA COSMETOLOGY

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Skin is the largest organ of the body and has a great cosmetic value. It has a great importance both in physical and mental well-being of an individual. Cosmetology is one of the major emerging branches gained attention among researchers, industries, and general public globally. Presently the cosmetics have become a part of life. Along with increased demand of beautification, the problems are also increasing due to changed life style, excessive use of cosmetics and polluted environment. People prefer to cover the damage with makeup and cosmetic applications instead of taking care of skin health. The synthetic cosmetics can cause adverse reactions like skin and mucous membrane irritation, allergies, etc including systemic effects. Ayurveda has described topical applications in the name of Lepa Kalpana both in the treatment of various skin diseases and for beauty purpose. The medicines which are used in the form of a paste for external application are called as Lepas. The herbal paste which is applied on face to treat acne, pimples, marks, and pigmentations are known as 'Mukha Lepa' (face pack) in Ayurveda. Medicinal herbs included in varnya mahakashaya are found effective in blood purification, which brings contour and radiance to the skin. Agni in equilibrium state produces bala, varna, ojas by its ability to digest and metabolize food ;so also the drugs applied over the body. The function of Bhrajaka Pitta is said to metabolize the substance of drugs applied to the skin & its main function is to manifest the colour and complexion of the twak. A great acceptance of Ayurveda in the field of cosmetology has been established due to its unique concept of effective, cheaper, and long-lasting beauty therapy with minimum side effects. The present paper suggests a need of gradual shift from chemical-based products to ayurvedic beauty products.

Keywords: Beauty, Cosmetics, Side effects, Lepa,Bhrajaka pitta,Face pack

Registration Code: ABPO 1413

DINACHARYA FOR THE NEXT GENERATION PROTOCOL FOR PREVENTING NON-COMMUNICABLE DISEASES IN CHILDREN

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One-third of the world's population is under the age of 20, of which more than 2.1 billion suffer from non-communicable diseases (NCDs). NCDs in children develop due to lack of exercise, poor diet, and improper routine which continue into adulthood. This paper outlines a protocol for the implementation of Dinacharya, the daily Ayurvedic routine, specifically tailored to children in preventing NCDs. The protocol is developed by integrating classical Ayurveda literature and published research articles with consideration of the unique aspects of pediatric health for preventing disease and promoting overall well-being in children. Dinacharya protocol for preventing NCDs in children was developed by literature review from available studies using keywords: Dinacharya, Pediatric Health, Non-communicable Disease from PubMed, Scopus, Google Scholar, and Ayurveda journals. All open-access papers were collected and selected based on relevance after removing duplicates. Furthermore, brihatrayes were also referred. According to UNICEF, approximately 20% of deaths among those aged 10 to 19 in 2019 were attributable to NCDs, which include mental health conditions, heart disease, diabetes, etc. Studies show Vyayama helps manage diabetes and obesity (Zinker B et.al.1993). Udvartana is effective in managing obesity (Singh. V et.al 2023), and following abhyanga as a part of daily regime can prevent sleep disorder thereby hindering the development of diseases like diabetes, cancer, etc. (Annette et.al 2002), and Bipolar Disorder, Generalized Anxiety Disorder, and Schizophrenia (DSM-4). Childhood NCD prevention faces challenges in delivering oral medications. A dedicated protocol was developed with NCD prevention in mind, incorporating abhyanga, udvartana, vyayama, etc. into daily practice will have a positive effect on children's health by halting the emergence of NCDs in later life. Dinacharya not only promotes physical health but also mental and spiritual well-being. A consistent daily routine is believed to foster balance and positively contribute to overall health.

Keywords: Dinacharya, Pediatric health, Non-communicable disease

Registration Code: ABPO 1461



RESEARCH UPDATES OF DRUGS IN MUKHADUSHIKA

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Cosmetics are the most widely used products in every household. They are not only used for daily care of skin and hair but also for the treatment of many cosmetic problems. The science of Ayurveda discusses various aspects in relation to cosmetology. The concept of beauty includes physical, mental, social and spiritual elements. Ayurvedic cosmetology begins from the mother's womb which is determined at the time of "Shukra-Shonita Samyoga" and also the diet and lifestyle maintained during pregnancy. Proper balance among Tridosha, Saptadhatu and Trimala help to maintain skin health and youthfulness. Classical references of "Varnya Mahakashaya", "Eladi Gana", "Lodhradi Gana", "Dinacharya", "Sadvritta", "Panchakarma" etc. prove that cosmetology is a part of Ayurveda. Ayurvedic cosmetics consist of natural principles. They are safe to use, provide natural glow and long-lasting beauty. One of the most common cosmetic problems is Mukhadushika also known as Yuvanpidaka. It is troublesome to cure as well as leads to low self-esteem of the individual. This paper revives the ancient Ayurvedic principles and explores the use of Lodhra, Shalmali, Gokshura etc., herbs that are used in treatment of Mukhadushika.

Keywords: Cosmetology, Mukhadushika, Ayurveda, Varnya Mahakashaya

Registration Code: ABPO 1476

VIRUDHAHARA IN PRESENT SCENARIO

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Ahara is very much essential for the sustainment of life of all living beings. Acharyas mention that food is the root cause of both body as well as disease. It is stated to be responsible for both Arogya (health) and Vyadhi (disease). Hita Ahara (wholesome food) consumed according to rules provide fuel to the fire of digestion; they promote mental as well as physical strength and complexion. Unwholesome ahara (Viruddha Ahara) is a unique and important concept described in Ayurveda. The diet, which disturbs the balance among the body elements, is called as Viruddha Ahara. The second meaning of Viruddha indicates about the combination of two substances which are not similar to each other. Viruddha Ahara is the origin of most of the ailments. Regular consumption of incompatible food can lead to inflammation at a molecular level; ending in creation of arachidonic acid which will finally results in to increased level of prostaglandin-2 and thromboxane. This inflammatory consequence lies behind basic pathologies that create Agni Mandya, Ama, and a number of metabolic disorders. Balanced diet provides natural disease prevention, weight control and proper sleep. A balanced diet also enables you to live longer. The need of the day is to increase awareness and consciousness among the general public about hazards of Incompatible Food. This poster is meant to explain the importance of virudhahara in the present scenario, list of virudhaharas in day to day life, diseases due to intake of virudhahara, treatments and the importance of balanced diet.

Keywords: Virudha ahara, Incompatible foods, Health, Balanced diet

Registration Code: ABPO 1498



EFFECT OF MEDICATED TAKRA WITH EKANAYAKA AND HARIDRA IN PREDIABETES

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The condition Prediabetes, was defined by the American Diabetes Association (ADA), which is a salient state of hyperglycaemia and/hyperinsulinemia with impaired glucose tolerance (IGT) or impaired fasting glucose (IFG: fasting glucose of 110-125mg/dl). The condition often precedes a diagnosis of type 2 diabetes. Such people are at high risk of developing coronary heart disease, stroke and microvascular diseases, all of which are major contributors to the global healthcare burden. So, diet and lifestyle interventions play a major role when it comes to management of prediabetes, and antidiabetic therapy for those at greatest risk of future Type II Diabetes. By stepping to a good diet and lifestyle interventions, prediabetes can be reverted to normoglycemia. However, the importance of halting the progress of conditions is not conveyed well in the public health messaging system. People do not consider prediabetes as a health risk and usually get into clinical diabetes, which could have been prevented if they had taken measures previously. Various dietary preparations are available in the Ayurvedic text books, which can be used to reduce the blood sugar levels of people under prediabetes stage and thus prevent the further progression to Clinical diabetes. One of the cost effective Ayurvedic preparations available in Chikitsamanjari is Medicated takra with Ekanayaka and Haridra. Haridra and Ekanayaka have antidiabetic properties and are used in various remedies for Prameha in Ayurveda. The properties of kaphavatamedoharatwa and srotosodhakatva of takra are also beneficial in the prediabetes stage.

Keywords: Prediabetes, Impaired glucose tolerance, Type 2 diabetes, Takra, Ekanayaka, Haridra

Registration Code: ABPO 1512

ADDRESSING SOCIAL ISOLATION AND LONELINESS AMONG OLDER ADULTS AN AYURVEDIC APPROACH

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Social isolation and loneliness are international public health concerns that particularly affect the ageing society globally. 50% of individuals aged over 60 are at risk of social isolation and one third will experience some degree of loneliness later in life. Extensive research has shown that social isolation and loneliness have a serious impact on older people's longevity, their physical and mental health and their quality of life. Ayurveda offers a holistic approach through sadvritta, achara rasayana along with dinacharya , yoga and spirituality. The prime focus of this paper is on ayurvedic interventions for addressing social isolation and loneliness among older adults. Literature review was carried out in Ayurveda samhitas, classical texts and data were collected from databases like PubMed, Scopus using the keywords dinacharya, yoga, sadvritta, achara rasayana, geriatrics, spirituality. Engaging in practices like dinacharya ,yoga, and spirituality can indeed help in preventing loneliness. Horticulture therapy and herbal gardening are highly effective restorative techniques to improve sense of responsibility and social interaction. Geriatric clubs can make opportunities for students to interact with the elder generation as they can share valuable codes of good conduct. Community services and volunteering may also help to enhance social connections. Ayurveda can contribute to public health interventions to promote awareness, reduce stigma, and facilitate early intervention for addressing social isolation and loneliness among older adults. All healthcare providers, families, friends and elderly themselves should be educated in the importance of strong social supports. planning and implementation of programmes to prevent and manage social isolation and loneliness will improve the wellbeing of older adults.

Keywords: Dinacharya, Yoga, Sadvritta ,Achara rasayana, Spirituality, Geriatrics

Registration Code: ABPO 1516



THE CONCEPT OF NUTRACEUTICALS IN AYURVEDA

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Numerous metabolic ailments, immunological problems, and degenerative diseases have become more prevalent in modern times as a result of altered food habits and lifestyle choices. Combining the words nutrition and pharmaceutical, nutraceutical refers to a class of foods or products derived from foods that provide health advantages beyond those of basic nutrition. In the free market, dietary supplements are now widely available. The historic medicinal use of herbs, spices, and particular foods in Ayurveda can be used to achieve the concept of nutraceuticals. According to Ayurvedic literature, food can be utilized effectively as medicine to treat and prevent disease. And there, Ayurveda has discussed the therapeutic qualities of ahara (food) as well as the health advantages of viharas (lifestyle) by restoring the well-being of persons. The current study attempts to both validate the nutraceutical component of Ayurveda and explain the nutraceutical viewpoint from an Ayurvedic perspective. methodology: Review of all literature regarding pathya apanya ahara viharas (wholesome and unwholesome foods and regimens) from classical textbooks of ayurveda and nutraceuticals from available scientific publications All the data have been compiled, analyzed, and summarized.

Keywords: Ayurveda, Nutraceuticals, Well-being

Registration Code: ABPO 1524

COMBINED EFFECT OF PINDA TAILA ABHYANGA AND SELECTED YOGA TECHNIQUES IN IMPROVING QUALITY OF LIFE RELATED TO HOT FLASHES AMONG MENOPAUSAL WOMEN

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Menopause is the stoppage of menstruation for 12 consecutive months without any pathology. At this period woman experience a number of psychological symptoms like hot flashes, night sweats, vaginal dryness, sleep disturbances, mood swings, depression, anxiety, and irritability. Among these Hot flashes is a prevalent feature which affects women's ability to work, her social life, sleep pattern, and general perception of health. Previous studies have shown a positive impact of Yoga on the quality of life in menopausal women, also proven the effectiveness of pinda taila in the management of daha. The main objective of this study is to access the combine effect of Pinda taila Abhyanga and selected yoga techniques in improving quality of life related to hot flashes in menopausal women. Abhyanga is a dinacharya procedure which helps in the maintenance of excellence of body tissues. Pinda taila is an ayurvedic formulation used to relieve pain and burning sensation. Yoga is good at addressing the individual at physical, psychological, social levels. Asanas and pranayama improve muscle strength, flexibility, blood circulation, oxygen uptake and hormone functions. Therefore, an intervention made in their dinacharya with addition of Yoga can assure better quality of life by preserving their health. An interventional study with pre and post analysis will be performed in 31 participants having hot flashes among menopausal women. Practice of pinda taila abhyanga daily before bath for 15 minutes and selected yoga techniques for 45 minutes per day for continuous 45 days. The data will be analysed statistically and conclusion will be made.

Keywords: Abhyanga, Pinda Taila, Yoga, Menopausal women, Hot flashes

Registration Code: ABPO 1555



EFFECT OF NALIKERA KSHEERA KHANDA IN MANAGEMENT OF UNDERWEIGHT AMONG ADOLESCENTS

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Adolescents are the next generation of citizens of a country. Hence it is important to understand and address one of the serious health problem among them, which is underweight. In India there are around 253 million adolescents in the age group 10 to 19 years and this shows the importance and criticality of the study. The National Family Health Surveys (NFHS) in India apply adult cutoffs of nutritional status for the estimation of undernutrition/overweight in the 15–19 age group. The prevalence of thinness in boys and girls thus estimated is 58.1% and 46.8% in NFHS-3, and 45% and 42% in NFHS-4 respectively. An underweight person is a person whose body weight is considered too low to be healthy. A person who is underweight is usually malnourished. A person is considered to be underweight if he/she have Body mass Index BMI under $18.5\text{kg}/\text{m}^2$. According to Ayurveda the concept of underweight comes under Karshyam. Excessive emaciation or Karshya is caused by intake of ununctuous diets and drinks, fasting, intake of food in inadequate quantity over administration of elimination therapies, etc. Nalikera ksheeri is an ayurvedic preparation detailed in Bhavaprakasha, which is explained as atipushtikara which means that it is highly beneficial in increasing body weight. The preparation contains nalikera, ksheera, grutha and sita. This preparation is Snigda, seeta, atipushtida, guru, sumadhura, vrushya and raktapithaanilapaha.

Keywords: Underweight, Karshya, Nalikera ksheera

Registration Code: ABPO 1557

BENEFITS OF SURYANAMASKAR- IN VIEW OF PHYSIOLOGICAL PROSPECTIVE

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With the recent rise in awareness in increased understanding of the importance of physical activity in promoting overall health, greater emphasis has been placed on improving physical fitness to enhance quality of life. Asian Indians have been practicing Surya Namaskar, a part of Hatha Yoga, for hundreds of years. It is frequently employed in place of a typical workout regimen. It entails a series of asanas that are performed 12 times per cycle. Although Surya Namaskar was neither considered an asana nor a part of classical Yoga, it is now regarded as a component of current yogic practices. Before starting daily tasks, performing Surya Namaskar energizes the practitioner and gives them a fully charged day. The knowledge of energy cost and physiological responses of practicing Surya Namaskar is important and forms the basis for recommendation of regular practice of it as part of any training. Based on available research, we emphasize the significance of Surya Namaskar in this review by stressing its impacts on physiological components of the body. Different Ayurveda classics, modern classics, research papers and journals were referred to fulfill this part. With the help of research references, the evaluation outlines the practice's physical advantages in terms of improving joint mobility, extending muscle power, and promoting vitality. With the help of research references, the evaluation outlines the practice's physical advantages in terms of improving joint mobility, extending muscle power, and promoting vitality. The physiological aspects of enhancing metabolic rate, stimulating the cardiovascular system, increasing respiratory capacity, enhancing the body's mental health, and ensuring correct endocrine gland function were also covered. The Surya Namaskar movement series, when practiced steadily, patiently, diligently, and sincerely, can balance the human body's internal organ systems.

Keywords: Surya namaskar, Yoga, Asana, Physiology

Registration Code: ABPO 1572



ROLE OF AYURVEDA IN OCCUPATIONAL HEALTH WSR TO NIGHT SHIFT WORKERS

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According to WHO, occupational health deals with all aspects of health and safety in the work place and has a strong focus on primary prevention of hazards. Night shift workers have been facing various sleep related problems, due to their disturbed Dinacharya, which can be included under Shift Work Sleep Disorders (SWSD). Sleep deprivation can affect an individual both physically and psychologically. According to Ayurveda, Nidra is one of the three sub pillars of life i.e., the Traya Upasthambas. Acharyas opine, that various aspects like strength and weakness, happiness and sorrow, knowledge and ignorance, nourishment and emaciation, life and death all depend upon sleep. Since the night shift workers are always in a sleep debt due to incomplete sleep at night, modifying their daily routine i.e. Dinacharya to include Divaswapna for the replenishment of the required amount of sleep can prove to be beneficial in managing their occupational health problems. This review aims to evaluate effect of modified Dinacharya to prove the role of Ayurveda in occupational health of night shift workers. Methods: Different Ayurveda Classic books, research papers and journals were referred to fulfil this part. Result: This study will be beneficial for the night shift workers to maintain their health and prevention of Shift Work Sleep Disorders (SWSD) by addition of some healthy regimes mentioned in classics like Abhyang, Samvahana, Snigdha Aahar and Divaswapna in proper rules. Modified Dinacharya is an effective Ayurvedic remedy for managing the sleep disorders of Night Shift workers.

Keywords: Occupational Health, Night Shift, Shift Work Sleep Disorders (SWSD), Dinacharya

Registration Code: ABPO 1576



A KEY COMPONENT OF HOLISTIC WELLNESS

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A consistently good and clear skin is a sign of positive health and thus the concept of beauty have supreme value. A prevalent misconception is that beauty is confined to superficial aspects, prompting people to chase after synthetic cosmetics, often at the expense of neglecting the crucial role of holistic health in true beauty. Based on latest statistics, revenue in the Global cosmetic market amounts to US\$ 103.80 billion in 2023 and the market is expected to grow annually by 4.43%. The alarming situation is that these cosmetics are all synthetic components with side effects ranging from mild skin irritation to systemic adverse reactions and even harmful to unborn child if used daily by pregnant ladies. Here comes the importance of exploring Ayurvedic cosmetology. Ayurvedic concept of beauty doesn't limit itself to external applications but delves deep into the skin and focus on long lasting holistic well being. A structured approach is done to conduct a comprehensive literature review, meticulously searched multiple databases, including PubMed, Google Scholar, and Ayurvedic repositories. Inclusion criteria consisted of peer-reviewed articles and classical Ayurvedic texts. Used thematic analysis to attain the results and identify common themes within the literature selected. In the realm of Ayurveda, beauty's root extends back to one's embryonic development, defined by concept of "prakriti". Ayurvedic tradition offer a meticulous scientific elucidation of beauty enhancers – equilibrium of dosha, dhatu and mala, dinacharya, ritucharaya, seasonal detoxification (ritu sodhana), rejuvenation therapies (rasayana), wholesome diet (hita ahara), quality sleep (nidra), social and personal morale (sadvritta) and numerous other contributing factors. Ayurveda encompasses an entire way of living, offers a captivating perspective on cosmetology. Raising awareness among the general public and advocating the Ayurvedic way of life can lead to the creation of a society that is both exquisitely beautiful and profoundly healthy.

Keywords: Dinacharya, Ritucharya, Rasayana, Hita ahara, Nidra, Sadvritta

Registration Code: ABPO 1577



A REVIEW ON IMPORTANCE OF YOGA IN SPORTS MEDICINE

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Sports medicine is a branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports and exercise. Yoga is known as a system of maintaining health and well being. Yogasana has been included in sports in India recently. Yoga emphasizes focus on physical, mental, spiritual, social and other parameters of health. Yoga helps the muscles, tendons and ligaments move through a full range of motion. Thus cultivating balance and core strength which is a huge benefit to athletes in their chosen sports. Methods: all the classic and modern literature reviewed for this study will be discussed during the time of paper presentation Results: in the evolving field of sports medicine Yoga can play a major role in overall development of athletes. Yoga is a method for developing one's natural strength in a healthy way. As a result, yoga is advantageous to professional athletes as it helps them improve their capacity to focus, cultivate a calm and relaxed mind, and develop the mind-body connection, leading to improved muscular coordination and fluidity of movement. A sportsperson can perform at their highest level thanks to all of these.

Keywords: Yoga, Physical and mental benefits, Sportsperson

Registration Code: ABPO 1617

EFFECT OF MUDGADI KASAYA PEYA AND SELECTED YOGA TECHNIQUES IN PREDIABETES

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Prediabetes is an intermediate state of hyperglycemia with glycemic parameters above normal but below the diabetes threshold. The chance for developing in to type 2 diabetes mellitus is high in Prediabetic individuals. Globally and nationally, diabetes is now becoming a major challenging health problem. Metabolic deregulation associated with this causes secondary pathophysiologic changes in major organ system that will leads to many complications. So preventive measures taken in the form of a healthy diet and physical activity in the Prediabetic stage will be a best measure to halt the further progression in to type 2 diabetes. This study aims to explore the effect of a simple and cost effective ayurvedic diet Mudgadi Kasaya Peya and yogasanas in Prediabetes. Mudgadi Kashaya peya will be given as dinner at 7pm. Along with that 45minutes regular practice of selected yoga techniques will be also given to 32 participants selected as per the inclusion criteria consulting in opd of Govt Ayurveda Hospital, Trippunitura for a period of 3 months. Mudgadi Kashaya peya consists of mudga,laja and khadira, in which Mudga,and Laja which are pramehapatyaanna, and khadira possess kapha -pramehahara property. FBS, PPBS will be checked on 0th ,31st 61st and 91st day. HbA1c and Total cholestrol will be assessed on 0th and 91st day. Previous studies had already proved on the effect of selected yogasanas on Prediabetes and Diabetes.In this study yogasanas along with a diet and certain life style modifications, expected to have a positive outcome.

Keywords: Prediabetes, FBS,PPBS, HbA1C, Mudgadi Kashaya peya, Yoga

Registration Code: ABPO 1619



DIETARY APPROACHES TO HEMORRHOIDS IN AYURVEDA CLASSICS

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Hemorrhoids is the most common ano-rectal disease in present scenario. World wide, the prevalence of symptomatic Hemorrhoids is estimated at 4.4% in general population. Majority of the people, irrespective of sex, commonly noticed between the ages 45-65 years suffering from the symptoms of Hemorrhoids. Symptomatic Hemorrhoidal disease is the most prevalent condition associated with remarkable negative effect on quality of life. It can yield symptoms ranging from minimal discomfort or inconvenience or excruciating pain and significant psychosocial implication. Faulty dietary habits, lack of physical activity, life style risk behaviors and stress factors are mainly influenced by life style disease like Hemorrhoids. In Ayurveda, eliminating the etiological factors considered as the first line of management in diseases and Pathya (wholesome diet) is more effective to stay fit and responsible for good mental health. Diet therapy is the key link for Hemorrhoids which involves the modification of an existing dietary pattern to relieve condition and maintain a positive health. Pathyaharas mentioned in Ayurveda classics for Hemorrhoids have much importance in tackling the symptoms as well as complications. A right diet plan is important to prevent or manage Hemorrhoids definitely without the need of a surgery. This paper aims to understand the dietary approach to Hemorrhoids based on wholesome and unwholesome diet specially mentioned in Ayurveda Classics.

Keywords: Hemorrhoids, Pathya, Apathya, Ahara, lifestyle

Registration Code: ABPO 1622



HOLISTIC HEALING AYURVEDIC INSIGHTS OF HAIR FALL PREVENTION AND RESTORATION

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This study rigorously examines the effectiveness of Ayurvedic practices in combating hair fall, prioritizing traditional methods over costly interventions like hair transplants—often pursued due to issues of embarrassment and low self-esteem. The research aims to provide insightful alternatives rooted in holistic approaches to hair care. **Methodology:** A comprehensive review of Ayurvedic texts, including classical scriptures like Charaka Samhita and Sushruta Samhita, was conducted to extract information on herbal remedies, dietary guidelines, and lifestyle practices associated with hair care. Additionally, a survey involving students between the age of 15-25 practicing Ayurvedic remedies for hair fall was conducted to gather real-world data on perceived efficacy. **Summary of findings/results:** Ayurvedic treatments for hair fall involve a combination of herbal formulations, dietary modifications, and lifestyle changes. Key herbs such as Bhringraj, Amla, and Neem are identified for their potential in promoting hair growth and reducing hair fall. The survey results indicate a high level of satisfaction among participants, with a significant percentage reporting a noticeable reduction in hair fall and improved hair texture following Ayurvedic interventions. **Conclusion:** The synergy of herbal treatments, balanced nutrition, and mindful living aligns with Ayurvedic principles to nurture overall well-being, with positive implications for hair health. While further clinical studies are warranted to validate these observations, the holistic nature of Ayurveda makes it a promising avenue for those seeking natural alternatives to combat hair fall. **Significance/contributions of the study:** This study contributes to the growing body of knowledge on alternative approaches to hair fall management. By highlighting the efficacy of Ayurvedic interventions, it offers individuals a natural and holistic path towards healthier hair. The findings encourage further research into traditional healing systems, fostering a bridge between conventional and alternative practices in the realm of hair care.

Keywords: Hair fall, Holistic healing, Ayurveda, Survey, Cosmetology, Traditional

Registration Code: ABPO 1653



AYURVEDIC DIET IN OBESITY

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Obesity is a condition in which the body's overall adipose tissue levels are elevated to an extent that they exceed 20% of the ideal body weight. One of the main reasons for this may be consuming a high-calorie diet without enough exercise. Human health may suffer as a result, and there is a risk of fatal diseases like heart disease, stroke, high blood pressure, and type two diabetes. In Ayurveda, it can be correlated to Sthoulya or Medoroga. Sthoulya is a Sntarpanajanya Vyadhi and Atisthula was considered one among the Ashta Ninditiya Purusha by Charaka. Through food restriction and lifestyle advice, Ayurveda describes different ways to prevent and manage obesity through dietary regulation and lifestyle advisory. The literature search was conducted in PubMed and Google Scholar using keywords like diet, obesity, overweight, and Ayurvedic diet and also searched in classical texts like Bhaishajya Ratnavali, Chakradattha, Charaka Samhita, Bhojanakutuhala, Kshemakutuhala etc. A diet plan was made by considering both Ayurvedic and modern aspects. In this, the food was divided into five dosages throughout the day. Dietetics had mentioned low calorie, adequate-protein, vitamin and mineral (except sodium), restricted carbohydrate, restricted fat, liberal fluid and high fibre in obesity. Some drugs were mentioned as Pathyas in Bhaishajya Ratnavali, such as bamboo rice (Vainava) which contains high protein, low glycemic index, low or no fat, and Paspalum scrobiculatum (Koradoosh), which has excellent fibre content that helps combat hunger, this were included as foods in the diet plan. Long-term changes in eating habits and lifestyle modification are required to maintain the body weight. A person who follows diet plans and exercises daily can overcome obesity.

Keywords: Ayurvedic diet, Obesity, Dietetics, Sthoulya

Registration Code: ABPO 1654

HARNESSING AYURVEDIC DIETARY PRACTICES FOR THE PREVENTION AND REVERSAL OF NON-COMMUNICABLE DISEASES

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To explore the possibility of using Indian traditional thali based on “Ayurvedic Dietetics” as an ancient approach to diet which helps to restore diversity in the gut bacteria and may potentially prevent or reverse chronic disease. Ayurvedic Literature on Dietetics & Contemporary Literature on Gut Microbiome collected from offline and online modes. Results: Some studies prove that dietary components can directly impact the composition and metabolic activity of the mammalian gut microbiota and in turn, affect both physical and mental health. There is a growing recognition that rise in chronic disease like leaky gut, colitis, diabetes, colon cancer or type 2 diabetes and other lifestyle disorders may be due to progressive loss of beneficial bacteria and microbial diversity. According to ICMR (Indian Council Of Medical Research) -2017, “3 of the 5 leading individual causes of disease burden in India were non-communicable.” Of the total death from major disease groups, 62% of all deaths were caused by non-communicable diseases. Diet provides all essential nutrients. According to Ayurvedic principles, each meal should contain a balance of the six major flavors (sweet, salty, sour, bitter, pungent, and astringent). These calls for the many small portions of a thali meal which also easily incorporate variety. A variety of flavors in a meal often indicates the presence of: Macronutrients (Carbohydrates, Proteins & Fats), Micronutrients (Vitamins & Minerals), Phytochemicals (Non-nutrient bioactive compounds), Polyphenols, the largest class of bioactive compounds containing subclasses such as flavonoids, isoflavones, stilbenes, lignans, and tannins. This perspective explores the possibility of using Indian traditional thali using “Ayurvedic Dietetics” as an ancient approach to diet that provides both fiber and different phytochemicals by incorporating a variety of plant foods in different colors. This variety helps to restore diversity in the gut bacteria and may potentially prevent or reverse chronic diseases.

Keywords: Ayurvedic Dietetics, Traditional thali, Gut Microbiome, Gut Bacteria, Chronic disease

Registration Code: ABPO 1682



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RELEVANCE OF SEED TREATMENTS MENTIONED IN VRKSAYURVEDA

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Various conventional methods of seed treatments are available for protecting the seeds from several seed borne or soil-borne pathogenic organisms and also for improving germination. However, many of them are detrimental to the health of humans and environment. Organic agriculture is an alternative approach for environmental supportive safe and quality production of plants. Here comes the importance of Vṛkṣāyurveda – an ancient science of Arbori-horticulture, is a branch of Ayurveda specifically meant for the health, healing and productivity of plants. Protocols and methods of Vṛkṣāyurveda are promising in the field of organic agriculture. The present study is aimed to review about various seed treatments mentioned in Vṛkṣāyurveda. Materials and Methods: Vṛkṣāyurveda of Surapāla, Bṛhat Samhita of Varaha Mihira and Śārṅgadhara paddhati of Śārṅgadhara were thoroughly reviewed to compile the information. Results: The various seed treatments have been carefully designed in Vṛkṣāyurveda to obtain good quality of seedlings. Seeds which are treated and preserved in this manner are excellent for sowing and will sprout undoubtedly. Viḍaṅga (*Embelia ribes* Burm.), Sarṣapa (*Brassica juncea* L. Czern.), Gomaya (Cow dung), Kṣoudra (Honey), Bṛhati (*Solanum anguivi* Lam.), Ghr̥ta (Ghee), Kṣīra (Milk), Tila (*Sesamum indicum* L.), Kamala nāla (stalk of *Nelumbo nucifera* Gaertn.) are extensively used in various seed treatments. These are applied on the seeds in the form of soaking, coating, fumigation etc. Kṛmihara (antimicrobial), Kleda viśoṣaka (drying up the moisture and thus increasing shelf life) and Poṣaka (fortification of seeds) properties of these drugs might act here.

Keywords: Vṛkṣāyurveda, Organic Agriculture, Quality Seedlings

Registration Code: ABOP1789

USING AYURVEDIC MEDICATIONS IN INSECTICIDES AND INSECT REPELLENTS AND EXPLORING THEIR ACTION A REVIEW

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Insects and Pests are the major obstacle causing substantial damage to plants. Microbes and parasites are also responsible for transmitting a number of diseases. The total expenditure on prevention of insect pests cause substantial economic burden on both developed and developing country. Use of synthetic insecticides and pesticides are causing numerous health issues among the population including cancer and brain defects. In such situation herbal insecticide is the only solution Ayurveda is the primordial medical system, confine of numerous therapeutic branches which is result of visionary and scientific thinking of our cognitive ancestors. In various Ayurvedic texts several medicinal plant have been explained which are identified as potent Herbal insecticide and anti-microbial agent. Objectives: The aim of this study is to review the insecticidal and pesticidal activity of various medicinal plant described in traditional Ayurvedic system of medicine. By documenting the insecticidal/ repellent plants this data can be of use as source for development of new plant based insecticides. Results: Fumigatory Action of Various Drugs such as Aguru, Rala Guggulu as an Insecticide has been mentioned in Samhita's which claim their effects as Plants wound healing along with their Insecticidal Properties. Fumigation of White Sarshap, Vidanga along with Buffalo dung and Bhallatak Seed Powder has been mention in Vrikshayurveda for its potent Insecticidal effect for entire life of Crop. Kshariya Jal that is alkaline water along with vidanga lepa has been mentioned in texts for its Insecticidal properties when used as Liquid Manure along with Sarshap Seeds. Every alternate day one should apply mixture of white mustard, Vacha (*Acorus calamus*), Kusta (*Saussurea lappa*) to the affected part of the plant. Conclusion: This study confirmed that numerous Traditional Ayurvedic herbs had potent insecticidal and insect repellent activity.

Keywords: Farming industry, Herbal Insecticidal, Pesticidal, Plant based insecticides.

Registration Code: ABOP 2593



VARIOUS PEST CONTROL MEASURES MENTIONED IN VRIKSHAYURVEDA

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Pest control in conventional practice of agriculture generally achieved by chemical pesticides to increase production. In India, a total of 293 chemical pesticides are registered for use and 130 among these are reported as highly hazardous on PAN international database. The non-target toxicity, residual consequences and challenging biodegradability of these chemical pesticides have become a serious concern, which urgently requires an alternative. Herbal pesticides may meet those required standards to solve pest problems and promote sustainable production and are non-hazardous to human health and environment. Here comes the role of Vṛkṣāyurveda, a branch of Ayurveda specially meant for the health, healing and productivity of plants. Various protocols and methods in Vṛkṣāyurveda related to pest control need to be explored. Aim: The present study aimed to review about various pest control managements mentioned in Vṛkṣāyurveda. Materials and method: Surapala's Vṛkṣāyurveda and related published articles are thoroughly reviewed to compile the information. Result: As per Vṛkṣāyurveda, trees also fall ill with the vitiation of vāta, pitta, and kapha and the treatment conducted are also specific to vitiated dosa. The text also mentions the symptoms and treatments of tree infiltrated with pests. External application and fumigation of both natural and prepared products explained with the intention of pest control. Most of them include nimba (*Azadirachta indica*), aragwadha (*Cassia fistula* L.), vidanga (*Embelia ribes* Burm.f.), haridra (*Curcuma longa* L.), sarshapa (*Brassica rapa* L.) etc. They provides a suitable option for developing eco-friendly and sustainable pesticides. Conclusion: Judicial administration of pest control measures mentioned in Vṛkṣāyurveda will results in healthy growth of the plant without infection and moreover they are non-hazardous to human and environment.

Keywords: Vriksāyurveda, Pest control measures, Fumigation.

Registration Code: ABOP 2655



ORGANIC MANURES IN VRIKSHAYURVEDA- A WAY FORWARD TO NONTOXIC FOOD

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Manures are any material of natural or synthetic origin that applied to soil or plant tissues to supply nutrients. Many sources of manures exist, both natural and industrially produced. Use of chemical manures are beneficial to provide deficient nutrients, but overuse of it bring challenges like polluted air, water, soil and is hazardous to the ecosystem. Here comes the role of organic manures. The textbook of Vriksāyurveda mentions the use of different organic manures suitable for the growth of different plants. Vriksāyurveda methods are suitable for today's fast paced agriculture. Aim: The present study aimed to review about various organic manures mentioned in Vriksāyurveda. Materials and method: Surapala's Vriksāyurveda and related published articles are reviewed to compile the information. Result: External application of kurapajala, pancagavya, tilādi yogam etc are mentioned in Surapala's Vriksāyurveda. Most of them include dung of various animals, tila (*Seasamum indicum* L.), sarshapa (*Brassica rapa* L.), gritha etc, They provides a suitable option for developing eco-friendly organic manures and they enhances productivity in various aspects like flowering, fruiting, enhances microbial flora in the soil etc. Conclusion: Judicious administration of organic manures mentioned in Vriksāyurveda may result in healthy growth of the plant and moreover they are non-hazardous to human and environment.

Keywords: Vriksāyurveda, Organic manures, Kuṇapajala.

Registration Code: ABOP 2745



DHOOPANA DRAVYAS WITH SPECIAL REFERENCE TO VRIKSHAYURVEDA

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Agriculture is the science and practice of growing crops. It is highly essential to increase food production for growing populations. To meet this currently farmers are widely using chemicals in farm as pesticides and growth promoters. Because of the tremendous uses of chemicals in agriculture we have to face many health issues such Skin disorders, asthma, Cancers etc. Now its time to overcome this problems ,for that we have to prefer biofertilizers, bio pesticides etc to produce healthy and high yielding plants without using chemicals. Vrikshayurveda is the ancient science of plants which is exclusively meant for maintaining health, healing and productivity of plants. The practice of exposing plants, bushes, and trees to Dhooma (fumigation) in combination with other methods has been frequently mentioned as biopesticide and growth promoter in different treatises of Vrikshayurveda. According to Ayurveda dhoopana is a method by which drugs of herbal, herbo-mineral or animal origin are used for fumigation as to heal vrana , karna roga or to disinfect Bheshaja garha(Pharmacy), shastra karma graha(Operation theater) etc. Nowadays people are more attracted to natural methods of farming to prevent side effects. This paper gives an overview of Dhoopana dravyas used in vrikshayurveda and its mode of action.

Keywords: Dhoopana Dravyas, Vrikshayurveda, Growth promoters, Biopesticide.

Registration Code: ABOP 3176

EFFICACY OF METHANOLIC EXTRACTS OF PLANTS USED IN AYURVEDIC MEDICINE AGAINST PLANT PATHOGENS

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Microorganisms infecting plants are distinctly different from those infecting human beings. Use of such plant extracts against phytopathogenic fungi could supplement other eco-friendly methods used in integrated plant disease management strategies. Hence, an experiment was conducted at the Aromatic and Medicinal Plants Research Station, Odakkali, Kerala Agricultural University to evaluate their comparative efficacy against plant pathogens. In vitro screening of twenty-three plant extracts selected through preliminary screening of extract of about 100 medicinal plants was carried out against viz., *Colletotrichum gloeosporioides* and *Alternaria solani* and an oomycete, *Pythium sp.* using poison food technique. Direct methanolic extracts of the plant parts were tested at 0.05 per cent concentration and replicated four times. The results of the experiment showed that, many of the extracts could inhibit the plant pathogens, and they differ in the efficacy. Accordingly, extracts of *Kaempferia galanga*, *Acorus calamus* and *Curcuma caesia* were superior to all other treatments against *Pythium sp.* Extract from *Acorus calamus* was the most effective for inhibiting the two fungal pathogens too. *Plectranthus amboinicus* was found to be the second in position in inhibiting *C. gloeosporioides* but against *A. solani*, the second ranked treatment is *Curcuma zedoaria* immediately followed by *Lawsonia inermis*. *Coleus aromaticus* showed only low level of inhibition against *Pythium sp.* *Lawsonia inermis* showed moderate inhibition (52.23%) against *C. gloeosporioides* also, but its action against *Pythium sp.* was meagre. While the two fungal pathogens tested were inhibited by most of the plant extracts, the oomycete was not sensitive to most of them. Exception is the case of *Myristica fragrans* aril extract, which inhibited the growth of *A. solani* and *Pythium sp.* by more than 60 per cent but was ineffective against *C. gloeosporioides* at 500 ppm.

Keywords: *Colletotrichum gloeosporioides*, *Pythium sp.*, *Alternaria solani*, Medicinal plant extract

Registration Code: ABOP 3180



ROLE OF ECOLOGICAL ENGINEERING AND ARBUSCULAR MYCORRHIZA IN ENHANCING THE GROWTH OF PADDY AND IN REDUCING PEST POPULATION THROUGH INCREASING BENEFICIAL ORGANISMS

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The present investigation was carried out in the paddy field in Thiruvananthapuram India during the second crop season of 2013 to evaluate Arbuscular mycorrhiza *Glomus* spp. as a bio fertilizer and bio control agent in paddy varieties. Results revealed significant influence of mycorrhiza on chemical properties of soil like pH, organic carbon, available P, available K, calcium and magnesium. Soil pH was found to be raised from 4.5 to 5.6 resulting in the correction of soil acidity to a certain extent or rather a buffering effect in soil. The levels of available Ca, Mg, Zinc were seen enhanced substantially. Marginal increase of available Cu and Boron were also observed. Inoculation of Arbuscular Mycorrhiza to paddy crop has increased root length number of leaves number of tillers number of panicles straw yield and grain yield. The above increase can be attributed to the improved physico chemical properties of the soil. Conducting Agro Eco System Analysis for the entire cropping period has resulted in managing the pests and diseases without resorting to an eco friendly means. For example incidence of stem borer was controlled by application of Cows Urine Chilli mixture, Rice Case worm attack was nullified by draining out water and rice bug population reduced by spraying fish amino acid. Karthika the festival of Lights is celebrated in Kerala during the second crop paddy season Mundakan. The ceremony of lighting the lamps in the paddy fields considerably traps the insect pests abundant in the area during the second crop season which coincides with the active tillering phase of paddy. The ecological engineering and medicinal plants recorded from the area include *Vernonia cineria*, *Acheranthus aspera*, *Biophytum sensitivum*, *Clerodendron infortunatum*, *Eclipta prostrata*, *Ricinus communis*, *Aerva lanata*, *Phyllanthus amarus*, *Curculigo orchioides*, *Clitoria ternatia*, *Mimosa pudica*, *Leucas zeylanica*, *Ocimum sanctum* and *Hemidesmus indicus*. These plants helped in reducing the pest by increasing beneficial organisms.

Keywords: Paddy, Arbuscular mycorrhiza, Ecological Engineering

Registration Code: ABOP 3181

KUNAPAJALA VRKSHAYURVEDAS PLANT ELIXIR - A REVIEW

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The Excessive use of chemical fertilizers may result to environment problems and also adversely effect human health. In this current scenario, biofertilizers will act as a game changer. Biofertilizer boosts nutrient efficiency of the products and organic contents of the soil. In conventional methods many kind of biofertilizers are used to increase the productivity. Surapala's Vrikshayurveda is a treatise made 1000 years ago which deals with plant life. One of the most important biofertilizer described in vrikshayurveda is Kunapajala. It is a liquid manure which is made by fermentation of various ingredients and it works as a natural plant growth booster. The several studies on kunapajala possess impressive results and it can be considered as a plant elixir . Surapala himself considered it as tarunam pustikara. He describes that in appropriate proportion as their proportion formula is uncertain or quantity is not definite. He also states after testing kunapajala as it is effective. Several research works had introduced different methods to prepare kunapajala and some had initiated to make herbal kunapajala too. It is economic, easily available and 100% organic biofertilizer. Knowledge about standardization, quantity of materials, time are still limited. So the current goal is to introduce kunapajala, its history, several methods, and importance of kunapajala in sustainable farming. The future promises a potential breakthrough in agriculture through kunapajala, marking a remarkable ayurvedic contribution to betterment of humanity.

Keywords: Agriculture, Chemical fertilizer, Vrkshayurveda, Kunapajala

Registration Code: ABPO 1957



CYMBOPOGON CITRATUS OF SIRUMALAI HILLS EASTERN GHATS INDIA

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Sirumalai is a region of 60,000 acres (200 kms) situated 25 km (16 miles) from Dindigul District of Tamil Nadu. Sirumalai Hill is a dense forest region with a moderate climate throughout the year having an altitude of 1600 metres above sea level, receiving 1200 m rainfall. It has dry deciduous forest at mid-elevation and semi-evergreen forests at the higher elevation with diversified flora and fauna. Among them naturally grown Lemon grass (*Cymbopogon citratus*) is one of the major medicinal aromatic crop grown mainly by the 'Paliyan' tribes dwelling in the area. It flourishes on a wide variety of soils ranging from loam to poor laterite with best growth on well drained sandy-loam soil. The ethno agricultural system has been characterized as technically sophisticated, intensive, highly productive and ecologically sustainable, with links to social stability and enhanced biodiversity. They practice Organic farming under rainfed conditions. It is propagated by dividing of slips from existing healthy mature clumps. Botanical extracts used act as bio agents which help successfully manage all pest problems without any residues. It comes to harvest 90 days after planting and subsequently it is harvested at 50-55 days interval. The grass is cut 15 cm above the ground level and 5-6 cuttings can be taken in a year subject to the climatic conditions. one or two cuttings are taken in the first year and from second year onwards, 3-4 cuttings are available. Harvesting consists of fresh leaves and also the dry or semi-dried leaves at intervals of 60 days. As it has good soil binding nature, they can be grown as vegetative cover over naked eroded slopes. Lemongrass oil is extracted through the process of steam distillation from the dried leaves. It has an antimicrobial, antifungal, anti-inflammatory, antineoplastic, antidiabetic, antioxidant, cardiovascular, insecticide and pesticide properties.

Keywords: Citral, Anti-inflammatory, Antineoplastic, Antidiabetic, Antioxidant
Registration Code: ABPO 2810



MRIGAYURVEDA





IN VITRO AND IN SILICO EVALUATION OF ANTI-INFLAMMATORY ACTIVITY OF LEAVES OF EUPATORIUM TRIPLINERVIS

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The present study was conducted to evaluate the *in vitro* anti-inflammatory activity of methanol extract of leaves of *Eupatorium triplinervis* using LPS -induced RAW 264.7 macrophages, albumin denaturation, anti-proteinase and membrane stabilisation assays. The study revealed that the methanol extract exhibited anti-inflammatory activity. The GC-MS analysis of the plant extract revealed 25 compounds. Among the various compounds, those showed anti-inflammatory activity was filtered out using online software and those compounds were subjected to *in silico* ADME and docking analysis. From the study, it was concluded that the extract had the potential bioactive molecules for chronic inflammation which needs to be further isolated and separated.

Registration Code: ABM0001

EVALUATION OF TURMERIC POWDER (*CURCUMA LONGA*) ON GROWTH PERFORMANCE, CARCASS QUALITY AND CHOLESTEROL LEVEL IN DESI CHICKEN UNDER FIELD CONDITION

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Natural dietary spices like *Curcuma longa* (Turmeric) have drawn a great deal of attention on various health promoting effects and used as a coloring and flavouring agent in many foods. The curcumin of turmeric has been recognized for its broad spectrum of biological activities including diverse antioxidant and anticancer properties. Moreover, many reports showed that curcumin had anti-inflammatory property and lowering effects of lipid and cholesterol in birds. A limited study is available on the effect of turmeric powder supplementation in native chicken under field condition. Hence the present study was carried out with an objective to evaluate the effect of turmeric powder (*Curcuma longa*) on growth performance, carcass quality and serum & meat cholesterol content in desi chicken under field condition. Totally fifty four desi birds with uniform body weight were randomly divided into three treatment groups and each treatment group had three replicates of six birds each. The birds were fed with turmeric powder @ 0, 1 and 2 % of basal diet with *iso-calorie* and *iso-nitrogenous* diet for a period of 60 days with standard management practices. The feed intake was recorded daily, weight gain was taken weekly interval and the feed efficiency was worked out. The serum and meat cholesterol was analyzed during the last week of research work. The carcass quality characteristics were also studied during the last week of feeding trial. The livability and economics were worked out. All data were statistically analyzed. There was no significant difference observed in weight gain, feed intake and feed efficiency among the turmeric powder supplemented groups. However, numerical increase in weight gain was observed in turmeric powder supplemented groups when compared to control. Similarly, the better feed efficiency was also observed with decrease in feed intake in birds fed with turmeric powder than control numerically. The serum cholesterol was significantly ($p<0.01$) decreased by 8.4 % and 11.84 % in 1 % and 2 % turmeric powder supplemented groups than control. The meat cholesterol was also significantly ($p<0.01$) decreased by 8.2 % and 11.62 % in 1 % and 2 % turmeric powder supplemented group than control. The carcass quality characteristics of desi chicken were not differed among the treatment groups. The livability was increased by 3.41 % and 8.24 % in 1 % and 2 % turmeric powder supplemented groups than control. It was concluded that the inclusion of turmeric powder (*Curcuma longa*) did not influence the growth performance significantly and however increased the weight gain with better feed efficiency numerically. The cholesterol content of serum and meat was significantly ($p<0.01$) decreased with increased level of livability in turmeric powder supplemented groups.

Registration Code: ABM0002



A PILOT CLINICAL STUDY TO ASSESS THE EFFICACY OF 'AYYAPPALA TAILA' IN BOVINE DERMATITIS

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Dermatitis is the inflammation of the skin, characterised by itchy, dry skin, exudation, rashes, excoriation, redness or pruritis. It is seen in 91% of admitted dairy cattle and is the second, most common reason for consultation, by dairy or meat producers. Currently antibiotic treatment is employed for it along with topical cream or lotions. This could require withdrawal periods for milk and meat. Anti-microbial resistance (AMR) is another issue. The objective of the present study was to explore the clinical efficacy of a simple herbal, economic, topical application, *Ayyappala Kera taila* used in Ayurveda skin care was explored for its efficacy in cattle. A single armed prospectively designed clinical trial, with 12 samples of cows with dermatitis, was selected randomly from Kerala. 30 mL of oil were dispensed for external application for one hour daily before bathing for 14 days. Assessments were made on 0th, 7th and 14th day, using ADIS (atopic dermatitis severity index) scoring system, where erythema/dicolouration, pruritis, exudation, excoriation and lichenification were assessed. The analysis suggested that the application of *Ayyappala Kera taila* was effective in curing dermatitis of cattle of Kerala, with p value < 0.000 , for paired t, for each of the five parameters of ADIS which were all independently statistically significant.

Registration Code: ABM0003



IMPACT OF ETHNOVETERINARY MEDICINE IN THE TREATMENT OF CATTLE AFFECTED WITH UDDER FIBROSIS CONSEQUENT TO MASTITIS

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Field trials are conducted to study the effect of ethno veterinary practices to treat and cure the condition of udder fibrosis which happens as a sequelae to mastitis caused by various infectious agents. Udder fibrosis caused by mastitis whether treated with antibiotics or not is considered. The area of trial was Thiruvananthapuram district of Kerala state. Cattle affected with udder fibrosis consequent to mastitis were treated with a recipe which contains the original recipe developed by VUTRC, TANUVAS, Thanjavur for mastitis and *Clitoria ternatea*, a local herb available in Kerala as the fourth ingredient. Changes were made in the mode of application and the vehicle for applying the recipe to the animal. A total of fifteen cattle affected with this condition is selected for the study which included two control animals also. Results for reduction in udder fibrosis by grading, restoration of milk yield, disappearance of bacterial infection by analyzing the lab results of milk culture, correlation of reduction of fibrosis, restoration of milk yield and time interval between EVM treatment and onset of mastitis, effect of antibiotic treatment in EVM treatment, efficacy of EVM treatment in mastitis and udder fibrosis combined were analyzed and inferences made.

Registration Code: ABM0004



PODODERMATITIS IN CATTLE AND THE IMPACT OF ETHNO-VETERINARY MEDICINE IN CURE

Prasath KC

The author had used the EVM approach in treating the dermatological conditions of cattle for over the past nine years in which herbal ingredients were used for treating the conditions based on the traditional knowledge documented in the EVM centre Thanjavur under TANUVAS. Two recipes were used for treating pododermatitis in cattle.

Recipe-1

| | |
|---|---------------|
| <i>Acalypha indica</i> (Kuppaimeni)leaves | 4handful |
| <i>Alliumsativum</i> n | 10 bulbs |
| <i>Azadirachta indica</i> (Neem) leaves | 4 handful |
| <i>Moringa oleifera</i> leaves | 4handful |
| <i>Lawsonia inermis</i> (Henna) leaves | 4handful |
| <i>Curcuma longa</i>)Turmeric) powder | 5teaspoon ful |
| <i>Cuminum cyminum</i> (Cumin) | 50g |

All the above ingredients are ground and made into a paste and mixed in 500 ml of coconut oil, a small pinch of copper sulphate is added ,slightly warmed and applied locally twice daily in case where the crusts are formed.

Recipe-2:

| | |
|--------------------------------------|------------|
| <i>Datura metal</i> (Ummathu) leaves | 10 numbers |
| Copper sulphate | 5g |
| <i>Cocos nucifera</i> (coconut) oil | 500 ml |

The leaves of *Datura metal* are crushed and mixed with coconut oil and copper sulphate is added, boiled , cooled and applied twice daily locally over the affected area.

The EVM preparation was found to be effective in treating pododermatitis in cattle and complete cure has been noticed in all the cases treated with the recipe-2. Moreover there has not been any report of recurrence within a period of 6 months after treatment. The work was initially done in Ottasekharamangalam and nearby panchayaths and Varkala municipality in Thiruvananthapuram district. The first recipe was used in two cases



affected with moderate to severe lesions of pododermatitis. But the results were not encouraging, probably due to the non inclusion of all the required ingredients especially, *Acalypha indica* leaves which the farmers are not well versed and not commonly available. The second recipe was used subsequently in 12 cases of bovine animals having moderate to severe lesions. Out of the total number of animals treated, five animals were heifers in the age group of 1 to 2 years, one bull and 6 cows. It took 10 to 25 days for complete cure among the 12 cases studied. But in all the cases, the animals showed signs of improvement within a week. The duration has been found to have a direct relationship with the severity of the disease. Out of the 7 samples of superficial and deep skin scrapings which were subjected to laboratory tests, 5 samples were devoid of any parasitic infestation while two samples revealed the presence of mange *Psoroptes* sp. Pododermatitis remains a common problem among the cattle necessitating the usage of antibiotics, anti-inflammatory drugs and steroids many a times. Cattle, irrespective of age group, affected with pododermatitis, do not recover satisfactorily in spite of using a variety of drugs which has also led to dangerous residues in food products and ground water. We were looking for a natural way of treating this disease which remained a challenge for veterinarians. Hence the ethno-veterinary medicine- which is of affordable cost, acceptable by the local community and were environment friendly, was used to tackle the problem. The results of using the EVM were satisfactory and highly economical to the farmers. It has also saved the valuable time of the veterinarians in administering parenteral drugs if treated otherwise. The study also revealed that the etiology of the disease is varied and the duration of treatment for substantial recovery is directly related to the severity of the condition.

Registration Code: ABM0005



EVALUATION OF THE ANTIMICROBIAL EFFICACY OF KAEMPFERIA GALANGA AND CURCUMA LONGA IN COMMERCIAL BROILER CHICKEN INFECTED WITH MULTI-DRUG RESISTANT SALMONELLA TYPHIMURIUM

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The purpose of the study was to compare the antimicrobial efficacy of *K. galanga* and *C. longa* in commercial broiler chickens infected with MDR-S. Typhimurium. Vencobb-430Y chicks (n=150) were equally divided into five treatments (T1-T5) having three replicates each with 10 birds. The birds were fed with iso-caloric and iso-protein diets in which, T1 and T2 were fed with basal diet, T3 was supplemented with 25 g/kg (Minimum inhibitory concentration of *K. galanga* against MDR-S. Typhimurium) of *K. galanga*, T4 with 1.9 g/kg (MIC of *C. longa* against MDR-S. Typhimurium) of *C. longa* and T5 with a combination (Fractional inhibitory concentration) of 62.5 mg/kg of *K. galanga* and 0.38 mg/kg of *C. longa* along with basal diet. The concentration of *K. galanga* and *C. longa* were fixed by microbroth dilution technique and checker board assay. All the birds from the treatments T2, T3, T4 and T5 were orally infected with infective dose (0.5 mL of 1×10^{10} CFU/mL) of MDR-S. Typhimurium, which was determined by conducting a preliminary study. These birds were subsequently observed for mortality, weekly survival rates, weekly faecal matter consistency and weekly *Salmonella* counts. To quantify *Salmonella* levels at weekly intervals, two birds from each treatment were randomly selected and humanely slaughtered at weekly intervals and caecal samples were collected. From the first week post-infection, a significant reduction in *Salmonella* count was evident in the group fed with *K. galanga* (T3) and the group fed with a combination of herbs (T5). In groups T3, T4 and T5, from the fourth-week post-infection, *Salmonella* counts could not be detected. In contrast, in T2, an increase in the *Salmonella* count from the second-week post-infection was observed till the end of the study. No significant difference could be observed in the survival rate among different treatments on weekly basis. On faecal matter consistency analysis, T2 group exhibited a notably higher score from the third week ($P < 0.01$) compared to the other infected groups. A significant difference could also be observed in weekly body weight from first week to marketing age (fifth week). The body weight at fifth week of age was significantly ($P < 0.001$) higher in birds supplemented with *K. galanga* alone (1851.55 ± 14.84 g) and combination of *K. galanga* and *C. longa* (1849.67 ± 3.61 g). The mean weekly cumulative feed conversion ratio was also shown significant difference ($P < 0.001$) during fifth week with better FCR (1.64 ± 0.02) exhibited by birds supplemented with herbs in combination. To conclude, dietary inclusion of *K. galanga* and *C. longa* at the specified FIC doses is a cost-effective method to improve growth performance in broilers. The same concentration of herbs in the diet is found to be effective against MDR-S. Typhimurium making it a safe alternative to antibiotics in broilers.

Registration Code: ABM0006

SCIENTIFIC VALIDATION OF ETHNOVETERINARY FORMULATION FOR NEWCASTLE DISEASE

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The present study was conducted to validate the ethnoveterinary formulation comprising of cumin seeds, pepper, turmeric, small onion, garlic and *Phyllanthus amarus* which has shown promising results for containment of Newcastle disease in desi chicken under field condition. The formulation was subjected to proximate analysis and found to contain 6.66% ether extract, 9.04% Total ash, 16.26% minerals, 11.80% crude protein, 15.63% crude fibre, 3546Kcal/kg of gross energy, 1.40% Calcium and 0.52% Phosphorus. Nine to eleven day-old viable embryonated chicken eggs divided into 9 groups of 5 each were used for assessing the antiviral activity of aqueous and ethanolic extracts of the formulation. Control group was left uninoculated, vehicle control was treated with PBS, virus control received 100EID₅₀/0.1ml of mesogenic vaccine virus (ND). Three dilutions of each extract below maximum non-toxic concentration (MNTC-250mg/ml) viz. 100, 50 and 25mg/ml were treated with virus, incubated at 37°C for 2hrs and inoculated into the respective groups and incubated up to 72 hrs. All the embryos survived in treatment groups whereas the survival was 80% in virus control. The allantoic fluid was harvested from each egg aseptically and subjected to Haemagglutination assay for ND viral titre. There was numerical difference in HA titre among the virus control (7.60±0.24) and treatment group of which aqueous extract at 100 and 50mg/ml (7.00±0.00) was found better than other groups. The extracts possessed important phytochemicals like phenols, tannins, terpenoids, saponins and steroids which might be responsible for the antiviral activity and may yield significant results at higher concentrations. Moreover, assessing the antiviral activity in chicken challenged with NDV might help in establishing the effectiveness of the formulation since alternate medicine aims at salutogenesis rather than pathogenesis.

Registration Code: ABM0007



VALIDATION OF GULOOCIYADI KASHAYAM AND CHUNDAI VATRAL CHOORNAM FOR THE TREATMENT OF CANINE PARVO VIRAL ENTERITIS IN DOGS

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Canine Parvo Viral (CPV) enteritis is the major disease affecting the dogs caused by Canine Parvo Virus 2 (CPV2). Since there is no specific treatment for CPV enteritis and more cost involved for the treatment, it is planned to validate Guloochiyadi Kashayam and Chundai Vatrals choornam against the canine parvo viral enteritis in dogs. Guloochiyadi Kashayam and Chundai Vatrals choornam and its combination were screened qualitatively to find identify the major phytochemicals. The major active compound present in the Guloochiyadi Kashayam and Chundai Vatrals choornam was selected as the marker compound to standardize the Guloochiyadi Kashayam and Chundai Vatrals choornam using HPTLC. Acute dose toxicity study was carried out in rats as per OECD 423 guidelines. Molecular docking of active ingredient of Guloochiyadi Kashayam and Chundai Vatrals Choornam with proteins of canine parvo virus was done to find out the possible mechanism of action. Clinical study was conducted in dogs brought to VCC, Veterinary College and Research Institute, Tirunelveli. Dogs showed clinical signs like dysentery vomiting, anorexia, anemia and dehydration was selected and confirmed by Immunochromatographic test. The dogs positive for canine parvo virus were divided in two treatment groups containing 6 dogs in each group. Group I received the routine treatment with antimicrobials, gastro intestinal protectant, antiemetics, fluid therapy and supportive treatment and Group II received the treatment with combination of Guloochiyadi Kashayam and Chundai Vatrals choornam. The clinical recovery score, hematological and serological parameter, and cost of the treatment was recorded. All the six dogs were showed good improvement after the treatment with guloochiyadi kashayam and Chundai vatrals choornam. The clinical score on avearage reduced from 3 to 0. There is no notable change was observed in haematological parameters but the blood glucose level was improved greatly and in all the animals, the vomition was stopped on 1st day of the treatment and diarrhea was arrested on 2nd of the treatment. All the 6 cases were recovered by 5th day and the cost of the treatment was significantly reduced compare to that of routine treatment. Based on the above study, the combination of Guloochiyadi Kashayam and Chundai Vatrals choornam combination is highly efficacious and economical to treat canine parvo viral enteritis when compared with the routine antibiotic treatment.

Registration Code: ABM0008

PREPARATION AND OPTIMIZATION OF POLYHERBAL FORMULATION FOR WOUND HEALING IN ANIMALS

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The present study was conducted to evaluate the therapeutic efficacy of the herbo-mineral formulation containing *Curcuma longa*, *Datura metel*, *Aloe vera*, copper sulphate and coconut oil for wound healing in animals. *Curcuma longa*, *Datura metel*, *Aloe vera*, copper sulphate and coconut oil were selected for preparing wound oil. Extracts of selected plants were screened for qualitative phytochemicals. Physico-chemical parameters namely iodine value, saponification value, peroxide value, refractive index, specific gravity and were carried by using standard procedure. Herbo-mineral wound oil containing *Curcuma longa*, *Datura metel*, *Aloe vera*, copper sulphate and coconut oil were prepared. Excision wounds were induced in three groups consisting of six rats each. Group 1 received no treatment, while group 2 and 3 treated with povidone iodine ointment and Herbo-mineral wound oil every day, respectively. The percentage of wound contraction on days 3, 7, 14 and 21 and histopathology parameters of healed wounds on 14th and 21st days were evaluated. Moreover, hydroxyproline content was evaluated on 21st day. Clinical study was conducted in goats to evaluate the efficacy herbo-mineral formulation for wound healing activity. The highest yield of plant extract was obtained from *Aloe vera* (15.8%±0.29) followed by *Curcuma longa* (14.51%±0.23) while *Datura metel* (13.23%±0.18) gave the lowest extract yield percentage. The preliminary screening for the phytochemicals showed the presence of phytoconstituents viz. alkaloids, flavonoids, glycosides, phenols, tannins, terpenoids, phlobatannins, saponins and carbohydrate compounds. The physico-chemical parameters such as Specific gravity, refractive index, saponification value, iodine value and peroxide value were recorded which was 1.02±0.1, 1.41±0.20, 254.01±19, 9.53±0.57 and 1.56±0.29, respectively. A significant decrease in the wound size was observed in animals treated with Herbo-mineral wound oil compared with positive control group. The group 3 also showed a higher level of total hydroxyproline content. The treatment with herbo-mineral wound oil showed complete healing on 16.11± 2.01 days in goats compared with 19.72 ± 2.88 days in goats treated with povidone iodine. From this study, it can be concluded that the herbo-mineral formulation will be a promising topical herbal preparation for treating wound in animals.

Registration Code: ABM0009



IN VITRO EFFECTS OF ARISTOLOCHIA EXTRACTS ON THE MOTILITY OF ADULT *HAEMONCHUS CONTORTUS* AND SEM STUDIES

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Haemonchus contortus is the highly pathogenic nematode parasite of livestock especially small ruminants. This continues to be a major constraint in the production because of the acute disease and high mortality rate (Perry et al, 2002) inflicted by the parasite. Prevention as well as cure from this helminth has been through intensive chemo prophylaxis using anti helminthic drugs over the past decades. This mode of treatment has led to the emergence of anti helminthic resistant nematode population. To address this challenge alternate approaches for nematode parasite control have been studied which has resulted in isolation of some alternative principles from different plants. This study was undertaken to screen and evaluate two commonly used plants of Tamil Nadu namely *Aristolochia indica* and *Aristolochia bracteolata* against *Haemonchus contortus*. One of the tests employed for evaluation was 'Adult motility assay' and subsequent electron microscopic studies. Adult motility assay was conducted using aqueous, ethanol, acetone and chloroform extracts of both *A. indica* and *A. bracteolata* at 20, 50 and 100 mg/ml concentrations. The results revealed that acetone and chloroform extracts produced death of adult *H. contortus* worms within 58.33 – 23.33 minutes and 53.33-21.66 minutes respectively which was significantly higher than the time taken by the standard drugs used for comparison. With respect to *A. bracteolata* the aqueous and chloroform extracts were found to produce death within 63.33 to 31.67 minutes and 98.33 to 45 minutes respectively, which were also significantly higher than the time taken by standard drugs. Scanning electron microscopic studies of adult worm treated with 100 mg/ml concentration of the different extracts of *A. indica* and *A. bracteolate* also revealed ultra-structural changes.

Registration Code: ABM0010

EXPLORING WOUND HEALING POTENTIAL OF *GARCINIA GUMMIGUTTA*: IN VITRO AND IN SILICO APPROACHES

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Garcinia gummigutta, a tropical plant with a rich history in traditional medicine, has been recognized for its potential in various health aspects, such as antioxidant, antibacterial, anti-hyperlipidemic, anti-diabetic, and hepatoprotective properties. Furthermore, the fruit of this plant has been traditionally employed in concoctions to treat wounds, ulcers, and dysentery. This current investigation was designed to explore the wound healing efficacy of the methanolic extract of pericarp of *Garcinia gummigutta*, using a combination of *in vitro* and *in silico* methods. The *in vitro* wound healing potential of the extract was assessed through the scratch assay in mouse fibroblast cell line, L929. The pericarp of the plant was subjected to methanolic extraction using hot extraction process and the cell viability of the extract on L929 cells was studied using 3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyltetrazolium bromide (MTT) assay. Based on the EC₅₀ value obtained from the MTT assay, *in vitro* scratch assay was performed to evaluate the wound healing properties of the methanolic extract of *Garcinia gummigutta*. Later, the phytoconstituents identified through GC-MS analysis were evaluated for their wound healing action against matrix metalloproteinases (MMP) through molecular docking. The results of the scratch assay showed that methanolic extract of *G. gummigutta* reduced the wound area. Meanwhile, molecular docking analysis of the phytoconstituents of the extract with MMP proteins showed interactions with negative binding energies. Both the *in vitro* and *in silico* studies revealed the wound healing potential of *G. gummigutta* which supported the traditional uses of *G. gummigutta* as natural wound healing agent.

Registration Code: ABM0011



SCIENTIFIC VALIDATION OF ANTINEOPLASTIC EFFECT OF *BHALLATHAKA KSHEERAPAKA* IN TUMOUR INDUCED MOUSE MODEL

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Ayurvedic medicines are gaining importance worldwide in cancer therapy. The present study was conducted to validate the ant-neoplastic activity of *Bhallathaka ksheerapaka* (*S. anacardium* nut milk extract) used in human clinical practice. The authentic preparations of *Bhallathaka ksheerapaka* when screened using qualitative tests and Gas Chromatography-Mass Spectroscopy revealed the presence of 13 ant-oxidative, anti-proliferative and cytotoxic phytochemicals and 21 bioactive compounds. The *in vitro* cytotoxicity of the test extract in MTT assay, Trypan blue dye exclusion and AO/EB staining revealed the *Bhallathaka ksheerapaka* to exhibit cell inhibitory action comparable to the anti-cancer drug, Cisplatin on the Dalton's Lymphoma Ascites (DLA) cells. Acute oral toxicity testing of *Bhallathaka ksheerapaka* was carried out using acute toxic class method in accordance with the OECD-425 standards and the study suggested that *Bhallathaka ksheerapaka* was non-toxic at 500 mg/kg and the LD₅₀ value was calculated as 1000 mg/kg using AOT 425 statistical programme (Version: 1.0). The *in vivo* anti-neoplastic activity of *Bhallathaka ksheerapaka* was studied through DLA induced Swiss albino mouse model and the measurement of tumour parameters and histopathology in comparison to normal, disease and drug controls. The *Bhallathaka ksheerapaka* maintained the relative organ weight to body weight closer to normal with a better mitigation effect on body weight loss in tumour-bearing mice in a more or less comparable range with Cisplatin. *Bhallathaka ksheerapaka* also declined the tumour volume more effectively by 20 per cent as against 10 per cent with Cisplatin and this may be attributed to the induction of apoptosis as evident from the AO/EB staining of DLA cells. The transcriptome analysis of tumour samples treated with *Bhallathaka ksheerapaka* in various comparisons revealed the number of differentially expressed genes (DEGs) to range from 691 to 727 for upregulation and 330 to 425 for downregulation. The KEGG pathway analysis of DEGs revealed IL-17, MAPK, Ras and NF-kappa B signalling pathways to play significant roles in the anti-cancer activities of *Bhallathaka ksheerapaka*. The validation of the quantification of gene expression of four selected DEGs *viz.*, *CLCA2*, *FNDC5*, *UHRF1* and *VEGFA* through qRT-PCR revealed the same trends of upregulation and down regulation. The results revealed that *Bhallathaka ksheerapaka* was non-toxic at 500 mg/kg and have contributed to antineoplastic effect through significant differences in the expression of genes involved in the identified pathways of tumour genesis of DLA. This suggests the presence of valid molecular mechanisms behind their anti-neoplastic potential to emerge as safe and promising Ayurvedic medicine in the treatment of various cancers like lymphoma.



GREEN SYNTHESIS OF SILVER NANOPARTICLES FROM AQUEOUS EXTRACT OF *AZADIRACHTA INDICA* AND IN VITRO EVALUATION OF ITS ANTIBACTERIAL EFFICACY

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Ethno-veterinary practices or plant-based medicines are one of the frontier areas in focus these days. They were believed to possess a multitude of bioactive metabolites with diverse chemical structures and multiple therapeutic capabilities. Of recent, green synthesis of nanoparticles had emerged as a promising strategy to curb the menace of the multidrug resistant organisms that inevitably affects the human and animal populations alike. Hence, the present study was focused on the green synthesis of silver nanoparticles using the aqueous extract of the leaves of *Azadirachta indica* and evaluation of their antibacterial activity against *S. epidermidis* isolated from dogs with pyoderma. Out of the 178 skin swabs collected from dogs affected with pyoderma, *S. epidermidis* was the most frequently encountered bacteria, 22.07 per cent based on the microscopy of cell morphology examination of colony morphology and biochemical properties. The leaves of *Azadirachta indica* were collected manually, identified, and authenticated by a taxonomist. Aqueous extract of shade-dried leaves was prepared, and the phytochemical constituents were identified by colourimetric methods and by high-resolution liquid chromatography-mass spectrometry. The extract was used for the synthesis of silver nanoparticles, which was further confirmed by UV-visible spectroscopy. The biosynthesised silver nanoparticles were found to have excellent antibacterial activity against *S. epidermidis* isolates with a minimum inhibitory concentration ranging from 3.9 g/mL to 31.25 g/mL, and the maximum number of isolates, 46.88 per cent, were inhibited at a concentration of 7.8 g/mL. The results of the present study have confirmed the presence of numerous medicinally important compounds of *A. indica* extract that might serve as a good source of drugs for pharmaceutical industries and can act as reducing, capping, and stabilising agents to produce nanoparticles with potent antibacterial activity.

Registration Code: ABM0013



IN VITRO ANTICANCER ACTIVITY OF *CHROMOLAENA ODORATA* LEAF EXTRACT IN TRIPLE NEGATIVE BREAST CANCER CELLS

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Breast cancer is one of the most commonly diagnosed lethal cancer in women worldwide. Among the different subtypes of breast cancer, triple-negative breast cancer (TNBC) is one of the aggressive types that lack estrogen receptor, progesterone receptor, and human epidermal growth factor receptor 2 (HER2) expressions. This lack of targetable receptors makes traditional hormone-based therapies and HER2-targeted therapies ineffective in treating TNBC. Therefore, in the search for new and more effective treatment options for TNBC is crucial. *Chromolaena odorata*, commonly known as Siam weed or *Chromolaena*, is a perennial herbaceous plant belonging to the Asteraceae family. In traditional or folklore medicine, it is being employed for health-related purposes because of its wound healing, anti-inflammatory, anti pyretic, anti microbial properties and is also reported to have cytotoxic, and anticancer activities. This study delves into the potential anticancer properties of *Chromolaena odorata* in TNBC through a combination of *in silico* and *in vitro* approaches. The *in vitro* anticancer activity of the extract was assessed using MTT assay in TNBC cell line, MDA-MB-231. The phytoconstituents of the plant were identified through GC-MS and they were evaluated for their inhibitory action against B cell lymphoma 2 (Bcl-2) through molecular docking. The investigation demonstrated that the extract inhibited the growth of MDA-MB-231 breast cancer cells in a concentration-dependent manner. The molecular docking studies carried out with the compounds obtained in GC-MS helped in detecting the ligands targeting the Bcl-2 pathway and these could be considered as lead molecules for the development of new drugs in the treatment of TNBC.

Registration Code: ABM0014

TINOSPORA CORDIFOLIA Miers WILD SHOWS SIGNIFICANT REGENERATION IN AMPUTATED ZEBRAFISH CAUDAL FIN

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Human body is prone to experiencing and acquiring changes over time most of which are degenerative. In biomedical sciences the delicate balance between the processes of regeneration and degeneration inside the human body is an important and varied research topic. In patients with severe injuries or chronic disease states when their bodies' natural regeneration mechanisms fall short of what is needed, regenerative medicine focuses on the functional restoration of specific tissues or organs. Healthcare systems like Ayurveda which are enriched with tailored approaches to health and disease as well as knowledge of unique practices using medicinal plants and peculiar dietary regimens can offer a safe alternative to chronic and degenerative diseases and are increasingly used by people with such circumstances. Since zebrafish fins offer a valuable study tool for cellular and molecular pathways of regeneration, this study examined the ability of *Amruth Tinospora cordifolia* Miers to regrow amputated caudal fin of zebrafish. The fourteen fish used in the experiment were split between two aquaria, one of which received the treatment and the other served as the control group. In order to examine the caudal fin regeneration rates and times in each group, fishes were given anesthesia and had a section of their caudal fin severed. The fishes were measured independently before and after amputation in each experimental setup. Fish from each group were image analysed on days 0, 3, 6, 9, 12, and 15 after amputation to identify the regenerated sections. The differences in the caudal fin length between the control group and the treatment-exposed groups from zeroth to fifteenth day provided the activity of the sample extract which exhibited significant reduction in the growth period, $p < 0.01$. The experimental results demonstrated that *Amruth* showed significant regenerative potential in the amputated caudal fin of zebrafish, comparable to the control group.

Registration Code: ABM0015



EFFICACY OF AYURVEDIC MEDICINES IN FOOT DISEASE IN ELEPHANTS

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Ayurveda not only deals with life of human being but also considers animals, birds, plants and their welfare. Palakapyaam is an ancient text, a store house of knowledge of elephants, its wellbeing its diseases and treatment. Elephant is the largest animal in land. The average weight of an adult male elephant is around five tons. The feet of elephants are designed in such a way that they can withstand this weight and stand for long periods. The feet in general are the weakest part of the elephant and when problems start in feet they have a tendency to continue and may even result in elephant's death. This is one of the major cause of death in captive elephants so any disease of the foot should be immediately cured. In Kerala almost 30% captive elephant have padarogas. The objective of the study was to assess the efficacy of Ayurveda Medicines on Healing Paadaroga (Foot Disease) in elephants. Informations were collected from "Classical Ayurveda Textbooks and Traditional Vaidya". The elephants affected with foot disease; treatment was prescribed after obtaining permission from the owner. Medicines are applied after washing with "Triphaladi Decoction". The Ropana and Sobhahara nature of Ayurvedic medicines results in quick cure of diseases like foot disease. Also, the anti-microbial and antibacterial function of these medicines help to reduce the severity of the disease and get rid of the disease quickly. It was concluded that Foot diseases in elephants can be cured with the use of Ayurvedic medicines.

Registration Code: ABM0016

CLINICAL EVALUATION OF EFFICACY OF A TRADITIONAL HERBAL MIXTURE IN DIARRHOEA DUE TO INDIGESTION IN CAPTIVE ELEPHANTS

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As far as the field of captive elephant management is considered, one of the main challenges faced is the maintenance of good gut health in elephants. The abnormal food habits, food quality, change in climatic conditions etc. affect the digestive health of elephants. The gut microbiome affects the overall health of the elephants. Taking these facts into account, several herbal medicines were given to elephants as a part of traditional knowledge acquired by the caretakers during olden times. Some such practices are still prevalent. In this poster presentation, the efficacy of one such traditional herbal mixture of equal quantities of six drugs viz. Shunti, Maricham, Jeeraka, Ajamoda and Lasuna which was used to manage diarrhoea due to indigestion was evaluated. The six drugs in combination were given to 3 elephants suffering from diarrhoea due to indigestion for various reasons. The effect of the medicine given was evaluated twice daily for five days. Dung consistency, odour, colour, defecation frequency, interest on feeding etc. were the parameters of assessment. The drug combination was found very effective in curing indigestion. The dung consistency, colour, appetite and activeness of the elephant showed good improvement. The dung matter after treatment was devoid of offensive odour. The Deepana – Pachana Dravya's play an important role in increasing and maintaining the Agni and thereby promoting digestion. The drugs intended for this study possess the qualities of Deepana and Paachana. The drugs with Deepana action kindle the Agni and act as appetisers. The Paachana drugs are capable of digesting the Ama and removing them from the body. As the digestive irregularities are corrected in subsequent doses, the gut gets devoid of its abnormalities, proper absorption of water, nutrients and other essentials are brought about and proper dung is formed, which may be evaluated for assessing the quality of improved digestion.

Registration Code: ABM0017



ERA AK: A DEADLY DISEASE OF ELEPHANTS

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The Ayurvedic veterinary medicinal tradition of India existed in the literary record for at least 4000 years, and the oral lineage is older than that. The first mention of a specialized veterinary hospital dates back to King Ashoka's reign in 1463 BC. Nakula and Sahadeva, two of the Pandava brothers, were experts in horses and cattle, respectively. The history of India's culture is intricately entwined with veterinary care and animal husbandry. But the ancient expertise in this field has fallen behind due to the advent of modern science and technology. Elephant is the state animal of Kerala. As per IUCN Red List of Threatened Species 2019, Asian elephants are considered as endangered. Unless we took an action today Asian elephants would be a memory. Therefore, any disease that affects an elephant should be given full attention. The present study was aimed to analyze the role of Ayurveda in veterinary ailments. *Mrugāyurvedic* literatures were reviewed to compile the information and opinion from experts was collected. Ayurveda provides a simple yet efficient treatment for veterinary ailments. One such illness was *Eramuak*. Conceptual analysis of disease was done from both literatures and expert opinions. This disease had recently become more prevalent due to recent modifications in elephant domestication and diet. With NSAIDs, antacids, and other medications, conventional medicine attempts to treat this issue, however sadly, the problem gets worse with these treatments. Ayurveda offers considerably more potent solutions for *Eramrak*. Ayurveda approach the condition as *vataja gulma* and manage it by both internal and external medicaments. Similarly, the potential of Ayurveda needs to be utilized in other diseases as well.

Registration Code: ABM0018



STUDY OF ETHNOVETERINARY PRACTICES FOR CAPTIVE ELEPHANTS IN KERALA

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The purpose of the study is to meticulously document the age-old veterinary practices utilized in Kerala to address elephant diseases in captivity. These practices have been orally transmitted through generations and are profoundly ingrained in Indian culture. It is of paramount importance to meticulously record these practices, underscoring the profound significance of this study. The current study was conducted from June to October 2023, which included semi-structured interviews with 28 informants, including mahouts, doctors, and traditional medicine practitioners from the districts of Thrissur, Ernakulam, and Palakkad. The aim was to gather comprehensive information regarding the prevalent diseases that elephants commonly encounter, their overall health conditions, and the respective treatments associated with these ailments. The interview audio recordings were manually transcribed from Malayalam to English and thematic analysis was conducted using Delve software. The most commonly reported diseases were impaction, followed by foot rot. For each disease, various combinations of medicinal plants and Ayurvedic medicines were identified. Additionally, the study revealed insights about the wellness treatment carried out during the month of Karkidakam, which coincides with the monsoon season in Kerala. To ensure the continued health of captive elephants, it is essential to adopt a collaborative approach that integrates traditional wisdom with contemporary veterinary science. Such an approach will contribute to the preservation of Kerala's cultural legacy while also fostering the well-being of these gentle giants.

Registration Code: ABM0019



PHYTOCHEMICAL EVALUATION, HPTLC AND GC-MS ANALYSIS OF METHANOLIC EXTRACT OF *PERGULARIA DAEMIA* (FORSSK.) CHIOV. LEAVES

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Pergularia daemia (Forssk.) Chiov., also known as *Daemia extensa*, is a perennial twining herb indigenous to various regions in Asia and Africa, belonging to the Apocynaceae family. Extracts from *Pergularia daemia* have shown potential effects in traditional medicine, with applications in managing conditions such as inflammation, pain, and gastrointestinal issues. In the present study, *Pergularia daemia* leaves were subjected to Soxhlet extraction with methanol, followed by phytochemical screening and GC-MS analysis. The HPTLC fingerprint of methanol extract of leaves of *P. daemia* (MLPD) was obtained and the corresponding R_f values were identified. The cytotoxicity of MLPD in MDA-MB-231 triple-negative breast cancer cell line was assessed using MTT assay which revealed significant concentration-dependent cytotoxicity. The results suggested that MLPD has significant phytochemicals and could be used as a source for many pharmacological studies and an aid for anticancer treatments.

Registration Code: ABM0020



MITES TREATMENT IN ANIMALS

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Ayurveda the oldest holistic medicine since 600BC has described about the medical and therapeutic management of both humans and animals Mrigayurveda emphasis on prevention and therapeutic practices applied in animals Canine demodiosis is a common skin disease found in pet animals generally dogs It is a growth of abnormal high number of mites called demodex mites symptoms manifested are dry scaly wrinkled skin with itching greasy coat pus filled alopecia etc. Here we can use dipterocarpus alatus oil rhinacanthus naustecus leaf individually or combination synergistic effect of both for better management Purpose of study for mangement of of canine demodiosis ivermectin a drug of choice but causes toxicity causing multidrug resistance mutation I gene Hence we use dipterocarpus alatus oil and rhinacanthus naustecus as remedy against this Methodology This study was approved by the Khon Kaen University Animal Ethics Committee Result On using it gives better management without toxicity Alopecia controlled Itching reduced thus rashes controlled pleasant aroma effect Shiny appearance to the skin Conclusion Combination of dipterocarpus alatus oil and rhinacanthus naustecus is more effective than individual application Along with antiparasitic action it provides good aromatic effect Hence this combination is a product of choice for many of the pet owners Significance of study Safe choice of drug Easy management Broad spectrum effect of drug No toxic effect a must have in the hands of pet owners.

Registration Code: ABM0021



AYURVEDIC VIEWPOINT ON MANAGEMENT OF BRONZE VENUS FERN TOXICITY IN CATTLES

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The Bronze Venus Ferns are one of the favourite ferns in global market of garden plants. They are found as an indoor ornamental fern as well as an invasive weed in outdoors. In tropical regions, eg in Indian state Kerala, it spreads rapidly in rubber plantations. This paper aims to identify the cause and to suggest effective management of brown or bloody urine in cattles grazing near rubber plantations covered by these ferns. The study was made by using the methodology of observation on domestic cattles. It was found that the Bronze Venus or Rough Maiden-hair fern *Adiantum hispidulum* Swartz ingested cattles presented with symptoms like fatigue, brownish or brownish red urine and gait disturbances. Moreover, these were found on the first day of ingestion itself. This points out to the toxicity of excessively ingested fern. It exhibits a great resemblance to carcinogenic bracken fern *Pteridium aquilinum* poisoning. This made the farmers get panic amidst the wide range of bovine diseases and sometimes it gets misdiagnosed if associated with pregnancy only by ignoring the cause behind it. Here comes the relevance of Ayurvedic concept of *nidanaparivarjanam* (evam) *chikitsa* (the exclusion of cause itself is the treatment). Also, ethno-veterinary practices incorporating Ayurvedic medicines such as *jambeera*, *lemon* and *surabhi nimba* (curry leaves) given satisfactory results. Combining control strategies for bracken ferns and Ayurvedic concepts, it will be easy to manage bronze venus toxicity, thereby saving the health of cattles and risks for farmers. The study signifies the alarming fact on toxicity of bronze venus fern ingestion in cattles along with simple Ayurvedic remedies. **Keywords:** fern *Adiantum hispidulum*, Ethno-veterinary, *nidanaparivarjanam*, *jambeera*.

Registration Code: ABM0022



HERBAL MEDICINAL PLANTS USED IN ETHNO -VETERINARY PRACTICES IN NORTH CANARA DISTRICT OF KARNATAKA - A STUDY

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This study was conducted in North-Canara district of Karnataka state in India. Ayurveda is a medical system primarily practiced in India that has been known for nearly 5 000 years. It includes diet and herbal remedies while emphasizing the body, mind, and spirit in disease prevention and treatment. Herbal medicinal plants usage practices concerning animal health care is as old as the domestication of various livestock. Karnataka has got abundant and rich flora and fauna, especially in Western Ghats. The traditional herbal medicine those are readily available to the ordinary farming community. The study reports that surveyed the list of herbal medicinal plants that are commonly available and used by local co-operative dairy farmers. During the study and field-oriented semi research information about ethno-veterinary herbal medicinal plants was obtained from local farmers by questionnaire and individual contact method. The ethno-veterinary medicinal herbal plants traditionally used by these people were obtained and preserved as herbarium specimens by following standard methods. The identification medicinal plants were further authenticated with Ayurvedic doctor and botanical survey of India. During the study and survey noted that ten and more than diseases treated medicinal plants were traditionally used by farmers to treat various veterinary as well as human diseases. Although until recently most of the evidence on the anti-parasitic activity of medicinal plants was an anecdotal and lacked scientific validity but recently an increased number of controlled experimental studies that aim to verify and qualify such plant activity. Thus the study revealed that herbal medicinal plants that are used by the local farming community was inferred that based on study usage of herbal medicinal plants are highly effective on common ailments in animal diseases. It can cut down cost considerable suitable for small holdings, non-toxic, cheaper, eco-friendly in nature and often socio-economically acceptable.

Registration Code: ABM0023



COMPREHENSIVE ANALYSIS OF WOUND MANAGEMENT IN ELEPHANTS

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Concept of One Health was very well established in ancient India which emphasized that health of human animals plants and the wider environment including ecosystems are closely linked and interdependent Among them a good deal of attention was given to the health diagnosis of diseases and treatment of elephants in those times which is evident from important texts like Hasthyayurveda Gajasastra Matangalila etc Hasthyayurveda furnishes the contents in 4 sthanas among which Shalyatantra has been given much importance as the third sthana which deals with vrana sadyakshata its treatment garbha sambhavam etc Those management protocols which are described in this sthana regarding treatment of wounds in elephants and are still in use are intended to be studied Various works on Elephantology published articles and experiences shared by renowned Ayurvedic physicians who practice Hasthyayurveda will be critically analyzed in order to arrive at conclusions regarding Ayurvedic wound care in elephants This study aims at popularizing and propagating principles of wound care mentioned in Hasthyayurveda in a broader aspect along with available evidences of successful treatment.

Registration Code: ABM0024

STUDY OF DHANVANTRAM KASHAYAM FOR PREVENTING POST PARTUM COMPLICATIONS IN CROSS BRED COWS UNDER FIELD CONDITIONS IN TIRUR AND KOTTAKKAL, MALAPPURAM (DT.) KERALA (ST.) *

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The present study shows that Dhanvantram kashayam prevent post-partum complications in cross bred cows under field conditions. Eleven cross bred cows during the last third trimester of pregnancy were administered 250 ml of dhanvantram kashayam twice daily till parturition. All the animals after delivery were devoid of post-partum edema and post calving stress. Ten cows shed their fetal membrane after delivery within a time range of two to six hours. Only one animal exhibited difficulty in parturition because of twin pregnancy. The analysis of serum samples of treated cows for albumin, globulin, blood urea nitrogen, total protein, creatinin kinase glucose, aspartate transaminase, alkaline phosphetase, gama glutamyl transpeptidase, serum calcium, phosphorous, magnesium and iron before and after parturition shows normal levels. From the result, it was inferred that Dhanwandharam kashayam has reduced the post-partum complication like retention of fetal membrane, post-partum odema and post calving stress.

Registration Code: ABM0025



AN EFFECTIVE SIDDHA MANAGEMENT FOR CANINE OTITIS EXTERNA - A CASE REPORT

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Otitis externa is inflammation of the external ear canal. Increased cerumen production throughout the external ear canal due to the inflammation, exposes the ear susceptible for secondary infection. Dogs frequently develop otitis externa, which can be unilateral or bilateral. According to the literatures siddha in veterinary medicine has historically concentrated on management, treatment methods, and animal welfare. A 9 years old dog was suffered from excessive black or brown colored pus discharge from its left ear, bad odour from ear canal, Swelling and redness of ear canal, head shaking since 10 days. After administration of siddha medication for 2 weeks, the dog was completely get rid of the symptoms and was becoming normal. The purpose of this case study is to promote the use of siddha medications for veterinary purposes.

Registration Code: ABM0026

A SIDDHA CLINICAL MANAGEMENT FOR SWIMMER SYNDROME IN A DOG – A CASE REPORT

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A 45-day-old, male dog was presented for astasia, dorsoventral flattening of the thorax and paddling leg motion. The dog was diagnosed with swimmer syndrome. The thoracic limb could potentially be impacted by this disorder. Other names for it include twisted legs, turtle pup, splay leg, and flat pup syndrome. Affected animals always maintain sternal recumbency while trying to walk and exhibit swimmer-like motions, which are more frequently observed on smooth surfaces. With this condition, only lateral pedalling actions can be used to go forward. Animals exhibiting Swimmers syndrome signs have typically been put to death since the illness has historically been thought to be incurable. However, there have been a number of well-publicized instances when veterinarians were able to successfully treat animals (1 kitten and 3 puppies) who had the syndrome by combining intense physiotherapy, bandaging, external splinting, and hospitalisation. Traditional medicine has remained the most affordable and easily accessible source of treatment in the primary healthcare system of human as well as animals. Research in this area is frequently conducted as part of a community-based strategy to enhance animal health and offer fundamental veterinary services. This study presents the case of swimmer syndrome in a dog which recovered completely following 3 weeks of Siddha treatment and it has been followed for over 3 years, and the dog is still alive, continues to live a healthy till date.

Registration Code: ABM0027



AYURVEDIC APPROACH TO UTERINE PROLAPSE MANAGEMENT IN COWS: A COMPREHENSIVE APPROACH WITH A TRADITIONAL PERSPECTIVE

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Uterine prolapse in cows, a common post-calving complication, involves the descent of the uterus into the vaginal canal. Oxytocin administration aids uterine contractions for repositioning, while physical support, like a retention harness, helps prevent recurrence. Ayurveda employs herbal remedies like Ashwagandha and Shatavari to strengthen uterine tissues, coupled with dietary adjustments. Panchakarma detoxification is utilized for overall well-being. Integrating Ayurvedic principles with practical traditional interventions may offer a comprehensive strategy for managing uterine prolapse in cows, combining ancient wisdom with hands-on practices for improved reproductive health. The objective of the study was to assess the efficacy of 'Ayurveda Medicines on healing Mahayoni (Uterine Prolapse) in cattle. Cattle were assigned after taking consent from the owners and medicine was administered orally and externally after Kshalana with Triphaladhi Kwatha. Prolapse area was cleaned with common salt mixed with warm water and after that Medicated oil is applied over the affected area and also given internally Dhanwantram KS (BD) with Dhanwantram gulika was administered intermittently. Matra vasthi was done with pippalyadi tailam. Medicines were applied consecutively for 7 days. The Ayurvedic approach addressing not only the physical symptoms but also the underlying imbalances in the body. Thus, the Ayurvedic approach to uterine prolapse management in cows often involves a combination of herbal remedies, dietary adjustments, and lifestyle modifications. By addressing the underlying imbalances in the cow's body, Ayurvedic practices aim to promote overall health and prevent recurrence.

Registration Code: ABM0028



CLINICAL STUDY FOR EVALUATING THE EFFECTIVENESS OF MADHOPAGAUSHADIS

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Musth is a Natural & healthy phenomenon seen in adult elephants. The musth period is divided into three phases, they are pre – musth, violent musth & post musth . According to Modern Veterinary Science the musth fluid is said to be secretion flowing from the temporal glands in temporin & another symptom is dribbling of urine. In Our Gajaayurveda - Asthamadajalasrava Stanas are very clearly explained in the literary work Matangaleela. The astastanas of madajala are the following – eyes, palate, ears, temporal glands, trunk, Urethra, breast & skin pores. The Gajamadkalaparicarya is one of the ancient practice done in Kerala. The internal medicines are given during this period for enhancing the flow of malajala and also for improving the health of animal. The Madhopagaushadis described in Matangaleela are selected for this study. Therapeutic effect of these medicines are evaluated by treating around 2-3 elephants. These medicines proved to have an immense effect in the elephants by making progressive flow of madajala and thus improving the elephant health.

Registration Code: ABM0029



SELECTION OF POTENTIAL PHYTOLOGANDS TO INHIBIT ENTRY FUSION COMPLEX IN POX VIRUSES

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Lumpy Skin Disease (LSD), a notifiable transboundary disease, has recently attracted the attention due to its pan India spread accompanied with unprecedented high mortality during 2022. The LSD virus infection and dissemination involves Entry Fusion Complex (EFC) of 11 protein including A28 protein, similar to other pox viruses and failure to enter in the cytoplasm by A28-deficient virus suggests it as a prospective therapeutic and prophylactic target. Thus, 67 known phytomolecules with potential antiviral activity are assessed for their *in-silico* binding affinity against A28 protein using iTASSER, Discovery studio client and autodock vina softwares. The ligands were mainly oriented towards seven binding sites located on almost every facade of A28 protein structure, with the highest binding affinity shown by calotropin (-7.9 kcal/mol) and amyirin (-7.9 kcal/mol) followed by uscharin (-7.6 kcal/mol), psitaraxasterol (-7.2 kcal/mol), and uvaol (-7.0 kcal/mol). Thus, herbs haulaging these phytomolecules in significant concentrations, like *Curcuma longa* (turmeric), *Vitex negundo* (nirgundi), *Swertia chirayita* (chirayata), *Lagerstroemia speciosa* (banaba), *Hedychium spicatum* (van haldi), *Syzygium cumini* (Jamun), *Pisum sativum* (guava), *Cinnamon zeylanicum* (cinnamon bark), *Ocimum sanctum* (Tulsi), *Taraxacum officinale* (dandelion), *Phyllanthus niruri* (bhumi amla), *Tinospora cordifolia* (giloy) and *Mentha piperita* (peppermint), can be exploited for the development of accessible and economic herbal formulation to combat the spread of pox infections, particularly in lumpy disease virus.

Registration Code: ABM0030

UNLOCKING THE SYNERGISTIC POTENTIAL OF TURMERIC, ALOE VERA AND ASHWAGANDHA FOR ETHNOVETERINARY UDDER HEALTH

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World Health Organisation reported that more than 80% of the nations depend on herbal medicine for general ailments. Ethnoveterinary practices in India play a significant role in managing livestock ailments including bovine mastitis. The present study aimed to compare the extraction efficiency, phytochemical contents (phenols and flavonoids), and *in vitro* antioxidant properties of three widely used herbs in Ayurvedic medicine such as turmeric (*Curcuma longa*), Ashwagandha (*Withania somnifera*) and *Aloe vera*. Further, we also identified the most effective combination of these herbs that could synergistically enhance their antioxidant effects. We prepared alcoholic extracts from turmeric rhizomes, Ashwagandha roots and *Aloe vera* leaves using 80% ethanol and 80% methanol by Soxhlet extraction method and subsequently concentrated the extracts using a rotary evaporator to determine the extraction yield. The total phenols and flavonoids contents were estimated using the Folin-Ciocalteu Reagent and aluminum chloride methods, respectively. We also investigated the *in vitro* antioxidant potential of these herbal extracts individually and in combination using the DPPH assay. The solvent had no significant impact on extraction yield. Total phenol content increased dose-dependently in all three extracts but, only turmeric showed a similar trend for total flavonoid content also. Overall, turmeric had higher phenol and flavonoid content than other plants. The antioxidant activity was enhanced with extracts concentrations and ethanol extracts showed better antioxidant activity than methanol extracts. Combinations of all three plants showed consistent synergistic effects, whereas combinations of any two plants did not exhibit synergy. Notably, a combination of 60% turmeric, along with 40% of both *Aloe vera* and Ashwagandha was found to be a better combination. In conclusion, our study highlights the superior antioxidant potential of turmeric and the synergistic potential of turmeric along with *Aloe vera* and Ashwagandha. In the future, exploring the multifaceted benefits of these herbal combinations, including anti-inflammatory and antimicrobial properties, may provide a comprehensive solution for udder health management using herbal medicine in dairy animals.

Registration Code: ABM0031



THE EFFECT OF RAJATABHASMAM ON LIVER IN AVIAN EMBRYO MODEL

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Rajatabhasmam is an ayurvedic drug formulation with its main ingredient as silver in nanoparticle form. The capsule form of the drug is used in disease conditions like neurological disorders, diabetes, liver diseases etc. Rajatabhasmam is a green synthesised product using the method of extensive oxidation under very high temperatures wherein the fine bhasma or calcined silver ash only remains when silver is burned with *Mimosa pudica* herb. On heating the silver particles is converted into nanoparticles and become light in weight. The present work was done to study the effect of Rajatabhasmam on liver in avian embryonic model. The hepatotoxicity was induced initially using Ethion (OP compound) using one tenth dose of LD₅₀ estimation. A total of 48 numbers of embryonated eggs were procured from Instructional Livestock Farm Complex, Pookode. The uniform sized eggs were selected and were categorized into four groups. All the eggs were incubated with standard hatchery procedure. Each group was inoculated via yolk sac route with various drugs dissolved in olive oil as vehicle in present study. Group I with Olive oil at dose rate of 100 µL/egg, group II with Ethion @ 150µg/egg, group III with Rajatabhasmam@50µg/egg and group IV with combination of Ethion and Rajatabhasmam. The eggs from each group were harvested on 12th and 19th day of incubation with seven day interval to study the gross and histological parameter changes. The results obtained were confirmed with biochemical serum parameter changes and antioxidant assay of liver.

Registration Code: ABM0032



“GREY TO GREEN” – A STUDY ON GREY WATER TREATMENT WITH PLANTS

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Increasing water scarcity has necessitated the alternatives water source for non potable purpose. Grey water is usually considered as one among the source. Direct use of grey water for non-potable purposes like irrigation may cause health hazards to humans and environment and hence its treatment is necessary. Existing grey water treatment systems are less suitable due to high investment and maintenance cost. However little scientific efforts have been made to validate anecdotal uses mentioned in ayurveda and other traditional practices as a sustainable solution for grey water management. Aim of this study was to evaluate the traditional practices in water management and to explore the action of plants in grey water management. The plants were selected from the data collected via survey in local areas of Wayanad. Experiments were conducted in two methods. Powdered drugs viz Ramacham, Nagapoov, Thettambaral, Ambal and Nelli was used in Method I, which were added separately @ 19 gram for 1200 ml of grey water and was allowed to react for 30 minutes. Treated samples along with control group (Grey water) was sent for water analysis. Plants like Andavazha, Ambal and Ramacham was placed in grey water in the method II of experiment. Samples along with control were sent to water analysis on forth day of trial. Bioassay using fishes (Guppy) was also conducted in method II. Result suggests that grey water does not meet the standards for irrigation, hence treating grey water before using for non-potable purposes is necessary. Phytoremediation using Ramacham, Andavazha and Ambal effectively recycled grey water for irrigation purposes.

Registration Code: ABM0033



COMPARATIVE EFFICACY OF HERBAL FORMULATION IN THE TREATMENT OF POST-PARTUM ANESTRUS IN WATER BUFFALOES

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A study was conducted on 30 anestrus she buffaloes by using combinations of different brands of herbal uterine cleansers, estrus inducers and mineral supplements in the treatment of anestrus in water buffaloes. Group T0 served as untreated control, Group T1 was treated with a combination of Exapar bolus (M/s Ayurvet Limited, India), Janova capsule (M/s Ayurvet Limited, India) and Mintrus caplet (M/s Ayurvet Limited, India). Group T2 was treated with AV/UTB/26 bolus (M/s Ayurvet Limited, India), AV/OIP/22 powder (M/s Ayurvet Limited, India) and Mintrus caplet. Group T3 was treated with a combination of Brands A, B and C. Group T4 was treated with a combination of Brands X, Y and Z. The best estrus response was recorded in the Group T2 and the highest conception rates in Groups T2 and T4. The time interval between treatment and onset of estrus was significantly lowest ($P < 0.05$) in Group T1 as compared to the other groups.

Registration Code: ABM0034

VALIDATION OF GULOOCHIYADI KASHAYAM AND CHUNDAI VATRAL CHOORNAM FOR THE TREATMENT OF NON-SPECIFIC DIARRHOEA IN KANNI BREED OF GOATS

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Treatment of non-specific diarrhoea in goats with antibacterials leads to antimicrobial resistance with poor recovery rate. So, it is planned to validate Guloochiyadi Kashayam and Chundai Vutral choornam against the non-specific diarrhea in goats. Guloochiyadi Kashayam and Chundai Vutral choornam and its combination were screened qualitatively to find identify the major phytochemicals. The major active compound present in the Guloochiyadi Kashayam and Chundai Vutral choornam was selected as the marker compound to standardize the Guloochiyadi Kashayam and Chundai Vutral choornam using HPTLC. Acute dose toxicity study was carried out in rats as per OECD 423 guidelines. Clinical study was conducted in 6 kanni goats suffered from non-specific diarrhea at Livestock Farm Complex, Veterinary College and Research Institute, Tirunelveli. All the six goats were treated with the combination of guloochiyadi kashayam and chundai vutral choornam. The clinical recovery score and cost of the treatment was recorded. All the six goats were showed good improvement after the treatment with guloochiyadi kashayam and Chundaivutral choornam. The clinical score on average reduced from 3 to 0 and the cost of the treatment was significantly reduced compare to that of routine treatment. Based on the above study, the combination of Guloochiyadi Kashayam and Chundai Vutral choornam combination is highly efficacious and economical to treat non-specific diarrhea in goats.

Registration Code: ABM0035



THERAPEUTIC EFFICACY OF TOPICAL POLYHERBAL NANO-EMULGEL IN BOVINE SUBCLINICAL MASTITIS

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The present study was conducted to evaluate the therapeutic efficacy of the polyherbal emulgel (PHE) formulation containing *Curcuma longa*, *Datura metel* and *Aloe vera* against bovine subclinical mastitis. Phytochemical screening was done from the extracts of selected plants. Oil-in-water PH emulsion was prepared using Cremophor EL and Tween 20. The optimized PH was developed into emulgel using Carbopol 940 and triethanolamine. PHE formulations were evaluated for its pH, appearance, homogeneity, viscosity, spreadability, *ex vivo* permeation, *in vitro* antimicrobial, *in vivo* anti-inflammatory assay, acute dermal irritation and stability. Clinical study was conducted in lactating cows. The phytochemicals screening showed the presence of alkaloids, flavonoids, glycosides, phenols, tannins, terpenoids, phlobatannins, saponins and carbohydrate compounds. The pH of emulgel (5.57) was found to be in accordance with the range of udder skin pH. PHE also illustrated efficient permeation (76.80 $\mu\text{L}/\text{cm}^2$) through skin in 12 h. Viscosity (5240 \pm 77 cp), spreadability (9.82 \pm 0.11 g.cm/sec) indicated its suitability for topical application. Antimicrobial evaluation of PHE revealed broader zones (in mm) of growth inhibitions against *E. coli* (15.20 \pm 0.57 mm), *S. aureus* (18.33 \pm 1.10) and *S. agalactiae* (19.47 \pm 0.65). *In vivo* anti-inflammatory study showed that the PHE was equivalent to the effect of Valdecoxib gel. PHE was also found to be non-irritant. These parameters were consistent over 6 months. The SCC and bacterial load in milk was significantly reduced. The results of clinical study indicated that the topical application of PHE formulation continuously for 5 days was most effective in the treatment of subclinical mastitis.

Registration Code: ABM0036

PHARMACOLOGICAL ASSESSMENT OF AN ETHNOVETERINARY HERBAL FORMULATION (*CUMINUM CYMINUM* + *RAPHANUS SATIVUS*) FOR THE TREATMENT OF BOVINE ENDOMETRITIS

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This study set out to investigate the clinical efficacy of Ethnoveterinary medicine (EVM) therapy utilizing a herbal formulation containing *Raphanus sativus* and *Cuminum cyminum* in the treatment of endometritis, a prevalent reproductive disorder in dairy animals, under field conditions. The research cohort comprised animals within the age range of two to five calving, each undergoing assessment using the widely recognized white side test, a diagnostic tool for identifying endometritis. Subsequently, animals testing positive for endometritis were enrolled in the study and subjected to a carefully designed EVM therapy protocol, spanning a duration of 5 days. The results of this study offer valuable insights into the effectiveness of EVM therapy in addressing different forms of endometritis. Notably, for cases of subclinical endometritis, the outcomes were highly promising, with an impressive 86% recovery rate achieved following a single course of EVM therapy. This recovery rate further escalated to 100% after a second round of treatment. These results underscore the high efficacy of EVM therapy in the context of subclinical endometritis, a condition that is often overlooked but poses significant health risks to dairy animals. Conversely, the initial administration of EVM therapy exhibited limited efficacy when applied to clinical endometritis, resulting in a 20% recovery rate. However, after the second treatment cycle, a notable 50% recovery rate was observed, suggesting that EVM therapy may play a role in the management of clinical endometritis. It is worth noting that further refinement of the treatment approach may be necessary to achieve more consistent results in these cases. To substantiate the pharmacological basis of the EVM therapy, a comprehensive analysis of the constituents of *Raphanus sativus* and *Cuminum cyminum* was undertaken. This analysis revealed the presence of specific bioactive compounds, including luteolin, apigenin, and quercetin. These compounds are renowned for their anti-inflammatory, antimicrobial, and immunomodulatory properties. Luteolin and apigenin, for instance, are recognized for their anti-inflammatory and antioxidant attributes, while quercetin exhibits antimicrobial and immunomodulatory effects. These pharmacological



properties of the compounds within the herbal formulation provide a solid foundation for understanding the mechanisms that underlie the therapeutic effects of the EVM therapy, particularly in the context of endometritis.

In summary, this study underscores the effectiveness of EVM therapy in managing subclinical endometritis and emphasizes the importance of considering the severity of the disease when selecting treatment options. The findings not only contribute to our understanding of the phytochemical constituents of *Raphanus sativus* and *Cuminum cyminum* but also highlight their potential in the treatment of endometritis. Furthermore, this work serves as a foundational platform for future research and long-term follow-up studies, aimed at exploring the sustainability of the ethnoveterinary approach and comparing it with conventional treatments. These investigations hold the potential to offer a valuable alternative for the management of endometritis in dairy animals, benefiting both animal health and the livestock industry.

Registration Code: ABM0037



COMPARATIVE EVALUATION OF ETHNOVETERINARY HERBAL FORMULATION AND CONVENTIONAL ANTIBIOTICS FOR THE MANAGEMENT OF ENTERITIS IN SMALL RUMINANTS

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Enteritis, a prevalent and economically burdensome ailment in small ruminants, encompasses diverse etiologies, including bacterial, viral, and protozoal causes. The associated financial strain and concerns regarding antimicrobial resistance underscore the need for cost-effective and accessible remedies. This study aimed to meticulously formulate two herbal mixtures and rigorously assess their efficacy in managing enteritis in small ruminants. Our primary objective was to evaluate the clinical effectiveness of these herbal mixtures and compare their outcomes with those of ciprofloxacin treatment, a conventional allopathic medication. Two herbal mixtures, Mixture 1 and Mixture 2, were carefully prepared and administered to 45 animals afflicted with enteritis, while 15 healthy animals served as a control group. The animals with enteritis were divided into three groups: T1 (15 animals) received the herbal preparation, T2 (15 animals) were treated with ciprofloxacin and tinidazole tablets twice daily for three days, and the Control group (15 animals) received no treatment. The clinical evaluation revealed promising results, with animals treated with the herbal mixtures demonstrating notable recovery rates. There were substantial reductions in body temperature, diarrhea frequency, haematology and overall improvements in clinical symptoms, such as dehydration and anorexia. Remarkably, the clinical efficacy of the herbal mixtures was found to be nearly equivalent to that of ciprofloxacin treatment. This finding highlights the potential of herbal remedies as a viable alternative to conventional allopathic medications. Additionally, a comprehensive qualitative phytochemical analysis and quantitative phytochemical analysis of the selected phytomarker compounds like curcumin, L- Allin and quercetin within the herbal formulation, using High-Performance Thin-Layer Chromatography (HPTLC). This analytical approach unveiled the presence of active compounds within the herbal mixtures, which encompassed agents with anti-inflammatory and digestive properties, thereby providing insights into their therapeutic potential. In conclusion, our study introduces a cost-effective and sustainable alternative for the management of enteritis in small ruminants, offering a promising solution for small-scale farmers. The herbal mixtures' clinical effectiveness, nearly on par with ciprofloxacin, underscores their potential as a credible and accessible solution for the management of enteritis. This research contributes to both animal welfare and the mitigation of antimicrobial resistance concerns, emphasizing the value of health-conscious and sustainable approaches to animal healthcare.

Registration Code: ABM0038



USING ETHNO-VETERINARY PRACTICES FOR CAPTIVE ELEPHANT MANAGEMENT

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Throughout history, caretakers of the elephants kept in captivity have utilized traditional ethno-veterinary practices to maintain their health and well-being in different cultures. These practices have been passed down from generation to generation and involve using natural ingredients such as turmeric, neem leaves, and ashwagandha, among others, to provide a holistic approach to elephant management. The methods used in these practices include herbal medicines, acupuncture, dietary supplements, and massage therapy, among others, and can effectively complement modern veterinary medicine. Despite their effectiveness, affordability, and easy accessibility, implementing ethno-veterinary practices in captive elephant management presents several challenges. One of the major challenges is the lack of standardization in the methods used, leading to a variation in the efficacy of the practices. Additionally, there is a low level of awareness and acceptance of these practices by modern veterinary professionals, and legal and regulatory barriers exist in some areas. To overcome these challenges, it is essential to validate the efficacy of these practices through scientific research and documentation. This will help to promote the adoption of these practices and ensure the continued health and well-being of captive elephants. It is also important to educate veterinary professionals about the potential benefits of these practices like minimising anti-microbial resistance (AMR) and establishing regulatory guidelines to ensure safe and responsible use. Another critical aspect of ethno-veterinary practices in captive elephant management is the effective documentation of traditional knowledge. Since captive elephants are exposed to different environmental conditions, documenting traditional knowledge enables caretakers to provide the best possible care and preserve the knowledge for future generations. This documentation should include detailed information on the use of specific plants and herbs, the methods and dosages used in different contexts, and the associated benefits. In conclusion, ethno-veterinary practices have the potential to contribute significantly to elephant management, conservation, and sustainability. However, addressing the challenges associated with these practices is necessary to ensure their wider adoption. By validating their efficacy, training veterinary professionals, and establishing regulatory guidelines, we can promote the continued health and well-being of captive elephants and preserve traditional knowledge for future generations.

Registration Code: ABM0039



ETHNOVETERINARY PRACTICE A NATURAL REMEDY

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Ethnoveterinary medicine is an old practice performed by many indigenous communities around the world. This practice has been well documented and recorded in many scientific and historical literatures. Tribal people, especially in rural communities, use their knowledge of folk and traditional medicine, which includes medicinal plants and ingredients obtained from other small animals to treat and heal their live stocks. Many diseases like eye infection, diarrhea, foot and mouth ulcers, and retention of placenta in dairy cattle is still being treated by using this old age remedy.

Registration Code: ABM0040



OUTLINING PASHU AYURVEDA SPECIFICALLY IN RELATION TO ETHNO VETERINARY MEDICINE

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Livestock are considered as the wealth and backbone of Indian economy According to latest census more than half of India s livestock population is made up of cattle and buffalos Rapid socio economic changes rural migration and lack of studies on ethno veterinary application of medicinal plants in treating livestock disease that weakens its relevance of study Though the use of Ayurvedic formulations this study aims to elucidate the notion of ethno Veterinary Practices in animal care methods using traditional literature reliable commentary and other pertinent works a narrative analysis of Pashu Ayurveda is conducted Results Studies have shown that different formulations such as combinations of herbal and herbo mineral medicines are utilized to treat a variety of complex illness It has been discovered that using ethno Veterinary methods to treat bovine mastitis ulcer itching and vermine removal is effective Conclusion ethno Veterinary medicine is both cost effective and dynamic These treatments can be obtained by farmers for little or no cost and they are simple to make and apply For the benefit of future generations ethno veterinary practices and resources related to medicinal plants must be documented preserved and protected.

Registration Code: ABM0041



AN INSIGHT INTO ETHNO-VETERINARY PRACTICE IN MAGADI TALUK OF KARNATAKA ON HALLIKAR BREED

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Ethno-veterinary practices EVP refer to traditional knowledge and methods passed down through generations within a specific community to manage the health of livestock and animals. Rooted in local wisdom, EVP involves herbal remedies, dietary adjustments, and indigenous treatments. This article explores EVP in Magadi taluk of Karnataka, emphasizing indigenous wisdom and knowledge promoting animal healthcare. It aims to provide a comprehensive overview and highlight the therapeutic significance of these practices. The research employed a thorough approach involving an extensive review of relevant literature and an interview with a traditional healer. Field visits to the respective region provided first-hand insight. Further analysis assessed the preparation method, mode of action, and outcome. The study helped to understand the rich tapestry of traditional knowledge involved in the EVP of the region. For instance, internal administration of betel leaf along with onion, jaggery, and pepper is used to manage rhinitis among other applications. These methods employ natural remedies and holistic principles to treat a wide array of animal ailments. EVP is a treasure trove of knowledge and effectiveness. Nevertheless, further research, documentation, and standardization are essential to integrate these practices into modern veterinary medicine. Preserving and promoting such traditional practices may help enhance animal welfare and deepen our understanding of the holistic principles of Pashu Ayurveda. This research paves the way for a deeper understanding of indigenous practices in animal healthcare. Acknowledging their significance can create a more holistic and sustainable approach to veterinary care.

Registration Code: ABM0042



SWASTHYA RAKSHANA BY RUTUCHARYA IN HASTYAYURVEDA

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To review the available literatures and to collect details of the pertaining practices regarding rutucharya in hastyayurveda for swasthya rakshana of gaja. Literary study from the reference - Palakapyam Mathangaleela discussion with traditional hasthyayurveda practitioners and survey among mahouts. To maintain the health or sama dosha avastha of an elephant in the changing environment and season which is achieved through the concept of dinacharya and rutucharya. The characteristic features of each rutu the response of gaja pertaining to the rutu Specialized treatment protocol aahara-viharas in each rutu is analysed This prevents those diseases pertaining to each rutu thus helps to maintain swasthya. Elephant being a wild animal is brought into the domestic environment wherein it is freedom is restricted as a result various diseases can easily infiltrate which is hazardous to life finally leading to reduced life expectancy Thus to improve the degraded quality of life caused due to sedentary conditions the knowledge of dinacharya rithu charya rutu sandhi is adopted. The concept and knowledge practiced in Hastyayurveda is same as those explained in Ayurveda. The treatments according to dosha -dushyadis prakruthi vyadhi avastha are same as elucidated in Ayurveda Hence there is a great scope for ayurvedic physicians to open a new area which is least explored.

Registration Code: ABM0043



SOP FOR TRIMMING OF TUSKS IN ELEPHANT

S Balaji, NN Devan Namboothiri & SK Kumar

Elephants are the largest living land animal. It included as endangered species under IUCN red list and protected under schedule one of Indian wildlife act to prevent them from extinction. The tusks or modified incisors, forms a major attraction of the animal. In captive elephants the trimming of Tusk is done when the elephant finds difficulty in feeding and eating due to restricted movement of the trunk. Divergently grown tusk also hinders the free movement of the animal. Trimming also bring beauty for the elephant and thus and it affects its economic value. Globally different methods are followed for its trimming. The improper trimming of tusk may lead to pulpitis and results in falling of tusk or even death of the animal. To develop a Globally acceptable Standard Operating Procedure for trimming the tusk of elephants. The SOP is developed by reading thoroughly, translating, analyzing and decoding the ancient Indian classics of Elephentology like Palakapya, Hasthyayurveda, Gajashastra, Mathangaleela, and other contemporary text books of Veterinary medicine and other observations made in the present-day forest departmental activities of Trimming of the tusk, of elephants in India. The information from the books like Gajashastra, Palakapya and Mathangaleela etc and Modern Veterinary Literature. Sage Palakapya explains the procedure elaborately in 'Gajashastram'. It is mentioned how to cut, where to cut, when to cut, with the what to cut and pre operative, operative and post operative procedures are described. It describes postoperative medicines which can be applied for preventing pulpitis and to give more strength for the tusk. The Dandachedana is also mentioned to increase the strength and beauty of the tusk. Application of drugs like Laksha, Madhuka etc which have sthambhana properties to stop bleeding. A universal SOP for trimming of tusk is thus developed.

Registration Code: ABM0044



AN INSTRUMENT TO REMOVE IMPACT IN ELEPHANTS ENVY - ERANDAM NIRHARANA VYALI YANTRAM

Priya Sajeshkumar

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Intestinal impaction and resultant colic is a common non-infectious disease condition seen in captive elephants. It is one of the most common causes of death in captive elephants if not treated in time. Elephants usually pass five to eight dung boluses at a time and each dung will weigh about one to two and a half kilograms. Evacuation of dung occurs five to seven times a day. An impacted mass is one large bolus, sometimes two or three. Average weight of an impact is about 50 - 60 kg. In elephants, major part of digestion fermentation takes place in caecum and colon by microorganisms. The impaction occurs mainly in the colon. The peristaltic movement, once arrested, will take a long time to regain. This will result in an enlarged impacted mass. This may cause the intestine to sag and even rupture, leading to the death of the elephant. Most numbers of deaths in captive elephants are due to this problem. ENVY Eranda Nirharana Vyali Yantram is an instrument designed to remove the impact in elephants. In vitro testing has been successful. In vivo trials are yet to be done. This is a sincere effort to save this endangered species.

Registration Code: ABM0045



TRACES OF MEDICINAL USES OF MARINE PRODUCTS IN SIDDHA SYSTEM OF MEDICINE A CRITICAL REVIEW

Manickavasagam

Central Council for Research in Siddha, Bengaluru - 560009, Karnataka, India

There is historical evidence of Tamil civilization having trade connections with other civilizations in the world through sea routes. In those days maritime goods like Pearl, Coral, and Pepper were exported from Tamil Nadu to other countries through the Sea Route. There is a lot of pieces of evidence for the utilization of marine products for making ornaments and jewels through the ages in all civilizations. There is also evidence that pearls and Cowries were used as substitutes for money in some indigenous traditions. The usage of marine products for medicinal purposes is well-known in Tamil traditions, and a lot of hints about Siddha medicines are made from marine origins in Siddha literature. Pearls, Oyster Shells, Coral, Conches, and Cowries are used to prepare Siddha medicines like Muthu Parpam, Muthuchippi Parpam, Pavala Parpam, Sangu Parpam, and Palagarai Parpam. These Siddha medicines are most used by Siddha practitioners in day-to-day Clinical practice. These marine products not only have calcium and other nutrients but also have a lot of medicinal properties. In this research article, we have elaborated on the medicinal uses of marine products as claimed in Siddha literature.

Registration Code: ABM0046



EVIDENCES OF SIDDHA ETHNO- VETERINARY PRACTICES BASED ON SIDDHA LITERATURE A REVIEW

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Humans and animals have been closely associated since time immemorial. Man nurtured domestic animals such as dogs, chickens, goats, and cows for protection as support for agriculture and for the meat, milk, and eggs obtained from them. It is also believed that when humans started using herbal medicines for their own diseases, they should also be using herbal medicines to treat the diseases of domestic animals which are allied with them. The Siddha system of Medicine prescribes methods of treatment for diseases in domestic animals such as cattle, poultry, birds, and horses. This includes not only internal medicines but also externally applied therapies like Suttikai, Cauterization, therapy, etc. This article explains the various available printed versions of Siddha Veterinary literature.

Registration Code: ABM0047



AYURVEDA IN VETERINARY PRACTICE EBM REVIEW

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Ayurveda literally intends Science of Life As per the texts Ayurveda in Veterinary Medicine has traditionally concerned with Animal welfare rehabilitation therapies management of disease and surgery In the Rigveda 2000 to 4000 BC physicians opted Ayurved for both Humans and Animals in day to day life Ayurveda is the most acceptable and oldest treatment system in the existing all types of medical systems In India the history of traditional Veterinary science dates back to the period of the Mahabharat In the Mahabharat era the prince Nakula and Sahadev were the physicians of Horses and Cows respectively Animals received good treatment in ancient India Physicians treating human being are also trained in the care of animals Ayurveda treatises like Charaka Sushruta and Harita Samhita contain references of care of animals Considering all the golden historical background and review of Ayurvedic Samhita it is a time to reestablished the Ayurveda in the routine veterinary practices without any hesitation The modern world WHO trusts Ayurveda or the Indian System of medicine in the management of human ailments and also the One health concept So why can Veterinary Expert Purpose of the Study Major purpose behind this study or review is to reestablished Ayurved in the routine practice of Veterinary Methodology It is a type of Empirical research It was based on the History Reviews of Ayurved Samhitas and other recourses Summary of findings results We can develop the cost-efficient medicine We can develop this medicine at home for local use It has lack of synthetic chemical composition because it is derived from directly herbal medicinal plants Conclusion and significance contributions of the study Veterinarians can use Ayurvedic treatment on the basis of the scientifically determined pharmacologic actions of the Ayurvedic formulations for Veterinary practices.

Registration Code: ABM0048



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PLATINUM SPONSOR

The Arya Vaidya Pharmacy (Coimbatore) Limited (AVP)

SOWING THE SEEDS OF AYURVEDIC EXCELLENCE ACROSS GENERATIONS

The Arya Vaidya Pharmacy (Coimbatore) Limited (AVP) stands as a beacon of excellence in the realm of Ayurveda, tracing its roots back to the 1940s. As the flagship entity of the AVP Group, AVP has earned a distinguished reputation and emerged as a pioneer in the traditional medicine landscape.

Headquartered in Coimbatore, AVP boasts a nationwide presence with a network encompassing doctors, clinics, and a robust sales and distribution infrastructure. At the core of AVP's philosophy are two unwavering principles: the purity of practice and the quality of treatment. These principles have been meticulously upheld, creating a tradition that permeates every facet of the organization, from doctors to caregivers.

AVP operates as an integrated healthcare provider with three distinct arms: Treatment Centers, an Education and Research Wing, and the Manufacturing of Medicines and Ayurvedic Equipment. Embracing a harmonious blend of traditional wisdom and cutting-edge technology, AVP's state-of-the-art manufacturing facility in Kanjikode, Kerala, adheres to ISO 22716:2007 and the World Health Organization's GMP standards.

The company offers a comprehensive range of over 500 medications, including authentic classical formulations, available through a widespread distribution network comprising 600 outlets across India and select global locations. AVP's commitment to advancing Ayurveda is exemplified by its clinical documentation program, which provides preliminary data on the safety and efficacy of Ayurvedic treatments.

In 2003, AVP furthered its commitment to research with the establishment of the AVP Research Foundation, which gained independent not-for-profit status in 2012. Recognized by the Department of Scientific and Industrial Research, Government of India, as a Scientific and Industrial Research Organization (SIRO), the foundation excels in clinical research on Ayurvedic medicines, practice-based evidence initiatives, and the development of research and education-oriented software for the Ayurvedic community.

AVP's global impact extends through official tie-ups with countries such as Brazil, Argentina, Chile, Switzerland, and Latvia. AVP Baltics, registered in 2015 in Riga, Latvia, serves as a testament to AVP's dedication to promoting Ayurveda in the European Union. As a key player in the Ayurvedic landscape, AVP continues to embody tradition, innovation, and a commitment to the holistic well-being of individuals worldwide.



PLATINUM SPONSOR

Vaidyaratnam Oushadhasala

NURTURING AYURVEDIC EXCELLENCE

Vaidyaratnam Oushadhasala, the vanguard of Ayurvedic excellence, has left an indelible mark on India's traditional medicine landscape. Established in 1941 by Ashtavaidyan Shri E T Neelakandhan Mooss, in memory of his father, Ashtavaidyan Shri E T Narayanan Mooss, the institution has evolved into a multifaceted entity with engagements in medicine manufacturing, hospitals, education, and research.

At its core, Vaidyaratnam embraces the principles of purity in practice and quality in treatment. The journey began with the founding of Vaidyaratnam Ayurveda Hospital in 1951, a 100-bedded facility that has received accreditation from the National Accreditation Board for Hospitals & Health Care, Govt. of India (NABH). Complementing the hospital, Vaidyaratnam Ayurveda College, initiated in 1976, has become a hub for academic excellence in Ayurveda.

In 1989, the Vaidyaratnam Group expanded its reach with the establishment of the Vaidyaratnam Research Centre and Charitable Hospital, later re-named Vaidyaratnam Ayurveda Foundation Hospital. Recognized as a 'Centre for Excellence' by the Department of AYUSH, Govt. of India, the foundation conducts research, extends treatment to the underprivileged, and contributes significantly to Ashtavaidya traditional practices.

Quality is the hallmark of Vaidyaratnam, evident in its ISO-certified manufacturing units and research and development (R&D) facilities approved by the Department of Science & Technology, Govt. Of India. Producing over 500 classical and 50 proprietary Ayurvedic products, Vaidyaratnam's global footprint spans 20 countries.

The Ayurveda Museum, inaugurated in 2013 by former President Dr. A P J Abdul Kalam, stands as a testament to Vaidyaratnam's commitment to preserving the historic periods of Ayurveda. Meanwhile, the Vaidyaratnam Ayurveda Research Institute serves as a knowledge hub, delving into ancient literature, conducting multidisciplinary research, and contributing to the fusion of tradition and technology.

The late Ashtavaidyan E T Narayanan Mooss, the visionary former chairman and managing director, propelled Vaidyaratnam to unprecedented heights. His maxim, 'Ayurveda First,' echoes the institution's dedication to promoting Ayurveda as the first choice for holistic well-being.

Today, Vaidyaratnam Oushadhasala is poised to make a mark in the Over The Counter market, combining Ashtavaidya values with contemporary technology. With a commitment to Ayurveda and a vision for a greener, healthier future, Vaidyaratnam continues to be a beacon of excellence in the Ayurvedic domain.



Bharat Petroleum Corporation Limited (BPCL)

A JOURNEY BEYOND FUEL

Bharat Petroleum Corporation Limited (BPCL), India's esteemed downstream oil producer, transcends its conventional role by venturing into the ancient realm of Ayurveda. Headquartered in Mumbai, BPCL stands as an integrated oil and gas giant with a diverse portfolio that extends beyond powering vehicles.

BPCL's core business spans refineries and products, boasting three refineries strategically located across India. From refining crude oil into essential fuels like petrol, diesel, LPG, and aviation turbine fuel to managing an extensive network of over 17,000 fuel stations, BPCL is a crucial player in India's energy landscape. Additionally, the MAK Lubricants brand under BPCL offers a range of engine, gear, and transmission oils, showcasing its commitment to lubricants and specialties.

Embracing Ayurveda represents a fascinating chapter in BPCL's evolution. The company initiated its Ayurveda journey in 2015 with the establishment of the "Ayurveda Centre of Excellence." This center serves as a hub for research, development, and the promotion of Ayurveda, engaging in collaborative efforts with leading experts and institutions.

Key initiatives include the development of Ayurvedic wellness products, such as herbal cosmetics, massage oils, and medicated balms. This aligns with the growing demand for natural and organic products, tapping into Ayurvedic principles for holistic well-being.

BPCL's commitment to Ayurveda extends beyond product development. The company organizes workshops and webinars to educate its employees and the public about Ayurvedic principles, healthy lifestyles, and stress management. Moreover, BPCL actively supports Ayurvedic hospitals and research projects, contributing to the revival and scientific validation of this ancient practice.

Recognizing the interconnectedness of Ayurveda and a healthy environment, BPCL promotes sustainable agriculture through initiatives like "Swasthya Krishi." By encouraging organic farming practices, BPCL aligns with Ayurveda's emphasis on harmony with nature.

While in its nascent stage, BPCL's foray into Ayurveda holds immense potential. The company's vast network and resources position it to play a pivotal role in making Ayurveda accessible to the masses, creating sustainable livelihoods, and integrating Ayurveda into modern healthcare systems.

BPCL's commitment to Ayurveda goes beyond corporate responsibility; it signifies a conscious effort to connect with India's rich heritage and promote holistic well-being, echoing its tagline, "Beyond Fuel, Beyond Energy." As BPCL ventures into new territories, Ayurveda becomes a beacon of holistic health in its diversified and forward-looking portfolio.



DIAMOND SPONSOR



DEPARTMENT OF TOURISM
Government of Goa

Department of Tourism, Government of Goa

WHERE SUN-KISSED BEACHES MEET AYURVEDIC BLISS

Nestled along India's sun-drenched western coast, Goa is renowned for its golden beaches, vibrant nightlife, and pulsating energy. But beneath the party veneer lies a deeper wellness tapestry, woven with ancient threads of Ayurveda. The Goa Department of Tourism, led by the visionary Chief Minister Pramod Sawant, a distinguished Ayurveda practitioner himself, is weaving these threads into vibrant threads, positioning Goa as an unrivaled sanctuary for holistic healing.

Ayurveda is not just a treatment in Goa; it's a way of life. The Department works tirelessly to promote this philosophy through a multi-pronged approach. Exquisite wellness resorts nestled amidst swaying palms offer customized Ayurveda packages, while government-run centers provide affordable treatments, ensuring wellness is accessible to all. To nurture future generations of practitioners, Goa boasts specialized Ayurveda colleges and vibrant research centers, keeping the knowledge flame burning bright.

But the Department's commitment extends beyond pampering and pedagogy. Recognizing Ayurveda's potential to boost sustainable tourism, they actively promote eco-friendly practices within wellness spaces. Imagine practicing yoga on a secluded beach fringed by palm trees, the air scented with lemongrass and salt, or indulging in a rejuvenating massage with oils extracted from locally grown herbs. This is the Goa experience, where nature and Ayurveda whisper in perfect harmony.

CM Sawant's passion for Ayurveda lends the initiative an unparalleled authenticity. He champions international collaborations, bringing renowned practitioners and scholars to Goa, and fostering vibrant knowledge exchange. His unique vantage point as both an Ayurveda expert and head of state has attracted global attention, positioning Goa as a global Ayurveda hub.

Goa's Ayurveda story is more than just a tourism brochure; it's a testament to the enduring power of ancient wisdom. It's a journey of self-discovery, where sun-kissed beaches meet inner peace, and every breath whispers the promise of holistic well-being. In Goa, under the leadership of a Chief Minister who embodies the spirit of Ayurveda, this ancient science isn't just revived; it's thriving, ready to embrace the world with open arms and open hearts.



Hindustan Unilever Limited

Hindustan Unilever Limited (HUL)

PIONEERING AYURVEDIC INTEGRATION

Hindustan Unilever Limited (HUL), India's leading Fast-Moving Consumer Goods (FMCG) company with a 90-year legacy, is synonymous with everyday essentials in Indian households. Boasting 50+ brands across 16 FMCG categories, HUL reaches nine out of ten Indian households, driven by its purpose of "Making sustainable living commonplace."

HUL's extensive range includes food giants like Kissan and Kwality Walls, and personal care champions like Dove and Fair & Lovely. With over 8 million retailers, HUL's robust distribution ensures its products are accessible across India's vast geography. HUL is committed to reducing its environmental footprint and prioritizes water and energy conservation, waste reduction, and sustainable sourcing.

Hindustan Unilever Limited, India's FMCG giant, is venturing beyond its familiar products to embrace Ayurveda. Research has led to Ayurvedic variants of popular brands like Dabur Chyawanprash and Hamam soap, responding to the growing demand for natural and effective products. Collaborations with leading Ayurvedic institutions ensure scientific validation and respect for traditional principles. Initiatives like "Pureit Ayurveda" water purifiers and educational campaigns raise awareness about Ayurvedic principles for holistic well-being. This venture presents exciting opportunities.

Leveraging its vast reach, HUL can democratize Ayurveda by making it affordable and accessible. Aligning Ayurvedic principles with sustainability strengthens HUL's green commitment. Scientific research collaborations can validate and modernize ancient knowledge, paving the way for innovations. HUL's Ayurveda journey demonstrates its evolution with consumer needs. Seamlessly blending tradition with modern science, HUL stands poised to lead Ayurveda into the forefront of India's wellness landscape.

Indulekha is an Indian haircare brand specializing in Ayurvedic formulations. They focus on addressing the root causes of hair concerns rather than treating symptoms. Their flagship products, Indulekha Bringha Oil and Svetakutaja Oil, are Ayurvedic Proprietary Medicines clinically proven to promote hair growth and combat recurring dandruff. Beyond oils, their range extends to shampoos, serums, and masks.

Their approach blends traditional Ayurvedic wisdom with modern scientific validation, making Indulekha a compelling choice for consumers seeking effective natural haircare solutions.



DIAMOND SPONSOR



Somatheeram Ayurveda Group

A SANCTUARY OF HOLISTIC WELLNESS

Nestled amidst the emerald hills and pristine shoreline of Kerala, India, Somatheeram Ayurveda Group has established itself as a haven for holistic wellness. Founded in 1985 by the visionary Mr. Baby Mathew, their mission to share the transformative power of Ayurveda, Yoga, and Meditation permeates every aspect of their existence.

Beyond mere hospitals, Somatheeram has blossomed into a sprawling network of deluxe Ayurveda retreats, each one a symphony of traditional architecture and modern comfort. Their commitment to authenticity resonates in every detail, from the Dosha-specific meals crafted by expert chefs to the personalized treatments guided by seasoned doctors and therapists. Every step of the journey at Somatheeram is an immersion into ancient wisdom, meticulously tailored to nurture body, mind, and soul.

Somatheeram's dedication to Ayurveda extends beyond their guests. They are recognized internationally as a leader in authentic practice, having garnered prestigious accreditations like NABH and Ayurveda Europe certifications. Their unwavering commitment to social responsibility and environmental preservation is further reflected in their "HALL OF FAME" status bestowed by the Indian government.

For those seeking to reconnect with themselves and the natural world, Somatheeram offers a tapestry of options. Whether it's the beachfront serenity of Soma Palmshore or the research-driven focus of Somatheeram Research Institute, each retreat whispers the same promise of rejuvenation. Yoga classes led by skilled instructors and the quiet contemplation of meditation sessions add further layers to the healing tapestry.

Somatheeram Ayurveda Group is not just a place; it's an experience. It's a testament to the enduring power of ancient practices, reimagined for the modern world. Here, amidst the whispering palms and gentle waves, one rediscovers the essence of well-being, a harmony born of tradition, luxury, and the profound wisdom of Ayurveda.



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**GAUTAM LABDHI VENTURES
INDIA PVT. LTD.**

GOLD SPONSOR

Gautam Labdhi Ventures

CULTIVATING GROWTH, EMBRACING THE EARTH:

Gautam Labdhi Ventures isn't just a company; it's a legacy nurtured with over 150 years of deep-rooted understanding of the earth and its bounty. Founded in 2000, they've blossomed into a leading distributor of diverse goods, from Ayurvedic medicines to FMCG products, across India.

Their heritage flows through their veins, evident in their pioneering spirit. With over 100 companies successfully launched and 23 years of industry expertise, they stand tall as a trusted channel partner, even venturing into international trade.

Fueled by the guidance of mentors like Mr. Gautam Jain and Mr. Inderpal Bhandari, their journey continues to ascend. Now, in 2023, they've unveiled a new chapter: Dhartika.

Dhartika isn't just a brand; it's a whispered promise of earth-conscious care. Envisioned with a deep commitment to sustainability, it brings nature's touch to personal and health solutions. "Of Earth, From Earth, For You" - their motto echoes a profound respect for the planet's nurturing embrace.

With Dhartika, Gautam Labdhi Ventures embraces a new responsibility - to enhance well-being while honoring the earth. Each product reflects this understanding, a testament to their belief that caring for the planet is caring for ourselves.

Their story whispers of growth, nurtured by wisdom and driven by a commitment to both people and our shared home. In choosing Gautam Labdhi Ventures, you choose not just quality and expertise, but a path paved with sustainability and deep respect for the earth.



SILVER SPONSOR

Himalaya
SINCE 1930

Himalaya Wellness Company

BRIDGING TRADITIONAL WISDOM WITH MODERN SCIENCE IN HEALTHCARE

From its humble beginnings in 1930, inspired by the healing power of nature, Himalaya Wellness Company has blossomed into a global leader in Ayurvedic medicine. Founded by the visionary Mr. M. Manal, Himalaya's core mission remains unwavering: to harness the wisdom of Ayurveda and translate it into effective, reliable healthcare solutions for millions worldwide.

Himalaya stands apart not just for its extensive product range but also for its unwavering commitment to the scientific validation of Ayurveda. Decades of meticulous research have established Himalaya as a pioneer in bridging traditional wisdom with modern science. Cutting-edge laboratories and collaborations with leading academic institutions solidify their dedication to evidence-based practices.

True to its holistic philosophy, Himalaya's product range spans across healthcare categories, offering "head-to-heel" solutions. From herbal supplements and personal care products to pharmaceuticals and nutraceuticals, Himalaya empowers individuals to take charge of their well-being, naturally. Their signature products, like Liv. 52 for liver health and Bonnisan cough syrup, have earned trust and become household names across generations.

Himalaya prioritizes safety and sustainability as cornerstones of its operations. Rigorous quality control protocols and stringent adherence to international standards ensure the efficacy and purity of their products. Furthermore, their commitment to environmental stewardship is reflected in sustainable packaging practices and responsible sourcing of natural ingredients.

Himalaya's reach extends beyond borders, impacting lives in over 100 countries. Their dedication to cultural sensitivity and accessibility has made their products resonate with diverse populations across the globe. By making Ayurveda accessible and relatable, Himalaya is playing a crucial role in bringing this ancient science to the forefront of modern healthcare conversations.

Himalaya's impact goes beyond offering products. They actively engage in initiatives that promote wellness education, community development, and environmental conservation. Their dedication to social responsibility underscores their commitment to creating a healthier, more sustainable future for all.

Himalaya Wellness Company is more than just a brand; it's a testament to the enduring power of Ayurveda and its potential to address modern health challenges. By seamlessly blending tradition with science, Himalaya bridges the gap between ancient wisdom and contemporary healthcare, paving the way for a healthier, more holistic future for generations to come.



SILVER SPONSOR

Santhigiri

ANCIENT WISDOM MEETS MODERN SCIENCE IN AYURVEDA

Nestled amidst the lush greenery of Kerala, Santhigiri Ashram transcends its spiritual roots to become a beacon of innovative research in Ayurveda, India's ancient science of holistic wellness. At the heart of this endeavor lies the Navajyothi Sree Karunakara Guru Research Centre for Ayurveda & Siddha (NSKGRCAS).

Established in 2005, NSKGRCAS embodies the vision of Guru, the spiritual leader of Santhigiri, who believed in integrating ancient wisdom with scientific rigor. This center, housed on the former land of President K.R. Narayanan, pulsates with research activities, employing a diverse range of scientific disciplines.

From its sprawling herbal garden to its state-of-the-art laboratories, NSKGRCAS fosters cutting-edge research across Botany, Phytochemistry, Pharmacology, and more. Collaborations with prestigious institutions like Mahatma Gandhi University fuel groundbreaking projects like plant tissue culture for sustainable cultivation of rare medicinal herbs.

But NSKGRCAS doesn't shy away from embracing the unique – it actively explores formulations based on Guru's spiritual insights, pushing the boundaries of known science. This blend of tradition and innovation is evident in their pursuit of remedies for chronic diseases where modern medicine falls short.

The impact of NSKGRCAS ripples outwards, not just through potential cures but also through knowledge dissemination. Ph.D. and M.Sc. programs attract aspiring researchers, perpetuating the legacy of Ayurvedic wisdom for future generations.

Santhigiri, through NSKGRCAS, isn't simply preserving the past; it's actively shaping the future of Ayurveda. By bridging the gap between ancient wisdom and modern science, they offer a holistic approach to healthcare, paving the way for a healthier and more sustainable tomorrow.

SILVER SPONSOR



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LUPIN

PHARMACEUTICALS, INC.

Research Driven. Quality Committed. Customer Focused.

Lupin Limited

NURTURING TRADITION

Lupin Limited, recognized globally for its excellence in generic drugs and APIs, is expanding its horizons beyond conventional pharmaceuticals to embrace Ayurveda, the ancient Indian science of life.

In their core business, Lupin operates 16 manufacturing facilities worldwide, specializing in high-quality and affordable generic drugs and APIs. With a diverse portfolio addressing various therapeutic areas, Lupin is a trusted supplier for global healthcare systems. The company's recent ventures into specialty segments such as oncology and cardiovascular, coupled with branded formulations, underscore Lupin's commitment to innovation and addressing specific medical needs.

Strategically venturing into Ayurveda, Lupin aims to promote holistic wellness by recognizing the demand for natural health solutions. Their "Be One" range of Ayurvedic supplements aligns with modern health trends, providing energy, immunity support, and overall well-being.

Lupin combines research expertise with Ayurvedic principles to ensure the scientific validation of its products. Collaborations with experts emphasize their commitment to quality, efficacy, and adherence to traditional standards. The company is focused on making Ayurveda accessible and affordable, reaching beyond niche markets and bringing this ancient practice closer to the masses.

The future impacts of Lupin's Ayurvedic venture are promising for both the company and the ancient science. By expanding its portfolio with innovative Ayurvedic offerings, Lupin can differentiate itself and explore new avenues for growth in the healthcare market. Leveraging its research capabilities, Lupin can significantly contribute to the scientific validation and modernization of Ayurvedic knowledge, paving the way for future advancements. The company's commitment to high-quality Ayurveda has the potential to raise awareness, build trust, and empower traditional practitioners, contributing to the revival of this significant cultural heritage.

Lupin's exploration of Ayurveda extends beyond a business move; it's a testament to their dedication to alternative wellness paradigms and a commitment to a healthier, more holistic future. Seamlessly blending innovation with tradition, Lupin is poised to be a leading force in bringing Ayurveda to the forefront of global healthcare discussions.



Arya Vaidya Sala Kottakkal (AVS)

121 YEARS OF HEALING HUMANITY

Born from the vision of Vaidyaratnam P.S. Varier in 1902, Arya Vaidya Sala Kottakkal (AVS) transcends its role as an Ayurvedic institution. It stands as a beacon of holistic wellness, impacting not just individuals but the very fabric of Indian healthcare and the global perception of ancient wisdom.

AVS makes this ancient science accessible to the masses through affordable medicines, 26 branches, and 1650 authorized dealers. Their Charitable Hospital provides free treatment to the underprivileged, spreading health equity.

AVS seamlessly blends ancient wisdom with modern research. Their three drug manufacturing units adhere to stringent quality standards, while the Centre for Medicinal Plants Research ensures sustainable cultivation and scientific validation of herbs. This continuous innovation bridges the gap between tradition and modernity, propelling Ayurveda into the future.

AVS attracts patients from across the globe, showcasing the efficacy of Ayurvedic solutions. Hospitals in Delhi and Kochi cater to international demand, while Kottakkal's Kathakali Academy preserves and shares India's cultural heritage. This global outreach promotes Ayurveda as a viable healthcare option, enriching lives worldwide.

AVS fosters sustainable practices, protecting the environment through natural herb cultivation and responsible waste management. They empower local communities by creating jobs and supporting traditional agriculture. This commitment to ecological and social responsibility ensures a healthy future for generations to come.

AVS's impact goes beyond healing bodies. It nurtures minds, revitalizes communities, and champions environmental responsibility. In its 121-year journey, AVS has redefined the landscape of Ayurveda, proving its relevance in the modern world and illuminating the path towards a holistic and sustainable future.



BRONZE SPONSOR



Pankajakasthuri Herbals India (P) Limited

A LEGACY OF AYURVEDIC EXCELLENCE

In 1988, Dr. J. Hareendran Nair embarked on a mission to elevate Ayurveda as a mainstream system of medicine, laying the foundation for what would become a trailblazer in the field—PANKAJAKASTHURI HERBALS INDIA (P) LIMITED.

With a rich history spanning 35 years, the company has evolved into a key player in Ayurvedic manufacturing, distribution, research, education, healthcare, and health tourism. It proudly stands as Kerala's first ISO 9000-certified Ayurvedic medicine company, operating from a cutting-edge 150,000-square-foot facility that produces over 400 products. These are meticulously crafted using natural ingredients and traditional Ayurvedic methods, emphasizing quality and safety at every step.

Pankajakasthuri is more than a manufacturer; it is a steadfast advocate for Ayurveda's benefits, striving to make healthcare solutions accessible and affordable globally. The company has been a catalyst in reshaping public perceptions of Ayurvedic products, establishing itself as a symbol of proficiency in advanced research and development, product innovation, quality control, and standardization procedures.

The commitment to excellence is evident in its continuous efforts to advance Ayurvedic practices. Pankajakasthuri's significant role in research and development underscores its dedication to pushing the boundaries of traditional knowledge. By seamlessly blending age-old virtues with a forward-thinking vision, the company has become synonymous with Ayurvedic excellence.

Pankajakasthuri's impact extends beyond borders, contributing to a paradigm shift in how Ayurveda is perceived globally. With a comprehensive range of products and a focus on holistic well-being, the company has emerged as a beacon of authenticity and efficacy in the Ayurvedic landscape.

As Pankajakasthuri continues to write its success story, it remains committed to promoting Ayurveda's timeless wisdom, making significant strides in healthcare, and inspiring a healthier, more balanced world.



BRONZE SPONSOR

Patanjali

A CATALYST OF AYURVEDIC REVIVAL

Patanjali Ayurved, nestled in the foothills of the Himalayas, has blossomed into a beacon of holistic wellbeing. Founded in 2006, it carries the ancient wisdom of Ayurveda to every doorstep, weaving health and harmony into everyday life.

Led by the charismatic yoga guru Ramdev, Patanjali's impact on Ayurveda is undeniable. Patanjali democratized access to herbal remedies, bringing them to the homes of millions who couldn't afford traditional consultations. By focusing on domestic sourcing and contract farming, the brand empowered rural communities and spurred organic farming practices. Its sheer market presence forced a conversation about Ayurveda's potential in the 21st century, legitimizing the ancient practice in the eyes of many.

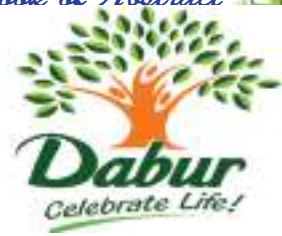
Their commitment to sustainable practices shines through in every aspect. Patanjali brought Ayurveda to the mainstream, sparked renewed interest in herbal remedies, and empowered traditional practitioners. Patanjali remains a potent force, prompting questions about how Ayurveda can adapt and thrive in the modern world, its challenges and potential intertwined.

Driven by a deep understanding of nature's bounty, Patanjali offers a tapestry of products woven from the finest herbs and ingredients. From nourishing food and revitalizing cosmetics to time-tested remedies and invigorating yoga practices, Patanjali empowers individuals to embrace a conscious journey toward inner and outer wellness.

Patanjali's story is one of empowerment, community, and a deep-rooted belief in the healing potential of nature. As a sponsor of this event, they celebrate the spirit of exploration and personal growth, offering a glimpse into the vibrant world of Ayurveda and its timeless wisdom.



BRONZE SPONSOR



Dabur

ROOTED IN TRADITION, REACHING FOR TOMORROW

For over 140 years, Dabur has been synonymous with natural wellness, weaving the ancient wisdom of Ayurveda into the fabric of everyday life. Founded in 1884, their journey began with humble beginnings, crafting effective herbal remedies in the heart of India. Today, Dabur stands as a global leader in Ayurveda and natural care, touching millions of lives with a vibrant tapestry of products.

Driven by a deep respect for nature, Dabur champions sustainable practices. Their commitment to organic farming empowers rural communities and nourishes the land, ensuring ethically sourced ingredients for every product. From nourishing honey and haircare oils to revitalizing toothpaste and digestive tonics, each Dabur creation whispers a story of tradition and care.

Their passion for innovation never loses sight of their heritage. Dabur scientists meticulously blend age-old Ayurvedic wisdom with cutting-edge research, continuously refining their formulas to meet the needs of the modern world. This dedication to progress has resulted in a portfolio of trusted brands like Vatika, Hajmola, and Meswak, each a testament to Dabur's enduring promise of natural effectiveness.

But Dabur's impact extends beyond products. They actively nurture the world around them, supporting communities through healthcare initiatives and educational programs. This commitment to social responsibility is woven into the very fabric of the company, solidifying its position as a force for good.

As a sponsor of this event, Dabur celebrates the spirit of exploration and personal growth. They believe in empowering individuals to discover their path to well-being, embracing the wisdom of tradition while reaching for a healthier tomorrow.



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BRONZE SPONSOR

Kairali Ayurveda Group

WHERE ANCIENT WISDOM MEETS MODERN WELLBEING

Born from the legacy of renowned physicians, their lineage a testament to four generations dedicating their lives to the sacred science of Ayurveda. This isn't mere history; it's a living legacy, resonating in every personalized Panchakarma therapy, every rejuvenating sip of herbal tea, and every drop of potent oil crafted with time-honored precision.

Their flagship Ayurvedic Healing Village nestled in Kerala's lush embrace, is a sanctuary where ancient wisdom dances with modern technology. Imagine immersing yourself in personalized Panchakarma therapies, surrounded by nature's serenity, with every detail curated for your ultimate well-being.

Beyond the village, Kairali's reach extends across 40+ locations worldwide, offering authentic treatments and meticulously crafted Ayurvedic products. From rejuvenating oils and herbal teas to natural cosmetics and traditional medicines, each creation whispers a story of harmony between nature and science.

And it doesn't end there. Kairali's touch extends to homes, infused in their range of handcrafted Ayurvedic products. Each bottle, each jar, whispers tales of nature's bounty, whispering secrets of rejuvenation, whispered promises of inner harmony.

Kairali's mission isn't just to offer wellness, it's to safeguard the very essence of Ayurveda. Every product, every treatment, whispers a promise of absolute purity, a commitment forged in unwavering dedication to quality.

Their state-of-the-art manufacturing facilities, meticulously certified by GMP regulations, hum with the meticulous dance of science and tradition. Here, the finest, ethically sourced ingredients are transformed into potent elixirs of well-being, each whisper of nature captured in its purest form.

From revitalizing oils infused with sun-kissed herbs to time-tested medicines crafted with generations-old wisdom, Kairali never hesitates to go the extra mile. Transparency is their mantra, their doors open to scrutiny, their pursuit of quality an endless symphony of excellence.

This unwavering commitment to purity isn't just a promise, it's a legacy, the foundation upon which Kairali's symphony of wellness rests.



BRONZE SPONSOR

AIMIL
HEALTHCARE

Aimil Healthcare

CHAMPIONING ACCESSIBLE AYURVEDA FOR ALL

Nestled in the heart of Delhi, Aimil Healthcare & Research Centre (AHRC) has emerged as a leading force, propelling Ayurveda into the 21st century. Founded in 2006 by the acclaimed Dr. Nitika Kohli, Aimil's mission is simple: to make the transformative power of Ayurveda accessible to everyone, regardless of background or circumstance.

Their impact on Ayurveda is undeniable. Aimil pioneered affordable, standardized herbal remedies, bringing them not just to urban shelves but into the homes of millions who couldn't afford traditional consultations. This democratization of Ayurveda unlocked a world of natural healing for countless individuals.

But Aimil doesn't stop at accessibility. They champion holistic wellness, offering a tapestry of products from nourishing food and revitalizing cosmetics to time-tested remedies and yoga practices. Their commitment to organic farming and sustainable practices ensures purity and empowers rural communities, weaving a thread of responsibility into their philosophy.

Aimil's dedication to scientific validation sets them apart. Their R&D center tirelessly researches and refines their formulas, bridging the gap between ancient wisdom and modern science. This dedication to evidence-based practice has earned them respect and solidified their reputation as a trusted name in Ayurveda.

Beyond products, Aimil fosters a community of well-being. Their regular consultations, workshops, and awareness campaigns empower individuals to take charge of their health. This commitment to education ensures Ayurveda thrives not just as a practice, but as a deeply understood philosophy.

As a pioneer in the field, Aimil's contributions extend to shaping the future of Ayurveda. They actively champion ethical sourcing, sustainable practices, and responsible marketing, setting a high bar for the industry.

Aimil Healthcare is more than a brand; it's a catalyst for change. They have democratized Ayurveda, nurtured scientific validation, and fostered a vibrant community of well-being. As they continue to push the boundaries of this ancient practice, their impact on Ayurveda and our collective health remains profound.



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Book of Abstract

KAMA
AYURVEDA

BRONZE SPONSOR

Kama Ayurveda

DESIRE MEETS DESTINY, WHERE BEAUTY BLOSSOMS WITH AYURVEDA

Kama Ayurveda is more than a brand; it's a love story whispered between desire and nature's wisdom. Founded by Vivek Sahni after a transformative journey to Kerala, Kama bridges the ancient science of Ayurveda with the modern yearning for natural, effective beauty solutions.

Their mission? To weave ancient Ayurvedic formulations, born in Vedic texts over 5,000 years ago, into the tapestry of your daily life. Each product is a testament to this commitment, a handcrafted potion blending time-tested ingredients with modern knowledge for gentle yet potent results.

Kama Ayurveda doesn't just offer products; they offer a path to holistic well-being. Their mission extends beyond skin deep, aiming to harmonize mind, body, and soul. Whether it's the invigorating Kumkumadi Facial Oil, the nourishing Rose & Jasmine Body Butter, or the calming Rose Floral Hydrating Mist, each creation whispers a promise of inner and outer balance.

Over two decades, Kama Ayurveda has garnered a loyal following worldwide. With 65 exclusive stores across India and a growing presence in the UK, their legacy of authenticity and efficacy resonates with discerning beauty consumers. They are part of Puig, a family-owned company dedicated to nurturing Love Brands that enhance wellness and self-expression while fostering a better world.

Choosing Kama Ayurveda isn't just a beauty choice; it's a conscious shift towards a mindful lifestyle, embraced by nature's bounty. It's the desire for beauty finding its destiny in the wisdom of Ayurveda, blossoming into a radiant, harmonious self.



BRONZE SPONSOR

Sreedhareeyam

WHERE ANCIENT EYESIGHT MEETS MODERN MIRACLES

Nestled in the emerald embrace of Kerala, Sreedhareeyam isn't just an Ayurvedic eye hospital; it's a haven where tradition breathes life into cutting-edge technology. It's a story woven with centuries-old wisdom and modern marvel, a testament to the miraculous healing power of authentic Ayurveda.

Rooted in the Nelliakattu Mana family's legacy, Sreedhareeyam has been a beacon of healing since 1931. Vaidya Nelliakattu Thrivikraman Namboothiri and Vaidya Nelliakattu Parameswaran Namboothiri, with their ancestral wisdom, laid the foundation for consultations and high-quality medications from their ancestral home. In 1999, under N.P. Narayanan Namboothiri and Dr. NPP Namboothiri's vision, it blossomed into a fully equipped eye hospital and manufacturing unit, ushering in an era of seamless integration between ancient principles and modern diagnostics.

This isn't just a hospital; it's a sanctuary of hope. Over 400 patients find solace within its 50 acres of serene greenery, cared for by a dedicated team of 100+ doctors and 400 paramedical staff. The sophisticated Optometry and clinical laboratories complement their expertise, employing advanced instruments and adhering to NABH and ISO standards, ensuring the highest quality care.

Sreedhareeyam's legacy speaks volumes. Stories like Mrs. Rosemary Odinga, who regained her sight after being deemed irrecoverable by hospitals worldwide, stand as testaments to their unparalleled efficacy. Their holistic approach extends beyond the hospital walls. The Sreedhareeyam Ayurvedic Village offers havens of peace and well-being, while the mobile eye clinic brings their care to remote communities.

Their global reach extends beyond India, with 23 branches across the world. The in-house herbal garden nourishes their commitment to sustainability, while Sreedhareeyam Farmherbs India Pvt Ltd manufactures over 550 classical and patented Ayurvedic products, adhering to stringent USFDA standards and holding prestigious certifications like USDA Organic and GMP.

This unwavering dedication to quality echoes in their rigorous testing procedures, ensuring the highest standards from herb to potion. Sreedhareeyam Analytical Laboratories, NABL accredited, stands as a guardian of purity, ensuring every treatment is a touch of nature's finest.

Sreedhareeyam isn't just a name; it's a promise. A promise of healing whispered by ancient wisdom, amplified by modern science, and delivered with unwavering dedication. It's the eye of Ayurveda, watching over humanity's well-being, offering solace yesterday, today, and for generations to come.



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Part of Abstract



BRONZE SPONSOR

Kerala Ayurveda Ltd

FROM NATURE'S BOUNTY TO INNER HARMONY

With over 70 years of experience rooted in the legacy of Ayurveda Acharya Vaidyan KGK Panicker, Kerala Ayurveda Ltd. stands unwavering in its commitment to holistic well-being. Guided by the ancient wisdom of Ayurveda, they believe in harmonizing mind, body, and soul, ensuring uncompromising quality in every offering. Purity and efficacy are their defining principles, from their vast herbal farms and state-of-the-art facilities to over 350 classical and proprietary formulations.

Their passion for growth is evident in their pioneering research and development efforts, fueled by entities like Katra Phytochem, Renovel Discoveries, and Asthagiri Herbal Research Foundation. As one of the largest GMP-compliant Ayurvedic medicine manufacturers and the first public limited company in the domain, they dream of making Ayurveda a global healthcare leader.

Kerala Ayurveda's offerings embrace every aspect of wellness. Their serene resorts and hospitals provide transformative experiences through personalized Panchakarma therapies, yoga, and blissful atmospheres, fostering deep healing. From classical preparations to innovative new formulas, their vast product range and extensive network of clinics offer accessible solutions for every need and preference. Committed to nurturing future generations, their renowned academy equips students with the wisdom and skills to carry the torch of Ayurveda forward.

In essence, Kerala Ayurveda Ltd. isn't just a company; it's a movement. It's redefining wellness, making ancient wisdom relevant for modern lives, and safeguarding a timeless legacy for future generations. By choosing Kerala Ayurveda, we embark on a journey of holistic well-being, rooted in heritage and infused with the promise of a healthier, happier self.

BRONZE SPONSOR



Uma Ayurvedics

LEGACY OF PURITY, POWERHOUSE OF QUALITY

Nestled in Kasganj, Uttar Pradesh, Uma Ayurvedics isn't just a company; it's a legacy woven with over 70 years of dedication to authentic Ayurveda. Founded by Vaidhyaraj Sri Krishnalal Sharma in 1935, their mission was simple: to bridge the gap between ancient wisdom and modern accessibility.

Their commitment to purity sets them apart. From organic herbal gardens nurtured with care to rigorous quality checks at their sophisticated lab, every step promises untainted efficacy. They offer a vast range of classical Ayurvedic formulations, from Bhasmas to Shilajeet, ensuring practitioners have everything under one roof to treat confidently.

Their state-of-the-art infrastructure isn't just about efficiency; it's about preserving the integrity of their craft. Every stage is meticulously orchestrated from sorting and processing herbs to preparing potent medicines. This dedication to excellence allows them to produce bulk quantities without compromising quality, ensuring reliable availability for patients nationwide.

But Uma Ayurvedics doesn't just cater to patients; they empower practitioners. By eliminating the middleman, they make genuine Ayurvedic medicines accessible at factory prices, a testament to their commitment to affordability and transparency. This dedication has earned them the trust of respected practitioners and even renowned pharmaceutical organizations who rely on their raw materials for their own formulations.

Uma Ayurvedics isn't just a brand; it's a whisper of time-tested wisdom echoing through generations. It's the promise of potent, pure Ayurvedic solutions within reach, empowering practitioners to heal while safeguarding a timeless legacy. In choosing Uma Ayurvedics, a customer chooses not just efficacy, but a legacy of genuine care passed down through generations.



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BRONZE SPONSOR

Triveni Nursing Home

CHAMPIONING AUTHENTIC AYURVEDA IN TRIVANDRUM

Nestled in the heart of Trivandrum, Kerala, Triveni Nursing Home stands as a vibrant testament to the enduring legacy of Ayurveda, India's ancient science of holistic health. Founded in 1978 by Dr. K. A. Chandrasekharan Nair, a renowned Ayurvedic physician, Triveni has blossomed into a multi-faceted institution, recognized for its unwavering commitment to authentic Ayurvedic practices and clinical excellence.

Triveni Nursing Home isn't merely a clinic; it's a haven for those seeking genuine Ayurvedic experiences. Their treatments, meticulously tailored to individual needs, draw upon centuries-old wisdom, employing time-tested herbal formulations prepared in-house, often using locally sourced ingredients. This adherence to Ayurvedic principles is evident in their Panchakarma therapies, the cornerstone of Ayurvedic detoxification and rejuvenation, offered by experienced and dedicated practitioners.

But Triveni recognizes the need for constant evolution. They actively collaborate with research institutions and participate in clinical trials, constantly seeking scientific validation for their practices. Their fully equipped physiotherapy center complements their traditional therapies, offering a comprehensive approach to pain management and rehabilitation.

Triveni's online consultation platform connects patients worldwide with their expert practitioners, making the healing touch of Ayurveda accessible to a global audience. They actively engage in training programs for young Ayurvedic professionals, ensuring the knowledge and passion for authentic Ayurveda is passed on to future generations.

Triveni promotes a holistic approach to well-being, encouraging healthy lifestyles and mindful living through yoga and meditation sessions. Their picturesque herbal garden, teeming with indigenous medicinal plants, offers a serene haven for reflection and connection with nature.

Triveni Nursing Home's dedication to excellence has been recognized internationally. They've been featured in prestigious publications like 'Asia Tatler' and 'Ayurveda Magazine,' solidifying their position as a leading Ayurvedic center in Kerala. Recently, Dr. Suresh Kumar, a prominent physician at Triveni, was lauded for his expertise in treating orthopedic conditions using Ayurvedic methods.

Triveni Nursing Home stands as a beacon of authentic Ayurveda in the modern world. By seamlessly blending tradition with scientific progress, they offer a unique and effective approach to holistic healthcare. Their commitment to education, global outreach, and holistic well-being makes them not just a medical institution, but a valuable resource for anyone seeking a path to true and lasting health.



BRONZE SPONSOR



Gufic

BRIDGING THE GAP BETWEEN ANCIENT WISDOM AND MODERN SCIENCE IN AYURVEDA

Gufic Biosciences Ltd. is a pioneer in reshaping the perception of this ancient Indian science. Founded in 1962 by Dr. M.S. Kusumbi, Gufic has carved a unique path, merging traditional wisdom with cutting-edge research to deliver evidence-based Ayurvedic solutions for the world.

Gufic's strength lies in its unwavering commitment to quality and scientific validation. Their herbal formulations rely on meticulously sourced ingredients and standardized manufacturing processes, ensuring efficacy and consistency. Their flagship product, Sallaki® tablets, a clinically proven treatment for osteoarthritis and rheumatoid arthritis, is a testament to their dedication to research. Through rigorous clinical trials, Gufic has established Sallaki® as a safe and effective alternative to conventional pain management medications, garnering international recognition and trust.

Gufic believes in empowering individuals to take charge of their well-being. Their diverse product range caters to various needs, from immunity boosters and digestive aids to skin care and respiratory solutions. They actively promote preventive healthcare through educational initiatives and community outreach programs, fostering a holistic approach to wellness.

Gufic's products are exported to over 30 countries, making them a leading ambassador for Ayurveda on the global stage. Their adherence to international quality standards and their commitment to research has helped bridge the gap between traditional Indian medicine and modern scientific expectations.

Gufic remains at the forefront of Ayurvedic innovation through its research collaborations with universities and international organizations. Their latest initiative, Gufic Biosciences Innovation Centre (GBIC), focuses on developing novel Ayurvedic formulations and therapeutic strategies, showcasing their dedication to ongoing progress.

Gufic Biosciences Ltd. is a driving force reshaping the landscape of Ayurveda. They demonstrate that ancient wisdom can thrive in the modern world through commitment to research, innovation, and global outreach. By providing evidence-based Ayurvedic solutions and promoting holistic well-being, Gufic paves the way for a future where Ayurveda takes its rightful place as a recognized and respected system of healthcare worldwide.



Atrimed

UNVEILING AYURVEDA'S MODERN POTENTIAL

Beyond dusty shelves and ancient scripts, Atrimed is redefining Ayurveda for the 21st century. This Bengaluru-based company isn't simply producing herbal remedies; they're unearthing the scientific power within traditional ingredients, transforming them into cutting-edge solutions for modern ailments.

Atrimed's heart lies in its research and development center. Here, scientists and Ayurvedic experts synergistically analyze ancient formulas, isolate key bioactive compounds, and develop standardized herbal extracts with proven efficacy. This rigor is evident in their flagship product, Atrimed Sorion Cream, a clinically proven natural moisturizer, earning them recognition as a "Company of Excellence" by the Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH).

Atrimed doesn't shy away from tackling difficult issues. Their herbal pain management solutions, based on time-tested ingredients like *Cissus quadrangularis*, have undergone rigorous clinical trials demonstrating effectiveness on par with leading conventional painkillers, but without the side effects. This groundbreaking achievement is paving the way for safer, natural pain relief options, impacting the lives of millions.

Atrimed's impact transcends individual cures. They actively educate and empower consumers through their platform "Learning Ayurveda," offering free online courses and resources. This democratization of knowledge fosters informed choices and self-care practices, encouraging a shift towards preventive healthcare within communities.

Atrimed's vision extends beyond Indian borders. Their products are exported to over 20 countries, promoting Ayurveda on a global platform. At the same time, they remain committed to sustainability. Their partnership with local farmers ensures ethical sourcing of medicinal herbs, while their eco-friendly practices minimize environmental impact, showcasing a responsible approach to business.

Atrimed's dedication to excellence has gained them numerous awards and accolades, including the prestigious "Karmaveer Chakra Award" for outstanding social service. With a robust pipeline of research projects and a commitment to continuous innovation, Atrimed's future is bright. They stand poised to revolutionize the face of Ayurveda, making this ancient science a globally recognized choice for effective and sustainable healthcare.

GOVERNMENT CATEGORY
SPONSOR



Spices Board

CULTIVATING GLOBAL WELLNESS, ROOTED IN AYURVEDA

Spices Board isn't just a regulatory body for India's vibrant spice industry; it's a champion of Ayurvedic wisdom, propelling India's aromatic treasures onto the global stage of wellness. Established under the Ministry of Commerce and Industry, the Board wears a multi-faceted crown, promoting exports, ensuring quality, and nurturing the Ayurvedic essence of Indian spices.

The Board recognizes the inherent power of spices beyond mere flavor. Their research division delves into the secrets of Ayurveda, unlocking the medicinal properties of cardamom, turmeric, ginger, and countless others. Through scientific studies and collaborations with Ayurvedic research institutions, they unlock evidence-based applications of these ancient remedies for modern ailments.

Spices Board stands as the guardian of quality. Their stringent regulations, adhering to international standards like BIS, ISO, and USFDA, ensure Indian spices whisper the purity of Ayurveda to the world. From farm to fork, they implement programs for organic production and post-harvest improvement, guaranteeing natural goodness in every grain.

Spices Board isn't just about exports; it's about empowering the hands that nurture these Ayurvedic wonders. They guide farmers on organic practices, provide financial and material support, and develop infrastructure for processing and value addition. This holistic approach ensures sustainable livelihoods and ethical sourcing, reflecting the essence of Ayurveda's harmony with nature.

Spices Board doesn't merely sell spices; it builds bridges. They connect Indian exporters with global buyers, organize international exhibitions, and create platforms for knowledge exchange. This global outreach not only boosts the spice industry but also spreads the wisdom of Ayurveda, nourishing wellness across continents.

Spices Board's vision pulsates with the promise of a future where the world embraces the Ayurvedic alchemy of Indian spices. Through continuous research, innovative marketing, and unwavering commitment to quality, they envision a world where a pinch of turmeric whispers ancient wisdom, a whiff of cinnamon soothes the soul, and the fiery bite of chilies ignites health with every taste.



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Book of Abstract

NATIONAL
DAIRY
DEVELOPMENT
BOARD

GOVERNMENT CATEGORY
SPONSOR

National Dairy Development Board

NOURISHING LIVES, MIND, AND BODY

Beyond milk and butter, the National Dairy Development Board (NDDB) is a silent force weaving the power of Ayurveda into the tapestry of Indian dairy. Operating under the Ministry of Agriculture & Farmers' Welfare, NDDB's impact transcends commercial boundaries, nurturing not just bodies but also minds and spirits through its unique connection to this ancient science.

NDDB recognizes the inherent Ayurvedic potential within India's diverse dairy offerings. Their research wing actively explores and promotes the medicinal properties of milk, ghee, buttermilk, and yoghurt. Through collaborations with Ayurvedic institutions and clinical trials, they unlock the secrets of these traditional remedies, proving their efficacy in managing ailments like arthritis, diabetes, and digestive disorders.

NDDB embraces the holistic essence of Ayurveda, championing the concept of Panchgavya – the five products of the cow (milk, curd, ghee, urine, and dung). They actively promote the use of Panchgavya products in agriculture, medicine, and cosmetics, harnessing their inherent potential for healing and sustainable living.

NDDB's commitment to Ayurveda extends beyond the lab. They work with dairy cooperatives and farmers across India, educating them on Ayurvedic practices for animal care and milk processing. This knowledge empowers communities, ensuring not only healthy produce but also sustainable livelihoods rooted in ancient wisdom.

NDDB, through its brand Amul, isn't just a household name in India; it's a global ambassador for Vedic dairy traditions. Their Ayurvedic milk products reach homes across continents, spreading the message of holistic wellness. International collaborations and research partnerships further amplify the reach of these ancient wisdom, nurturing health across borders.

NDDB's vision for the future is as nourishing as a warm glass of milk. They envision a world where Ayurveda and dairy science intertwine seamlessly, offering natural solutions for modern-day challenges. Continuous research, community empowerment, and global outreach are the ingredients in this recipe for a healthier, happier, and more holistic tomorrow.



GOVERNMENT CATEGORY
SPONSOR



Kerala State Industrial Development Corporation (KSIDC)

WEAVING AYURVEDA INTO KERALA'S INDUSTRIAL FABRIC

Kerala State Industrial Development Corporation (KSIDC) isn't just an engine driving Kerala's economy; it's a silent force weaving the ancient wisdom of Ayurveda into the state's vibrant industrial tapestry. Established in 1961, KSIDC's impact transcends economic development, nurturing cultural heritage and promoting holistic well-being through its unique support for the Ayurvedic sector.

KSIDC understands Ayurveda's holistic approach, extending its support beyond finished products. They provide financial assistance and infrastructure development to Ayurveda farmers, ensuring the sustainable cultivation of medicinal plants that are the lifeblood of this ancient science. Their industrial estates house modern Ayurvedic manufacturing facilities, adhering to stringent quality standards and ensuring the world receives the purest essence of Ayurveda.

KSIDC recognizes that progress needn't be a betrayal of tradition. They actively promote research and development within the Ayurvedic sphere, fostering collaborations between universities, research institutions, and Ayurvedic practitioners. This focus on scientific validation not only strengthens the credibility of Ayurveda but also paves the way for innovative formulations and treatments for modern ailments.

KSIDC's vision extends beyond Kerala's boundaries. They actively promote Ayurvedic tourism, establishing state-of-the-art Ayurveda hospitals and resorts that attract visitors from across the globe. This global outreach not only boosts the local economy but also showcases the therapeutic power of Ayurveda, spreading its message of holistic well-being to every corner of the world.

KSIDC embraces Ayurveda's inherent connection to nature. They promote eco-friendly practices within the industry, encouraging sustainable cultivation, waste management, and responsible resource utilization. This commitment to environmental sustainability ensures a healthy future for generations to come, reflecting Ayurveda's philosophy of harmony with nature.

KSIDC's vision for the future is as vibrant as Kerala's verdant hills. They envision a world where Ayurveda isn't just an ancient science but a mainstream approach to healthcare, seamlessly integrated into modern life. Through continued support for sustainable agriculture, research and development, and global outreach, KSIDC aims to weave Ayurveda into every thread of Kerala's future, promoting holistic well-being for all.



Oushadhi

**GOVERNMENT CATEGORY
SPONSOR**

Oushadhi

A BEACON OF AFFORDABLE AYURVEDA IN INDIA

Rising from the heart of Kerala, Oushadhi is a champion of accessible, high-quality healthcare steeped in ancient wisdom. Established in 1941 as a wholly-owned Kerala government enterprise, Oushadhi stands as the largest public-sector producer of Ayurvedic medicines in India.

Driven by a commitment to social good, Oushadhi makes Ayurveda a reality for millions. Their diverse range of over 538 formulations, meticulously prepared under the watchful eyes of Ayurvedic doctors, meets the needs of government hospitals and dispensaries across Kerala and beyond. With affordable prices and a robust dealer network exceeding 1000 outlets, Oushadhi ensures no household is left untouched by the healing power of Ayurveda.

Oushadhi's legacy is rooted in time-tested Ayurvedic principles, evident in their adherence to classical texts and the use of locally sourced medicinal plants. However, they embrace progress, employing state-of-the-art technology and modern equipment in their Thrissur and Thiruvananthapuram factories. This seamless blend of tradition and innovation guarantees the highest quality medicines while respecting the essence of this ancient science.

Oushadhi's unwavering commitment to quality manifests in its stringent quality control processes. From meticulously selecting raw materials to rigorous monitoring of every manufacturing stage, their dedicated team ensures the efficacy and safety of every product. Backed by GMP certification, ISO 9001:2015 accreditation, and Ayush Premium Mark, Oushadhi's quality shines bright, earning the trust of millions.

Oushadhi is actively shaping the future of Ayurveda. Their dedicated R&D department relentlessly explores new frontiers, developing innovative methods to enhance the efficacy of existing formulations and creating market-friendly products. Their modern Panchakarma Hospital in Thrissur offers authentic Ayurvedic treatments under the guidance of expert physicians. This unique blend of accessible medicines and comprehensive care reflects their holistic approach to well-being, nurturing mind, body, and spirit.

With a commitment to affordability, quality, innovation, and comprehensive care, Oushadhi illuminates a path towards a healthier future for all. By democratizing Ayurveda and bridging the gap between tradition and technology, they demonstrate that ancient wisdom has the power to heal the modern world.



SUPPORTER

MUNIYAL[®]
A Y U R V E D A

Muniyal Ayurveda

WHERE LEGACY MEETS INNOVATION

Rooted in the wisdom of renowned Dr. U. Krishna Muniyal, a disciple of Mahatma Gandhi's physician, Muniyal Ayurveda stands as a beacon of Ayurvedic excellence. This multifaceted institution, established in 1991 & 1994, embodies both tradition and progress, encompassing a charitable trust and a public limited company.

The Dr. U. Krishna Muniyal Memorial Trust spearheads academic endeavors, nurturing knowledge through Ayurveda colleges, rare plant cultivation, and ancient scripture preservation. Their vision extends to the proposed Buddhaayurved University, a testament to their unwavering commitment to reviving ancient Indian wisdom.

Dr. Krishna Life Sciences Ltd., the company arm, champions research and development. With 17 US patents and a vast range of Ayurvedic medicines like Muneks for cancer, Insol-N for diabetes, and Muniprabhaa Plus for renal disorders, they translate ancient wisdom into cutting-edge solutions. Their reach extends beyond India, bringing the power of Ayurveda to the global stage.

Muniyal Ayurveda is more than an institution; it's a legacy. It's a promise of timeless wisdom revitalized for modern lives, merging heritage with scientific rigor to redefine healthcare for generations to come.



**KARNATAKA ANTIBIOTICS &
PHARMACEUTICALS LIMITED**

(A Government of India Enterprise)
BANGALORE

SUPPORTER

Karnataka Antibiotics & Pharmaceuticals Ltd

EMPOWERING WELLNESS, ACROSS BORDERS

Nestled in Bengaluru, Karnataka Antibiotics & Pharmaceuticals Ltd. (KAPL) isn't just a pharmaceutical company; it's a champion of affordable healthcare. Since 1984, it has grown exponentially, driven by a clear vision: to bring quality drugs and healthcare products to all, at accessible prices.

Fueled by a joint venture between the Government of India and Karnataka, KAPL operates with an unwavering commitment to quality. Their WHO-GMP and ISO certifications speak volumes of their dedication to international standards. This dedication transcends borders, with their facilities approved by numerous countries for pharmaceutical supply.

Within KAPL, a symphony of departments dances in unison. Manufacturing, marketing, finance, research, and human resources – each note plays a crucial role in ensuring top-notch drug products and customer satisfaction.

KAPL's mission isn't just etched in words; it's woven into their very fabric. Their quality policy reflects a deep-seated belief in customer satisfaction, continuous improvement, and ethical conduct. They strive not just for success, but for a sustainable legacy of accessible, high-quality healthcare.

In essence, KAPL is more than a manufacturer; it's a bridge between innovation and affordability, a beacon of hope for those seeking well-being.



Since 1930

SUPPORTER

AVN Ayurveda

WHERE TIMELESS WISDOM MEETS MODERN INNOVATION

Ayurveda, not just an alternative, but a formative solution. This is the vision that drives AVN Ayurveda, a legacy born in 1930 by Vaidya N. Rama Varier.

Combining ancient wisdom with modern research, AVN offers a holistic healthcare ecosystem – consultations, clinics, hospitals, therapies, and world-class Ayurvedic medicines. They manufacture both classical and proprietary formulations in GMP-certified facilities, empowering wellness around the world.

Constant innovation is their cornerstone. Through collaborations with experts and institutions, they develop potent new products like Cervilon® for cervical spondylosis.

Their mission? To be a global leader in innovative Ayurvedic healthcare, driven by:

Reestablishing Ayurveda's relevance as a powerful healthcare system.

Delivering high-quality, effective medicines for contemporary health concerns.

Fostering global collaboration to advance Ayurvedic solutions for all.

AVN Ayurveda's journey is a testament to their commitment to bridging tradition and progress. They redefine wellness, one life at a time, through the timeless power of Ayurveda.



SUPPORTER

KERALA BUREAU OF INDUSTRIAL PROMOTION (KBIP)

Kerala Bureau of Industrial Promotion (KBIP) is an Autonomous Body under Department of Industries & Commerce, Government of Kerala established specifically for the promotion of Micro, Small & Medium Enterprises (MSMEs) of Kerala. The management of KBIP is vested with the Governing Body with Principal Secretary (Industries) as the Chairman and Director (Industries & Commerce) as the Executive Director.

PROJECTS & PROGRAMMES

- KBIP is the State Implementing Agency for the Cluster Development Projects of Ministry of MSME, Government of India.
- Kerala State Bamboo Mission is constituted and functioning in KBIP for the development and promotion of Bamboo Sector. Kerala State Bamboo Mission is also the State Nodal Agency of National Bamboo Mission under Ministry of Agriculture & Farmers Welfare, Government of India.
- National Centre for HACCP Certification (NCHC) is constituted in KBIP for the audit and certification of Food Safety (HACCP) System to Food Processing & Allied Units.
- KBIP is the State Nodal Agency of PM Formalization of Micro Food Processing Enterprises Scheme (PM FME Scheme) under Ministry of Food Processing Industries, Government of India.
- KBIP is the State Nodal Agency of Government of Kerala for the implementation of Raising and Accelerating MSME Performance (RAMP) Scheme of Ministry of MSME, Government of India.

The various industrial promotion activities undertaken by KBIP are classified as:

- Implementation of Industrial Cluster Development Projects in Kerala
- Activities of Kerala State Bamboo Mission
- Certification of Food Processing and related Units
- Implementation of PM FME Scheme in Kerala
- Facilitating the participation of MSMEs in Regional, National & International Trade Fairs & Exhibitions
- General Promotional Activities like organising Regional Exhibitions, B2B Meets, Technical Workshops, Awareness Programmes etc. on behalf of Department of Industries & Commerce, Government of Kerala.
- E-Initiatives like social media campaign of Department of Industries & Commerce; publishing E-Newsletters; B2B online portal for MSMEs & PSUs, maintenance & updation of official websites, etc.

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