CHAPTER 7

AYURVEDIC
ROGA NIDANA EVUM VIKRITI VIGYANA

Doctoral Theses

01. KHUSHAL KUMAR

Prevalence of Rasadhatu Dushti in Participants at Risk of Cardiovascular Disease and Comparative Effect of Panchkol Churna against Life-Style Modification as a Risk Reduction Measure: An Observational and Exploratory Clinical Study.

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Abstract

Cardiovascular diseases (CVDs) remain the leading cause of morbidity and mortality worldwide, often linked to lifestyle factors such as sedentary behaviour, poor diet, and dyslipidaemia. Ayurveda attributes such disorders with Rasadhatu Dushti (vitiation of the primary tissue element responsible for nutrition transport) considered central to their pathogenesis. This study was designed to evaluate the prevalence of Rasadhatu Dushti among individuals predisposed to CVDs and to explore the comparative risk reduction efficacy of Panchkol Churna, a classical polyherbal formulation, against lifestyle modification (LSM). The research was conducted in two phases. In Phase I, an observational study assessed 390 participants aged 30–60 years at risk of CVDs using the validated RAS-RCVD scale. Findings revealed a significant prevalence of Rasadhatu Dushti, strongly correlated with lipid abnormalities, body mass index, and the Framingham Risk Score (FRS). Dyslipidaemia was common, particularly hypertriglyceridaemia and low HDL levels, underlining the burden of subclinical cardiovascular risk. Phase II comprised an exploratory, randomized, open-label clinical trial with 60 participants divided into two groups: Panchkol Churna (2 g twice daily for 30 days) and structured LSM. Both groups demonstrated significant reductions in RAS-RCVD and FRS scores. However, Panchkol Churna showed superior efficacy in lowering total cholesterol and LDL cholesterol compared to LSM. Improvements in triglycerides and HDL were observed across groups, while BMI remained unchanged. Gene expression analysis of APOE and IL-6 showed biologically relevant but statistically non-significant trends. Importantly, the intervention was safe and well tolerated, with no adverse haematological or physiological effects. This study validates Rasadhatu Dushti as a meaningful construct in cardiovascular risk assessment and demonstrates Panchkol Churna's potential as a culturally relevant, cost-effective preventive measure. Future large-scale, multi-centric trials with extended follow-up are warranted to establish its long-term cardioprotective efficacy and mechanistic pathways.

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