CHAPTER 3

AYURVEDIC
AYURVEDA SAMHITA & SIDDHANTA

Doctoral Theses

01. SAHA (Sudipa)
Critical Evaluation of Astaninditiya Adhyaya in the Purview of 'Satatam Vydhitavetavatisthulakrishau.
Supervisors: Prof. (Dr.) Mahesh Vyas, Dr. Meera K. Bhojani and Dr. Anil Kumar
Th 28951

Abstract

Ayurveda emphasizes maintaining health and preventing disease through balanced dosha, dhatu, and mala. Acharya Caraka highlighted "Satatam Vyadhitavetavatisthulakrishau Narou"—obese individuals (Atisthoulya) are highly susceptible to disorders. Modern evidence links obesity to chronic inflammation mediated by cytokines like Interleukin-6 (IL-6), leading to multi-systemic complications. This study aimed to evaluate the impact of Atisthoulya (Obesity Class II & III) on health parameters, risk of multi-systemic diseases, and its association with IL-6. Objectives: 1. To critically review and understand the concept of Astaninditiya Adhyaya of Carak Samhita 2. To assess the impact of Atisthoulya (obesity class II&III) in the parameters of health. 3. To assess the risk of having multi systemic disease in Atisthoulya (obesity class II&III). 4. To evaluate the relation of circulating level of Interleukin-6 with Body Mass Index. Materials and Methods A comparative cross-sectional study was conducted on 1191 adults (20–60 years) at AIIA, New Delhi. BMI was classified per WHO standards. Health status was assessed using SAS. Risk of co-morbidities was recorded through clinical history. For IL-6 assessment, 174 participants were included. Serum IL-6 was measured, and statistical analysis performed (ANOVA, $p<0.05$). Results Obesity prevalence was higher in females (54.1%) and 40–49 years age group (56.9%). Health status was significantly poorer in obese subjects (p=.000). SAS scores, digestion, sleep, immunity, and psychological parameters were significantly lower in obese compared to normal BMI (p=.000). Co-morbidities such as CVD (53%), diabetes (43%), dyslipidemia (32.36%), hypertension (36.34%), and osteoarthritis (37%) were predominantly associated with Class II & III obesity. IL-6 levels showed a strong association with BMI (p=.000); highest in Class III obese (167.31 ± 82.82) compared to controls (26.34 ± 22.44). Discussion & Conclusion Atisthoulya disrupts dhatu samya, leading to poor health and higher risk of chronic conditions. Elevated IL-6 confirms the role of low-grade inflammation as a pathological link between obesity and multi-systemic diseases. Early intervention focusing on Ayurvedic principles like Langhana and lifestyle correction is essential for prevention and management.

Contents

1. Introduction 2. Conceptual study 3. Survey study 4. Discussion. 5. Conclusion. 6. Limitations and future scope. Bibliography. Annexures.

02. VIKASH KUMAR

Exploratory Clinical Study to Evaluate the Efficacy of Appropriate Restorative Intervention (Vidhivat Rasayana Upayoga) in Context of Pandemic (Janapadodhwamsa) with Haritaki Churna and Rasayana Churna Vati in Post Covid-19 Management.

Supervisors: Prof. (Dr.) Mahesh Vyas, Dr. Meera K. Bhojani and
Dr. Kamal Kumar

Th 28950

Abstract

This study explores the use of Ayurvedic interventions to address persistent post-COVID-19 symptoms. Conducted as an open-labeled, randomized clinical trial at the All India Institute of Ayurveda, New Delhi, the study investigates the efficacy of Rasayana Churna Vati, administered with and without prior Shodhana (purification) using Haritaki Churna. Sixty participants, all post-COVID-19 patients with symptoms like fatigue, joint pain, muscular pain, and fever, were divided into two groups: Group A received Rasayana Churna Vati, while Group B first underwent Shodhana with Haritaki Churna. Over a 90-day period, both groups were assessed for symptom improvement, immune markers (IgG and IgA), and quality of life. Results indicated significant symptom relief in both groups after 30 days, with improvements in fatigue, pain, and fever. Immune markers IgG and IgA also showed positive changes. Notably, Group B, which received prior Shodhana, demonstrated greater symptom relief and higher IgA levels, suggesting a potentially enhanced immune response. The findings conclude that Rasayana Churna Vati, with or without Shodhana, effectively alleviates post-COVID-19 symptoms and supports immune health. However, the combination with Shodhana may yield more favorable outcomes. This research highlights the potential of Ayurvedic treatments in managing post-COVID-19 sequelae and emphasizes the importance of exploring traditional medicine in global health responses. Further research with larger samples is recommended to validate these results and explore the long-term benefits of these interventions.

Contents

1. Introduction 2 Review of Literature 3. Material and Methods 4. Observation and Results 5. Discussion 6. Conclusion. 7. Bibliography. Annexures.