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## 1. TEMPLATE FOR OSTEOARTHRITIS

### 1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:

Osteoarthritis

### 2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:

*Sandhigata Vata*

### 3) MODERN TREATMENTS AVAILABLE

#### a. MEDICAL

Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve), taken at the recommended doses, typically relieve osteoarthritis pain.

Supportive or assistive devices like Braces help decrease stress on affected joints.

#### b. SURGICAL

Joint Replacement Knee

Osteotomy

### 4) AYURVEDA OFFERS:

#### i. Curative:

**Snehana (oleation), Swedana (Fomentation), Shodhana (Biopurification Therapy):**

Treatments such as Sthanika Abhyanga (Local oil Massage), Sthanika Prisheka (Pouring of medicated liquid in body part), Upanaha (Poultice), Pichu (Cotton dipped in medicated oil), Choorna pinda sweda (Sudation with bolus of herbal powder) and different varieties of Pinda sweda according to Clinical condition of patient.

#### ii. Palliative

**Shamana:**

The medicines, either single / compound formulations like Kashaya, Lehya, Arishta, Churna, Gulika, Ghrita, Thaila are commonly used for prevention and control of osteoarthritis (sandhigata vata)

Administration of Snehana- Oleation therapy

Snehapana- internal Oleation and

External Oleation and Swedana (Fomentation therapy) like Full body Dhara, Local Dhara, Abhyanga (oil Massage), Dhanyamladhara, Pottalis.

Samshodhana Chikitsa (Bio purification) is a specialized therapeutic approach of Ayurveda to eliminate toxins from the body by giving Panchakarma like Vasti (Medicated Enema) and Virechana (Therapeutic Purgation).

But it is to be decided by the physician according to the condition of the patient whether Shodhana therapy is indicated or not.

Food: Avoid Bamboo Sprout, Bitter Gourd, Leafy Vegetables, Peas, root vegetables, Sprout, Excess Fasting, Excessive physical work, Excessive Travel, Excessive walking, Physiological strain., Stress, Suppression of urges, Taking food in irregular time, Bengal gram, Costic soda, Groundnut, Incompatible food, Day sleep and awakening at night.

Intake of hot, light, easy to digest food.

## **5) Benefits with ayurveda treatment**

In mild to moderate OA, ayurveda treatment may be able to regenerate cartilage. It prevents the process of degeneration in cases of severe OA. Snehana (oleation) and swedana (Sudation) therapy helps to lubricate the joints and helps in free movement without pain. Also helps to increase the strength of the joints and bones. Shodhana (Bio purification) helps to remove the toxins and reduce pain and swelling of joints.

## **6) TESTIMONIALS:**

**a. Doctors:**

**b. Subjects:**

## **7) SCIENTIFIC PUBLICATIONS:**

1. Akhtar, B., Mahto, R. R., Dave, A. R., & Shukla, V. D. (2010). Clinical study on Sandhigata Vata w.s.r. to Osteoarthritis and its management by Panchatikta Ghrita Guggulu. *Ayu*, 31(1), 53–57. <https://doi.org/10.4103/0974-8520.68210>
2. Jethava, N. G., Dudhamal, T. S., & Gupta, S. K. (2015). Role of Agnikarma in Sandhigata Vata (osteoarthritis of knee joint). *Ayu*, 36(1), 23–28.

<https://doi.org/10.4103/0974-8520.169017>

3. Dr. Prof. Shripathi Acharya G., and Miss. Rajeshwari S Acharya. “Management of Janu Sandhigata Vata (Osteoarthritis of the Knee Joint)”. Journal of Ayurveda and Integrated Medical Sciences, Vol. 5, no. 02, Apr. 2020, pp. 113-6, <https://www.jaims.in/jaims/article/view/871>.
4. Joshi, A., Mehta, C. S., Dave, A. R., & Shukla, V. D. (2011). Clinical effect of Nirgundi Patra pinda sweda and Ashwagandhadi Guggulu Yoga in the management of Sandhigata Vata (Osteoarthritis). Ayu, 32(2), 207–212. <https://doi.org/10.4103/0974-8520.92588>
5. Grampurohit, P. L., Rao, N., & Harti, S. S. (2014). Effect of anuvasana basti with ksheerabala taila in sandhigata vata (osteoarthritis). Ayu, 35(2), 148–151. <https://doi.org/10.4103/0974-8520.146225>

## **2. TEMPLATE FOR RHEUMATOID ARTHRITIS**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Rheumatoid Arthritis

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Amavata*

### **3) MODERN TREATMENTS AVAILABLE**

#### **a. MEDICAL**

Nonsteroidal anti-inflammatory drugs (NSAIDs) can relieve pain and reduce inflammation. Over-the-counter NSAIDs include ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve).

Corticosteroid medications, such as prednisone, reduce inflammation and pain and slow joint damage.

Conventional DMARDs. These drugs can slow the progression of rheumatoid arthritis and save the joints and other tissues from permanent damage. Common

DMARDs include methotrexate (Trexall, Otrexup, others), leflunomide (Arava), hydroxychloroquine (Plaquenil) and sulfasalazine (Azulfidine)

Biologic agents. Also known as biologic response modifiers Biologic DMARDs are usually most effective when paired with a conventional DMARD, such as methotrexate

**b. SURGICAL**

Synovectomy Tendon

repair

Joint fusion

Total joint replacement

**4) AYURVEDA OFFERS:**

**Curative:**

**Snehana (Oleation), Swedana (Sudation), Shodhana (Biopurification Therapy):**

Treatments such as Abhyanga (Oil Massage), Sthanika Prishheka(Pouring of medicated liquid in body part), Upanaha (Poultice), Choorna pinda sweda (Sudation with bolus of herbal powder) and different varieties of Pinda sweda (Bolus Sudation) according to Dosha Involvement.

Shodhana Chikitsa is a specialized therapeutic approach of Ayurveda to eliminate toxins from the body by giving Panchakarma like Vasti (Medicated Enema), Virechana (Therapeutic Purgation), Raktamokshana (Bloodletting therapy). But it is to be decided by the physician according to the condition of the patient whether Shodhana therapy is indicated or not.

**Palliative**

**Shamana Therapy**

The medicines, either single / compound formulations which are Tikta Rasa (Bitter drugs) predominant, Deepana (Drugs who increases digestive fire) and Pachana (Drugs for digestion of Ama) are commonly used for prevention and

control of Rheumatoid Arthritis.

*Langhana* (Fasting)

Administration of Snehana- Oleation therapy

Snehapana- Internal Oleation

External Oleation- Swedana, Fomentation therapy like Full body Dhara (Pouring of medicated liquid), Local Dhara, Abhyanga (oil Massage), Dhanyamladhara, Pottalis, Lepa (application of Medicated paste), Upanaha (Poultice).

Food: Avoid Bamboo Sprout, Bitter Gourd, Leafy Vegetables, Peas, root vegetables, Sprout, Excess Fasting, Excessive physical work, Excessive Travel, Excessive walking, Physiological strain., Stress, Suppression of urges, Taking food in irregular time, Bengal gram, Costic soda, Groundnut, Incompatible food, Day sleep and awakening at night.

Intake of hot, light, easy to digest food.

## 5) **Benefits with Ayush treatment**

Rheumatoid arthritis can be cured by ayurveda in the early stages, but as the disease progresses, there is a less chance of a full recovery.

It may help relieve inflammation and pain and prevent flare-ups and further complications like joint deformity.

## 6) **TESTIMONIALS:**

a. **Doctors:**

b. **Subjects:**

## 7) **SCIENTIFIC PUBLICATIONS:**

1. Park, J., & Ernst, E. (2005). Ayurvedic medicine for rheumatoid arthritis: a systematic review. *Seminars in arthritis and rheumatism*, 34(5), 705–713. <https://doi.org/10.1016/j.semarthrit.2004.11.005>

2. Furst, Daniel E. MD; Venkatraman, Manorama M. PhD; McGann, Mary MPH, MSW; Manohar, P. Ram MD (Ayurveda); Booth-LaForce, Cathryn PhD; Sarin, Reshmi MD (Ayurveda); Sekar, P.G. MBBS; Raveendran, K.G. BAM&S; Mahapatra, Anita MD; Gopinath, Jidesh BS; Kumar, P.R. Krishna BAM&S. Double-Blind, Randomized, Controlled, Pilot Study Comparing Classic Ayurvedic Medicine, Methotrexate, and Their Combination in Rheumatoid Arthritis. *Journal of Clinical Rheumatology* 17(4):p 185-192, June 2011. | DOI: 10.1097/RHU.0b013e31821c0310
3. Kumar, G., Srivastava, A., Sharma, S. K., Rao, T. D., & Gupta, Y.K. (2015). Efficacy & safety evaluation of Ayurvedic treatment (Ashwagandha powder & Sidh Makardhwaj) in rheumatoid arthritis patients: a pilot prospective study. *The Indian journal of medical research*, 141(1), 100–106. <https://doi.org/10.4103/0971-5916.154510>
4. Chopra, A., Saluja, M., & Tillu, G. (2010). Ayurveda-modern medicine interface: A critical appraisal of studies of Ayurvedic medicines to treat osteoarthritis and rheumatoid arthritis. *Journal of Ayurveda and integrative medicine*, 1(3), 190–198. <https://doi.org/10.4103/0975-9476.72620>.
5. Chopra A, Lavin P, Patwardhan B, Chitre D. Randomized double blind trial of an ayurvedic plant derived formulation for treatment of rheumatoid arthritis. *The Journal of Rheumatology*. 2000 Jun;27(6):1365-1372. PMID: 10852255.

### **3. TEMPLATE FOR LUMBER SPONDYLOSIS**

**1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Lumbar Spondylosis

**2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Katishoola*

**3) MODERN TREATMENTS AVAILABLE**

**a. MEDICAL**

NSAIDS (Non-steroidal anti-inflammatory drugs), Opioid, Antidepressants, Muscle Relaxants, Epidural steroid injections, lumbar facet joint injections and SI joint injections are the choices for symptomatic relief.

**b. SURGICAL**

Foraminotomy

Facetectomy

Laminectomy

Laminotomy, or discectomy

Spinal fusion can also be used as a stabilization technique.

**4) AYURVEDA OFFERS:**

**a. MEDICAL**

**i. Curative:**

**Snehana (Oleation), Swedana (Sudation), Shodhana (Bio-purification)**

Local therapy such as Sthanika Abhyanga (local massage), Sthanika Prisheka (Pouring of medicated oils), Agnikarma (Thermal cauterization), Kati Vasti (retention of oil in lumbar region), Podikkizhi (Herbal Powder Poultice massage), and Ilakkizhi (Fresh herbal poultice massage) are used.

Samshodhana Chikitsa (Bio purification) is a specialized therapeutic approach of Ayurveda to eliminate toxins from the body by giving Panchakarma like Vasti (Medicated Enema), Virechana (Therapeutic purgation). But it is to be decided by the physician according to the condition of the patient and dosha involved.

**ii. Palliative:**

**Shamana**

The medicines, either single / compound formulations like Kashaya, Lehya, Arishta, Churna, Gulika, Ghrita, Thaila are commonly used for prevention and control of Katishoola.

Snehapana- Internal Oleation and

External Oleation and Swedana (Fomentation therapy) like Full body Dhara, Local Dhara, Abhyanga (oil Massage), Dhanyamladhara, Pottalis, Pichu (cotton swab dipped in medicated oil).

Food: Avoid Bamboo Sprout, Bitter Gourd, Leafy Vegetables, Peas, root vegetables, Sprout, Excess Fasting, Excessive physical work, Excessive Travel, Excessive walking, Physiological strain., Stress, Suppression of urges, Taking food in



irregular time, Bengal gram, Costic soda, Groundnut, Incompatible food, Day sleep and awakening at night.

Intake of hot, light, easy to digest food.

#### 5) **Benefits with Ayurveda treatment**

It does muscular relaxation, reduce pain, the decrease of nerve and surrounding tissue inflammation, the healing of nerve damage, and strengthening of muscles and nerves.

#### 6) **TESTIMONIALS:**

a. **Doctors:**

b. **Subjects:**

#### 7) **SCIENTIFIC PUBLICATIONS:**

1. Damayanthie Fernando K P, Thakar AB, Shukla VD. Clinical efficacy of Eranda Muladi Yapana Basti in the management of Kati Graha (Lumbar spondylosis). AYU [serial online] 2013 [cited 2023 Jan 17];34:36-41. Available from: <https://www.ayujournal.org/text.asp?2013/34/1/36/115444>
2. T P, Sinimol, E. Surendran, and V. Sumedhan. "AYURVEDIC MANAGEMENT OF LUMBAR SPONDYLOLISTHESIS (KATI SHOOLA) WITH SPECIAL REFERENCE TO CHINCHA LAVANA SWEDA- A CASE REPORT". International Journal of Ayurveda and Pharma Research, Vol. 7, no. 1, Apr. 2019, <http://www.ijaprs.com/index.php/ijapr/article/view/1122>.
3. Ediriweera E, Gunathilka H, Weerasinghe K, Kalawana O. Efficacy of traditional treatment regimen on Kati Shoola with special reference to lumbar spondylolisthesis. AYU [serial online] 2013 [cited 2023 Jan 17];34:86-9. Available from: <https://www.ayujournal.org/text.asp?2013/34/1/86/115435>
4. Gupta, N., K. . Choudhary, and G. . Mangal. "Katigraha (Lumbar Spondylosis) Managed by Katidhara and Basti: A Case Report". International Journal of Ayurveda and Traditional Medicine, vol. 2, no. 2, June 2020, pp. 10-14, <https://ijatm.org/index.php/ijatm/article/view/20>.

#### 4. TEMPLATE FOR CERVICAL SPONDYLOSIS

##### 1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:

Cervical Spondylosis

##### 2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:

*Greeva Shoola*

##### 3) MODERN TREATMENTS AVAILABLE

###### a. MEDICAL

Nonsteroidal anti-inflammatory drugs. NSAIDs, such as ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve) Corticosteroids. A short course of oral prednisone might help ease pain Muscle relaxants. Certain drugs, such as cyclobenzaprine (Amrix, Fexmid), can help relieve muscle spasms in the neck.

Anti-seizure medications. Some epilepsy medications can dull the pain of damaged nerves.

Antidepressants. Certain antidepressant medications can help ease neck pain from cervical spondylosis.

###### b. SURGICAL

[Discectomy](#)

Bariatric Surgery

Spinal Fusion

##### 4) AYURVEDA OFFERS:

###### a. MEDICAL

###### i. Curative:

**Snehana (Oleation), Swedana (Sudation), Shodhana (Bio purification):**

External Therapies such as Sthanika Abhyanga (local massage), Sthanika Prisheka (Pouring of medicated oils), Agnikarma (Therapeutic heat burn), Greeva Vasti (retention of oil in cervical region), Navara kizhi and Pizhichil (Types of Sudation) are used according to the condition of patient.

Samshodhana Chikitsa is a specialized therapeutic approach of Ayurveda to eliminate

toxins from the body by giving Nasya (Nasal administration), Anuvasana Vasti (Medicated oil Enema), Kashaya Vasti (Decoction Enema) and Virechana (Therapeutic Purgation). But it is to be decided by the physician according to the condition of the patient whether Shodhana therapy is indicated or not.

**ii. Palliative:**

**Shamana**

The medicines, either single / compound formulations like Kashaya, Lehya, Arishta, Churna, Gulika, Ghrita, Thaila are commonly used for prevention and control.

Snehapana- Internal Oleation

External Oleation and Swedana (Fomentation therapy) like Full body Dhara, Local Dhara, Abhyanga (oil Massage), Dhanyamladhara, Pichu, Pottalis.

Food: Avoid Bamboo Sprout, Bitter Gourd, Leafy Vegetables, Peas, root vegetables, Sprout, Excess Fasting, Excessive physical work, Excessive Travel, Excessive walking, Physiological strain., Stress, Suppression of urges, Taking food at irregular time, Bengal gram, Costic soda, Groundnut, Incompatible food, Day sleep and awakening at night.

Intake of hot, light, easy to digest food.

**5) Benefits with Ayurveda treatment**

Reduce pain and inflammation of muscles and ligaments and to improve the flexibility of neck bone joints.

Therapies like Anuvasna Vasti (Medicated oil Enema) and Kashaya Vasti (medicated decoction Enema) help to remove the toxins and strengthen the surrounding nerves of neck region and relieve pain and inflammation.

**6) TESTIMONIALS:**

**a. Doctors:**

**b. Subjects:**

**7) SCIENTIFIC PUBLICATIONS:**

1. Tanwar SR, Thakar AB, Ramteke R. Clinical evaluation of Nasya Karma in cervical spondylosis: Case series. Indian J Health Sci Biomed Res [serial online] 2017 [cited 2023 Jan 17];10:335-9. Available from: <https://www.ijournalhs.org/text.asp?2017/10/3/335/213990>

2. Bharti, Katyal, S., Kumar, A., Makhija, R., & Devalla, R. B. (2010). Clinical observation on Greeva Stambha (cervical spondylosis) Chikitsa. *Ayu*, 31(2), 218–222. <https://doi.org/10.4103/0974-8520.72402>
3. Dr. Vinodkumar K. Borale, and Dr. M. R. Hungundi. “A Clinical Evaluation of Agnikarma in the Management of Greeva Sandhigata Vata w.s.r. To Cervical Spondylosis". *Journal of Ayurveda and Integrated Medical Sciences*, Vol. 4, no. 04, Aug. 2019, pp. 65-70, <http://www.jaims.in/jaims/article/view/646>.
4. Pathak, Ashutosh & Awasthi, Hari & Pandey, Ajai. (2015). Use of Dashamoola in Cervical Spondylosis: Past and Present Perspective. *Journal of AYUSH: Ayurveda, Yoga, Unani, Siddha and Homeopathy*. 4. 10-16.
5. Amarprakash, D., P. Anaya, K. Shubhangi, and K. Anjna. “A Clinical Study to Evaluate Efficacy of Agnikarma (Locally) and Ashwagandha Ghanavati (Internally) in the Management of Manyagata Vata w.s.R Cervical Spondylosis”. *International Journal of Ayurvedic Medicine*, vol. 9, no. 3, Oct. 2018, pp. 208-13, doi:10.47552/ijam.v9i3.1109.

## **5. TEMPLATE FOR PSORIATIC ARTHRITIS**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Psoriatic Arthritis

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Kushta, Vatarakta*

### **3) MODERN TREATMENTS AVAILABLE**

#### **a. MEDICAL**

NSAIDs available without a prescription include ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve).

Conventional DMARDs- The most commonly used DMARD is methotrexate (Trexall, Otrexup, others). Others include leflunomide (Arava) and sulfasalazine

(Azulfidine)

Biologic agents - Biologic agents include adalimumab (Humira), certolizumab (Cimzia), etanercept (Enbrel), golimumab (Simponi), infliximab (Remicade), ustekinumab (Stelara), secukinumab (Cosentyx), ixekizumab (Taltz), guselkumab (Tremfya) and abatacept (Orencia)

Targeted synthetic DMARDs - Tofacitinib (Xeljanz) might be used if conventional DMARDs and biologic agents haven't been effective

Apremilast (Otezla) decreases the activity of an enzyme in the body that controls the activity of inflammation within cells

#### **b. SURGICAL**

Total joint replacement surgery if psoriatic arthritis has caused significant damage to the joints of the hands and feet that limits the ability to participate in everyday activities.

#### **4) AYURVEDA OFFERS:**

##### **i. Curative:**

Snehapana (Oral administration of medicated ghee), Takra dhara (Dribbling medicated buttermilk on head), leypam (Applying a paste of medicines) and Upnaha (Poultice) according to the dosha condition.

Samshodhana Chikitsa (Bio purification) is a specialized therapeutic approach of Ayurveda to eliminate toxins from the body by giving Panchakarma like Vasti (Enema), Virechana (Therapeutic Purgation), Vamana (Therapeutic vomiting), Raktamokshana (Leach therapy). But it is to be decided by the physician according to the condition of the patient and the dosha involved.

##### **ii. Palliative:**

###### **Shamana Chikitsa**

Ayurvedic medicines for the treatment of Kushta Rogas are also helpful in the treatment of psoriatic arthritis. Medicines which are blood purifying and antipsoriatic is also administered.

External Oleation and Swedana (Fomentation therapy) like Full body Dhara, Local Dhara, Abhyanga (oil Massage), Dhanyamladhara, Pottalis.

Food: Avoid Bamboo Sprout, Bitter Gourd, Leafy Vegetables, Peas, root vegetables, Sprout, Excess Fasting, Excessive physical work,

Excessive Travel, Excessive walking, Physiological strain., Stress, Suppression of urges, Taking food in irregular time, Bengal gram, Costic soda,Groundnut, Incompatible food, Day sleep and awakening at night.

Intake of hot, light, easy to digest food.

**6) Benefit with Ayurveda treatment**

Eliminating the signs and symptoms and preventing joint deformity.

Panchakarma therapy that purifies the body and helps prevent the recurrence of the symptoms.

**7) TESTIMONIALS:**

**a. Doctors:**

**b. Subjects:**

**8) SCIENTIFIC PUBLICATIONS:**

1. Pandey YK, Grewal M. An ayurvedic approach to diagnosis and management of psoriatic arthritis on principles of Vatarakta: A review. AYUHOME [serial online] 2020 [cited 2023 Jan 17];7:62-8. Available from: <http://www.ayuhom.com/text.asp?2020/7/2/62/324635>
2. Sudarsana Kaveri R N, Nutan Mahato, Shylamma T.M, Bindu P.R, Silpa L, and Gitanjali. "Ayurvedic Management of Psoriatic Arthritis- A Case Study". Kerala Journal of Ayurveda, vol. 6, no. 1, Sept. 2022, pp. 14-19, doi:10.55718/kja.76.
3. Dr. Sudeesh Kumar S., Ashtavaidyan ET Neelakandhan Mooss, Navaneeth Krishnan N, Smina PB, and PKS Nair. "Classical Ashtavaidyan Ayurvedic Therapy in the Functional Improvement of Patients of Psoriatic Arthritis - An Open Label, Single Arm Exploratory Clinical Study". Journal of Ayurveda and Integrated Medical Sciences, Vol. 4, no. 02, Apr. 2019, pp. 45-52, <http://www.jaims.in/jaims/article/view/592>.

## **6. TEMPLATE FOR ANKYLOSING SPONDYLITIS**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Ankylosing spondylitis

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Asthimajjagata Vata*

### **3) MODERN TREATMENTS AVAILABLE**

#### **a. MEDICAL**

Nonsteroidal anti-inflammatory drugs (NSAIDs) — such as naproxen (Aleve, Naprosyn, others) and ibuprofen (Advil, Motrin IB, others) IL-17 inhibitors used to treat ankylosing spondylitis include secukinumab (Cosentyx) and ixekizumab (Taltz).

#### **b. SURGICAL**

Most people with ankylosing spondylitis don't need surgery. Surgery may be recommended if you have severe pain or if a hip joint is so damaged that it needs to be replaced.

### **4) AYURVEDA OFFERS:**

#### **i. Curative:**

External therapies such as Abhyanga (Oil Massage), Tailadhara (Pouring medicated oils on the body), Nhavarakkizhi (Massage with Bolus of rice boiled in medicated milk), Agnikarma (Therapeutic Heat Burn), Kati and Greeva Vasti (Retention of oil at Neck and lumber region) are done according to Dosha involved.

Samshodhana Chikitsa (Bio purification) to eliminate toxins from the body is giving in the form of Ksheervasthi (Medicated milk based enema) and Virechana (Therapeutic purgation). It is to be decided by the physician according to the condition of the patient.

#### **ii. Palliative:**

The medicines, either single / compound formulations like Kashaya, Lehya, Arishta,

Churna, Bhasma, Gulika, Ghrita, Thaila are commonly used for prevention and control of the doshas involved.

Administration of Snehana- Oleation therapy

Snehapana- Internal Oleation

External Oleation and Swedana (Fomentation therapy) like Full body Dhara, Local Dhara, Abhyanga (oil Massage), Dhanyamladhara, Pottalis, Pichu.

Food: Avoid Bamboo Sprout, Bitter Gourd, Leafy Vegetables, Peas, root vegetables, Sprout, Excess Fasting, Excessive physical work, Excessive Travel, Excessive walking, Physiological strain., Stress, Suppression of urges, Taking food in irregular time, Bengal gram, Costic soda, Groundnut, Incompatible food, Day sleep and awakening at night.

Intake of hot, light, easy to digest food.

#### **5) Benefit with Ayurveda treatment**

Treatment in Ayurveda helps in reducing the pain arising due to chronic inflammation of the spinal joints and help the body get back to Homeostasis (state of balance and harmony).

#### **6) TESTIMONIALS:**

**a. Doctors:**

**b. Subjects:**

#### **7) SCIENTIFIC PUBLICATIONS:**

1. Singh, S. K., & Rajoria, K. (2016). Ayurvedic approach for management of ankylosing spondylitis: A case report. *Journal of Ayurveda and integrative medicine*, 7(1), 53–56. <https://doi.org/10.1016/j.jaim.2015.10.002>
2. Falkenbach, A., & Oberguggenberger, R. (2003). Ayurveda in ankylosing spondylitis and low back pain. *Annals of rheumatic diseases*, 62(3), 276–277. <https://doi.org/10.1136/ard.62.3.276>
3. Dr. Vibhu Powar, Dr. Totad Muttappa, Dr. Vasantha B, Dr. Girish KJ, and Dr. Rachana



MS. "Ayurvedic Management of Ankylosing Spondylitis - A Case Report". Journal of Ayurveda and Integrated Medical Sciences, Vol. 3, no. 04, Aug. 2018, pp. 201-5, doi:10.21760/jaims.v3i04.473.

4. Mashru M, Barve M, Jagtap CY, Desai K. Ayurvedic Management of Ankylosing Spondylitis. J Ayurveda Case Rep [serial online] 2018 [cited 2023 Jan 18];1:23-7. Available from: <http://www.ayucare.org/text.asp?2018/1/1/23/350095>.

## **7. TEMPLATE FOR GOUTY ARTHRITIS**

**1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**  
Gouty arthritis

**2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**  
*Vatarakta.*

**3) MODERN TREATMENTS AVAILABLE**

**a. MEDICAL**

- **Curative**

Acute stage: to control pain and inflammation:

- Nonsteroidal anti-inflammatory drugs (NSAIDs), such as indomethacin
- Corticosteroids
- Adrenocorticotrophic hormone (ACTH)
- Combinations of drugs (colchicine plus NSAIDs, oral corticosteroids plus colchicine, intra-articular steroids plus colchicine or NSAIDs)

Long-term management of gout- Agents for lowering uric acid levels like Allopurinol, Febuxostat, Probenecid, Pegloticase etc.

- **Palliative**

- NSAIDs to control pain
- Dietary restrictions to avoid high purine diet

**b. SURGICAL**

- Tophi removal
- Management of joint effusions
- Joint replacement surgery in case permanent damage of joints

**4) AYURVEDA OFFERS:**

**i. Curative:**

- External therapies such as Abhyanga (Oil massage), Dhanyamladhara (Pouring medicated decoction on the body), Patrapinda Sweda (Fomentation by paste of leaves of medicinal plants) and Pradeha (local application of paste) are done

according to Dosha involved.

- Samshodhana Chikitsa (Bio purification) to eliminate toxins from the body is given in the form of Vasti (Medicated enema), Virechana (Therapeutic purgation), Nasya (Nasal Instillation) and RaktaMokshana (Blood-letting). It is to be decided by the physician according to the condition of the patient.
- Rasayana to prevent recurrence.
- Dietary measures to control *Vata*, *Pitta* and *Rakta* vitiation.

**ii. Palliative:**

- Management of pain and inflammation by oral use herbal medicines
- Single or compound Ayurvedic formulations which correct Vata and Rakta Dosha.
- Oral Administration of Medicated ghee

**5) Benefit with Ayurveda treatment**

- Treatment of underlying aetiology and correction of metabolic dysfunction
- Prevention of relapse
- Reduce pain and inflammation by internal and external therapies
- Correction of purine metabolism and arrest progression of disease.

**6) TESTIMONIALS:**

**a. Doctors:**

**b. Subjects:**

**7) SCIENTIFIC PUBLICATIONS:**

1. Vaprath Kuniyil AR, Soman D, Kundagol MC, Chacko J. Efficacy of Ayurvedic treatment protocol in gouty arthritis - a clinical study. J Complement Integr Med. 2021 May 11. doi: 10.1515/jcim-2020-0301. Epub ahead of print. PMID: 33977680.
2. Sima Balaprasad Jaju, Digambar G. Dipankar, Almas M. Shaikh, Anjali Rajesh Pote, Anupama M. Bathe. Ayurvedic Management of Vatarakata (Gout) - A Case Report. Research Journal of Pharmacy and Technology. 2022; 15(11):5026-0. doi: 10.52711/0974-360X.2022.00845. Masram PR, Ade V, Ayurvedic management of hyperuricemia: A case report, Annals.

## 8. TEMPLATE FOR PSORIASIS

### 1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:

Psoriasis

### 2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:

*Ekakushta*

### 3) MODERN TREATMENTS AVAILABLE

#### a. MEDICAL

##### i. Curative

- Long-term topical and systemic steroids
- Combination therapy with a vitamin D analogue (calcipotriol and calcipotriene) or a retinoid such as tazarotene and a topical corticosteroid
- Immune suppressants
- Emollients to avoid dryness

##### ii. Palliative

- Topical and systemic steroids for long term to avoid relapse
- UV broadband Phototherapy, stress reduction, climatotherapy, and various adjuncts such as sunshine, moisturizers, salicylic acid, and other keratolytic such as urea.

#### b. SURGICAL

- Excision of the superficial skin layers for dermatomal psoriasis
- Dermabrasion

### 4) AYURVEDA OFFERS:

#### i. Curative:

- Ayurveda management for psoriasis aimed to equalizes the vitiated factors in the body through repeated Bio- purification therapy (Panchkarma Therapy).
- *Shamana* (pacifying) medication to treat mild disease.
- External application of medicated paste to treat lesions and normalizes the skin texture and colour.
- For prevention of complications, recurrence and regeneration of damaged skin *Rasayana* therapy will be beneficial.
- Modulation of immune system by means of *shodhana* (Bio purification therapy), *shamana* and *Rasayana* therapy without causing any ill effects.

#### ii. Palliative:

- To manage symptoms like dryness, itching various external and internal mineralo-herbal medications will be beneficial
- Management of stress through *Yoga* and *Pranayama*.

- Diet and Nutrition: A balanced diet and to avoid disease trigger and to improve overall health.

#### 5) **Benefit with Ayurveda treatment**

- Reduction of symptoms as well as breaking the pathogenesis, hence reduced frequency and severity of episodes.
- Integration of Yoga and Pranayama with the pharmacological management will help to reduce stress and to improve the quality of life.
- Arresting disease progression in a holistic way to manage psoriasis and its associated diseases like metabolic syndrome, diabetes mellitus etc.

#### 6) **TESTIMONIALS:**

##### a. **Doctors:**

##### b. **Subjects:**

#### 7) **SCIENTIFIC PUBLICATIONS:**

3. Nille GC, Chaudhary AK. Potential implications of Ayurveda in Psoriasis: A clinical case study. J Ayurveda Integr Med. 2021 Jan-Mar;12(1):172-177. doi: 10.1016/j.jaim.2020.11.009. Epub 2021 Feb 3. PMID: 33546993; PMCID: PMC8039350.
4. Mehta CS, Dave AR, Shukla VD. A clinical study of some Ayurvedic compound drugs in the assessment quality of life of patients with Eka Kushtha (psoriasis). Ayu. 2011 Jul;32(3):333-9. doi: 10.4103/0974-8520.93909. PMID: 22529646; PMCID: PMC3326877.
5. Abhilesh VS, Prathibha CK, Anandaraman PV. Management of Erythrodermic Psoriasis through Ayurveda–A Case Report. The Permanente Journal. 2021;25.
6. Nille GC, Chaudhary AK, Gupta LN. Effect of an Ayurveda treatment in palmoplantar psoriasis: A case study. Journal of Ayurveda Case Reports. 2020 Apr 1;3(2):51.
7. Mitra A, Banerjee M, Das B, Ravte RK, Hazra J. Acquiescence of Ayurvedic principles and practices in Kitibha (Psoriasis) and excellent clinical responses–A case study.

### 9. **TEMPLATE FOR ATOPIC DERMATITIS**

#### 1) **CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Atopic Dermatitis

#### 2) **NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Vicharchika*

### 3) MODERN TREATMENTS AVAILABLE

#### MEDICAL MANAGEMENT

- Avoidance of triggers
- Anti-histamines, topical steroids, moisturizer to reduce allergy and itching
- Dupilumab, immuno-suppressants and Oral cortico-steroids in chronic atopic dermatitis.
- Antibiotic
- Phototherapy
- Wet-wrap therapy

### 4) AYURVEDA OFFERS:

#### MEDICAL MANAGEMENT:

- Symptomatic as well as treatment of the aetiology
- Internal and external purification therapies like vamana (Therapeutic Vomiting), virechana (Therapeutic purgation) and siramokshana (bloodletting).
- Pacifying treatment – oral medications and external applications to relieve itching and inflammation.
- *Rasayana* therapy for immune modulation, revitalization of tissues.
- Diet and lifestyle modifications to avoid relapse of symptoms.
- Repeated/seasonal purification therapy for cleansing the body channels to avoid recurrence.

### 5) Benefit with ayurveda treatment

- Holistic management and personalised integrated treatment protocol addressing the aetiology and pathogenesis.
- Ayurvedic treatment shows remarkable improvement in clinical features, quality of life and overall health.
- Well tolerated and safer medications that can be administered for long term also.

### 6) TESTIMONIALS:

#### a. Doctors:

#### b. Subjects:

### 7) SCIENTIFIC PUBLICATIONS:

1. Kaur M, Chandola HM. Role of rasayana in cure and prevention of recurrence of vicharchika (eczema). *Ayu*. 2010 Jan;31(1):33-9. doi: 10.4103/0974-8520.68207. PMID: 22131682; PMCID: PMC3215319. Tiwari R, Pandya DH, Baghel MS. Clinical evaluation of Bilvadileha in the management of irritable bowel syndrome. *Ayu*. 2013 Oct;34(4):368-72. doi: 10.4103/0974-8520.127717. PMID: 24696573; PMCID: PMC3968698.

2. Hegde P, Hemanth DT, Emmi SV, Shilpa MP, Shindhe PS, Santosh YM. A case discussion on eczema. Int J Ayurveda Res. 2010 Oct;1(4):268-70. doi: 10.4103/0974-7788.76792. PMID: 21455456; PMCID: PMC3059451.
3. Javed D, Anwar S, Gupta D. Lichenoid dermatitis treated with Ayurveda therapies: A case report. J Ayurveda Case Rep 2022;5:58-61.

## **10. TEMPLATE FOR ULCERATIVE COLITIS**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Ulcerative Colitis

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Raktatisara/ Pravahika.*

### **3) MODERN TREATMENTS AVAILABLE**

#### **a. MEDICAL**

##### **i. Curative:**

Induction therapy: (During Active stage)

- Topical mesalamine (suppositories/foam)
- Topical steroids
- Oral mesalamine
- Systemic steroids or beclomethasone dipropionate

Maintenance therapy: (During remission)

- Oral mesalamine ± topical mesalamine
- Immunomodulators
- Biologics

##### **ii. Palliative**

Pain control, management of oral and skin ulcerations, stomal problems in IBD patients, control of nausea and vomiting, management of chronic diarrhea and pruritus ani, evaluation of anemia, treatment of steroid-related bone disease, and treatment of psychological problems associated with UC.

#### **b. SURGICAL**

Total proctocolectomy and the creation of an ileal pouch anal anastomosis.

### **4) AYURVEDA OFFERS:**

#### **a. MEDICAL**

##### **i. Curative:**

- Ayurvedic treatment modalities for Ulcerative colitis is a combination of therapies which include oral medication, Vasti (Medicated enema) and dietary intervention. It includes therapy to enhance the digestive capacity (Deepana- pachana), purify

and heal the ulceration (*Vrana-sodhana Ropana*), anti-diarrheal (*Sthambhana, Grahi*), and to provide proper nourishment.

- Rasayana Therapy for immunomodulation to prevent the recurrence

## ii. Palliative:

Palliative care in ulcerative colitis aimed to improve the quality of life and also for prevention of recurrence. It includes the following

1. Ayurvedic formulations which help to enhance immunity and health.
2. Nutraceutical intervention to improve overall health and maintain Doshik balance.
3. Yoga and Pranayama: To manage psychological disturbances due to chronic illness and to improve mental well-being.

## iii. Benefits with Ayurveda treatment

- Ayurveda heals the patient of ulcerative colitis by breaking the etiopathogenesis of the disease by a multimodal approach which includes Medicines and lifestyle modification. Reported outcomes of the Ayurvedic management of ulcerative colitis are listed below.
  - Reduction of symptoms like bleeding, abdominal pain, frequency
  - Marked relief of bleeding as observed in occult blood test and improvement of anemia.
  - Improve the functions of digestive system.
  - Effective reduction of relapse of symptoms.
  - Reduction in the requirement of systemic steroids and other sulfasalazine/ mesalamine.
  - Treatments are safe, less expensive and well tolerated by patients.

## 8) TESTIMONIALS:

### a. Doctors:

### b. Subjects:

## 9) SCIENTIFIC PUBLICATIONS:

1. Patel MV, Patel KB, Gupta SN. Effects of Ayurvedic treatment on forty-three patients of ulcerative colitis. *Ayu*. 2010 Oct;31(4):478-81. doi: 10.4103/0974-8520.82046. PMID: 22048543; PMCID: PMC3202252.
2. Pooja BA, Bhatted S. Ayurvedic management of *Pravahika* - A case report. *Ayu*. 2015 Oct-Dec;36(4):410-412. doi: 10.4103/0974-8520.190701. PMID: 27833369; PMCID: PMC5041389.
3. Kalapi, P., Manish, P., Namrata, S. *et al*. P02.87. Ayurvedic management of Ulcerative Colitis: a non-randomized, observational clinical study. *BMC Complement Altern Med* **12** (Suppl 1), P143 (2012).

4. Gautam, S., & Praveen Kumar B, Harshitha K.S., Narayan Pandey, R. M. A. K. S. S. R. (2022). Ayurvedic Approach for Management of Ulcerative Colitis- A Case Report. *The Healer*, 3(1).

## **11. TEMPLATE FOR IRRITABLE BOWEL SYNDROME**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Irritable bowel Syndrome

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Grahani*

### **3) MODERN TREATMENTS AVAILABLE MEDICAL MANAGEMENT**

- Avoidance of food which may aggravate symptoms
- Anti-diarrheal in diarrhoea dominant
- Laxatives in constipation dominant
- Antispasmodic to treat abdominal pain
- Cognitive behavioural therapy
- Anti-depressant, anti-psychotics etc manage associated psychiatric issues.
- Gut-directed hypnotherapy
- Probiotics

### **4) AYURVEDA OFFERS:**

#### **MEDICAL MANAGEMENT:**

- Symptomatic as well as treatment of the aetiology.
- Treatment to enhance digestive and metabolic functions (Deepana –pachana).
- Interventions to manage symptoms.
- Avoidance of unwholesome diet and habits.
- Lifestyle modification.
- Internal medications like Medhya Rasayana, Panchkarma (Bil-purification therapy) like Vasti (medicated enema) and Yoga and pranayama for relieving stress and management of psychiatric illness.
- Ayurvedic Nutritional therapy

### **5) Benefits with Ayurveda treatment**

- Holistic management and personalised integrated treatment protocol addressing the psycho-somatic axis.
- Ayurvedic treatment shows remarkable improvement in clinical features, quality of life and stress, anxiety and depression.
- Well tolerated and safer medications that can be administered for long term also.

### **6) TESTIMONIALS:**



**a. Doctors:**

**b. Subjects:**

**7) SCIENTIFIC PUBLICATIONS:**

1. Jeitler M, Wottke T, Schumann D, Puerto Valencia LM, Michalsen A, Steckhan N, Mittwede M, Stapelfeldt E, Koppold-Liebscher D, Cramer H, Wischnewsky M. Ayurvedic vs. Conventional Nutritional Therapy Including Low-FODMAP Diet for Patients With Irritable Bowel Syndrome—A Randomized Controlled Trial. *Frontiers in medicine*. 2021 Sep 6;8:622029.
2. Tiwari R, Pandya DH, Baghel MS. Clinical evaluation of Bilvadileha in the management of irritable bowel syndrome. *Ayu*. 2013 Oct;34(4):368-72. doi: 10.4103/0974-8520.127717. PMID: 24696573; PMCID: PMC3968698.
3. Nirmal Hanumant, Meena Ram Lakhani, Kumar Jitender, Dharmarajan Prasanth, & Bhatted Santoshkumar. (2019). MANAGEMENT OF IRRITABLE BOWEL SYNDROME THROUGH AYURVEDA: A CASE STUDY . *International Journal of Ayurveda and Pharma Research*, 7(6), 40-44.
4. Bhat VG, Basnet P, Saralaya A. Management of Irritable Bowel Syndrome (IBS) in Ayurveda: A Case Report. *International Journal of Ayurveda and Traditional Medicine*. 2022 Jun 30;4(6):24-30.

**12. TEMPLATE FOR CONGESTIVE CARDIAC FAILURE**

**1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**  
Congestive Cardiac Failure (CCF)

**2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:** Hridroga

**3) WHAT MODERN TREATMENTS AVAILABLE**

**a. MEDICAL**

- Goal of therapy for chronic CCF is to improve symptom management and quality of life, decrease hospitalizations, and decrease overall mortality associated with this disease.
- Nonpharmacologic therapy: Oxygen and noninvasive positive pressure ventilation, dietary sodium and fluid restriction, physical activity as appropriate, and attention to weight gain
- Pharmacotherapy: Diuretics, vasodilators, inotropic agents, anticoagulants, beta blockers, ACEIs, ARBs, CCBs, digoxin, nitrates, B-type natriuretic peptides, I(f) inhibitors, ARNIs, soluble guanylate cyclase stimulators, SGLT2Is, and MRAs.

**b. SURGICAL**

- Electrophysiologic intervention

- Revascularization procedures
- Valve replacement/repair
- Ventricular restoration
- Extracorporeal membrane oxygenation
- Ventricular assist devices
- Heart transplantation
- Total artificial heart

#### 4) **AYURVEDA OFFERS:**

- Ayurvedic treatment for CCF aimed for symptomatic management, improve quality of life.
- Oral medications to manage odema (Shothahar drugs), dyspnea, Medicines to improve cardiac functions and musculature.
- Panchakarma therapy (Bio purification therapy) like Snehana (Oleation), swedana (Sudation), basti and hridbasti (Retention of Oil on the chest).
- Suitable dietetics
- *Yoga and Pranayama*: to enhance cardio-pulmonary function and reduce stress.

#### 5) **Benefits with Ayurveda treatment**

- Improvement in ejection fraction
- Increase of maximum aerobic capacity
- Overall improvement of mental and physical wellbeing and quality of life.

#### 6) **TESTIMONIALS:**

##### a. **Doctors:**

##### b. **Subjects:**

#### 7) **SCIENTIFIC PUBLICATIONS:**

1. Rohit S, Rahul M. Efficacy of heart failure reversal treatment in patients with low ejection fraction. *J Ayurveda Integr Med.* 2018 Oct-Dec;9(4):285-289. doi: 10.1016/j.jaim.2017.08.004. Epub 2018 Oct 1. PMID: 30287144; PMCID: PMC6314236.
2. Sane R, Aklujkar A, Patil A, Mandole R. Effect of heart failure reversal treatment as add-on therapy in patients with chronic heart failure: A randomized, open-label study. *Indian Heart J.* 2017 May-Jun;69(3):299-304. doi: 10.1016/j.ihj.2016.10.012. Epub 2016 Nov 18. PMID: 28648417; PMCID: PMC5485380.
3. Dr. Amit V. Nakanekar, Dr. Madhukar L. Bhavsar, Dr. Punam N. Khobarkar, & Dr. Snehal Kumar Patil. (2021). Integrative management of Congestive Cardiac Failure

(Hrudrog) with Ayurveda and Modern Medicine: A Case Report. *Journal of Ayurveda and Integrated Medical Sciences*, 6(02), 270-274.

### **13. TEMPLATE FOR DUCHENNE MUSCULAR DYSTROPHY**

#### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Duchenne Muscular Dystrophy

#### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Beejabhagavayavadusti janya masma ghata vata*

#### **3) MODERN TREATMENTS AVAILABLE**

##### **a. MEDICAL**

There is no permanent curative treatment however the following are palliative treatment:

- Glucocorticoids (prednisone or deflazacort)
- Supportive care – Physical therapy, bracing, wheelchairs
- Multidisciplinary approach - treatment of cardiac dysfunction or pulmonary infections
- Exon skipping- approaches and gene replacement strategies are currently in clinical trials

##### **b. SURGICAL**

###### **i. Radical**

Surgical correction of the contracture

#### **4) AYURVEDA OFFERS:**

##### **i. Curative:**

- Ayurvedic treatment modalities for DMD typically involves a combination of medication to slow muscle damage and manage symptoms such as muscle weakness, difficulty breathing, and heart problems.

##### **ii. Palliative:**

- Ayurveda recommend palliative treatments to help manage symptoms and

improve overall quality of life. These treatments may include:

1. Ayurvedic polyherbal formulations and herbo-mineral preparations to help improve muscle strength and endurance.
2. Panchakarma (Bio purification therapy) procedures help improve circulation and relieve muscle pain and stiffness.
3. Rasayana therapy: Improve overall health and vitality.
4. Yoga and exercises: Yoga and exercises such as Pranayama and Asanas can help improve muscle strength and flexibility, as well as improve overall well-being.
5. Diet and Nutrition: A balanced diet and nutrition are important for overall health and well-being. A diet rich in protein and antioxidants to help support muscle health.

#### **5) Benefit with Ayush treatment**

Ayurvedic protocol on DMD focuses on treating the root cause of the problem, rather than just addressing symptoms. The following are the reported outcomes from Ayurvedic treatment:

- Reduction in calf muscle hypertrophy and increase in muscle tone.
- Significant reduction in Serum CPK.
- Improvement in motor functions – improvement in difficulty in climbing stairs, reduction in frequent falling and toe walking
- Improvement in muscle power.

#### **6) TESTIMONIALS:**

##### **a. Doctors:**

##### **b. Subjects:**

#### **7) SCIENTIFIC PUBLICATIONS:**

1. Dipsundar Sahu et al: Clinical Efficacy of Chhagaladya Mamsa Basti in the Management Of Duchenne Muscular Dystrophy - A Case Study. International Ayurvedic Medical Journal Volume 4, Issue 3, February - March 2020 2.
2. Gaikwad Sarita JMSCR Volume 08 Issue 04 April 2020  
<https://dx.doi.org/10.18535/jmscr/v8i4.42>
3. Dr. Jyoti Kaushik, Prof. Rakesh Sharma. A Case Study on Duchenne Muscular Dystrophy. J Ayurveda Integr Med Sci 2019;4:362-365.

4. Karishma Singh, Gopesh Mangal. Management of Duchenne Muscular Dystrophy by Ayurvedic Principles: A Case Study. Research & Reviews: Journal of Medical Science and Technology. 2020; 9(1): 1–5p.
5. Meenakshi Gusain, Alok Kumar Srivastava, Archana Singh Vishen. Therapeutic efficacy of panchakarma in muscular dystrophy- a case study, IAMJ, 2017;5(8):3172-3176. Available from : [http://www.iamj.in/posts/2017/images/upload/3172\\_3176.pdf](http://www.iamj.in/posts/2017/images/upload/3172_3176.pdf) (assessed on 25.06.2022).

#### **14. TEMPLATE FOR CEREBRAL PALSY**

##### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Cerebral Palsy

##### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Mastishka-Ghaat Vata-Vyadhi*

##### **3) MODERN TREATMENTS AVAILABLE**

###### **a. MEDICAL**

Multidisciplinary approach to reduce abnormalities of movement and tone and to optimise normal psychomotor development & symptomatic approach for comorbid conditions.

Physiotherapy, occupational therapy, Speech therapy, drug to control seizure, alleviate pain or relax muscle spasm

Benzodiazepines like oral diazepam and Muscle Relaxants like baclofen and dantrolene, small doses of levodopa, Artane, Reserpine, tetrabenazine, Intrathecal baclofen, Botulinum toxin injection.

###### **b. SURGICAL**

Soft tissue procedures-

1. Adductor tenotomy
2. Achilles tendon tenotomy
3. Psoas transfer and release
4. Rhizotomy

##### **4) AYURVEDA OFFERS:**

###### **i) Curative:**

External Therapies such as

- Udvardana (Body massages by herbal powder)
- Sarvanga Abhyanga (Whole body Oil massage)
- Different types of Sudation therapies like Sthanika Nadisweda, Sashtika Sali pinda sweda. Salwana Upanaha sweda, Parisheka sweda, Avagaha sweda
- Basti karma - Yoga, Karma, Kala, Matra & Chaturbhadra basti (a different types of enema),
- Nasya karma (nasal administration),
- Murdhataila like Siroabhyanga (Head massage), Sirodhara (Pouring of medicated liquid on head), Shiro Pichu (Cotton dipped into medicated oil) & Sirovasti (Retention of oil on head)

Samshodhana Chikitsa (Bio purification therapy) is a specialized therapeutic approach of *Ayurveda* to eliminate toxins from the body by giving *Panchakarma* But drug of choice is to be decided by the physician according to the type of CP.

#### **ii. Palliative:**

- Deepana (Drugs which increases digestive fire), Pachanana (Drugs which improve digestion) procedures in order to get a Nirama state of the patient.
- Drugs which balance the Kapha-Vata dosha and having properties like Balya (give strengthen to body), Brimhana (give nourishment to body) and Medhya (nootropic).
- The medicines, either single / compound formulations like Churna, Gulika, Rasoushadhi, Bhasma, Arishta, Avaleha kashaya, Ghrita, Taila are commonly used for management followed by Rasayana drugs.
- Food: Avoid non-veg shell fishes and meat, too spicy and fried food, Incompatible food, Day sleep and awakening at night.
- Eat in calm and quiet place, Eat with more number of family members together. The *Sookshmavyaayamas*, *asanaas* and *Pranayama* has to be advised as per the compliance of the child.

#### **5) Benefit with Ayush treatment**

Does muscular relaxation, the decrease muscle spasticity and strengthening of muscles and nerves.

#### **6) TESTIMONIALS:**

**a.Doctors:**

**b.Subjects:**

## 7) SCIENTIFIC PUBLICATIONS:

1. Arun raj gr et al, effectiveness of ayurveda treatment modalities in the management of spasticity in children with cerebral palsy at a tertiary care teaching hospital of southern india, int. j. res. ayurveda pharm. 9 (2), 2018,doi: 10.7897/2277-4343.09242

## 15. TEMPLATE FOR ADHD

### 1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:

Attention Deficit Hyperactivity Disorder

### 2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:

*Anavasthita chitta, manovibhrama, buddhi vibhrama, smriti vibhrama, chesta vibhrama.*

### 3) MODERN TREATMENTS AVAILABLE

#### a. MEDICAL

Psychostimulants like methylphenidate, dexamethylphenidate, amphetamine, lisdexamphetamine, atomoxetine, Long acting guanfacine, clonidine, Tricyclic antidepressants (TCA) like imipramine and nor- triptyline.

Behaviorally oriented treatments, Individual specific plans

#### b. SURGICAL: No any

### 4) AYURVEDA OFFERS:

#### i. Curative:

#### **Snehana (Oleation), Swedana (Sudation), Shodhana (Bio purification therapy)**

- Murdhataila (oleation on head) – in the form of Siroabhyanga (oil massage on head), Sirodhara (Pouring of medicated liquid on head), Shiro Pichu (Kept medicated oil dipped cotton on head) & Sirovasti (retention of oil on head).
- Nasya karma (Nasal Administration)
- Takradhara (Pouring of buttermilk on head)
- External therapies such as Sarvanga Abhyanga (whole body oleation therapy), Sarvanga swedana (whole body Sudation therapy) , Shirolepa (herbal paste application on Head)
- Basti karma - Matra basti (A type of medicated oil enema).

- Satvavajaya Chikitsa (Ayurveda psychotherapy)

**ii. Palliative:  
Shamana**

The *Ayurvedic* treatment of ADHD involves correction or balancing of *tarpaka kapha, sadhaka pitta, prank Vayu, the Doshas* present in brain. *Medhya* drugs (Nootropic herbs have possible action on psycho-neurological deficits)

The medicines, either single / compound formulations like *Churna, Gulika, Rasoushadhi, Bhasma, Arishta, Avaleha kashaya, Ghrita, Taila* are commonly used for management.

Food: Avoid too spicy and fried food, junk food Incompatible food, Day sleep and awakening at night. Refined carbohydrates, sugars and processed foods containing additives should be completely eliminated from the diet.

The *Sookshmayayamas, asanaas, Pranayama*, music therapy & concentration techniques has to be applied as per the compliance of the child

**5) Benefit with Ayush treatment –**

*Medhya* drugs and *Vata Shamaka panchakarma* therapies point towards balancing *Vata & manasika dosha*.

Ayurveda intervention for ADHD typically comprises multimodal approach by using a combination of different types of medicine as internal or external application and or *Panchakarma* procedures, depending upon the dominance of Doshas (biological humors of body, namely, *Vata, Pitta, and Kapha*).

**6) TESTIMONIALS:**

**a. Doctors:**

**b. Subjects:**

**7) SCIENTIFIC PUBLICATIONS:**

Harish Kumar Singhal et al, *Ayurvedic* approach for improving reaction time of attention deficit hyperactivity disorder affected children, *Ayu*. 2010 Jul-Sep; 31(3): 338–342, doi: [10.4103/0974-8520.77169](https://doi.org/10.4103/0974-8520.77169).

**16. TEMPLATE FOR NEPHROTIC SYNDROME**

**1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Nephrotic Syndrome



## 2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:

*Ojovyapada with Kaphaja Shotha*

## 3) MODERN TREATMENTS AVAILABLE

### a. MEDICAL

Corticosteroids like prednisolone or prednisone are mainstay of therapy of MCNS for 12 weeks as per recommended regimen. Steroid resistant - Cyclophosphamide, Calcineurine inhibitors like cyclosporine or tacrolimus, monoclonal antibody therapy. Generalized edema rated with IV, diuretics and albumin.

### b. SURGICAL

No any

## 4) AYURVEDA OFFERS:

### • Curative:

**Snehana (Oleation), Swedana (Sudation), Shodhana (Bio purification)**

External therapies such as Sarvanga Abhyanga (Oleation therapy), Sarvanga swedana (whole body Sudation) followed by Basti karma (Medicated Enema) - Sthiradi yapan basti, Kshar basti etc.

### • Palliative:

**Shamana**

Ama Pachana chikitsa (treatment which purify toxins of undigested food), Agni Deepana (treatment which improve digestive fire), Ojovardhaka, Medovaha srotomoola (Vrikka) Chikitsa decreasing the oedema by diuresis using mutravirechaka drugs, Medohara Chikitsa followed by Rasayana therapy for Immunomodulatory action and to regenerate damaged tissue.

The medicines, either single / compound formulations like *Churna, Gulika, Arishta, Avaleha kashaya, Ghrita, Taila* are commonly used for management.

Food: Avoid too spicy and fried food, junk food Incompatible food, Day sleep and awakening at night.

The *Vyadhi Vishesh Pathya* done by dietetic Modification by protein supplementation.

## 5) Benefit with Ayurveda treatment

*Medhya* (nootropics) drugs and *Vata Shamaka Panchakarma* (Bio purification therapies) point towards balancing *Vata & manasika dosha*.

## **6) TESTIMONIALS:**

**c. Doctors:**

**d. Subjects:**

## **7) SCIENTIFIC PUBLICATIONS:**

1. Manish v patel et al, AYURVEDIC MANAGEMENT OF PRIMARY NEPHROTIC SYNDROME, J. Res. Educ. Indian Med., July 2015 DOI : 10.5455/JREIM.82-1422092361.

## **17. TEMPLATE FOR RETINITIS PIGMENTOSA**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Retinitis Pigmentosa

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

Nakulaandhya

### **3) MODERN TREATMENTS AVAILABLE**

#### **a. MEDICAL**

Palliative care – Vit A Therapy

Supportive care – UV Glasses,

Multidisciplinary approach - NA

Exon skipping- approaches and gene replacement strategies, Retinal

Transplantation, Retinal implants are currently in In-vivo trials

#### **b. SURGICAL**

Nothing specific

### **4) AYURVEDA OFFERS:**

#### **i. Curative:**

Ayurvedic treatment modalities for RP typically involves a combination of medication to slow Retinal epithelium damage and manage symptoms such as photo phobia, asthenopic symptoms. Prevents the vision from the deterioration.

#### **ii. Palliative:**

Ayurveda recommend palliative treatments to help manage symptoms and improve overall quality of life. These treatments may include:

1. Ayurvedic polyherbal formulations and herbo-mineral preparations to help improve the health of retina and maintain the vision.
2. Kriya kalpa procedures Tarpana, Putapaka, Aschyotana helps to improve local nutrition through improved circulation.
3. Rasayana therapy: Antioxidant effect of rasayana formulations helps in overall health and vitality of eye.
4. Eye exercises: Eye exercises are helpful to stimulate the retinal function.
5. Diet and Nutrition: A balanced diet and nutrition are important for overall health and well-being. A diet rich in Vit A and antioxidants to help support Eye health.

#### **5) Benefit with Ayurveda treatment**

Ayurvedic protocol on Retinitis pigmentosa focuses on treating the root cause of the problem, rather than just addressing symptoms. The following are the reported outcomes from Ayurvedic treatment:

- Improvement in visual acuity especially in near vision.
- Significant reduction in photophobia.
- Improvement in Quality of life – improvement in self handling the day today works without assistance.

#### **6) TESTIMONIALS:**

##### **a. Doctors:**

##### **b. Subjects:**

#### **7) SCIENTIFIC PUBLICATIONS:**

1. Musarella MA, Macdonald IM. Current concepts in the treatment of retinitis pigmentosa. *J Ophthalmol.* 2011; 2011:753547. doi: 10.1155/2011/753547. Epub 2010 Oct 11. PMID: 21048997; PMCID: PMC2964907.
2. Hamel, C. Retinitis pigmentosa. *Orphanet J Rare Dis* 1, 40 (2006).
3. Hartong DT, Berson EL, Dryja TP. Retinitis pigmentosa. *The Lancet.* 2006 Nov 18;368(9549):1795-809.

4. Pagon RA. Retinitis pigmentosa. Survey of ophthalmology. 1988 Nov 1;33(3):137-77.
5. Berson EL. Retinitis pigmentosa. The Friedenwald Lecture. Investigative ophthalmology & visual science. 1993 Apr 1;34(5):1659-76.

## **18. TEMPLATE FOR NEUROGENIC PTOSIS**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Neurogenic ptosis

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Vatahata Vartma*

### **3) MODERN TREATMENTS AVAILABLE**

#### **a. MEDICAL**

##### **i. Curative**

The medication—Oxymetazoline— targets the muscle that raises the eyelid. In some people with acquired ptosis, the eyelid opens wider after using the drops. Oxymetazoline does not work for certain types of droopy eyelid, like those arising from injury or nerve problems.

##### **ii. Palliative**

It is indicated in myogenic and some cases of neurogenic ptosis mostly.

#### **b. SURGICAL**

Surgery is necessary for congenital, ptosis, and all other types when nonsurgical treatment is not beneficial: the underlying cause and preoperative evaluation of ptosis help in determining the procedure of choice.

- Levator resection.
- Motais procedure: Action of superior rectus is utilized to elevate the lid if Levator muscle is paralyzed.
- Hess's procedure
- Frontalis brow suspension
- Apponeurotic strengthening

### **4) AYURVEDA OFFERS:**

**i. Curative:**

Ayurvedic treatment modalities for Nasyam (Nasal administration of medicine), Eye massage, Netra Periseka (pouring of decoction of medicated herbs) with Drugs which are Chakshushya, will enhance the vision and *Nadi Balyakara* which strengthen the nerve and muscles of eyes.

**ii. Palliative:**

Ayurveda recommend palliative treatments to help manage symptoms and improve overall quality of life. These treatments may include:

1. Ayurvedic polyherbal formulations and herbo-mineral preparations to improve vision.
2. *Kriyakalpa* procedures improves circulation and provides nourishment to ocular structures.
3. Rasayana therapy
4. *Nadi balya* treatment to strengthen the optic nerve through procedures like nasya karma, netraperiseka, eye massage
5. Eye exercises
6. Diet and Nutrition: A balanced diet and nutrition are important for overall health and well-being

**5) Benefit with Ayush treatment**

Ayurvedic protocol on ptosis focuses on the diagnosis the cause of ptosis and its treatment. The following are the reported outcomes from Ayurvedic treatment:

- Complete relief from ptosis
- Vision restored to normalcy.
- Improvement in ocular movements (Gaze positional)
- Improvement in eye muscles power.

**6) TESTIMONIALS:**

**a. Doctors:**

**b. Subjects:**

**7) SCIENTIFIC PUBLICATIONS:**

1. Shahzad B, Siccardi MA. Ptosis. 2022 Aug 8. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. PMID: 31536311.

2. Koka K, Patel BC. Ptosis Correction. 2022 Jul 12. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. PMID: 30969650.
3. Finsterer, J. Ptosis: Causes, Presentation, and Management . Aesth. Plast. Surg. 27, 193–204 (2003). <https://doi.org/10.1007/s00266-003-0127-5>

## **19. TEMPLATE FOR DIPLOPIA**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Diplopia due to Arnold chiari type-1 malformation.

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Timira* (Third *Patala*)

### **3) MODERN TREATMENTS AVAILABLE**

Treatment options include ocular occlusion, monovision optical correction, prism glasses, strabismus surgery, and chemodenerivation. Ocular occlusion and monovision optical correction enable the patient to ignore the image from the misaligned eye.

#### **a. SURGICAL**

The main treatment for Chiari malformation is surgical

### **4) AYURVEDA OFFERS:**

#### **i. Curative:**

Ayurvedic treatment modalities for DIPLOPIA drugs which are Chakshushya which will enhance the vision and *Nadi BalyaKara* which correct the defect of the optic nerve.

#### **ii. Palliative:**

Ayurveda recommend palliative treatments to help manage symptoms and improve overall quality of life. These treatments may include:

1. Ayurvedic polyherbal formulations and herbo-mineral preparations to improve vision.
2. *Kriyakalpa* procedures improves circulation and provides nourishment to ocular structures.
3. Rasayana therapy
4. *Nadi balya* treatment to strengthen the optic nerve through procedures like nasya karma, shirodhara, shirolepa etc.

5. Eye exercises:
6. Diet and Nutrition: A balanced diet and nutrition are important for overall health and well-being.

#### **5) Benefit with Ayurveda treatment**

Ayurvedic protocol on Diplopia focuses on treating the root cause of the problem, rather than just addressing symptoms. The following are the reported outcomes from Ayurvedic treatment:

- Complete relief in diplopia.
- Vision restored to normalcy.
- General body Improvement.
- Feeling of wellbeing.

#### **6) TESTIMONIALS:**

- a. **Doctors:**
- b. **Subjects:**

#### **7) SCIENTIFIC PUBLICATIONS:**

1. Hidalgo JA, Tork CA, Varacallo M. Arnold Chiari Malformation. [Updated 2022 Sep 5]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK431076/>.
2. Graf M, Lorenz B, How to deal with Diplopia. Rev.Neurol.2012; 168/10: 720-728.doi:10.1016/j.neurol.2012.08.001.Epub2012sep15.PMID:22986079.Pubmed.ncbi.nlm.nih.gov.
3. Dinkin M. Diagnostic approach to diplopia. Continuum (Minneapolis Minn). 2014 Aug;20(4 Neuro-ophthalmology):942-65. doi: 10.1212/01.CON.0000453310.52390.58. PMID: 25099102.
4. Dhotre, Darshana, KV, Mamatha et al. Seka – A curtain raiser to ocular therapy in the management of inflammatory disease of eye. International Journal of Ayurveda and Pharma Research.Sep.2016;4 (9)32-38:Issn2322-0902(p) 2322-0910(o).

**1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Pediatric Allergic rhinitis

**2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Vātaja pratiśyāya*

**3) MODERN TREATMENTS AVAILABLE**

**a. MEDICAL**

symptoms can be effectively managed through various treatments.

Medications: Antihistamines, decongestants, nasal corticosteroids, and leukotriene modifiers help relieve symptoms.

Immunotherapy: Allergy shots or sublingual immunotherapy (under the tongue) are forms of immunotherapy that can help reduce sensitivity to allergens over time.

Lifestyle changes: Avoiding triggers, using air purifiers, and keeping windows closed during high pollen count periods can help reduce symptoms.

Nasal irrigation: Rinsing the nasal passages with a saline solution can help remove allergens and relieve congestion.

**b. SURGICAL**

**i. Radical**

Turbinate reduction or functional endoscopic sinus surgery may be recommended to improve breathing and relieve symptoms.

**4) AYURVEDA OFFERS:**

**i. Curative:**

Ayurvedic treatment modalities for Allergic rhinitis typically involves a combination of holistic approach ie. Diet and lifestyle medication along with medication as per different stages of the manifestation.

Medication in the form of Ghritapana (oral administration of ghee), Nasya (Nasal administration), Snigdha Dugdhapana (oral intake of milk), Mamsarasa (Meat soup), Dhoomrapana (Herbal smoking), Pinda sweda, Upanaha (Poultice), Sankara



swedana (Sudation by bolus of a medicine tied in a cloth), and Niruhabasti (Medicated Enema)

ii. Palliative:

Ayurveda recommend palliative treatments to help manage symptoms and improve overall quality of life. These treatments may include:

1. Ayurvedic polyherbal formulations and herbo-mineral preparations to help to boost the immune system.
2. Panchakarma (Bio purification) procedures help to eliminate toxins from the body and strengthen the immune system.
3. Rasayana therapy: Improve overall immunity.
4. Yoga and exercises: Yoga and exercises such as Pranayama and Asanas help to prevent the Srotodushtikara nidana (Causes which vitiate channels).
5. Diet and Lifestyle: A balanced diet and nutrition which are easy digest are free of allergens.

**5) Benefit with Ayush treatment**

Ayurvedic protocol on Allergic rhinitis focuses on treating the root cause of the problem, rather than just addressing symptoms. The following are the reported outcomes from Ayurvedic treatment:

- Management of acute and chronic stage of Allergic rhinitis<sup>1</sup>
- Effective symptomatic relief<sup>2,3,4,5</sup>
- Total Leucocyte Count, AEC, Neutrophils and Lymphocytes showed statistically significant improvement.<sup>6</sup>

**6) TESTIMONIALS:**

a. Doctors:

b. Subjects:

**7) SCIENTIFIC PUBLICATIONS:**

1. Senapati S, Nagalapur PC, Patil GB. THE EFFECT OF JALA NETI IN THE MANAGEMENT OF VATAJA PRATISHYAYA WSR TO ALLERGIC RHINITIS— A CASE STUDY.
2. Pawar VJ, Kumar P. The Effect of Rasanjanadi Taila Nasya and Gudardraka internally in Vataja Pratishyaya (Allergic Rhinitis): A Randomized Comparative

Clinical Study. Annals of Ayurvedic Medicine. 2022 Sep 7;11(2):135-.

3. Bhardwaj V, Sharingi MK, Chaudhary S. Effect of an ayurvedic formulation in the management of pratishyaya wsr to allergic rhinitis.

4. Abhasaheb LM, Padavi DM, Makhijani BN. The effect of PKG tablet and Goghruta Nasya in Allergic Rhinitis (Vataja Pratishaya). Journal of Ayurveda and Integrated Medical Sciences. 2017 Feb 28;2(01):42-7.

5. Patil V, Uppin C, Gupta S, Hiremath V, Rayanagoudar SV, Kendadamath DB. Clinical Study to Compare the Efficacy of Nasya Karma with Shigru Taila and Vidangadya Taila in Vataja Pratishyaya (Allergic Rhinitis). AYUSHDHARA. 2016;3(4):737-43.

6. Kumar S, Debnath P, Banerjee S, Raj A, GR RP. Clinical investigations on the ayurvedic management of Allergic Rhinitis (Vataja pratishyaya) by Pratimarsha nasyaas nasal drug delivery system. Explor Anim Med Res) Exploratory Animal and Medical Research. 2014 Dec 1;4(2):194-205.

## **21. TEMPLATE FOR KERATOKONUS**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Keratoconus

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Vataja Timira*

### **3) MODERN TREATMENTS AVAILABLE**

#### **a. MEDICAL:**

No proven medicines are available for keratoconus.

Early stages: vision correction with spectacles and with spherical/toric soft contact lenses.

Modest-to-advanced stage: Rigid gas permeable (RGP) contact lenses and scleral lenses.

#### **b. SURGICAL**

- i. Corneal collagen cross-linking (CXL) or C3R: minimally invasive procedure. Arrests the progression but does not improve vision.
- ii. intra-corneal ring segments (INTACS): PMMA rings placed to support the corneal curvature
- iii. Corneal transplant: as the last resort when CXL and INTACS cannot be opted.

#### 4) AYURVEDA OFFERS:

##### i. Curative:

Ayurvedic treatment modalities for Nasyam (Nasal instillation), Eye massage, Netra Pariseka (Pouring of decoction of medicated herbs on eyes) with Drugs which are Chakshushya, will enhance the vision and Stambhana action which strengthen the collagen fibres in cornea and maintains the normal curvature of cornea.

##### ii. Palliative:

Ayurveda recommend palliative treatments to help manage symptoms and improve overall quality of life. These treatments may include:

1. Ayurvedic polyherbal formulations and herbo-mineral preparations to improve vision.
2. *Kriyakalpa* procedures improves circulation and provides nourishment and stability to cornea.
3. Rasayana therapy
4. Stambhana drugs which are presominantly rich in tikta Kashaya rasa help in strengthening the corneal tissue and other ocular structures through procedures like nasya karma, netraperiseka, eye massage
5. Eye exercises
6. Netra Pindi: Decreases the convexity of the corneal by applying indirect pressure
7. Diet and Nutrition: A balanced diet and nutrition are important for ocular health and well-being

#### 5) Benefit with Ayurveda treatment

Ayurvedic protocol on keratoconus focuses on the diagnosis of the cause of keratoconus and its treatment.

The following are the reported outcomes from Ayurvedic treatment:

- Considerable improvement in vision
- Mild to moderate improvement in corneal curvature.

- Considerable relief from diplopia and asthenopic symptoms
- Mild to moderate improvement in corneal thickness as appreciated by pentacam

## 6) TESTIMONIALS:

- Doctors:**
- Subjects:**

## 7) SCIENTIFIC PUBLICATIONS:

- Chen, X., Stojanovic, A., Eidet, J. R., & Utheim, T. P. (2015). Corneal collagen cross-linking (CXL) in thin corneas. *Eye and vision (London, England)*, 2, 15. <https://doi.org/10.1186/s40662-015-0025-3>.
- Asimellis G, Kaufman EJ. Keratoconus. [Updated 2022 Aug 8]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK470435/>.
- Joseph Colin, Béatrice Cochener, Gwenaëlle Savary, Florence Malet, Correcting keratoconus with intracorneal rings, *Journal of Cataract & Refractive Surgery*, Volume 26, Issue 8, 2000, Pages 1117-1122, ISSN 0886-3350, [https://doi.org/10.1016/S0886-3350\(00\)00451-X](https://doi.org/10.1016/S0886-3350(00)00451-X).

## **22. TEMPLATE FOR PAEDIATRIC PSORIASIS**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Paediatric psoriasis

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Kitaba kuśta*

### **3) WHAT MODERN TREATMENTS AVAILABLE**

#### **a. MEDICAL**

Oral medications: Retinoids, cyclosporine or methotrexate.

Topical therapy: Corticosteroids, vitamin D analogues to reduce itching,

inflammations, and Scaling.

Phototherapy: To slow down growth of skin cells and reduce inflammation.

#### **4) AYURVEDA OFFERS:**

##### **a. MEDICAL**

##### **i. Curative:**

Bio purification procedures (Panchkarma therapy) via external and internal Medications.

##### **ii. Palliative:**

Ayurveda recommend palliative treatments to help manage symptoms and improve overall quality of life. These treatments may include:

1. Ayurvedic polyherbal formulations and herbo-mineral preparations work by addressing the underlying imbalances that contribute to the disease.
2. Panchakarma procedures (Bio purification therapy) help to detoxify the body.
3. Rasayana therapy: Improve overall immunity.
4. Yoga and meditation: To reduce stress that can trigger psoriasis flare-ups.
5. Diet and Lifestyle changes: A balanced diet and nutrition which are easy digest and avoiding triggers.

#### **5) Benefit with Ayush treatment**

Ayurvedic protocol on Psoriasis focuses on treating the root cause of the problem, rather than just addressing symptoms. The long-term absence of side-effects of therapy makes children tolerate the treatment with better compliance, the following are the reported outcomes from Ayurvedic treatment:

- Significant reduction in PASI (Psoriasis Area and Severity Index) score.<sup>1,2,3,4</sup>
- Improvement in Quality of life in patients who had undergone treatment.<sup>5</sup>

#### **6) TESTIMONIALS:**

##### **a. Doctors:**

##### **b. Subjects:**

#### **7) SCIENTIFIC PUBLICATIONS:**

- a. Kumari SG, Bhat A, Solanki D. Ayurvedic management of childhood stable plaque psoriasis: A case report. Indian J Case Reports. 2020;6(8):474-477.

- b. Mangal G, Mangal G, Sharma RS. Clinical efficacy of Shodhana Karma and Shamana Karma in Mandala Kushtha (Psoriasis). AYU 2012;33:224-9
- c. Syed TA, Ahmad SA, Holt AH, Ahmad SA, Ahmad SH, Afzal M. Management of psoriasis with Aloe vera extract in a hydrophilic cream: a placebo-controlled, double-blind study. Tropical Medicine & International Health. 1996 Aug;1(4):505-9.
- d. Nikam D, Shinde S, Mishra D. PA01. 23. Ayurvedic management of psoriasis: a comparative clinical study. Ancient Science of Life. 2012 Dec;32(Suppl 1):S73.
- e. Siddharth et al. Role of Ayurveda in improving the quality of life (QOL) of psoriasis patients: A survey study. Int. J. Res. Ayurveda Pharm. 2018;9(6):41-46  
<http://dx.doi.org/10.7897/2277-4343.096170>

## **23. TEMPLATE FOR AUTISM**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Autism spectrum disorder

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Unmāda*

### **3) MODERN TREATMENTS AVAILABLE**

#### **a. MEDICAL**

- Early intervention: to develop essential communication, social, and life skills.
- Behavioral therapy: Intensive behaviour therapy and Applied Behavior Analysis (ABA) helps in reinforcing positive and discouraging negative behaviors.
- Communication therapy: Speech therapy and other forms of communication therapy to develop better communication skills.
- Sensory integration therapy
- Medication: In some cases, medication may be prescribed to help manage certain symptoms of autism, such as anxiety or aggression.

### **4) AYURVEDA OFFERS:**

#### **i. Curative:**

Considering the metabolic derangement and gut-brain axis, Ayurvedic treatment modalities for ASD includes agni chikitsa, āma pācana and viśahara chikitsa are

done.

## **ii. Palliative:**

Ayurveda recommend palliative treatments to help manage symptoms and improve overall quality of life. These treatments may include:

1. Ayurvedic polyherbal formulations and herbo-mineral preparations to pacify the vitiated doṣas.
2. Panchakarma therapy (Bio- purification therapy): To balance the vitiated doṣa, correct agni, stimulate the functions of brain.
3. Diet therapy: To impede the pathological process and enhance the effects of therapeutic measures, diet and eating habits are modified accordingly.
4. Rasāyana therapy: Improve overall strength, health, vitality and immunity.
5. Yoga and meditation: Improve motor skills, self-regulation, and emotional control and reduce anxiety.

## **5) Benefit with Ayush treatment**

Ayurvedic protocol on ASD focuses on treating the root cause of the problem, rather than just addressing symptoms. The following are the reported outcomes from Ayurvedic treatment:

- Statistically significant reduction in Temper tantrum, irritability, insomnia, hyperactivity and self-injurious behaviour in CARS ((Childhood Autism Rating Scale) and ATEC (Autism Treatment Evaluation Checklist) score sheets.<sup>1,2,4</sup>
- Promising effects in achieving milestones among Rett syndrome.<sup>3</sup>
- Improvement in eye contact, sleep, attention span and hyperactive behaviour.<sup>4</sup>

## **6) TESTIMONIALS:**

### **a. Doctors:**

### **b. Subjects:**

## **7) SCIENTIFIC PUBLICATIONS:**

- i. Roshni Anirudhan, A Nalinakshan. Effect of Brahmisohaladi Sirolepa in Children with Autism Spectrum Disorders. International Journal of Ayurveda and Pharma Research. 2017;5(12):39-45.

- ii. Prasad AA. A Case Study on Ayurvedic Management of Unmadam with special reference to Childhood Autism. International Journal of Ayurvedic Medicine. 2019;10(2):211-9.
- iii. Rathi R, Rathi B, Khatana R, Sankh S. A case study on management of Retts syndrome by Wholistic approach. IJAM. 2020;11(2):351-7.
- iv. <https://ayushportal.nic.in/pdf/110721.pdf>

## **24. TEMPLATE FOR OLIGOHYDROMNIOS**

### **1) CLINICAL CONDITION / DISEASE / DISORDER IN MODERN MEDICINE:**

Oligohydromnios

### **2) NEAREST EQUIVALENT NAME OF THE CONDITION / DISEASE IN AYURVEDA:**

*Garbhashosh*

### **3) MODERN TREATMENTS AVAILABLE**

#### **a. MEDICAL**

Fluids through IV

Amnioinfusion

Administration of amino acids

Maternal 1-deamino-[8-D-arginine] vasopressin and oral water administration

Antenatal administration of steroids in preterm pregnancies

#### **b. SURGICAL**

Delivery at an institution with a neonatal care unit that is able to deal with the management complexities of oligohyramnios

Elective caesarean section

### **4) AYURVEDA OFFERS:**

#### **i. Curative:**

Ayurvedic monthwise Garbhini paricharya for proper development of foetus.

#### **ii. Palliative:**

Ayurveda recommend palliative treatments to help manage symptoms and



improve overall quality of life of mother as well as foetus. These treatments may include:

1. Ayurvedic polyherbal formulations and herbo-mineral preparations to help improve uteroplacental blood flow and amount of amniotic fluid.
2. Ksheerbasti (Enema with medicated milk) procedures help improve circulation and improve the amount of amniotic fluid.
3. *Rasayana* therapy: Improve overall health and vitality.
4. Yoga and exercises: Yoga and exercises such as Pranayama and Asanas can help improve oxygenation of blood, as well as improve overall well-being of mother and foetus.
5. Diet and Nutrition: A balanced and nutritive diet according to *Garbhiniparicharya* are important for overall health and well-being. A diet rich in protein and antioxidants to help support fluid around foetus.

#### 5) **Benefit with Ayurveda treatment**

Ayurvedic Garbhini paricharya protocol focuses on overall development of fetus rather than just addressing symptoms. The following are there ported outcomes from Ayurvedic treatment:

- Improvement in uteroplacental blood flow
- Increase oxygenation of blood
- Maintain appropriate amount of amniotic fluid
- Proper growth of fetus
- Reduction in the incidence of operative deliveries

#### 6) **TESTIMONIALS:**

##### a. **Doctors:**

##### b. **Subjects:**

#### 7) **SCIENTIFIC PUBLICATIONS:**

1. Chu HN, Shen MJ. Treating oligohydramnios with extract of *Salvia miltiorrhiza*: A randomized control trial. *Ther Clin Risk Manag.* 2008 Feb;4(1):287-90. doi: 10.2147/tcrm.s2527. PMID: 18728717; PMCID: PMC2503663.
2. Jadhav, A. S. (2017). Efficacy of Shatavari and Ashwagandha ksheerbasti in oligohydroamnios. *Ayurline: International Journal of Research in Indian Medicine,* 1(04). Retrieved from <https://www.ayurline.in/index.php/ayurline/article/view/72>

3. Dr. Jatinder Kour & Dr. Shilpa.B.Donga: Role Of Shatavari Ksheerabasti In The Management of oligohydramnios - A Case Study. International Ayurvedic medical Journal {online} 2016 {cited 2016 July} Available from: [http://www.iamj.in/posts/images/upload/3244\\_3246.pdf](http://www.iamj.in/posts/images/upload/3244_3246.pdf)



