



## From the Founder:

Dear Council for Ayurveda Research friends and followers, a big hello to you all! 2018 had begun as a promising year for large steps ahead for CAR and so far it seems to be unfolding as per plan. Sharing a few of the several exciting updates:

- CAR signed its first MOU with the upcoming The Boston Center of Excellence for Health and Human Development, Inc. (BoCE) which is being established by many leading personalities in the field of Ayurveda, Yoga and Humanities such as HR Nagendra ji, Dr Bal Ram Singh ji and others.
- CAR is set to launch its India Initiative (Chapter) on June 21<sup>st</sup>, on the auspicious occasion of International Yoga Day. Stay tuned on our social media page, group as well as our website for more details.
- Many Ayurveda young stars as well as leading personalities have joined CAR recently to support our expanding horizons. We welcome them all.
- Last but not the least, our newsletter team is working on a new look and format for our newsletter. Stay tuned for that as well.

Our Journal Club meetings are now being held regularly. To stay updated and connected re all our current and upcoming activities as well as initiatives, follow us via our [website](#), Twitter (@PratibhaAyurved), and/or our [Facebook page](#). Please add your colleagues to our [Facebook group](#).

Moving ahead with a strong determination and clear vision to establish Ayurveda as a credible science globally. Join us in this gigantic task – together we can do it!!



*Pratibha Shah*

(Pratibha Shah, Masters In Ayurveda, MPH)

## Research Abstract

### Clinical evaluation of Vatari guggulu, Maharasnadi kwatha and Narayan taila in the management of osteoarthritis knee

Mangal.A, M.N. Shubhasree, Pramila Devi, A.D. Jadhav, Sai A. Prasad, Kisore Kumar, Sarada Otta, and K.S. Dhimand

**Abstract:** Osteoarthritis (OA) is a chronic degenerative disorder of multifactorial etiology characterized by loss of articular cartilage, hypertrophy of bone at the margins, subchondral sclerosis and range of biochemical and morphological alterations of the synovial membrane and joint capsule. Pathological changes in the late stage of OA include softening, ulceration and focal disintegration of the articular cartilage; synovial inflammation also may occur.

Sandhivata nomenclature available in Ayurvedic literatures for this clinical entity, which is similar to Osteoarthritis. The cause of sandhivata in Ayurveda is attributed to improper diet, life style, and old age etc. leading to degeneration of body elements (dhatu kshaya), aggravation of vata; the humor responsible for all the movements and functions of the body and reduction in shleshaka kapha; a slimy substance present in the joints. The aggravated vata brings rukshyata (dryness), laghutva (lightness or porousness), kharatva (coarseness) in the joints causing degeneration.

**Objectives:** The main aim of the study was to assess the efficacy and safety of therapeutic combination of Vatari guggulu along with Maharasnadi kwatha and Narayan taila with gentle massage for 15 min daily up to 12 weeks on affected knee joint pain assessed on Visual analogue scale (VAS) and Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC).

**Materials and methods:** It was an open label, multicentre, prospective, clinical study conducted on 142 patients of OA Knee. Vatari guggulu 500 mg thrice in a day along with Maharasnadi kwatha 20 ml with equal amount of water twice daily and Narayan taila 20 ml twice in a day for external application with gentle massage for 15 min up to 12 weeks were used to all the study participants.

**Results:** VAS, WOMAC score and clinical symptoms were reduced significantly from baseline to end of the treatment ( $P < 0.001$ ).

**Conclusions:** The study provides good evidence in support of the efficacy and safety of the Vatari guggulu along with Maharasnadi kwatha and Narayan taila in the management of Osteoarthritis knee.

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This Article is freely available to the public.

## News and Upcoming events

### INTERNATIONAL EVENTS

- **2<sup>nd</sup> World Congress and Expo on Traditional and Alternative Medicine**

Scientific Federation announced 2<sup>nd</sup> World Congress and Expo on Traditional and Alternative Medicine during June 14-16, 2018, the three day event at will be at Rome, Italy. Visit: - <https://scientificfederation.com/traditional-medicine-2018/registration.php>

- **1st Symposium of Ayurveda**

1st Symposium of Ayurveda is scheduled to be held on 15<sup>th</sup> & 16<sup>th</sup> of September 2018 at Domaine de Chardenoux, France Visit:-[www.acielouvert.org](http://www.acielouvert.org)

### INDIAN EVENTS

- 'PRABHASHANA - Residential Training Program for 1st BAMS students is organized from 04.06.2018 to 10.06.2018 At Bangalore, Karnataka. Learning & Practicing the techniques of proper study of classical texts of Ayurveda will be the key theme. The Book 'PRABHASHANAM' on Sushruta Samhita, Shareera Sthana Adhyaya, Published by Ayurveda Academy, will be the study material for 'PRABHASHANAM - 2018' program.

- CME Program for Teachers on Ras-shastra & Bhaishajay kalpana is scheduled on 16<sup>th</sup> to 21<sup>st</sup> of July 2018 at Govt. Ayurveda College, Raipur, Chhattisgarh to generate awareness towards the development, advancement, methodology & pharmaceutical processing. Visit:- [www.gacraipurcg.in](http://www.gacraipurcg.in)



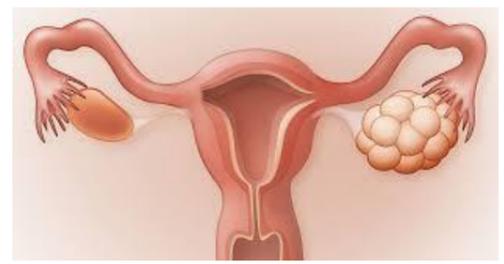
### “ Quote of the month “

To maintain a healthy balance of mind one should lead a strict disciplined life and should not allow any grief, anger or jealousy.

(Su.Ut.tantra.41/57)

### “ Kitchen Spice Tip “

Boiling few curry leaves and fenugreek in coconut oil and applying it regularly on head acts as a hair tonic and prevents hair fall, premature greying of hair



### Infertility: Understanding PCOS and Ayurvedic perspective

Polycystic ovaries are present in 20-30% of women and are not essential for the diagnosis of PCOS. The “cysts” in polycystic ovaries are not true cysts, but rather antral follicles which have arrested in development. Subfertility is largely a consequence of oligo-anovulation, but may also result from abnormalities in oocyte development due to hormonal or other abnormalities.

There is an increased risk of miscarriage in PCOS patients who do conceive; however, this risk is confounded by the high rate of obesity in this population, which is also a risk factor for miscarriage. PCOS patients with obesity are significant in number, (30-75%); obesity is thought to exacerbate the symptoms of hyperandrogenism and hyperinsulinemia.

Increased insulin in the blood stimulates androgen secretion by the ovarian stroma. Due to the presence of increased androgen in the ovary, the follicle undergoing maturation in the ovary cycle is affected causing anovulation of that particular follicle.

Over the long term, androgen excess increases the risk of cardiovascular disorders, including hypertension and hyperlipidemia. Risk of androgen excess and its complications may be just as high in women who are not overweight as in those who are.

The presence of insulin also impacts apoptosis (natural occurring death of a defective cell) of the follicle causing the follicle to continue to survive whereas under normal circumstance it would have perished.

The ovarian cycle is governed by a hormonal feedback system regulating the secretion of hormones (FSH) and luteinizing hormone (LH) from the anterior pituitary gland. Both of these hormones play crucial parts in the development of the follicle during the ovarian cycle. With the hormonal imbalance, this feedback mechanism is also disturbed.

These metabolic and hormonal changes manifest at Dosh, Dhatu and Dushya level, where Vata, Pitta and Kapha, the three Doshas and Rasa, Rakta (updhatu Artava) , Mamsa, Meda and Asthi (Dhatu- bodily tissues), become Dushya (first step in disease process). Interestingly, a digestive and lifestyle disorder can be the root cause of infertility and here the Udbhava sthana (site of origin) is Amashaya and Pakvashaya.

Kapha vitiated due to its own vitiating factors, and as Santarpanotha Vyadhi, dampens Jatharagni, the digestive fire and help form Ama, the metabolic toxin having the potential to disturb the transportation and transformations at cellular level by Strotovarodha (obstruction of hormones which coordinate the activities of various organs and organ system through transport). Affecting Abhyantara Rogamarga (internal organ system) eventually precipitating the disease at Garbhashaya (uterus) and Phala Kosha (Ovaries). Artava (ovum here) may stay Granthibhoot (cystic), instead of developing into an ovum.

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## Case Study

### How Ayurveda benefits an acute case of Vertigo

Key words: Ayurveda, Vertigo, Bhrama, Pitta.

Vertigo is a symptom rather than a disease. It occurs in various medical conditions. Many a times it isn't due to any grievous disease but simply due to sudden movement of head. The symptom of Vertigo is totally subjective and generally expressed by patients as spinning of things around them while they are not or a swaying movement. Some of the commonly associated symptoms are nausea and/or vomiting, sweating, difficulty or lack of confidence while walking.

Objective of this case report is to show that Ayurveda benefits in acute cases of Vertigo.

Case study: An Indian female aged 75 years, retired teacher, apparently healthy relating all other health parameters, came with complaints of severe dizziness and nausea since 1 day. On interrogation the dizziness was related to reeling or spinning of the whole room around her and mild difficulty in judgement while walking. The episode was associated with sudden sweating and severe vomiting the previous night and a sense of bitterness in the mouth, heartburn for a week before that. All the symptoms put together, suggestive of an increase in *Pitta Dosha* qualitatively. *Bhrama* is one such condition explained in Ayurvedic literature word meaning of which means spinning like a wheel, caused due to *Pitta Pradhan Vata Dosha*.

The treatment was planned such that *Pitta Dosha* was brought under control. Dietary instructions were given to avoid - pungent and sour tastes, deep fries, beverages which increase *Pitta* like tea and coffee, advised to take more of sweet tasting and coolant food items like rice gruel, barley, soaked Basil seeds, infusion of Coriander fruits and/or raisins, sufficient intake of water, also advised to maintain the time of food intake. Medicines prescribed were *Pitta* alleviating in nature - Kamadugha Rasa and Pathyadi Kadha. Within a week of medicines the patient had completely recovered from her complaints.

Discussion: A sudden increase in *Pitta Dosha* can happen owing to various dietary and lifestyle changes which are ignored on a daily basis due to fast paced life. It is very important to maintain a balance between the *tridosha* to lead a healthy life.

Conclusion: Ayurvedic medicines can relieve Vertigo in acute as well as recurrent and chronic cases of Vertigo with a proper approach to the presentation in the patients.

- Dr. Ambika P. Nayak M.D (Ayu – Panchakarma)



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