



From the Founder:

Council for Ayurveda Research wishes everyone a very Happy and Productive 2018!! May this year be the best yet for everyone. As this year unfolds, we are definitely feeling very ready, invigorated and motivated to execute several ideas that are coming along nicely.

A few updates:

The CAR Journal Club held its third meeting on Jan 26th, led by Dr Priyanka Ingle-Jadhav. For the very first time, we were able to provide a facility for non-US people to join the call virtually, thanks to Dr Jadhav. We were also, for the first time, able to record the session. The title of the paper covered was 'The effect of Brahmi vati and Sarpagandha Ghana vati in management of essential hypertension - A randomized, double blind, controlled clinical study'.

Dr Priyanka Ingle-Jadhav, BAMS, MS-PhD – Translational Clinical Pharmacologist, is joining the Board of Directors, of the soon to be incorporated Council for Ayurveda Research. Please join me in congratulating and welcoming Dr Jadhav!

Our teams are expanding here in the US as well as in India in anticipation of the projects in the pipeline. Please email us at ayurvedaresearchusa@gmail.com if you wish to get involved. CAR is soon to be incorporated as a non-profit and is a 100% volunteer based organization.

You can stay updated and connected with us via our [website](#), Twitter (@PratibhaAyurved), our [Facebook group](#) and/or our [Facebook page](#). Will be back with more exciting updates soon!!



Pratibha Shah

(Pratibha Shah, Masters In Ayurveda, MPH)

Research Abstract

Clinical study on evaluation of anti-cataract effect of Triphaladi Ghana Vati and Elaneer Kuzhambu Anjana in Timira (immature cataract)

Bhati.H and R. Manjusha



Abstract: Senile cataract is the leading cause of blindness according to the World Health Report, 1998. In Ayurveda visual disturbances are described in the context of Timira, Kacha and Linganasha. Timira is an early stage characterized by blurring of vision and Linganasha is end stage where complete loss of vision occurs. Ayurveda has advocated different Anjana application and oral medications in the Timira and Kacha stage.

Aim: To study the efficacy of test drugs Triphaladi Ghana Vati and Elaneer Kuzhambu Anjana in immature cataract.

Materials and Methods: Patients having Senile Immature Cataract were randomized with equal probability to one of the two treatment Groups A and B (n = 20 each). In Group A Triphaladi Ghana Vati 500 mg internally for 3 months and in Group B Triphaladi Ghana Vati 500 mg internally and Elaneer Kuzhambu Anjana for local application were given. Assessment was done on the basis of blurring of vision, visualization of non-existing things, difficulty in bright light and dim light or night vision, distant visual acuity, pinhole vision, best corrected visual acuity and cataract grading on slit lamp.

Results: Both groups showed statistically significant changes in blurring of vision, difficulty in glare, daytime and bright light, distant visual activity, pinhole vision, and best-corrected visual acuity. Group B also showed significant changes in difficulty in night time, visualization of nonexistent things and in nuclear cataract.

Conclusion: The study establishes that test drugs can reduce and control the progress of immature cataract, and combined therapy with systemic and topical administration was found more effective management of *Timira* (senile cataract). Chakshushya Rasayana, early diagnosis and proper management on Doshic lines can prevent arrest or delay senile cataract.

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This article is freely available to the public

News and Upcoming events

INTERNATIONAL EVENTS

- 6th Edition of International Conference on Pharmacognosy and Medicinal Plants, EuroSciCon is organizing the 6th Edition of International Conference on Pharmacognosy and Medicinal Plants during April 16- 17, 2018 at Amsterdam, Netherlands with a motto to Explore Innovations in Ayurveda, Herbal Drug Discovery, Biotechnology, Organic Cosmetics, Medicinal Plants in Disease treatment.
Visit:<https://pharmacognosy.euroscicon.com/>

INDIAN EVENTS

- National workshop on nadi parikshan_ Bihar Unit of National Ayurveda Students & Youth Association is organizing a National Workshop on Nadi Parikshan on 24th & 25th February 2018 at Premchand Rangshala, Near Moin-UL-Haque Stadium, Premchand Golamber, Patna-3, Bihar. Visit:- <https://www.facebook.com/nasya.in/photos/pcb.954918808006827/954918764673498/?type=3&theater=nasyabihar@gmail.com>
- National seminar on Vandhyatwa - Maharashtra Unit of National Ayurveda Students & Youth Association is organizing a National Seminar on Vandhyatwa on 9th & 10th February 2018 at Savitribai Phule Natyagruh, Timber Area, Bhavani Peth, Pune.

“ Quote of the month “

A healthy person should cultivate the habit of eating foods of all six tastes (i.e, Sweet, Sour, Salt, Pungent, Bitter and Astringent) daily, which helps to promote and maintain health.
(A.S.IV/60)

“ Kitchen Spice Tip “



The juice of Holy Basil leaf (Tulasi) and ginger when mixed and taken with Honey helps relieve chest congestion.



Cushing's Syndrome – An Ayurvedic Approach

Hormones are chemical messengers released from endocrine glands that coordinate the activities of multiple organs and systems (*srotas*) from Central Nervous System to Excretory System. *Srotas* has been defined as channels in which *parinama* (metabolism) and *abhivahana* (circulation) takes place. The coordination between the different *Srotas* is brought about by nervous system and endocrine system. Both have the capacity to initiate and inhibit the action, thus maintaining the coordination. Nervous system coordinates with the help of nerve impulse whereas the endocrine coordinates with the help of hormones that are secreted within the interstitial fluid surrounding the secretory cells, which through blood vessels reach the target organs where they carry out the initiatory or inhibitory action.

Hormone release in the hypothalamus and pituitary is regulated by numerous stimuli and through feedback control by hormones produced by the target glands (thyroid, adrenal cortex and gonads). These integrated endocrine systems are called 'axes'. Caraka has explained integration with the help of *Vata* (*deham tantrayate samyak*) & it's five types. Although *mula sthana* (root) of 5 types of *Vata* has been explained at different sites in the body, all are interrelated.

A **stressor** is a chemical or biological agent, environmental condition, external stimulus or any event that causes stress to an organism. Stressors have physical, chemical and mental responses inside the body. Physical stressors produce mechanical stresses on skin, bones, ligaments, tendons, muscles and nerves that cause tissue deformation and in extreme cases tissue failure. Chemical stresses also produce biomechanical responses associated with metabolism & tissue repair. Stressor stimulates the hypothalamus. *Astanga Sangraha* has mentioned *dhi, dhriti, smriti, mano bodhana* as *karma* of *Udana* i.e. to analyze a situation. For example, if snake is far away from the body there is no fight or flight situation whereas if it is next to the body there is sudden fight or flight condition. It means *Udana vayu* helps *manas* (mind) to get *avabodhana* (realization) of the surroundings. It can be compared with analyzing the feedback signal received from various body organs and systems. The situation is analyzed and signal is sent to hypothalamus where *Prana Vayu* takes the decision for inhibitory or initiative action to be taken - this is understood by the *dharana karma* (disposition) of *buddhi* and *chitta* i.e. *Manas*. Hypothalamus secretes the Corticotropin

Releasing Hormone (CRH), which stimulates the pituitary gland to release Adrenocorticotropic Hormone (ACTH). *Udana Vayu* by its *prayatna* (efforts) & *urja* (energy) *karma* helps in the secretion. ACTH is taken to adrenal cortex with the help of *Vyana Vayu*. *Vyana Vayu* is said to be fast acting i.e. within fraction of seconds ACTH reaches the adrenal cortex. Adrenal Cortex secretes various stress hormones, which is stimulated by *Samana Vayu*. It signals for the *samana anayati karma* i.e. to maintain homeostasis thereby releasing the hormones into the blood stream. The stress hormone released in blood is again taken by *Vyana Vayu* to various organs like heart, intestine etc. to cause the fight-or-flight response. After the response the *Apana Vayu* comes into action to excrete the hormones and neutralize the effect.

Between this flow there is an alternate path that can be taken after the stressor is transferred to the hypothalamus (*Udana* and *Prana karma*), which leads to the stimulation of sympathetic nervous system (*Vyana Vayu*), after which, the Adrenal Medulla secretes epinephrine (*Samana Vayu*) into the blood and with the help of *Vyana Vayu* it spreads throughout the body to cause the fight or flight response.

Pathophysiology of Cushing's syndrome: Paraventricular nucleus (PVN) of the hypothalamus (*Prana Vayu*) analyze the situation, *Udana Vayu* by its *prayatna* & *urja karma* along with *Prana Vayu* helps in the release of CRH which stimulates the pituitary gland to release ACTH that travels via the blood to adrenal gland (*vyano rasa dhatu* *vikshepa uchita karmanaha*). ACTH stimulates the release (*Samana Vayu*) of Cortisol. Elevated levels of cortisol if able to analyze by *Udana vayu* exerts a negative feedback. If unable to analyze by *Udana Vayu*, hypercortisolism occurs leading to Cushing's syndrome. Normally *Apana Vayu* excretes and neutralizes the effect of Cortisol in the blood.

Edited article- Originally written by Satyendra Narayan Ojha B.A.M.S; Masters In Ayurveda PhD

Case Study

How Ayurveda benefits in a chronic case of Amoebic Dysentery -

Key words: Ayurveda, Amoebic Dysentery, *Grahani*, *Agni*, *Vata*, *Ama*.

Amoebic Dysentery or Amoebiasis is an infection of the colon caused by the parasite *Entamoeba histolytica* and it is a health concern worldwide. The spread is through contaminated water and food. This infection can remain asymptomatic or present with mild or severe symptoms like abdominal pain, diarrhea, bleeding per rectum, bloating, belching etc. It affects the inner lining of the intestines causing inflammation and in severe cases perforation and peritonitis. If the infection gets into the blood stream it can spread to the liver causing complications of the disease like liver abscess, anemia and even death due to blood loss.

Objective of this case report is to show that Ayurveda benefits in chronic cases of Amoebic Dysentery.

Case study: An Indian male aged 67 years, retired banker, walked into the clinic with complaints of bloating and urge for defecation immediately after intake of any type of food at any time of the day, diarrhea with mucus and undigested food particles 4-6 times per day, burning in the epigastrium and lower part of the abdomen. Similar episodes repeated almost twice a month for which he was treated with antibiotics every time for past 20 years. The symptoms are continuous since 1 year. He was diagnosed of amoebic dysentery 20 years back during the first severe episode and a few subsequent reports were positive for the parasite. The endoscopy and colonoscopy reports 2 years old showed multiple scattered erosions. During the patient's visit, abdominal examination revealed grade II tenderness in the epigastrium, umbilical, left lumbar and right iliac regions. Blood parameters, mainly hemoglobin (11.5g%) and white blood cell counts (8,500/cu.mm) were within normal, erythrocyte sedimentation rate (35 mm at 1st hour) was higher than the normal, Liver Function parameters were within normal range and stool examination did not show presence of the organism but was positive for presence of mucus. The test reports were negative for an acute infection. Due to chronicity of the infection the inner most mucus lining of the gut was subjected to continuous insults resulting in inflammation of the cells and mild erosions, thus irritable bowels. This case can be considered under the umbrella of *Grahani* from the Ayurveda texts.

The treatment was planned such that the gut lining healed and was made stronger to be unresponsive to any dormant infective organism, also improve the digestion and absorption capacity (*agni deepana-pachana*) with medicines and dietary changes. The patient was advised to follow easy to digest food, which was eaten hot and freshly prepared topped with a little ghee and devoid of fried foods or pungent spices like chilies, garlic throughout the course of treatment.

Medicines prescribed for the first month - *Musta Churna*, *Bhunimbadi Kadha*, *Bilwadi Gulika*, which helped the client control the urge for defecation that happened with every food intake and made him comfortable to move about in the society. For the second month he was advised to continue *Musta Churna* and *Bhunimbadi Kadha*, additionally was given a combination of *Kutaja Churna*, *Daruharidra Churna*, *Dadima Churna*, *Panchamrita Parpati* following which the client was free of mucus in the stools and diarrhea, also stool formation began. Then in the third month of treatment he was prescribed *Soothashekara Rasa*, which took care of rest of the symptoms. In the last review of fourth month he was prescribed *Bhumyamalaki Churna* and *Musta Churna*.

Discussion: In this case the *jatharaagni* was hampered along with *Samaana* and *Apaana Vata* causing *Ama* and *Atisaara* (diarrhea). The correction of these with medicines having the qualities of *ama pachana*, *agni deepana* along with *stambhana* effect is the ideal treatment. Such that food is retained in the stomach until the time of digestion and then passes through a healthy gut for better absorption of nutrients.

Conclusion: Ayurvedic medicines can help prevent the recurrence of amoebiasis in a previously infected person and also help reverse the damage caused by the infection to the body.

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