



From the Founder:

Greetings from the Council for Ayurveda Research (CAR)!

We are very pleased to bring you the second issue of AyuUpdate. As we have shared earlier, CAR has been founded with the vision of establishing and promoting Ayurveda as an evidence based medical science. Our intent is to encourage and facilitate research practices among Ayurvedic practitioners in the West. CAR Executive Committee is working hard to provide you with guidelines and resources to help facilitate this process.

Please check out the line-up of stellar experts, clinicians and researchers who continue to join CAR and support the movement of research. Our goal is to address simple as well as the complex issues around research in Ayurveda. This is a mammoth task and hence we need all the support we can get. Please continue to email us your thoughts, inputs and questions.

We still need volunteers to lead or participate in our committees. Please email us at ayurvedaresearchusa@gmail.com if you are interested or if you need more info. Also take a minute to fill out our short survey to assess your thoughts and needs: <https://www.surveymonkey.com/s/6D9VH82>

We love to hear from you. Even your comments are valuable. So please do tell us what you think. We look forward to hearing from you!



Pratibha Shah

(Pratibha Shah, MD (Ay.), MPH)

Research Abstract

Effect of bacopa monniera on cold stress induced neurodegeneration in hippocampus of wistar rats: a histomorphometric study.

Kumar SS , Saraswathi P , Vijayaraghavan R . J Clin Diagn Res. 2015 Jan;9(1):AF05-7. doi: 10.7860/JCDR/2015/10199.5423. Epub 2015 Jan 1.

Bacopa monniera/ Brahmi, is used over centuries in Ayurvedic medicine for memory development, learning, concentration and other mental illnesses such as nervousness and poor cognition. The present study aims to evaluate the effect of Bacopa monniera (Brahmi, BM) on cold stress induced histological changes in hippocampus of Wistar rats.

Total 24 male rats divided into four groups were used (n=6) for this study. Group I was control in which rats were kept under ideal laboratory conditions, Group II was given 40 mg/kg of BM extract, Group III was cold water swim stress in which rats were forced to swim in the cold water maintained at 18±2(o)C till it started to sink for a period of one month and Group IV in which cold water swim stress given for a month followed by oral administration of BM extracts 40mg/kg treatment for a month. The whole study was carried out for a period of 60 d. The animals were sacrificed next day and their brains dissected out for histomorphometric analysis. The diameter, packing density and total number of neurons were calculated from stained histological section by using micrometry in the CA-1 region of the hippocampus

The analysis and plotting of graphs were carried out using Sigma Plot 12

Values are expressed as Mean ± SEM (n = 6). One way analysis of variance followed by Student-Newman-Keul's multiple comparisons test was used for the comparison of means. A probability of 0.05 and less was taken as statistically significant



The results showed that there is no significant difference in the diameter of the cells between the groups but total number of the cells in Group II was statistically significant when compared with the others groups.

Student-Newman-Keuls method showed that Group II and Group IV are statistically significant when compared to Group III (p<0.05).

RESULTS indicates that when BM extracts administered orally produce neuroprotective effect in cold stress induced hippocampal neurodegeneration of rats. Hence, the herb BM can possibly be used as an adjuvant to improve memory to combat stress in our day to day life

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This article is freely available to the public

News and Upcoming events

INTERNATIONAL EVENTS

International Conference on "Consciousness in Ayurveda & Yoga" Conference is scheduled to be organized at Edison, New Jersey, USA from 1st May to 3rd May in association with AAPNA www.globalayurvedaconferences.com

The 2nd International Research Seminar on Ayurveda (IRSA) is scheduled to be held on 20th & 21st September 2015 in Briston, Germany. <http://www.ayurveda-akademie.org/symposien-und-events/ayurveda-symposium-2015/irsa-2015/>

Dr. Indu Arora would receive the "International Ayurveda Loka Guru/ Ayurveda Yoga Gem Award 2015" at the International Ayurveda Samhita Research & Propagation Day to be held on 26 April 2015 in Pune

INDIAN EVENTS

5th International Conference On Ayurveda - Where Science Meets Consciousness will be held from December 11-18, 2015 at Vaidyagrama - Ayurveda Healing Village, Coimbatore, India <http://www.ayurvedaconference.com/>

National workshop on Therapeutic Procedures in Kaumarabhritya Practice with Hands-on Training is scheduled to be organized by S D M College of Ayurveda & Hospital, Karnataka from 21st to 25th April, 2015 http://www.sdmcahassan.org/index_files/Page31198.htm

“ Quote of the month “

One who knows the principles, governing their correct application in consonance with the place, time and individual variation should be regarded as the best physician
(Cha.Su.1/123)



Coming soon...

Ayurveda Helpline & Yoga Helpline

A section where you can ask our Experts Questions on simple day to day solutions on various health issues

Here is a wonderful opportunity to ask our Domain Yoga expert Dr Indu Arora and our Dedicated team of Ayurveda Physicians Queries on Yoga & Ayurveda. Please email your questions to drabhishekulla@gmail.com

We look forward to hearing from you

Dr Abhishek A. Lulla

Domain Expert Corner



Naturopathic and Ayurvedic Medicine, a review

Naturopathic medicine is growing as a distinct system of primary health care in USA that emphasizes prevention and the self-healing process through the use of natural therapies. Naturopathic doctors blend knowledge and a philosophy that nature is the most effective healer with current research on health and human systems. Hippocrates, the Greek "Father of Medicine", is the first advocate of naturopathic medicine. Even today every medical student takes a Hippocratic oath after graduating from medical school, unfortunately, they pay very little attention to Hippocratic oath once they are in practice.

Naturopathic diagnosis focuses on identifying the underlying causes of disease, while naturopathic therapies are supported by research drawn from peer-reviewed journals from many disciplines, including naturopathic medicine, conventional medicine, European complementary medicine, clinical nutrition, phytotherapy, pharmacognosy, homeopathy, psychology and spirituality. The therapeutic modalities used in naturopathic medicine (including physical manipulation, clinical nutrition, botanical medicine, homeopathy and hydrotherapy) integrate conventional, scientific and empirical methodology with the ancient laws of nature. The underpinnings of naturopathic medical practice are in six principles:

The following principles are the foundation of naturopathic medical practice:

- The Healing Power of Nature (Vis Medicatrix Naturae)
- Identify and Treat the Causes (Tolle Causam):
- First Do No Harm (Primum Non Nocere)
- Doctor as Teacher (Docere):
- Treat the Whole Person:
- Prevention:

Ayurvedic Medicine and Naturopathic Medicine

Ayurvedic medicine and Naturopathic medicine have lots of similarities, and parallels as these both systems want to work with the innate healing mechanisms of the body. Our body is itself a full pharmacy and it needs to be harnessed. Most of the allopathic treatments blocks innate healing powers and create dependence on drugs and create horrific side effects. Ayurvedic medicine has unique philosophy based on quantum physics model of five elements, doshic model and Parkriti (Body types) models. Treatments are advised according these principals. Ayurvedic medicine takes consideration of mother nature and its influences on our body. It has certain rules and regulations for creating balance in our bodies. Naturopathic medicine lacks its own basic philosophy and has to depend on many borrowed concepts from different models of healing systems.

Summary

Only some glimpses of Ayurveda and Naturopathy are presented here. These ancient system of medicine, developed over centuries, has a consistent and logical framework and gives detailed instructions for the preservation of health and the treatment of disease. Ayurvedic and Naturopathic faced a setback when modern medicine subjected all knowledge to experimental and statistical verification which, although useful, is limited by the tools available and the perceptions underlying the questions asked. Now that considerable knowledge of cellular physiology, genomic medicine, molecular biology and human biome have accumulated and more sensitive modern biomedical research tools exist, we may be able to evaluate the concepts of Ayurvedic and Naturopathic more effectively.

Dr. Virender Sodhi
CEO Ayush Herbs



Case Study

PCOD And Ayurvedic Medicine

Background : Polycystic ovarian disease (PCOD) is one of the commonest hormonal disorders in women of reproductive age. An estimated of 5-10% of women of childbearing age will have PCOD. Improper lifestyle, food habits and stress are the main causes for PCOD. It's one of the major cause for infertility in women .proper diagnosis and management of PCOD is essential to prevent future metabolic, endocrine, psychiatric and cardiovascular complications. As there is no promising result for PCOD in the modern medical system , ayurvedic medicines provide significant result in treating PCOD.

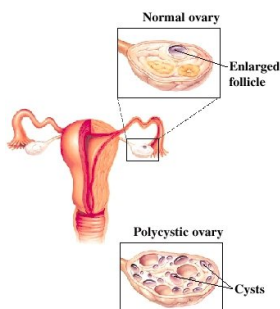
Objective : The objective of this case study is to describe efficacy of ayurvedic medicines in treating polycystic ovarian diseases.

Clinical features: Female patient aged 28years was diagnosed with PCOD with clinical features of irregular menstrual cycles(45-50)days,hirsutism, acne and central obesity. The abdomino pelvis Ultrasound scanning showed polycystic appearance of both ovaries.

Intervention and treatment: The patient was treated for a duration of 6 months with Shatavari lehya , kooshmanda rasayana and a decoction of medicinal herbs like Saraca ashoka, tinospora cordifoila, Withania somnifera,Asperagus racemosa etc. After 6 months of treatment , cycles were regulated with reduction of acne and reduction facial hair. The ultrasound scanning showed normal appearance of both the ovaries.

Conclusion: The above case demonstrates the efficacy of ayurvedic herbs in management of PCOD. However further detailed study can be done to find the mode of action prevention of recurrence of condition.

Dr. Shruthi Hegde, B.A.M.S: M.D(Ayu)



New Book Release Section :

Mudra –The Sacred Secret by Dr. Indu Arora

The book can be pre-ordered from the link

https://www.yogsadhna.com/library/for_your_mind/mudra_the_sacred_secret

Indu Arora is Ayurveda-Yoga Therapist and Master Teacher. She is the author of "Yoga-Ancient Heritage Tomorrows Vision" and "Mudra-The Sacred Secret". Her philosophy is "Nothing has the greatest power to heal, but Self".

Interesting trivia

Exercise and Ayurveda then and now

As the global pandemic of chronic diseases has been increased, healthcare industry has shifted its focus to preventive medicine than just treating them in secondary and tertiary stages. Along with the diet, exercise is being advocated to prevent chronic diseases specifically as a weight reducing strategy to reduce obesity in all ages. Sushruta Samhita mentions that there is no better way than exercise (Vyayama) to reduce obesity.

Modern exercise is prescribed in terms of intensity, frequency, duration and type of exercise. Moderate intensity exercise is recommended by the CDC for adults, which is measured with heart rate and the rate of respiration of a person (VO₂ max). According Ayurveda, this concept is mentioned as half of person's strength (Balaardh) i.e exercise should be performed up to half of one's maximum strength and it is indicated when the person starts breathing through the mouth. Exercise frequency is 5-7 days a week and the duration would be 150 minutes per week. Exercise is a part of daily regimen in Ayurveda which has multiple benefits on body and mind to promote health as well as prevent diseases. Similar to exercise guidelines by the CDC, Vyayama in Ayurveda can be any type of physical activity that brings exertion to the body and everyone can chose the type of exercise according to their interest. Apart from these factors, age, diet, weather, place and physical illnesses are considered while performing physical activities. Exercise should be avoided or done under the guidance of fitness professionals in conditions such as heart diseases, bleeding disorders, and respiratory disorders.

As the evidence based behavioral practice is trending, several such simple insights extracted from Ayurveda that are relative to contemporary practices and placing them in trials can take Ayurveda to advanced level. Ayurveda as oldest comprehensive health system ensures health to mankind by promoting health and addressing health issues.

Dr.Naina Sudarshan , B.A.M.S; M.S. (Health Promotion)

Contact Us

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