

CLINICAL RESEARCH IN AYURVEDA: NEED OF THE HOUR

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ABSTRACT

Ayurveda system of medicine is having scientific background and is practiced in modern India. Documentation of treatment of patients seeking Ayurveda treatment in hospitals is very much useful in doing research in clinical medicine. We are having a large amount of data regarding the Ayurveda treatment procedures in India. Panchakarma treatment procedures are useful in both prevention and cure of the diseases. Mainly chronic and non-communicable diseases are on the rise and conventional medicine has limited role in their management. Ayurveda has a better role in the management of such disorders. Clinical research in Ayurveda is need of the hour as we can develop new treatment modalities for these diseases.

The present paper highlights the need of clinical research in Ayurveda system of medicine in the present era of computers.

Key words: Ayurveda, Clinical Research, Non-communicable diseases

Aim and Objectives: To study the need of clinical research in Ayurveda System of Medicine

Methods:

Relevant knowledge base is collected from contemporary literature, from treatises of Ayu, Journals and internet, and compilation is done.

INTRODUCTION:

Clinical Research in Ayurveda can be done on following subjects (disciplines):

- 1) Kayachikitsa
- 2) Panchakarma
- 3) Shalya Tantra
- 4) Prasoothi and Streeroga
- 5) Shalakya Tantra
- 6) Koumarabhritya
- 7) Anesthesia
- 8) Manasa roga

SCOPE OF RESEARCH:

Ayurveda is more useful in the management of chronic ailments. As the Ayurveda medicines are usually non-toxic and have minimum adverse drug

reactions and non-adherence is seen, they are beneficial for the society 4, 5. While selecting problems for doing research, the diseases which are more prevalent in the society and more troublesome should be selected. Usually non-communicable disorders like lifestyle disorders, psychosomatic disorders, metabolic disorders, degenerative diseases and endocrine diseases are encountered in the clinical practice. Diseases like DM, HTN, Obesity, IHD, Hypothyroidism, Osteoarthritis, Lumbar spondylosis, Cervical spondylosis, Non-specific head ache, Mental depression, Anxiety neurosis, Thyrotoxicosis, Rheumatoid arthritis, Gout, Renal calculus, CKD, Iron deficiency anemia, are few cases which are commonly seen in clinical practice. The disorders are to be selected for doing research in Ayurveda as that will be very much contributory for the society. This will improve the health in the society as well as

supporting the pharma industry. It will boost the Indian economy in particular and World economy in general.

Kayachikitsa (KC): Patients of non-communicable disorders should be taken as priority for research. Communicable and infective diseases are better treated by conventional modern medicine. Hence, In KC, non-communicable diseases should be given priority for Ayurveda research.

Panchakarma: Neurological disorders like Hemiplegia, Paraplegia, Sciatica syndrome, Guillen barre syndrome, MND, Cerebral atrophy, Dementia, Alzheimer's disease and various musculoskeletal disorders like OA, RA, SLE, Cervical spondylosis and Lumbar spondylosis can be better treated with Panchakarma. Diseases like Bronchial asthma, Psoriasis and eczema can be better treated with Panchakarma therapy. Hence, these diseases should be in priority while selecting problems for research in Panchakarma.

Shalya Tantra: Kshara sutra therapy, Acupressure, Acupuncture, Agni chikitsa (Thermal cauterization), Rakta visravana, and Leech therapy can be taken as matter for research in Shalya Tantra. As Plastic surgery is first by Sushruta, it can also be taken for research in Shalya Tantra.

Prasoothi Roga: Research can be done in prenatal care explained in Ayurveda Anti-natal care.

Stree Roga: In various gynecological disorders, effective treatment modalities can be developed.

Manasa Roga: Since treatment of mental disorders by conventional modern medicine include lifelong medications and medicine adherence is commonly seen in modern medicine.

Different treatment modules including Panchakarma treatment can be developed like Shirodhara, Shirolepa, etc. which does not cause drug dependence and often there will be permanent cure. Hence, we can develop new Ayurveda treatment modules in several mental disorders by including Satvavajaya Chikitsa, Mani mantra and aushadha treatment as told in Ayurveda.

Shalakya tantra, Shreedhariyam of Trivandrum had developed different Ayurveda treatment modalities in different Netra roga. It is popular and effective also. Research and standardization can be done on these procedures and outcomes can be generalized usually by reports and publication.

Anesthesia: Ayurveda research can be done in anesthetics and pain management.

Koumarabhritya: In pediatric, cases like Epilepsy, Mental retardation, Delayed development and growth in children, Dyslexia etc. can be taken for clinical research. In Kalady, Kerala, there is an institution which deals with treatment of mental retardation. These cases can be taken for research and the outcome can be reported with scientific papers and the treatment procedures can be generalized.

DISCUSSION:

Clinical research in Ayurveda is need of the hour in the present context. Non-communicable diseases are on the rise in Indian population. Ayurveda and Alternative medicine can contribute and have a better role in the management of Non-communicable disorders. Chronic diseases require prolong treatment and are likely to develop adverse drug reactions if they are treated with modern medicine. Hence, Ayurveda is more beneficial in such conditions because Ayurveda medicines are safe, affordable, acceptable and cost effective and also people friendly. Ayurveda treatment will not only cure the disease, but will also improve the strength and immunity in the patients. Research in Ayurveda clinical subjects proves that they are very much beneficial to the society.

CONCLUSION:

- 1) Clinical Research in Ayurveda is need of the hour in the contemporary period.
- 2) There are less adverse effects in Ayurveda medications when compared to modern medicine, even in prolong treatment.
- 3) There is minimum adherence seen in Ayurveda treatment.
- 4) Integrative approach is more beneficial in the management of chronic and non-communicable disorders.

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