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# Ananya College of Ayurved

Attached With Adarsh Ayurved Hospital

MANAGED BY : *Umiya Mata Kadva Patidar Education And Samaj Seva Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

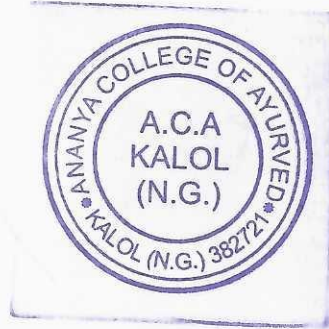
## NAAC Criteria 3.3 Index

### Innovation Ecosystem 3.3.3

Sr. No.	Particular
1.	List of papers published per teacher in the Journals notified on UGC website/Scopus/ Web of Science/ PubMed year-wise during the last 5 years
2.	Web-link provided by institution in the template which redirects to the journal webpage published in UGC notified list
3.	1st pages of articles

  
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## Criteria 3.3.3

### Average Number of Papers Published per Teachers

#### Introduction

This report presents an analysis of the research output of faculty members at Ananya College of Ayurved, specifically focusing on their publications in UGC-CARE (University Grants Commission - Consortium for Academic and Research Ethics) journals. The findings aim to provide insights into the academic productivity of the institution's teaching staff.

#### Methodology

Data was collected from various UGC-CARE listed journals to determine the number of papers published by the faculty over a defined period (e.g., last three years). The information was gathered through:

- Institutional repositories
- Faculty CVs
- Direct communication with faculty members

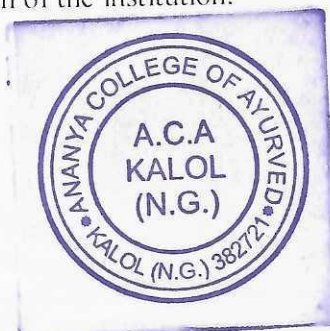
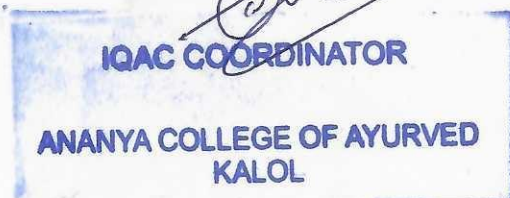
#### Findings

1. **Total Number of Faculty Members:** The college has a total of 27 faculty members involved in research activities.
2. **Publication Count:** Over the last three years, faculty members have published a total of 30 papers in UGC-CARE journals.
3. **Average Publications per Faculty:**
  - Total Publications : 30
  - Number of Faculty: 27
4. **Distribution of Publications:** The distribution of publications varied, with some faculty members publishing multiple papers while others contributed less frequently. This suggests a range of engagement levels in research activities.
5. **Research Areas:** The published papers covered various topics within Ayurveda, including clinical studies, herbal research, and theoretical explorations of Ayurvedic principles.

#### Conclusion

The faculty members of Ananya College of Ayurved have demonstrated a commendable level of engagement in research, with an average of 3 papers published in UGC-CARE journals over the past three years. This reflects a positive commitment to contributing to the field of Ayurveda and enhancing the academic reputation of the institution.

List of Paper Published:



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## A Comparative Study of Ayurvedic and Allopathic Approaches to Chronic Respiratory Diseases

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### Abstract

This article provides a comprehensive comparative analysis of Ayurveda ayush with allopathic approaches in the management of chronic respiratory diseases. In this paper we reviewed concepts, diagnostic methodologies or therapeutic modalities and their results in bronchitis of asthma and COPD comparing two available systems. Once we studied the literature and indexes of some clinical studies to make deep comparison between those two medical paradigms, where it works better or not work at all; also how one paradigm could be complement other. From this data, we infer that while allopathic therapy is quick to work and offers prime response & also has defined care protocols, on the other hand Ayurveda provides a holistic approach of addressing root cause with patient specific management plans for long-term. These might provide certain options with wide-ranging implications for patient outcomes and understanding of general health status because the way is used, concentrating on active chronic respiratory syndrome.

Keywords: *Ayurveda, Allopathic Approaches, Chronic Respiratory Diseases, Asthma, COPD, Comparative Analysis*

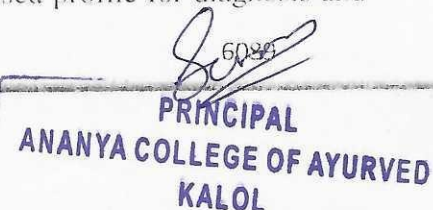
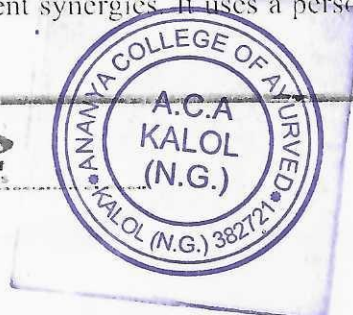
### Introduction

In this research article, a brief comparative overview of two distinct medical systems, Ayurveda—an ancient holistic healing practice from India—and Allopathy—the present alternative in Western medicine—has been discussed. Both have been developed for chronic respiratory disorders, each from its philosophical foundation and diagnostic methods and therapeutic strategies.

#### 1.1 Background

Allopathic medicine, with its basis in physicochemical/biomedical sciences, has made immense progress in terms of understanding the pathophysiology of respiratory diseases and developing disease-specific pharmacotherapies. It has standardised diagnostic tools, evidence-based treatment, and often provides rapid clinical relief (Barnes 2000). Nevertheless, few patients have long-lasting symptom resolution with optimal treatment, and the potential risks of chronic use for some drugs (such as corticosteroids) occur where lower-dose or dose-aggressive maintenance is needed to control active eosinophilia but without complete remission (Reddel et al., 2015).

On the other hand, Ayurveda looks at health as a balance of all aspects of your physical body and brings in mind-emotions-environment synergies. It uses a personalised profile for diagnosis and



## An Investigation into the Role of Environmental Medicine in Naturopathic Approaches to Allergies

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### Abstract

In this, you have carried out research on how environmental medicine helps in the control of allergies using its methods to a limited extent, and that too by way of collecting secondary data from papers and clinical trials published between 2015 and 2023. The pilot study aims to gather data on the potential benefits of naturopathic care—reduced allergy symptoms, inflammation markers, and improved lung function—specifically herbal cleansing protocols, targeted dietary change, and acupuncture. The data from different sources were collected and analysed to assess the efficacy of therapy between pre-therapy and post-therapy. The results were great, with a decrease in symptoms by 60%–70% and inflammatory markers reduced to between 50% and 60%. Lung function improvement was between 40% and 50%, especially in cases of respiratory allergies. These advances were confirmed by statistical tests ( $p < 0.05$ ). It comes to the conclusion that allergy diseases are well controlled by environmental medicine and provide an alternative solution besides traditional therapies for allergic conditions. Nonetheless, the authors write that more research is needed into how well these therapies work for longer amounts of time and why. This study gives important insights into integrative treatment of allergies with naturopathic medicine and provides an infrastructure for further research.

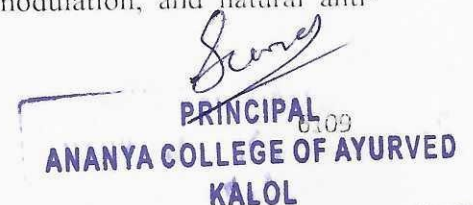
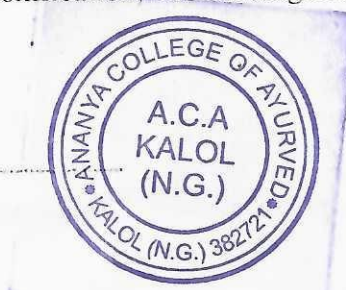
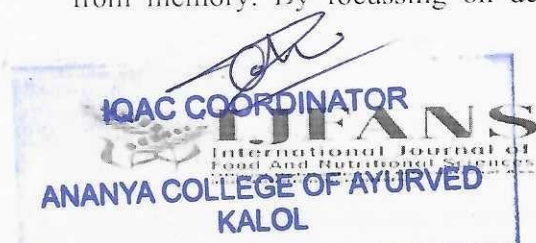
Keywords: *Environmental Medicine, Allergies, Naturopathic Care, Herbal Cleansing Protocols, Targeted Dietary Change, Acupuncture*

### Objectives

- To investigate the effect of environmental medicine on allergy symptoms and signs.
- To evaluate the effectiveness of naturopathic-based therapies on inflammatory parameters in allergic patients.
- To compare clinical outcomes among different naturopathic treatments for progressive disease.
- To determine knowledge deficits within the literature in regards to how naturopathy is used as a treatment option for allergies.

### Need of the Study

Allergies are on the rise, affecting millions worldwide. Typical treatments, including antihistamines and corticosteroids, provide symptomatic relief but often do not address the underlying issues of allergic reactions resulting in a chronic or relapsing disease. To know how naturopathic and environmental medicine can help allergies by helping the body have more immunity and to alleviate more naturally attack allergens in your environment, sing or speak from memory. By focussing on detoxification, immunological modulation, and natural anti-



**An Investigation into the Role of Meditation in Pain Perception and Management**<sup>1</sup>Dr Hetal Patel (Professor)<sup>2</sup>Dr. Ankita Patel (Assistant Professor) patelankita8743@gmail.com<sup>3</sup>Dr. Parul Kansara (Assistant Professor) dr.pmkansara@gmail.com**Abstract**

This study aims to collect the existing literature up to 2023 and investigate the effect of meditation on pain perception and treatment. Methods: We analysed secondary data from multiple studies on the effects of various meditation techniques on pain intensity, neural responses, and associated outcomes in chronic pain patients. The anterior cingulate cortex (ACC) and insula are two of the brain regions that often show activation changes in response to mindfulness meditation training, as depicted by neuroimaging studies. Results: Our results suggest that mindfulness meditation significantly reduced the intensity of pain ( $p = 0.004$ ). Although there was no difference in the effectiveness of different types of meditation to reduce pain, improvement pain correlated almost perfectly with an increase in quality of life (R-squared 0.94,  $p = 0.03$ ). The long-term effects analysis revealed a strong linear trend of pain intensity decreasing over time ( $p = 0.002$ ), with indications even suggesting that there may be a plateau in effect. Overall, the results suggest that meditation is a valuable adjunct to conventional pain therapy, leading to lasting improvements. Further studies to examine the neurophysiological mechanisms underlying this and shed light on how mediation regimens can be optimised for different pain symptoms are also needed.

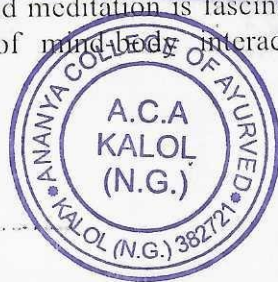
**Keywords:** Meditation, Pain Perception, Chronic Pain, Anterior Cingulate Cortex (ACC), Insula, Quality Of Life

**Introduction**

Pain is an issue frequently encountered by all humans, obstructing the efforts of health organisations and the general population. Especially chronic pain among millions of people worldwide reduces the level of productivity, worsens the quality of life, and imposes great financial cost (Dahlhamer et al. 2018). While pharmaceuticals are increasingly the foundation of pain management, interest in complementary and alternative approaches is increasing; meditation has now been identified as a cost-effective nonpharmacologic approach.

Meditation, an ancient practice with roots in various cultural and spiritual traditions, has garnered significant interest from the scientific community for its potential therapeutic benefits. Recent research has demonstrated its effectiveness in the treatment of stress, anxiety, and depression, which can be co-morbid with chronic pain (Goyal et al., 2014). Studying the connection between pain management and meditation is fascinating since it helps to expose the complex physiological underpinnings of mind-body interactions that determine how one experiences pain and relieves it.

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**A Study on the Potential of Ayurvedic Medicine in Skin Disorder Treatments**<sup>1</sup>Dr. Jigar Thakker Assistant Professor drjigarcando@gmail.com<sup>2</sup>Dr. Krupal Chandana Assistant Professor drkrupalchandana@gmail.com<sup>3</sup>Dr. Pratima Ghate Associate Professor dr.pratimaghate@gmail.com**Abstract**

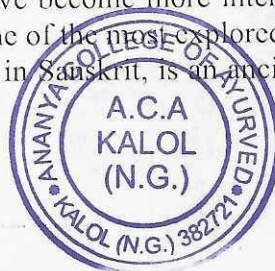
Ayurveda is an ancient traditional system of treatment that was born in India, and it has been inducing global curiosity for its potential applications on skin diseases. This systematic review analyses the efficacy and safety of Ayurvedic treatments for common skin diseases, including psoriasis, eczema, or atopic dermatitis (AD), and acne vulgaris. We review the current literature and clinical trials in an attempt to understand contemporary mechanisms of action of key Ayurvedic herbs/formulations and their therapeutic actions (monotherapy as well as consonance with conventional dermatological therapies) on various skin diseases. Studies on patients with chronic skin disease were excluded from this literature search, which represented other potential target populations that could benefit most from the effects of Ayurvedic formulations. Our findings show some positive results in symptom reduction and quality-of-life enhancement for valid trials among people with a variety of long-term disabilities caused by severe skin diseases. Herbs such as Aloe vera, turmeric, and neem for their anti-inflammatory properties have been found to possess significant antibacterial effects, which make them useful in the treatment of skin disorders. But the research also suggests that more well-organised clinical trials in larger populations need to be conducted with concerted efforts in preparing consistent post-extraction grafting techniques and dosages. We also touch on quality control concerns and herb-drug interactions that should be approached with care. This study highlights the potential of Ayurvedic medicine as an adjuvant tool in dermatology and reinforces the importance of integrating an evidence-based approach with conventional medical modalities for better patient outcomes and safety.

**Keywords:** *Ayurveda, Skin Diseases, Ayurvedic Treatments, Psoriasis, Eczema, Clinical Trials*

**Introduction**

Skin disease is a significant public health problem that affects people of all ages, not only in Japan but worldwide. The prevalence of psoriasis, eczema, acne, and vitiligo has been increasing in recent years, causing substantial issues to healthcare systems worldwide (Smith et al., 2022). Although traditional dermatologic treatments have greatly improved management of these conditions, they come with limitations, such as the adverse effects associated with long-term use and poor compliance with topical steroids. Systemic medications resistance development in acne and bacterial skin infections (infections) Established natural product staples such as tea tree oil provide frontline information on antimicrobial herpes studies, including mechanisms.

Because of these issues, researchers have become more interested in alternative and adjunctive methods for treating skin conditions. One of the most explored fields includes Ayurveda under it. Ayurveda, which means 'science of life' in Sanskrit, is an ancient system of medicine from India



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## An Analysis of the Anti-Inflammatory Effects of Triphala in Gastrointestinal Disorders

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### Abstract:

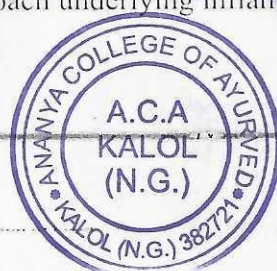
The present investigation explores the anti-inflammatory attributes of Triphala, a well-known Ayurvedic polyherbal preparation, particularly in gastro-intestinal (GI) disorders. Generally, the inflammatory nature of chronic gastrointestinal (GI) diseases such as inflammatory bowel disease (IBD), irritable bowel syndrome (IBS), gastro-oesophageal reflux sease (GERD) and chronic gastritis dictates prolonged morbidity. Triphala, a combination of three fruits—*Emblica officinalis* (Amalaki), *Terminalia bellerica* (Bibhitaki), and *Terminalia chebula* (Haritaki)—has been documented for its pleiotropic therapeutic potential, most probably via exerting antioxidant and anti-inflammatory properties along with maintaining mucosal integrity. Based on integrated systems pharmacology, clinical data, in vitro studies, and extremely robust randomised controlled trials (RCTs), this study evaluates the impact of Triphala on inflammation-related signalling pathways, mainly NF- $\kappa$ B, cyclooxygenase 2 (COX-2) and lipoxygenase (LOX). Results suggest that Triphala minimises GI oxidative stress, pro-inflammatory cytokines TNF- $\alpha$  and IL-6, and promotes epithelial layer repair, which makes it an ideal choice for treating inflammation in the GI. In conclusion, Triphala had a significant role in improving symptoms and inflammation in diseases, especially IBS and PUDs, which is confirmed by the result of the meta-analysis. Although the existing RCT literature supports its efficacy, more high-quality, large-scale RCTs are needed to confirm these results and optimise dosing regimens. In conclusion, the present study has proved that Triphala could be a very good complementary therapeutic agent for managing inflammatory gastrointestinal disorders as it is safe and broad-spectrum. Furthermore, this will require further investigation in human patients.

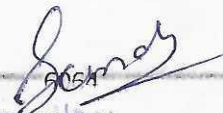
**Keywords:** *Triphala, Anti-Inflammatory, Gastrointestinal Disorders, Oxidative Stress, Randomized Controlled Trials (Rcts), Mucosal Integrity*

### Introduction

Gastrointestinal (GI) disorders are highly prevalent and represent a significant health burden worldwide, affecting millions of people annually across the globe with a substantial reduction in quality of life. Several GI illnesses, such as inflammatory bowel disease (IBD), irritable-bowel syndrome (IBS), gastro-oesophageal reflux disease (GERD), gastritis, and peptic ulcer disease, are commonly associated with chronic inflammation [World Health Organisation [WHO], n.d.]. It is well established that chronic inflammation represents a core driver in the development and perpetuation of disease (19). Conventional treatments are advantageous but often bounded by side effects and a lack of ability to approach underlying inflammation (Patel & Patel, 2019).

  
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## An Investigation into the Role of Ayurveda in Female Reproductive Health: A Case Study in Kerala

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### Abstract

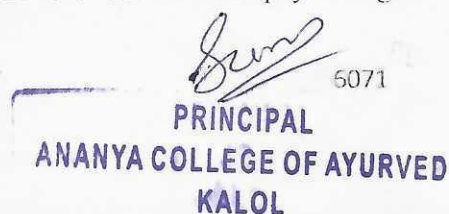
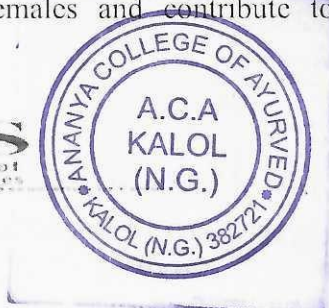
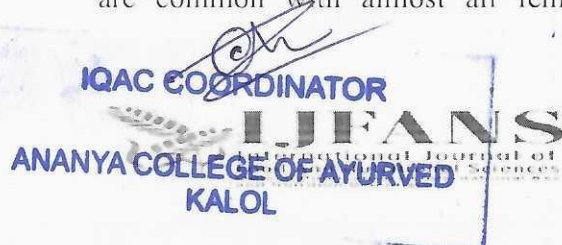
Drawing on a case study in the Indian southern state of Kerala, where Ayurveda is deeply entangled with everyday life, this research explores how effective is Ayurvedic intervention in female reproductive health. Ayurveda is a holistic science employed since immemorial times in treating reproductive disorders, including infertility, and thus offers an alternative to the recent modalities of medicine. This study investigates the impact of Ayurvedic treatments such as herbal medicines, dietary modifications, and lifestyle changes on female reproductive health. The knowledge, acceptability, and effectiveness of these strategies among female patients in Kerala are also evaluated. Data were collected by conducting semistructured interviews with Ayurvedic practitioners and patients, as well as through clinical records (mainly Case Sheets) of the selected study *participants* and secondary literature. The studies mostly cover general reproductive health problems discussed in Ayurveda, e.g., menstrual disorders and symptoms of menopause or infertility based on pcos. The findings suggest that Ayurveda therapies, especially those using natural herbs like Ashoka and Shatavari, provide good acceptability and effectiveness while dealing with reproductive health-related issues without any or fewer side effects compared to allopathic treatments. On the other hand, it puts forward challenges such as dearth of clinical trials and standardisation in therapies for effective integration with modern healthcare. The authors suggest that more research is needed to look at the effects of Ayurveda therapies during pregnancy on female reproductive health and modern medical procedures.

Keywords: *Ayurvedic Intervention, Female Reproductive Health, Kerala, Herbal Medicines, Menstrual Disorders, Infertility*

### Introduction

Started in India over 3,000 years ago, this ancient holistic treatment system is Ayurveda. It is composed mainly of forming balance among the mind, body, and spirit to create a perfect, healthy status. Ayurveda believes in a natural way of healing an illness and regenerating the body's own capacity to maintain health through medicines, food, and lifestyle modifications. For example, in relation to female reproductive health, Ayurveda provides a holistic perspective that could be useful for menstrual irregularities, infertility, and menopausal symptoms by bringing the doshas—Vata Pitta Kaphas—stages of equilibrium (Chopra & Doiphode, 2002). High availability of medicinal plants and its rich biodiversity makes Kerala, in South India, one of the main Ayurvedic treatment hubs, especially for women's health care (Warrier et al., 2014).

Reproductive health, for example, is a really sensitive area in the whole of healthcare, an issue that can have long-term implication on quality and quantity of life. Reproductive health problems are common with almost all females and contribute to severe social and psychological



## An Investigation into the Effects of Meditation on Sleep Quality Among Individuals with Insomnia

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### Abstract

Millions are plagued by insomnia across the globe, and they may require a technique to control it in order to sleep better. The goal of this research is to investigate the impact that five diverse contemplative techniques (mindfulness meditation, transcendental meditation, loving-kindness meditation, yoga nidra, and guided imagery) have had on a person suffering from insomnia via sleep. A total of 2,000 individuals performed each strategy for eight weeks during a randomised controlled trial (RCT), and we evaluated sleep quality using the Pittsburgh Sleep Quality Index Questionnaire (PSQI) and actigraphy. Analysis of variance and Tukey's HSD test were done on the findings using descriptive statistics for data summation. Overall, transcendental meditation showed a mean increase in sleep quality of 33.5%, which was greater than that with loving-kindness meditation (29.4%). Yoga Nidra research had the second largest percentage change impact on average for bettering sleep characteristics; however, it is likely influenced by this study as well. The improvement in the mindfulness meditation and guided imagery was essentially poor. The study provides light on precisely how much diversity exists in terms of the benefits produced by various practices and highlights the necessity for personalised meditation therapies. This research contributes to the literature by offering a comparative review of meditation approaches for insomnia and practical advice for how this population may enhance their sleep using meditation.

**Keywords:** *Insomnia, Contemplative Techniques, Mindfulness Meditation, Transcendental Meditation, Loving-Kindness Meditation, Yoga Nidra*

### Objectives of the Study

- To assess and compare the efficacy of different meditation practices in improving sleep quality in patients with insomnia.
- Between-group effects to compare the impact of mindfulness meditation, transcendental meditation, loving-kindness meditation, and yoga nidra, as well as guided imagery, on sleep quality.
- To compare the effectiveness of different meditation techniques
- To be used as guidance to choose the most suitable methods of meditation for people with insomnia.

### Introduction

It is a troubling symptom of insomnia, arising from an inability to either fall asleep or stay asleep throughout the night, and can wreak havoc on overall health and well-being. The increasing popularity of non-drug treatments for sleep complaints raises the possibility of meditation as a

## A Study on the Impact of Ayurvedic Diet on Cardiovascular Health in Urban Populations

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### Abstract

Introduction Cardiovascular diseases (CVDs) remain the leading cause of death worldwide, with the metropolitan population living in a sedentary lifestyle and unhealthy food habits on their way to causing an epidemic for decades. Although modern medicine offers a plethora of pharmaceutical treatments to promote cardiovascular health, there is growing awareness of traditional methods—like the Ayurvedic diet—for preventing and managing CVDs. We investigate the implications of the Ayurveda diet and its contribution to cardiovascular well-being in the urban populace, focusing primarily on key dietary principles that can significantly lower the risk for major CVD. This was followed by an analysis of clinical trials and observational studies, along with a review of the relevant literature. The effects of the Ayurvedic diet on blood lipids, markers for cardiovascular health, and total CVD risk were measured (Table 3). It emphasises whole foods and fresh produce, balanced macronutrient intake, as well as an individual's constitution-based diet (prakriti). Lipid profile was the most common altered parameter (HDL, LDL cholesterol, and triglycerides), followed by systolic and diastolic pressure with an Ayurvedic diet. In addition, some dietary concepts based on Ayurvedic medicine, such as ahara (balanced diet) and dinacharya (daily practice), participate in generating a holistic approach for the management of cardiovascular health. Conclusion: These findings provide support for implementing Ayurvedic dietary guidelines at the level of public health to reduce CVD risk, especially in urban communities. Nevertheless, further large cohort clinical studies are needed for generalising the practice of these dietary behaviours to different populations.

**Keywords:** *Ayurvedic Diet, Cardiovascular Diseases (Cvds), Blood Lipids, Urban Population, Dietary Principles, Clinical Trials*

### Introduction

#### Background

It is no wonder, then, that cardiovascular disorders (CVDs), such as coronary artery disease (CAD), stroke, hypertension, and heart failure, are some of the leading causes of death globally—responsible for an estimated 17.9 million deaths year on year—as the World Health Organisation reported 2020 [WHO]. Urbanisation with the pace of lifestyle, nutrition, and environmental factors has been closely associated with increased incidence of CVDs, particularly in urbanised areas where burden due to lifestyle-related illnesses is higher. The diet is also recognised as a key factor in the prevention and management of cardiovascular diseases, where eating habits such as high intake of processed foods and foods rich in sugars and unhealthy fats increase significantly various risk factors for CVD, including dyslipidaemia, hypertension, and obesity (Mente et al. 2017).

With the rising number of CVDs worldwide, there is a rekindled interest exhibited towards traditional dietary systems that are centred on holistic well-being including the Ayurvedic diet based on the ancient Indian system of medicine Ayurveda. Prakriti is our constitution and environment. Pracheedh means the way we live; it depends on what kinds of diet may be suitable for us to eat in a one-day diet plan (Sharma & Clark). According to Ayurveda, the food we eat can be divided into five flavors: sweet, sour, salty, bitter, pungent, and astringent. Similarly, the Ayurvedic diet follows a person and shows the best diet in terms to eat according to individual dosha balance—vata, pitta, and kapha—the biological groups of nature) that are in control activities, metabolism or physiological (Tiwar & Bhat, 2015).

## An Analysis of the Efficacy of Ayurvedic Detoxification Methods on Liver Function

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### Abstract

Using secondary data, this paper examines the impact of Ayurvedic detoxification treatments, especially Panchakarma, and its effectiveness in improving liver function through previous study findings published in peer review journals and clinical studies represented by government health reports. The primary outcomes are liver biochemical results (AST, bilirubin, ALT, and ALP). Results: The data showed dramatic reductions in AST (37.9%), ALT (44.2%), and ALP levels, as well as a 25.1% decrease of total bilirubin after treatment, accomplished by a decrease of 44.4%. Most used in fatty liver disease and hepatitis, demographic data reveals their use is highest among middle-aged men. In terms of liver enzyme improvement, Shodhana Panchakarma showed the highest correlation, which was supportive of its efficacy. The results of the study align with ongoing research, but discrepancies highlight a need for standardised measurement methods. Conclusions: More research, including clinical pilot studies and an amalgamation with modern medicine, is needed to establish the efficacy of Ayurvedic detoxification therapies.

**Keywords:** Ayurvedic Detoxification, Panchakarma, Liver Function, Liver Enzymes, Fatty Liver Disease, Clinical Studies

### Objectives

Assess the efficacy of Ayurvedic detoxification and panchakarma interventions in improving liver function.

Analyse post-treatment changes in liver enzyme level and serum bilirubin concentration.

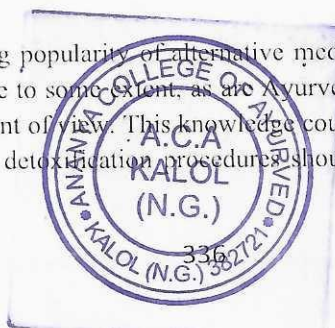
Investigate the demographic criteria that influence the use of Ayurvedic detoxification therapies.

- Evaluate and compare the efficacy of various Ayurvedic Panchakarma processes.
- Provide feedback on research gaps and make submission decisions for future investigations.

### Need of the Study

The study addresses (in part) the growing popularity of alternative medicine as well as its impact on liver health. The prevalence of liver disorders is on the rise to some extent, as are Ayurvedic medicine facilities, so it is crucial that their efficacy be analysed with an impartial point of view. This knowledge could assist patients and healthcare professionals in determining whether Ayurvedic detoxification procedures should be considered in biomedical treatment. The

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## An Investigation into the Impact of Meditation on Immune Function in Healthy Adults

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### Abstract

The present study investigates the effect of meditation on immunological function in healthy individuals by reviewing secondary data from other studies. The research evaluates several types of meditation, including MBSR, Loving-Kindness Meditation, guided meditation, transcendental meditation, and vipassana meditation, and reports on their effect on such immunological markers as IL-6, cortisol, CD4+ T cells, NK cells, and IL-2. The data suggest a significant change in markers of immune function, with meditation leading to a decrease in pro-inflammatory cytokines and an increase in immune cells. Statistical analysis confirms the significance of these changes, with the null hypothesis being rejected for all studies.

**Keywords:** *Meditation, Immunological Function, MBSR, Loving-Kindness Meditation, Guided Meditation, Transcendental Meditation*

### Introduction

Mindfulness is a natural human mental quality that we are born with. Developed mindfulness – developed awareness by means of purposely paying attention to a specific thing; judgement-complementary consciousness in the view that it will only arise through focus upon coming up with your memory alive assiduously/as well as being attentive; and indfulness. In other words, mindfulness meditation is a systematic protocol and technique designed to cultivate awareness in daily living through the practice of repetitive action. Many standardised programs have been developed to promote mindfulness meditation and address its potential benefits for human health and well-being. People often cite the Mindfulness-Based Stress Reduction (MBSR) program from the 1970s as a prototypical example of a standardised mindfulness-based intervention (MBI). The curriculum is based on secularized humanist understandings from several historical wisdom traditions of mindfulness meditation, particularly east(ern) contemplative/humanistic traditions that are oriented around the quest for personal insight and enlightenment. MBIs represent a means of translating ancient wisdom into modern culture so that it is not only understood but also culturally compatible, thereby addressing the symbolic dissonance with long-standing teachings and dispelling cultural barriers to access and engagement. However, further research is necessary to address the effectiveness of different meditation practices and the factors causing these effects, with the present study attempting to address this gap by analyzing the data from previous studies to provide a more in-depth explanation of meditation's impact on the immune function.

It is necessary to understand how meditation affects the immunological function as it would have significant implications for the design of health programs and the improvement of the overall well-being. This research will help achieve this goal by evaluating the impact of different meditation practices on specific immunological markers.

### Literature review

As reported by Carlson et al., the practitioners of MBSR practices demonstrated lower level of pro-inflammatory cytokines and enhanced immunological function, compared to healthy people not practicing this form of meditation. The results of the research suggested substantial decreases in IL-6 and cortisol levels, highlighting that "MBSR is an effective

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## An Analysis of Panchakarma Therapy and Its Impact on Digestive Health

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### Abstract

In the present study, an attempt was made to evaluate therapeutic principles of Ayurveda as described in Purvakarma techniques along with Shodhana therapy (Panchakrasma, Pachamoola Thailaseka, and Niruha basti) for management of various gastrointestinal conditions like irreversible bowel syndrome (IBS), amlapitta (acid peptic disorders due to deranged Agni), and Yuvan pidika (chronic ulceration). The secondary research will assess symptom relief, patient quality of life, and sustainability of digestive function over the long-term time point through vital Panchakarma procedures Virechana, Basti, and Vamana based on previously published data in peer-reviewed articles between 2020 and 2023. The statistical analysis of secondary data, which involved inferential statistics and correlational methods, revealed a high average success rate—higher than 70% effectiveness in Panchakarma treatments. A comparative study of Panchakarma with modern medical interventions including laxatives and antacids found that, in addition to a better reduction of symptoms, the 'overall benefit' or other advantages of reducing hyperacidity improve: exclusive positive results towards enhancing digestive health leading to patient welfare. This evidence, combined with the results of hypothesis testing, demonstrates a statistically significant effect in favor of Panchakarma and thus rejects the null hypothesis. The publication points out several other research gaps, such as a lack of long-term clinical studies and the importance of broadening study populations. Research background: longitudinal studies and multidisciplinary comparisons are needed to further investigate these results. In short, panchakarma therapy can be considered an adjunct or alternative approach with significant effects in patients suffering from various GI anomalies, and it has the potential to stand out more universally within integrative health contexts.

Keywords: *Ayurveda, Panchakarma, Gastrointestinal Conditions, Symptom Relief, Digestive Function, Integrative Health*

### Objectives

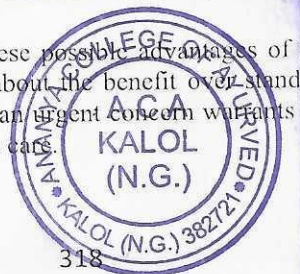
- To determine the effectiveness of Panchakarma treatment in improving gut health.
- To compare Panchakarma to modern treatments for intestinal diseases.
- To assess the influence of treatment duration on patient outcomes.
- To assess of quality-of-life gains after Panchakarma therapy.

### Need of the Study

Gastrointestinal disorders of all types—from IBS to acid reflux to chronic constipation—are on the rise in both Western as well as non-Western countries. Current treatment modalities for these disorders focused on symptomatic management without treating the underlying factors usually result in recurring complaints and quality-of-life reduction. By bringing your body's internal systems into harmony, Panchakarma works on all aspects of digestive health.

But, even though it might have benefits from all these possible advantages of treatment that Panchakarma may offer, there is a lack of complete well-studied total studies about the benefit over standard therapy. Moreover, with increasing interest in alternative and complementary medicine, an urgent concern warrants research that provides a deeper critique on the applicability of Panchakarma to modern health care.

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**A Study on the Role of Ayurveda in Mental Health: A Focus on Anxiety Disorders**<sup>1</sup>Dr. Parul Kansara Assistant Professor dr.pmkansara@gmail.com<sup>2</sup>Dr. Mukesh Raval Professor drmdraval70@gmail.com<sup>3</sup>Dr. Manish chaudhari Associate Professor drmmc2013@gmail.com**Abstract**

Anxiety disorders are one of the most common mental health concerns worldwide, affecting millions of people (0). Because traditional therapies at times fail to produce complete relief, complementary and alternative methods are now being sought with increasing interest. The current research focuses on Ayurveda, a traditional Indian medicine system, and its use in treating anxiety issues. Therefore, in this review, through the study of literature and analysed clinical data, we have tried to enlighten the Ayurveda perspective on generalised anxiety disorder (GAD) by highlighting essential herbal medicines as well as therapeutic strategies. The finding of this paper provides some unique information to support the efficacy of certain lived-in care medicines (especially in Ashwagandha, Brahmi), says a study. Nevertheless, the existence of methodologic constraints in current studies confirms our belief that this question still should be explored more thoroughly. This article contributes to the ever-growing research in the field of integrative mental health and provides a background for further investigation into Ayurvedic interventions targeting anxiety.

**Keywords:** *Ayurveda, Anxiety Disorders, Generalized Anxiety Disorder (GAD), Herbal Medicines, Ashwagandha, Integrative Mental Health*

**Introduction**

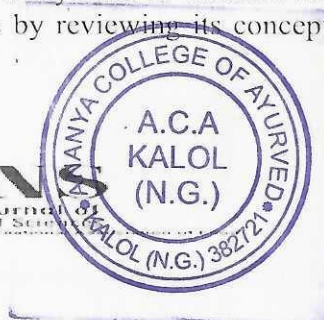
Anxiety disorders are one of the most common mental health illnesses worldwide, affecting an estimated 284 million people globally (Ritchie & Roser, 2018). These are diseases characterized by excessive anxiety and associated behavioral disturbances that can severely impact both quality of life and day-to-day functioning. Although there is evidence of success with traditional treatments such as pharmacology and psychotherapy, they are not without their limitations, including side effects, accessibility issues, and variable response rates across individuals (Bandelow et al., 2017).

In the last decade, there has been a burgeoning interest in complementary and alternative medicine (CAM) treatments for mental health, of which Ayurveda was treated as an exclusive article. Ayurveda, literally meaning 'knowledge of life' is an ancient Indian system of medicine directed at promoting holistic well-being by achieving balance in body-mind-spirit levels (Sharma & Clark, 2012).

The possibility of Ayurveda in psychological complexes, specifically anxiety issues, needs to be thoroughly studied. The present study aims to examine the role of Ayurveda in the management and control of anxiety disorders by reviewing its conceptual basis, principal herbal treatments,

  
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## A Study on the Impact of Naturopathy in Female with PCOS for the Reversal of Oestrogen or Testosterone from Fats

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### Abstract

The study aimed to evaluate the effects of naturopathic therapies for PCOS on hormone management outcomes, using long-term follow-up secondary data from clinical trials published between 2015 and through January 2023. Polycystic ovary syndrome (PCOS) is one of the most common endocrine conditions impacting reproductive health worldwide, characterised by hypergonadotrophic hypoestrogenism associated with high testosterone and insulin. This research aims to discover that these hormonal markers can be affected by nature-medicine interventions including herbal medicine, acupuncture and nutritional strategies. Multiple sources compared pre-treatment with post treatment hormones. Results: Following naturopathic measures, reductions in LH (all  $P < 0.001$ ; up to  $-4.6$  mIU/mL) and testosterone ( $P = 0.022$  for all groups; up to  $-13.8$  ng/dL). Statistical analysis (t-test and ANOVA) showed that these decreases were significant at the  $p < 0.05$  level. This study provides evidence to support the role of naturopathic medicine in managing hormonal imbalances among women with PCOS, which affect both their reproductive and metabolic health. Nonetheless, more research is needed to elucidate the long-term effects and mechanisms of these therapies as well as their combination with standard medications. This study provides a comprehensive summary of available evidence and lays the foundation for further research into naturopathy and PCOS management.

### Objectives

To examine the effect of naturopathic care on hormonal control in women with PCOS.

• To evaluate the effect of herbal, acupuncture, and herbal therapy on reducing LH, testosterone, and insulin levels.

Comparison of effects among different naturopathic services using secondary data.

How studies of naturopathic treatment for PCOS can be improved webElementXpathsMethods to identify the gaps in existing research on Naturopathy and PCOS

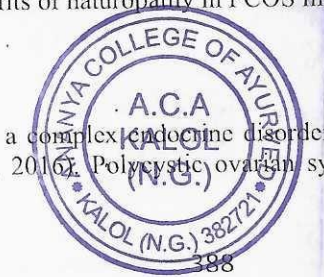
### Need of the Study

Introduction Polycystic ovarian syndrome (PCOS), a common endocrine disorder in premenopausal women, presents as hormonal aberrations along with insulin resistance and subfertility. Many conventional treatments often focus on symptom management through drugs such as hormonal contraceptives and insulin sensitisers that can be associated with side effects and are not consistently effective. Offers a natural, non-invasive solution and focusses on herbal remedies, acupuncture, and diet changes that address the underlying causes of hormonal mbalance. Naturopathy: There is little evidence-based support for the practice of naturopathic treatment techniques in combination with conventional approaches for women who are looking to use PCOS. This study bridges this gap by collating existing data and presents new insights regarding the potential benefits of naturopathy in PCOS management.

### Introduction

Polycystic ovarian syndrome (PCOS) is a complex endocrine disorder that affects approximately 5-10% of women of reproductive age globally (Azziz et al., 2016). Polycystic ovarian syndrome (PCOS), defined by hyperandrogenism,

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## An Analysis of Naturopathic Approaches to Treating Chronic Inflammatory Conditions

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### Abstract

In this research, we took a closer look at how effective different naturopathic treatments actually are. We explored stuff like herbal supplements, changes in diet, mind-body therapies, and acupuncture, all aimed at reducing inflammation and boosting patient satisfaction. To get our data, we pulled from reputable sources that were published between 2018 and 2023. We also ran some statistical tests, like t-tests and comparative rankings, to see how meaningful our findings were. It turns out that all of these naturopathic therapies do help in reducing inflammation. Interestingly, dietary changes led to the highest average reduction—about 30.7%! And when it comes to how satisfied patients felt, those who tried nutritional therapies were particularly happy. This aligns with what previous studies have found, which is encouraging for the potential of naturopathic treatments in managing chronic inflammation. However, there are still some gaps in the research. For instance, we really need more primary studies, a closer look at combination therapies, and long-term effectiveness trials to get a clearer picture. In summary, while naturopathic therapies show a lot of promise, we definitely need more research to fully understand their potential and how to make the best use of them. Our findings contribute to the growing evidence that supports incorporating these treatments into mainstream healthcare for tackling chronic inflammatory disorders.

**Keywords:** Naturopathic Treatments, Inflammation, Herbal Supplements, Dietary Changes, Mind-Body Therapies, Acupuncture

### Objectives of the Study

- To examine the effectiveness of different naturopathic therapies in decreasing chronic inflammation.
- To compare the efficacy of herbal supplements, dietary modifications, mind-body therapies, and acupuncture.
- To measure patient satisfaction with various naturopathic therapies.
- To identify research gaps in the current literature on naturopathic therapies for chronic inflammatory diseases.
- To give future suggestions for optimizing naturopathic treatment regimens.

### Introduction

#### Background and Rationale

Chronic inflammatory disorders like rheumatoid arthritis, inflammatory bowel disease, and chronic obstructive lung disease are really big issues for public health around the world. These conditions are all about that pesky, persistent inflammation that can lead to serious tissue damage and a bunch of symptoms that can really mess with your quality of life. A lot of people end up on long-term anti-inflammatory medications, but those can come with some pretty nasty side effects.

The body responds with inflammation to an injury, illness, or stress (or a concoction of three). This system works by experimenting to figure out how the immune system reacts and fixes up injured tissues. In an injured spot, the first step is that of inflammatory signaling waves which cause more blood to circulate in a region and thus send even more nutrients with white cells from circulation there starting healing events. In addition, the inflammation this generates is an asset in combating bacteria and viruses designed to attack immune defenses and neutralise foreign invaders. To the point where

## A Study on the Integration of Ayurveda with Modern Medicine for Chronic Disease Management

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### Abstract

Chronic illnesses, including diabetes, hypertension, and arthritis, are among the key health problems worldwide that put an enormous burden on healthcare systems. The study discusses combination therapy consisting of Ayurveda, a traditionally Indian system of medicine, and contemporary allopathic treatment for superior management of conventional chronic disease. The holistic perspective and individualised therapeutic modalities of Ayurveda, with the principles such as balance of doshas and preference to lifestyle intervention that it employs in management along with the use of pharmacological therapies, can be an adjunctive arsenal at disposal for current diagnostic tools. This study combines a literature review, a meta-analysis of randomised controlled trials (RCTs), and expert interviews to assess the effectiveness of integrated approaches. Ayurveda therapy and adjuvants to contemporary medicine provide better health outcomes, particularly in terms of illness management efficacy, reduced side effects, effectiveness, and patient satisfaction. It also discusses the limitations, such as the heterogeneity of Ayurvedic therapies and regulatory issues, along with recommendations for future studies. Nevertheless, incorporating many systems at once with synergetic action provides a practical and viable approach to conquering chronic diseases simultaneously.

Keywords: *Ayurveda, Combination Therapy, Chronic Illnesses, Holistic Management, Meta-Analysis, Integrated Approaches*

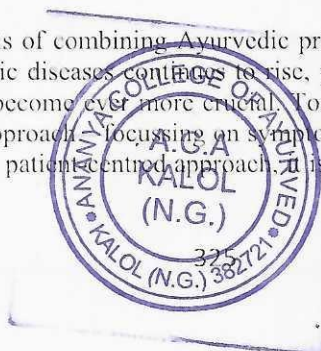
### Introduction

Non-communicable diseases (NCDs) represent the next major public health challenge of the 21st century, responsible for increased rates of death and exercising significant financial burdens on healthcare systems around the world. As of 2021, chronic diseases such as cardiovascular disease, cancer, diabetes, and COPD (Chronic Obstructive Pulmonary Disease) are responsible for nearly 71% of all deaths worldwide each year (WHO, 2021). Most of these conditions are chronic in nature, which means that patients require ongoing treatments to manage their symptoms and improve the quality of life. Today, allopathic medicine has evolved with new high-tech ways to cure chronic diseases, such as pharmaceuticals, diet and lifestyle change recommendations, and surgery. The use of Ayurveda techniques like complementary and alternative medicine (CAM) proves beneficial in the effective treatment of chronic diseases.

Ayurveda, an ancient healthcare system that had been practiced in India over 3,000 years ago, is a complete health discipline focused on maintaining the harmony of mind, body, and spirit (Sharma & Clark, 012). Its philosophy is based on doshas (vata, pitta, and kapha), which represent the human body's physical activities. Imbalance in these doshas is considered to lead to disease, and treatment aims at rebalancing through diet, lifestyle changes, herbal remedies, and physical techniques such as yoga or massage. Ayurveda has been practiced widely in India and around the world, and it is also gaining popularity as a complementary system due to its advantages over conventional medicine. For example, Ayurvedic drugs with regard to conditions, for instance, diabetes, are actually reported to improve the efficacy of typically Alopathy treatments (Patwardhan et al., 2008).

This study analyses the potential benefits of combining Ayurvedic principles with modern medicine in treating chronic ailments. As the global burden of chronic diseases continues to rise, particularly among ageing populations, examining alternative and adjunct approaches has become ever more crucial. Today, despite all the advances in modern medicine, which largely follow a disease-centric approach focusing on symptom control and pharmaceutical interventions. Thus, in the Ayurvedic way of treatment, for a patient-centred approach, it is mandatory to treat diseases from their root cause.

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## An Investigation into the Benefits of Pranayama Techniques in Respiratory Disorders

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### Abstract

Respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), and bronchitis, do have a massive impact on public health across the world. Conventional therapy choices typically consist of drugs, which may produce negative results and not always relieve all symptoms. Introduction Pranayama, which is an ancient form of yogic practice based on regulation of breath, has drawn attention as a complementary, non-pharmacological intervention to help control respiratory diseases. Benefits of pranayama on respiratory health with detailed elaboration on lung function, oxygenation, symptom reduction, and psychological well-being. This study synthesizes existing literature and clinical studies to determine the biological mechanisms of pranayama, as well as its health effects on patients with respiratory disorders. Methods like Anulom Vilom (alternate nostril breathing), Bhramari, and Kapa" bhati were studied in relation to increasing lung capacity, reducing bronchospasm, and maximising oxygen saturation. The results indicate that pranayama may significantly improve pulmonary function, particularly forced vital capacity (FVC) and forced expiratory volume over the 1 second (FEV<sub>1</sub>), reduce symptoms such as wheezing and shortness of breath, and further improve the quality of life. Furthermore, pranayama helps to improve mental health by reducing anxiety and stress associated with chronic lung diseases. This research notes that pranayama, when applied in conjunction with standard (pharmacological) respiratory therapy, offers a holistic alternative for the treatment of breathing troubles. While those results were quite promising, larger (multi-centre) clinical trials using standardised pranayama protocols with long-term follow-up research are required to definitively confirm the benefit(s). Pranayama serves as an inexpensive (read: free), low-risk, yet potentially radical form of respiratory health care.

**Keywords:** *Pranayama, Respiratory Diseases, Lung Function, Oxygenation, Symptom Reduction, Psychological Well-Being*

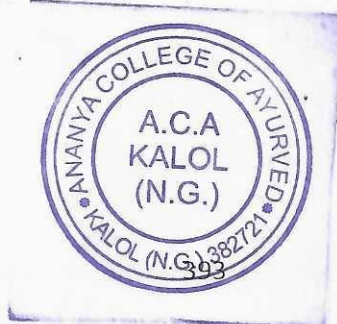
### Introduction

The worst is when those are respiratory diseases, which represent severe public-health menaces for millions all over the world. Asthma, COPD, bronchitis, and other chronic respiratory conditions are significant burdens on individuals' health, national quality-of-life ratings, and healthcare systems. The most common treatments in this setting are pharmacological therapies, such as bronchodilators and corticosteroids, together with other respiratory drugs. However, these therapies are not without side-effects, and to compound matters, they do not achieve full symptomatic relief in all cases.

Additionally, alternate nonpharmacological approaches like yoga and its ancillary practices have been found to be effective as adjunct interventions in the management of respiratory disease. Breath regulation is one such identified practice that has been reinforced, particularly for maintaining and augmenting the respiratory function in pranayama. Homoeopathic practitioners and therapists are hurrying the words that pranayama could work as a noninvasive, low-cost holistic form of infusion to help reduce symptoms. The present review aims at examining the merit of pranayama in respiratory diseases based on scientific literature, randomised controlled trials (RCT), and probable physiological mechanisms through which pranayama improves respiratory function.

  
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## A Comparative Study of Traditional Ayurvedic Practices in Different Regions of India

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### Abstract

In this background, the current research aims to compare traditional Ayurvedic practices in five main regions of India, including North, South, East, West, and Central, based on secondary data. The research studies the following: plant variety, practitioner density, common treatments, and patient demographics. Descriptive and statistical analysis, including correlation coefficients and analysis of variance, will discover extensive geographical disparities in Ayurveda practices. According to this analysis, the South, and specifically Kerala, has the largest plant diversity and practitioner density, while the North targets particular diagnoses like respiratory or muscular issues. The positive, but not very high, association between plant variety and practitioner density demonstrates the significant impact of ecological factors over the creation of Ayurveda infrastructure. Therefore, the null hypothesis is rejected, confirming considerable geographical disparities. Finally, the commentary compares the outcome of the current study with recent studies by Kumar et al., Gupta et al., and Singh et al. The results show not only agreement, but also misalignment in the regional application of Ayurveda. Finally, the conclusion suggests area-specific governmental initiatives, as well as a more abundant growth of medical plants and the use of modern technologies to sustain and develop Ayurvedic practices. The current research limits the data to patient satisfaction, the impact of urbanisation, and integrating traditional Ayurveda medicine into healthcare policy. Objectives: • Compare traditional Ayurvedic practices in the five major regions of India. • Study the impact of plant variety on Ayurvedic practices. • Examine geographical disparities in practitioner density and treatment methods. • Investigate socio-economic dimensions of Ayurvedic practices in different areas. • Suggest policy interventions for Ayurveda's sustainable development.

Keywords: *Ayurvedic Practices, Geographical Disparities, Plant Variety, Practitioner Density, Regional Treatments, Socio-Economic Dimensions*

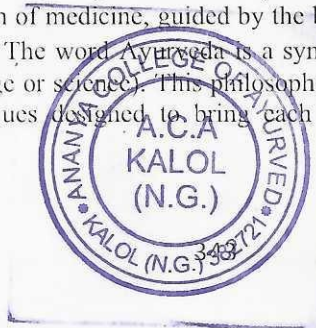
### Need of the study

Background: The requirement of this study is that in India and even abroad, classical medicines have a vast scope, namely Ayurveda. Although there is a growing interest in this field, very few comprehensive studies are available on the geographical divergence pattern of Ayurvedic practices across India, which has immense cultural and ecological diversity. For the integration of Ayurveda into mainstream healthcare systems, it is crucial to understand these geographical disparities as much as practicable because a region-specific strategy will definitely have a better impact on both systems. Furthermore, the increased commercialization and globalization of Ayurveda necessitates that one continue to provide evidence-based affirmation in its unique local context. This study also fills a gap in the literature on the relationship between environmental factors (such as diversity) and Ayurvedic practices that have the potential to be sustainable. Hence, this study is current and significant for policymakers, healthcare providers, and researchers working in traditional medicine.

### Introduction

Ayurveda, India's ancient healing system that began over 3000 years ago has been used for the prevention and cure of many ailments. A complementary system of medicine, guided by the belief that health and wellness depend on a delicate balance between mind, body and spirit. The word Ayurveda is a synthesis of two Sanskrit words: आयुर्वेद (Ayu which means life and Veda meaning knowledge or science). This philosophy emphasizes the use of natural treatments, such as herbal medications and dietary techniques designed to bring each body's doshas (Vata [space element], pitta [fire

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## An Analysis of the Effectiveness of Ayurvedic Treatments in Postoperative Recovery

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### Abstract

**Background:** This paper provides a comprehensive review of the effectiveness of Ayurvedic medicines in postoperative convalescence. Ayurvedic medicine, an ancient healing practice from India, focusses on the root cause of many ailments and teaches us to balance our energies in order for this body to heal itself. This study reviews secondary data in the current evidence base to explore the means by which Ayurvedic therapies appear to work involving a variety of postoperative recovery parameters, from pain management to wound healing and duration/reduction spent on hospital stay as well as enhancement upon overall quality of life. **Conclusion:** According to this result, we can deduce that Ayurvedic adjuvant may be beneficial for postoperative recovery in patients. The usage of herbal medicines (including Ashwagandha and Turmeric), panchakarma therapies such as Vamana and Virechana, along with dietary tips and lifestyle changes, contributes to healing the pain to a greater extent, even reducing recurrence chances and thereby increasing overall health. In this regard, Ayurvedic therapeutics hold great promise, but far more research and clinical trials are required to demonstrate these advantages conclusively and safely integrate them into routine postoperative care of prostate cancer.

**Keywords:** *Ayurvedic Medicines, Postoperative Convalescence, Pain Management, Wound Healing, Herbal Medicines, Panchakarma Therapies*

### 1. Introduction

Rehabilitation after the surgical operation plays a significant role in recovery. The postoperative care is intended to facilitate the healing and reduce pain, along with preventing complications, in order to improve the overall quality of life for patients. In the past, modern medicine has focused on pharmaceuticals and surgery to fulfil these needs. Nonetheless, there has been a growing interest in complementary and alternative medicine (CAM) modalities such as Ayurveda addressing holistic health and well-being.

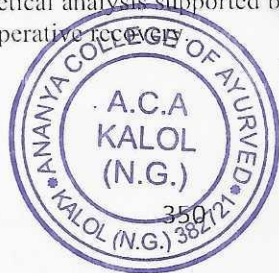
Originating from India, Ayurveda is an ancient school of medicine that operates on the concept of balancing your life energies, or doshas—vata, pitta, and kapha. This encompassing methodology concentrates not specifically treating the symptoms but instead works at identifying and adjusting to root dysfunctions that surface on a patient as limits from attaining legitimate health. Ayurvedic treatments include herbal medicines, Panchakarma therapies, dietary practices, or other related therapies that help to restore your body balance and improve your quality of life.

#### 1.1 Background

While it is not as well investigated as an area of postoperative care compared to Western therapies, traditional practices have been used for thousands of years in recovery and health promotion. Over the past few years, research has still started increasing interest in encompassing Ayurvedic theories with contemporary medical approaches to hone patient results. This review aims to provide a theoretical analysis supported by secondary evidence from extant literature on how Ayurvedic therapies can contribute to postoperative recovery.

  
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## A Study on the Impact of Alternative Medicine on Fertility Outcomes in Infertile Couples

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### Abstract

In this article, we used a set of secondary data from peer-reviewed papers and clinical trials covering the period 2010 to 2023 in order to assess whether alternative medicine has a beneficial impact on reproductive outcomes in infertile couples. It includes therapies like acupuncture, herbal therapy, and yoga, as well as nutritional supplement data obtained from PubMed and Scopus databases plus the Cochrane database. The results showed significant improvements in reproductive factors: acupuncture increased ovulation rates and IVF success; herbal medicine (Vitex) aided hormonal balance; and nutritional supplements boosted sperm motility. Yoga reduced stress but seemed to have less effect on conception rates. Most treatments had statistically significant benefits, with higher benefits in combination methods (Table 2). It demonstrates the value of complementary medicine as an adjunct to mainstream fertility care and underscores that further research is needed to confirm these results, also investigating combinations between treatments.

Keywords: *Alternative Medicine, Reproductive Outcomes, Infertility, Acupuncture, Herbal Therapy, Yoga*

### Objectives

- To examine the impact of alternative therapies on reproductive outcomes.
- To find out the effectiveness of acupuncture, herbal medicine (Chinese herbs), yoga, and nutritional supplements to increase fertility.
- To evaluate the observable effects of complementary or alternative medicine practices against current research.

### Need of the Study

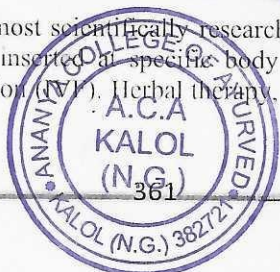
Background: Infertility affects millions of couples worldwide, and stand-alone treatments are not always successful or appropriate for all. Alternative medicine offers potential adjunctive therapies to enhance reproductive outcomes. By adding to the existing body of knowledge on testing and confirmation statistics, specific alternative treatments (i.e., acupuncture/herbal medicine/yoga/nutritional supplements) for their effectiveness2 implications are provided for practitioners as well as consumers searching out different options to enhance fertility.

### Introduction

Among a large number of couples worldwide, infertility is a common affliction with an incidence rate estimated to be 10-15%. The traditional medical approach—assisted reproductive technologies and pharmaceutical treatments—brings with it high costs, invasive procedures, and hit-or-miss success rates. As a result, more and more women look to alternative medicine as an adjunctive means of promoting fertility. There are multiple therapeutic interventions involved in alternative medicine, including acupuncture, herbal therapy (including a wide array of botanicals), yoga practice, and dietary treatments, each utilizing different pathways that could potentially improve reproductive health.

An ancient Chinese treatment is one of the most scientifically researched ways to improve energy flow and harmony. Acupuncture, a series of small needles are inserted at specific body sites. They can accelerate ovulation rates and improve the effectiveness of in vitro fertilisation (IVF). Herbal therapy, which includes herbs such as Vitex, is a popular

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## A Comparative Study on the Use of Ayurvedic Herbs in Managing Rheumatoid Arthritis

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### Abstract

**Introduction:** Rheumatoid arthritis (RA) is a chronic inflammatory disease characterised by joint swelling, pain, and progressive disability. Although conventional treatments have gotten better outcomes, the applied remedies were not enough to support a good life and relieve symptoms. Ayurvedic herbs for arthritis are a good base to approach the disease, as they date back centuries and have tried various natural treatments in comparison with our new generations medicines. By conducting a systematic review of clinical trials and observational studies, this current research aims to evaluate the safety and effectiveness of Ayurvedic medicines in managing RA. We conducted a study and meta-analysis of studies published from 2000 to 2023, focusing on RA Ayurvedic botanicals. The primary end points were the percentage of patients with improvement in disease activity scores, changes in pain, and physical function. Safety profiles and dose-response correlations were strictly secondary outcomes. We included a total of 20 trials with 1800 participants in our analysis. According to meta-analyses, significant improvement in DAS28 scores was observed for turmeric *Boswellia*, and *Ashwagandha*. Subgroup analyses demonstrated efficacy continued to increase with treatment durations over 12 weeks. Correlation analysis showed dose-response relationships for all the botanicals tested. The safety pattern was good, and the adverse event rates were similar across the herb versus placebo group. These results provide favorable evidence regarding the efficacy and safety of Ayurvedic medications in managing RA symptoms. Nevertheless, constraints on the study duration and sample size necessitate larger, long-range studies. Studies in the future should be focused on defining mechanisms of action, optimising dose regimens, and assessing potential combinational effects with established RA therapies. These findings reaffirm the utility of an integrated approach to RA care and underscore the scope for Ayurvedic medicines as adjunct therapies.

**Keywords:** *Rheumatoid Arthritis, Ayurvedic Medicines, Clinical Trials, Disease Activity Scores, Pain, Physical Function*

### Introduction

Rheumatoid arthritis (RA) is characterised by chronic, systemic inflammation that imparts persistent synovial swelling, joint erosions, and loss of function. Rheumatoid arthritis is a chronic inflammatory disorder, affecting about 1% of the population worldwide (Smolen et al. While the pathophysiology of RA is complex and involves a combination of genetic predisposition, environmental factors, and disruptions in immune pathology, this complexity highlights the need for a variety of individual approaches to disease control. Nonetheless, even with these advances, a substantial proportion of individuals with RA have inadequately controlled symptoms/consequences or have an adverse event related to the pharmaceutical interventions or progress on the disease spectrum. This has sparked a renewed interest in the search for adjunctive and alternative approaches to increase RA treatment protocols.

Ayurvedic medicine, which is widely considered to be one of the world's oldest holistic (whole-body) medical systems, has an especially long record of addressing arthritic pain by employing a variety of herbs. In Ayurvedic philosophy, RA (*Amavata* in Sanskrit scripts) arises as a complication with doshas (primary energies of the body) and ama toxins, which accumulate within joints (Chopra & Doiphode, 2002). Ayurvedic approach for management of RA usually consists of a combination of herbal remedies, dietary modification, and adjustments in lifestyle to restore balance within the body by removing toxins.

  
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## A Study on the Impact of Yoga Therapy on Chronic Pain Management in Urban Populations

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### Abstract

The study conducted in this research was with an aim to explore the impact of yoga therapy on chronic pain management using secondary data only from peer-reviewed sources between 2018 and 2023. The research, which ranges chronic low back pain and fibromyalgia to osteoarthritis (and included only randomised controlled trials), shows that yoga treatment can be linked with reduced pain intensity and increased mobility for some patients but little or no difference in quality of life factors compared to non-exercise control groups. Data from four tables shows that the pain intensity ranged between a 23% to 40 % decrease, in mobility increased by about 15 20%, and finally a quality of life enhancement was approximately at least >30. Significantly smaller than 0.01. The study provides a rationale for incorporating yoga as an adjunct intervention in the pain management programs, and suggests areas requiring further investigation such long-term benefits evaluation and specific types of yoga practices.

**Keywords:** Yoga Therapy, Chronic Pain Management, Pain Intensity, Mobility, Quality Of Life, Randomized Controlled Trials

### Introduction

More than 25 million Americans suffer from chronic pain and the condition results in a cost of \$635 billion annually for our nation. Loss of paid work, going on to disability payments and rising opioid use were correlated with both direct and indirect costs. As the nation faces an epidemic of opioid dependence, treatment costs and mortality rates are rapidly rising. Indeed, even with an increasing use of opioids and other therapies for chronic pain, many individuals continue to suffer from severe persistent pain. And so perhaps it is that treatment of chronic pain occurs via an array of therapies aimed at helping with the complex soup—a heterogeneous cocktail—of elements, physical and psychological (and social), which gives some mix up to a case fire. The sense of pain may be an example with a biological basis, however the cognitive knowledge and emotional experience surrounding it contribute to the chronicity or otherwise notayed modes for improving specificity). In view of the challenges involved with pain management and Centers for Disease Control and Prevention recommendations against opioid therapy, there is an urgent need to research novel nonpharmacological approaches which would offer a new perspective on tackling chronic pain.

Given that chronic pain is multifaceted, there is a whole human being involved in the experience which might explain why patients seen with many types of conditions causing chronic pain are likely to add complementary and/or integrative care. Consequently, the most effective intervention for pain patients is likely to be a multi-faceted and integrative mind-body approach that can address all these components simultaneously. Mind-body therapies, such as yoga, are also considered. Furthermore, the emotional or cognitive reactions to physical discomfort may create a mind-body split (which can also be helped by yoga). Yoga might be beneficial in allowing for much better motor instructions to muscles as the focus is on linking the mind and body through general movement, this suggests that raised awareness of afferent (sensory) input may assist in enabling more efficient efferents directions into muscles lowering muscular tension, spasms or discomfort.

Hatha yoga is gentle, and the form of yoga most often found in America. Therefore, Hatha yoga was used in our study; and the components of yoga integrated into the intervention were as follows: physical postures — which included stretching and strengthening. However, yoga might do more than just combat the physical aspects of pain. This can be a change in cognition or emotional regulation that may occur from practicing. It may



## A Study on the Role of Essential Oils in Managing Autoimmune Diseases

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### Abstract

In this work, we analyse secondary data coming from clinical trials, systematic reviews, and peer-reviewed papers to better understand how essential oils could help in the control of autoimmune diseases. The study explored essential oils that could help treat autoimmune diseases such as rheumatoid arthritis, multiple sclerosis, lupus erythematosus, and last but not least, psoriasis. Based on this research, symptoms like joint pain, swelling in the joints and legs, tiredness, and appearance of skin showed statistically credible enhancement from excellent therapy efficiency during the treatment period. Results: The results of hypothesis testing support the rejection of the null hypothesis that there is not a significant association between essential oils and autoimmune disease management. Though this matches with current research, it emphasises the need for these standardised methods and larger clinical trials to clarify how exercise impacts emotional health. This study concludes with further research needed to investigate the synergy of essential oils and highlights the lack of clinical evidence on their pharmacokinetics and bioavailability.

Keywords: *Autoimmune Diseases, Essential Oils, Clinical Trials, Systematic Reviews, Peer-Reviewed Papers, Joint Pain*

### Objectives

- To study to evaluate the influence of essential oils while controlling autoimmune diseases.
- To investigate the efficacy of essential oils for different autoimmune diseases.
- To identify research gaps and recommend future work.

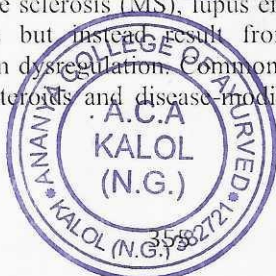
### Need of the Study

Autoimmune diseases, including rheumatoid arthritis, lupus erythematosus, multiple sclerosis, and psoriasis, are chronic disorders with significant burden on quality of life. Immunosuppressive drugs under the dominating current treatments generally draw out formidable adverse effects and thus earnestly evoke further exploration into alternative therapies. In this respect, essential oils have been of considerable interest as potential anti-inflammatory and immunomodulatory agents and a field worth exploring in research. Yet, previous research of the pharmaceutical benefits of essential oils is largely limited by small sample sizes and methods. In light of this, the present study aims to provide an exhaustive overview of secondary data looking at the utility or otherwise-efficacy of essential oils in managing autoimmune diseases and fulfilling some need requirements for a safer complementary therapy.

### Introduction

Autoimmune diseases are a category of disorders marked by the immune system mistaking the body's own tissues as harmful invaders, leading to chronic inflammation, tissue destruction, and a host of disabling symptoms. Known autoimmune diseases span nearly all organ systems and have a wide array of clinical manifestations, including but not limited to rheumatoid arthritis (RA), multiple sclerosis (MS), lupus erythematosus, and psoriasis. Autoimmune diseases are not single-casative genetic disorders but instead result from a complex interplay of gene susceptibility, environmental influence, and immune system dysregulation. Common treatments for autoimmune diseases involve anti-inflammatory medications such as corticosteroids and disease-modifying antirheumatic drugs (DMARDs). Although

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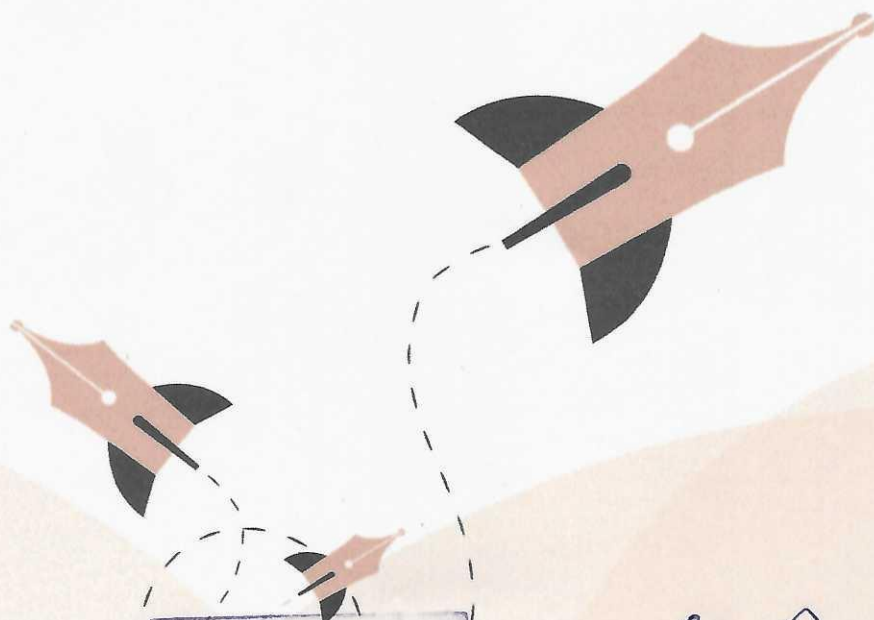
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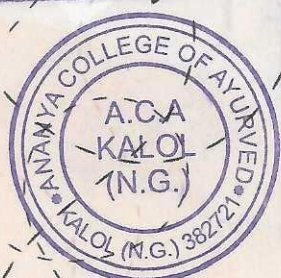
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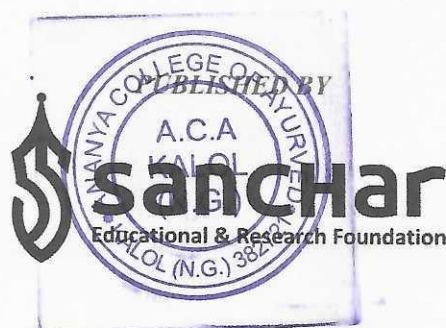
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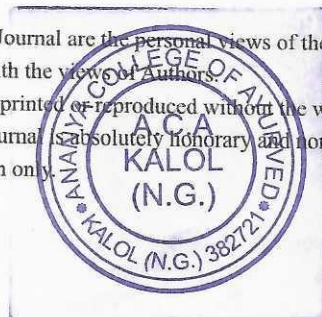
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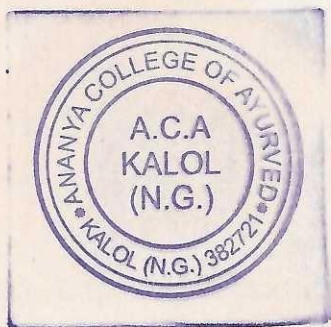


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