



CLINICAL RESEARCH IN AYURVEDA MEDICINE - NEED OF THE HOUR

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ABSTRACT

Ayurveda medicine is a type of traditional system of medicine that is popularly practiced in the Indian subcontinent. Ayurveda is directed to maintain health in the healthy people and eradicating the disease in the diseased. If any system of medicine is to be sustainable, it is possible only when it is updated from time to time and evidence based. Research in Ayurveda medicine has to be given priority at the national level. Especially clinical research has to be given importance as it helps in developing new treatment modalities and procedures for debilitating diseases generally affecting the economic activity of a person. If clinical research is done from this perspective, it will be beneficial for society. The economy of the nation depends on the health of the people of the society. So, we have to give importance to the health of the general public. This can be better achieved by making medicine cost-effective, safe and affordable, and people-friendly also. Ayurveda can serve in this matter if research in clinical medicine in Ayurveda is done regularly. In this paper, the importance of clinical research in Ayurveda in the present Era is discussed elaborately.

Keywords - Ayurveda, clinical research, economy.

INTRODUCTION

There are various disorders that are more common and frequently occur in society. There is not any effective remedy for most of the disorders. These persist for a prolonged period and finally end up in the development of complications and disability in these patients.^{1,2} So, there is an urgent need to develop new treatment modules in the management of these disorders to prevent the occurrence of severe complications and disability.^{3,4} By collaborating Ayurveda medicine with conventional modern medicine and conducting clinical research, we can achieve this in near future. So clinical research in Ayurveda medicine is the need of the hour. Following are the subjects in which clinical research can be done.^{5,6}

1. Kayachikitsa
2. Panchakarma
3. Shalya tantra
4. Shalakyata
5. Prasooti tantra
6. Stree roga
7. Kaumarabhritya
8. Manasa roga
9. Marma chikitsa
10. Anesthesia

Kayachikitsa - Research in Kayachikitsa can be done to develop new treatment modules for non-communicable disorders and lifestyle diseases.⁷ Disorders like Ischemic heart disease, obesity, osteoarthritis, hypertension, diabetes mellitus, neurological disorders like hemiplegia, paraplegia, Parkinsonism, dementia, sciatica syndrome, etc, can be taken as problems for research as there is no effective treatment for these disorders.^{8,9} Panchakarma - Disorders like neurological disorders, skin disorders, chronic debilitating diseases, degenerative disorders, and non-communicable diseases can be taken problems for research in Panchakarma.^{10,11,12} Shalya tantra - Research on shalya tantra can be done on subjects like Ksharasutra, treatment of Cancer, leech therapy, venesection, cauterization or agnikarma, etc. we can develop a good surgical treatment for chronic nonhealing ulcers, peripheral vascular disease, Hemorrhoids, fistula in ano, anal fissure and osteomyelitis.^{13,14} Sha-

laka - The procedures like Akshi Tarpana, Putapaka, Pindi, Bidalaka, Aschotana, Kama poorana, Nasa poorana shirodhara, shiropichu, Shiobasti, etc, can be standardized and their clinical effect can be evaluated in various ENT and ophthalmological disorders.¹⁵ Prasooti tantra - Antepartum and postpartum period food and daily regimen changes can be developed for effective management of pregnancy.¹⁶ Stree roga - Uterine fibroids, dysmenorrhea, Polymenorrhea, dysfunctional uterine bleeding, infertility, and PCOD can be taken as a priority for clinical research in streeroga.¹⁷ Kaumarabhritya - Delayed milestones development, pediatric disorders, autism, Downs syndrome, poliomyelitis, and mental retardation, are a few Conditions where there is no effective treatment. Clinical research can be done on the above-said disorders with Ayurveda management.¹⁸ Manasa yoga - According to one survey, about 20 % of the Indian population are having psychiatric disorders. So about 23 crores of people are suffering from one of the other psychiatric illnesses. So effective Ayurveda management can be developed for common psychiatric disorders by conducting clinical research on these conditions.^{19,20} Marma therapy - Disease associated with pain can be better managed by marma therapy. Some neurological disorders are effectively treated by marma chikitsa. Hence research can be conducted from this perspective.^{21,22,23} Anesthesia - Modern Anesthesia in the management of surgical disorders is well developed. There are some Ayurveda practices for painless tooth extraction by merely pressing some marma areas in the neck region. Such procedures can be standardized and updated.

DISCUSSION

Clinical research in Ayurveda is of priority as this helps in developing new drug or procedure which is effective, safe, and affordable also. Clinical research can be done on the following points.^{21,22,23}

1. On developing diagnostic methods.
2. Survey of distribution of disease, epidemiology.
3. Medical treatment decision-making.
4. Development of new drug in the management of chronic disorders.²⁴

5. Developing new treatment procedures in the management of various disorders.
6. New diet therapy in various disorders.²⁵ In collaboration with conventional modern medicine with Ayurveda, we can develop a new system that is cost-effective, safe and affordable, and people friendly also.²⁶ So, clinical research in Ayurveda medicine should be given top priority in the field of medicine.

CONCLUSION

To develop safe, affordable, and cost-effective Ayurveda treatment clinical research has to be given importance at the national level. Clinical research in Ayurveda medicine should be done on disorders that are chronic, debilitating and producing disability, and affects the economic activity of the patient. The outcome of clinical research in Ayurveda medicine has to be published and should be given wide publicity by presenting it in conferences and journals.

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