

## CHAPTER 7

### AYURVEDIC KĀYACIKITSĀ

#### Doctoral Theses

01. BANSAL (Dr. Kartar Singh)  
**Comparative Clinical Trial on the Efficacy of Vidangadi Loha and Phalatrikadi Ghanavati with and without the prior administration of Virechana Karma in Madhumeha (Obese Diabetic).**  
Supervisor : Dr. Raja Ram Mahto  
Th 28533

#### *Abstract*

This study compares the efficacy of two Ayurvedic treatment regimens—Vidangadi Loha and Phalatrikadi Ghanavati—with and without Virechana Karma (therapeutic purgation) in the management of Madhumeha (obesity-induced diabetes). Conducted on a population of Pitta-Kapha dominant obese diabetic patients aged 30-60 years, the research evaluates both subjective (polyuria, polyphagia, weakness) and objective parameters (HbA1c, FBS, PPBS, body weight, BMI, lipid profile). The study is divided into phases: Deepana-Pachana with Nagarmotha Churna, Poorva Karma (preparatory detoxification), Pradhan Karma (Virechana), and Samsarjana Karma (post-therapy recovery diet). Results demonstrated significant improvements in glycemic control and symptom relief in both groups. However, Group B, which received Virechana prior to drug administration, exhibited superior reductions in FBS, PPBS, and HbA1c levels, alongside better weight loss and lipid profile improvements. The findings highlight the enhanced efficacy of combining Virechana Karma with Vidangadi Loha and Phalatrikadi Ghanavati for holistic diabetes management. This research underscores the potential of Ayurvedic treatments as a cost-effective and comprehensive alternative for managing diabetes, especially in obese individuals, integrating ancient wisdom with modern therapeutic needs.

#### *Contents*

1. Introduction 2. Review of Literature 3. Drug Review 4. Clinical Study 5. Observations and Results 6. Discussion 7. Conclusion. Summary and Limitations and Future scope. Bibliography. Annexures.

02. KAPOOR (Dr. Alka)  
**Epidemiology of COVID-19 and Review of Ayurvedic Interventions on its Management.**  
Supervisor : Dr. Rama Kant Yadava  
Th 28540

*Abstract*

The COVID-19 pandemic had a profound impact on global health, resulting in over 770 million cases and nearly 7 million deaths. Economically it caused about 3.4% contraction in the global economy in 2020. This also highlighted the growing threat of emerging infectious diseases (EIDs), including SARS (2002), MERS(2012), Ebola (2014), Zika (2015) emphasizing the need for robust preventive strategies, surveillance, and Integrative healthcare approaches, including traditional medicine, which can play a key role in boosting immunity and pandemic preparedness. Objective: To examine the epidemiology of COVID-19 using a survey questionnaire To evaluate the prophylactic and therapeutic effects of Ayurvedic medicines compared to standard care through a systematic review. Methods: To explore the epidemiology of COVID-19, a survey was conducted among a target population using a validated questionnaire, focusing on disease prevalence, demographic associations, and risk factors. Additionally, a systematic review and network meta-analysis were conducted to evaluate the prophylactic and therapeutic efficacy of Ayurvedic interventions in the prevention and management of COVID-19. Results: Results from the survey highlighted key epidemiological determinants influencing COVID-19 spread and severity, providing insights into population-level risk factors. The systematic review and network meta-analysis revealed that certain Ayurvedic interventions demonstrated statistically significant effects in reducing COVID-19 incidence and improving recovery outcomes when compared to standard care. These findings support the potential role of Ayurveda in the integrated management of COVID-19. Conclusion: The findings suggest that Ayurveda, with its holistic preventive approach, can offer a complementary strategy for prevention and management of Covid-19.

*Contents*

1. Introduction 2. Review of Literature 3. Materials and Methods 4. Observations and Results 5. Discussion. Conclusion. Limitations and Future Scope of Study. Summary. Bibliography. Annexures.

03. KHOBARKAR (Dr. Punam Namdeo)  
**Evaluating Clinical Efficacy of Virechan and Rasayan Therapy (Go-Mutra Haritaki) in the Management of Hrudroga (Coronary Artery Disease) - A Randomized Control Clinical Trial.**  
 Supervisor: Dr. Divya Kajaria  
 Th 28543

*Abstract*

Background: Conventional coronary artery disease (CAD) treatment might result in significant long-term healthcare expenditures. Percutaneous coronary Angioplasty is often carried out in individuals with stable coronary artery disease but risk of repeated angioplasty is always there. Therefore, the need for Ayurveda based intervention reducing requirement for surgical intervention is essential. Methodology: This open-label randomized controlled clinical trial aimed to evaluate the clinical efficacy of Virechan and Rasayan therapy (Go-Mutra Haritaki) in the management of Hrudroga (Coronary artery disease). Participants were divided into two groups. The Trial Group received Virechan and Rasayan Therapy (Go-Mutra Haritaki), and the control group received conventional medicine for three months Results: Calcium score increased in the control group (CG) but maintained in the trial group, showing

the efficacy of Trial group (TG) treatment. % of blockage increases in CG While reduction and maintenance in TG. Improvements in the BODE index, mMRC dyspnea scale, and angina scale, FEV1, FVC, and PEFr in the trial group as compared to the CG. The maintenance of lipid parameters in the trial group, even after the administration of Snehapan, indicates a stabilizing effect on lipid metabolism. The normalization of LFT, KFT, serum electrolytes, bleeding time, clotting time, and CBC parameters post-treatment in both groups indicates that the interventions were safe. The improvement in SF-36 scores, Stress, anxiety, anger, VAS, WOMAC Score in the trial group compared to the control group. The reduction in P-selectin levels also indicates a potential decrease in platelet aggregation and thrombotic risk. Conclusion: The findings of this study indicates that the trial group demonstrated a significant ability to manage calcium scores. These results suggest that Virechana followed by Rasayan can be promising candidate for long term management of Coronary Artery Disease and a integration of Ayurvedic Virechan followed by Rasayan can be better option in future.

### *Contents*

1. Introduction 2. Review Literature 3. Materials and Methods 4. Observations and Results 5. Discussion. Summary. Conclusion. References. Annexures.

04. VENATE (Dr Parvathy)  
**Open-Label, Two-Arm, Exploratory Randomised Controlled Trial to Evaluate the Effect of Vardhamana Pippali Rasayana as an Add-on Therapy in the Management of Non-Small Cell Lung Cancer.**  
 Supervisors: Dr. Vitthal G Huddar, Prof (Dr). Rambha Pandey and Prof (Dr). Anant Mohan  
Th 28826

### *Abstract*

Lung cancer accounts for 2.8 million new cases and 1.8 million deaths annually, with non-small cell lung cancer (NSCLC) representing 85% of cases. Despite advances in intervention, outcomes often remain poor due to high treatment costs, late detection, drug resistance, and treatment-related toxicities. In such a scenario, Ayurveda can be used to improve immunity, symptom burden and in turn quality of life. Piper longum Linn, with bioactive compounds known for their anti-oxidant, anti-cancer, anti-inflammatory, and chemosensitizing properties, has been utilised in this study in its therapeutic form Vardhamana Pippali Rasayana (VPR). This study explores its role as an add-on therapy to standard care in NSCLC. A prospective, open-label, two-arm exploratory randomized controlled trial was conducted at AIIMS, New Delhi. Fifty patients (25 per group) aged 18–75 years with histologically proven NSCLC (stages I–IVB) were randomized using block randomization. Group A received VPR alongside standard of care, while Group B received only standard therapy. Primary outcomes were early clinical outcomes (EORTC LC-13) and objective tumor response (PERCIST 1.0) at 90 and 180 days. Secondary outcomes included quality of life (EORTC QLQ-C30), pulmonary function, and safety parameters. Out of 67 randomized, 50 completed analysis (25 per group). Group A demonstrated better symptom control (notably cough and dyspnea), improved FEV1/FVC ratio ( $p=0.025$ ), and comparable PET-CT responses. Hemoglobin levels showed significant improvement in the intervention arm ( $p=0.041$ ,  $0.003$  in later cycles). Renal and hepatic parameters remained within normal limits, confirming safety.

Quality of life scores were higher in Group A, with two patients even resuming occupational activities. VPR as an adjunct to standard chemotherapy improved pulmonary function, symptom burden, hematological indices, and quality of life without major adverse effects. The findings from the study are supportive of integrating Ayurvedic interventions along with conventional cancer care to yield enhanced clinical outcomes.

#### *Contents*

1. Introduction 2. Review of Literature 3. Materials and Methods 4. Phytochemical Characterisation of Pippali 5. Observations and Results 6. Discussion. 7. Conclusion 8. Summary 9. References 10. Annexures.