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आयुष एवं आयुष शिक्षा विभाग
उत्तराखण्ड

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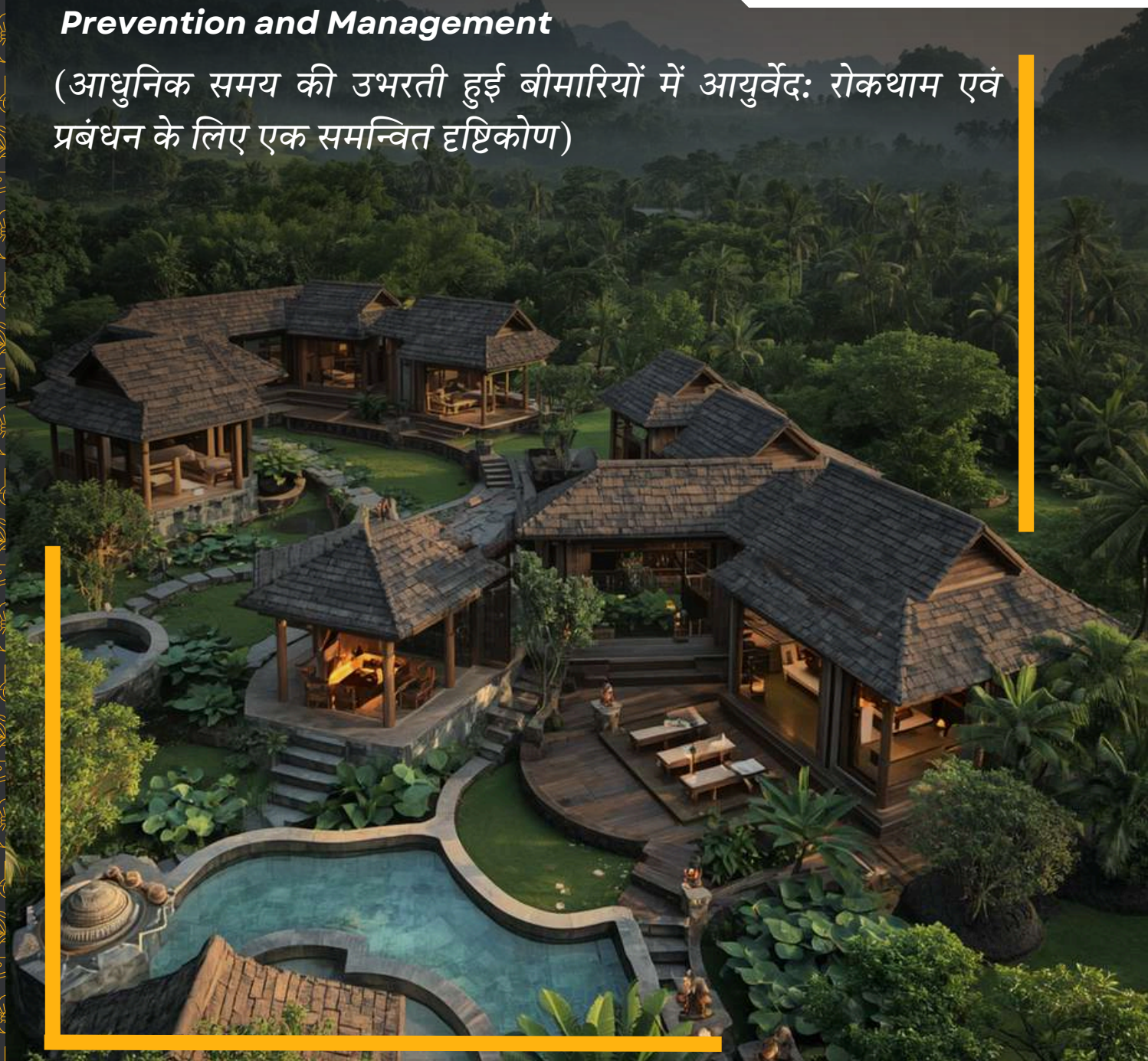
VOL. 11



Special Edition On

Ayurveda in Modern-Day Emerging Diseases: An Integrative Approach to Prevention and Management

(आधुनिक समय की उभरती हुई बीमारियों में आयुर्वेद: रोकथाम एवं प्रबंधन के लिए एक समन्वित दृष्टिकोण)







आयुर्तरंगिणी

ई-मैगजीन के पाठकों के लिए

मंत्री, आयुष एवं आयुष शिक्षा का संदेश

मदन कौशिक
(मंत्री, आयुष एवं आयुष शिक्षा, उत्तराखण्ड)

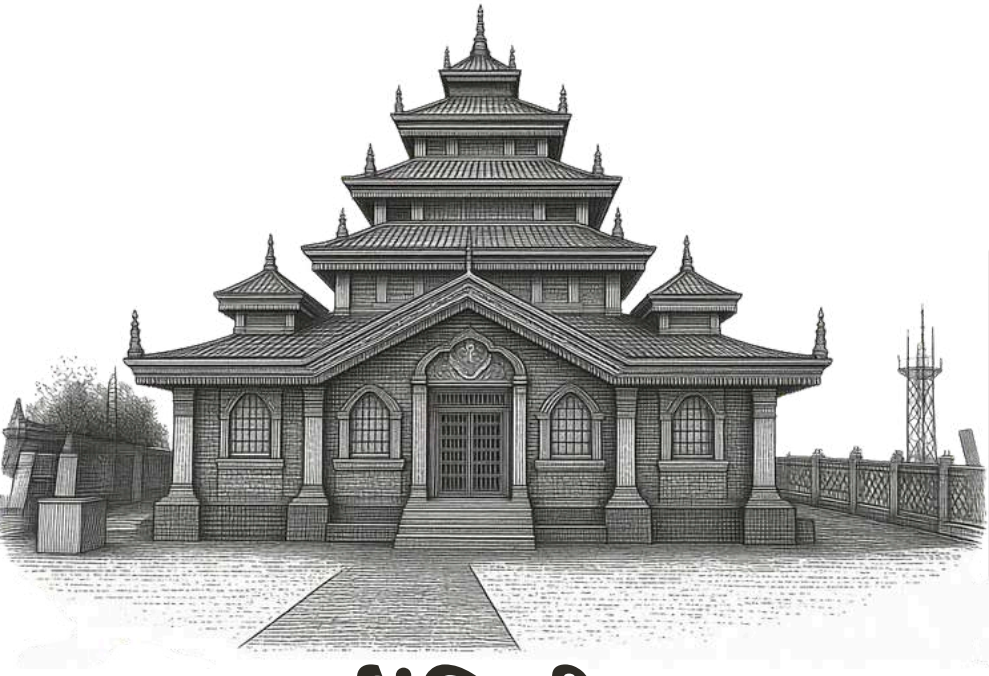
प्रिय पाठकों,

हमारे लिए यह अत्यंत हर्ष और गौरव का विषय है कि "आयुर्तरंगिणी" ई-मैगजीन के माध्यम से उत्तराखंड राज्य में आयुष के क्षेत्र में हो रहे नवाचारों, उपलब्धियों एवं जनकल्याणकारी प्रयासों को एक व्यापक मंच प्रदान किया जा रहा है। यह पत्रिका हमारी प्राचीन चिकित्सा परंपराओं और आधुनिक स्वास्थ्य आवश्यकताओं के मध्य एक सशक्त सेतु के रूप में कार्य करेगी।

भारत की प्राचीन ज्ञान परंपरा में आयुर्वेद एवं अन्य आयुष पद्धतियों का विशेष महत्व रहा है। आज संपूर्ण विश्व प्राकृतिक एवं समग्र जीवनशैली की ओर अग्रसर है, ऐसे में आयुष पद्धतियाँ न केवल रोगों की रोकथाम एवं उपचार में, बल्कि स्वस्थ एवं समृद्ध समाज के निर्माण में भी महत्वपूर्ण भूमिका निभा रही हैं। उत्तराखंड सरकार एवं आयुष विभाग प्रदेश के नागरिकों तक गुणवत्तापूर्ण एवं सुलभ आयुष सेवाएँ पहुँचाने हेतु निरंतर प्रयासरत हैं। राष्ट्रीय आयुष मिशन के माध्यम से स्वास्थ्य अधोसंरचना, जनजागरूकता, अनुसंधान एवं नवाचार को बढ़ावा देने के लिए अनेक महत्वपूर्ण पहलें की जा रही हैं।

"आयुर्तरंगिणी" का यह विशेषांक “आधुनिक समय में उभरते रोगों में आयुर्वेद : रोकथाम एवं प्रबंधन हेतु एक समन्वित दृष्टिकोण” विषय पर आधारित है। वर्तमान समय में बदलती जीवनशैली, मानसिक तनाव एवं पर्यावरणीय चुनौतियों के कारण अनेक जटिल स्वास्थ्य समस्याएँ सामने आ रही हैं। ऐसे परिप्रेक्ष्य में आयुर्वेद अपनी समग्र एवं निवारक चिकित्सा प्रणाली के माध्यम से स्वास्थ्य संरक्षण की प्रभावी दिशा प्रदान करता है। इस विशेषांक में आयुर्वेद के मूल सिद्धांतों के साथ पंचकर्म – वसन्त ऋतु में शोधन चिकित्सा एवं कफज विकार विषय को भी प्रमुखता दी गई है। इसमें कफ दोष, शोधन चिकित्सा, ऋतुचर्या, पथ्यापथ्य तथा पंचकर्म की प्रमुख विधियों—विशेषत: वमन एवं विरेचन—की उपयोगिता को व्यावहारिक एवं चिकित्सकीय दृष्टिकोण से प्रस्तुत किया गया है।

मुझे विश्वास है कि यह विशेषांक विद्यार्थियों, शोधकर्ताओं, चिकित्सकों तथा सामान्य जनमानस के लिए उपयोगी सिद्ध होगा और स्वास्थ्य-संरक्षण तथा आयुष के प्रति जागरूकता बढ़ाने में महत्वपूर्ण भूमिका निभाएगा। मैं इस ई-मैगजीन के प्रकाशन से जुड़े सभी अधिकारियों, विशेषज्ञों एवं सहयोगियों को हार्दिक शुभकामनाएँ देता हूँ तथा आशा करता हूँ कि यह पहल आयुष के प्रचार-प्रसार एवं स्वस्थ समाज के निर्माण में महत्वपूर्ण योगदान प्रदान करेगी।





आयुर्तरंगिणी

ई-मैगजीन के पाठकों के लिए

सचिव, आयुष एवं आयुष शिक्षा की कलम से

रंजना राजगुरु (आई0ए0एस)
(सचिव, आयुष एवं आयुष शिक्षा विभाग,
उत्तराखंड शासन)

प्रिय पाठकों,

"आयुर्तरंगिणी" ई-मैगजीन के इस विशेषांक के प्रकाशन पर मुझे अत्यंत प्रसन्नता हो रही है। यह पत्रिका केवल ज्ञान के आदान-प्रदान का माध्यम नहीं है, बल्कि आयुष के सिद्धांतों, वैज्ञानिक दृष्टिकोण एवं स्वास्थ्य-संरक्षण संबंधी विचारों को समाज तक प्रभावी रूप से पहुँचाने का एक महत्वपूर्ण प्रयास है।

माननीय आयुष एवं आयुष शिक्षा मंत्री श्री मदन कौशिक जी के कुशल नेतृत्व एवं मार्गदर्शन में राज्य में आयुष सेवाओं को अधिक सुदृढ़, सुलभ एवं जनकेंद्रित बनाने की दिशा में निरंतर कार्य किया जा रहा है। राष्ट्रीय आयुष मिशन के अंतर्गत विभिन्न योजनाओं एवं नवाचारों के माध्यम से जनस्वास्थ्य के क्षेत्र में उल्लेखनीय प्रयास किए जा रहे हैं।

"आयुर्तरंगिणी" का यह विशेषांक “आधुनिक समय में उभरते रोगों में आयुर्वेद : रोकथाम एवं प्रबंधन हेतु एक समन्वित दृष्टिकोण” विषय पर आधारित है। आज के समय में जीवनशैली में तीव्र परिवर्तन, मानसिक दबाव तथा पर्यावरणीय प्रभावों के कारण स्वास्थ्य संबंधी नई चुनौतियाँ सामने आ रही हैं। ऐसे परिवेश में आयुर्वेद अपनी समग्र एवं निवारक अवधारणाओं के माध्यम से स्वास्थ्य संरक्षण की प्रभावी दिशा प्रदान करता है।

इस विशेषांक में पंचकर्म – वसन्त ऋतु में शोधन चिकित्सा एवं कफज विकार विषय को भी विशेष रूप से सम्मिलित किया गया है, जिससे पाठकों को ऋतु-अनुकूल चिकित्सा, दोष-संतुलन एवं स्वास्थ्य-संरक्षण संबंधी उपयोगी जानकारी प्राप्त होगी।

मुझे विश्वास है कि यह विशेषांक विद्यार्थियों, चिकित्सकों, शोधकर्ताओं एवं सामान्य जनमानस के लिए उपयोगी सिद्ध होगा। मैं सभी पाठकों से अपेक्षा करती हूँ कि वे इस ज्ञानवर्धक प्रयास से जुड़ें तथा आयुष की उपयोगिता को व्यापक स्तर पर प्रसारित करने में सहयोग प्रदान करें।





आयुर्तरंगिणी

डॉ. विजय कुमार जोगदण्डे (आई0ए0एस)
(निदेशक, आयुर्वेदिक एवं यूनानी सेवाएँ उत्तराखण्ड)

ई-मैगजीन के पाठकों के लिए

निदेशक, आयुर्वेदिक एवं यूनानी सेवायें की कलम से

प्रिय पाठकों,

"आयुर्तरंगिणी" के इस विशेषांक को आपके समक्ष प्रस्तुत करते हुए मुझे अत्यंत हर्ष का अनुभव हो रहा है। यह प्रयास आयुष के विविध आयामों, स्वास्थ्य संबंधी उपयोगी जानकारियों तथा समाजोपयोगी विषयों को एक मंच पर लाने का एक सार्थक माध्यम है।

मैं इस अवसर पर माननीय आयुष एवं आयुष शिक्षा मंत्री श्री मदन कौशिक जी के दूरदर्शी नेतृत्व एवं सतत प्रेरणा तथा सचिव महोदय, आयुष एवं आयुष शिक्षा विभाग के मार्गदर्शन एवं सहयोग के प्रति हार्दिक आभार व्यक्त करता हूँ, जिनके निरंतर समर्थन से आयुष सेवाओं के विकास एवं जनकल्याण से जुड़े अनेक प्रयास सफलतापूर्वक संचालित हो रहे हैं।

इस विशेषांक का विषय “आधुनिक समय में उभरते रोगों में आयुर्वेद : रोकथाम एवं प्रबंधन हेतु एक समन्वित दृष्टिकोण” वर्तमान समय की आवश्यकता के अनुरूप अत्यंत प्रासंगिक है। इसके अंतर्गत आयुर्वेदिक सिद्धांतों के साथ पंचकर्म – वसन्त ऋतु में शोधन चिकित्सा एवं कफज विकारविषय पर भी विशेष सामग्री प्रस्तुत की गई है, जो स्वास्थ्य-संरक्षण एवं रोग-निवारण के व्यावहारिक पहलुओं को सरल रूप में समझाती है।

यह विशेषांक चिकित्सकों, विद्यार्थियों, शोधकर्ताओं तथा सामान्य जनमानस सभी के लिए समान रूप से लाभकारी सिद्ध होगा। मैं सभी पाठकों से आग्रह करता हूँ कि वे इस विशेषांक का अध्ययन करें तथा आयुष के ज्ञान को अपने जीवन एवं समाज में अपनाने हेतु प्रेरित हों।

इस प्रकाशन से जुड़े सभी अधिकारियों, विशेषज्ञों एवं सहयोगियों को हार्दिक शुभकामनाएँ एवं बधाई।

आयुर्तरंगिणी

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May, 2026

(विशेषांक)

“आधुनिक समय की उभरती हुई बीमारियों में आयुर्वेदः रोकथाम एवं प्रबंधन के लिए एक समन्वित दृष्टिकोण”

{ Ayurveda in Modern-Day Emerging Diseases: An Integrative Approach to Prevention and Management }



Ayurvedic view of
Metabolic Disorders

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According to Ayurveda, metabolic disorders are not considered as isolated problems like high blood sugar, obesity, or hormonal imbalance. Instead, they are understood as the result of a gradual disturbance in the body's internal equilibrium. This disturbance mainly involves Agni (digestive and metabolic fire), Doshas (Vata, Pitta, Kapha), and Dhatus (body tissues). Ayurveda emphasizes that when these fundamental components are in balance, the body remains healthy, but when they are disturbed, disease develops over time.

The root cause of most metabolic disorders begins with an unhealthy lifestyle. Habits such as overeating, excessive consumption of oily, fried, sweet, and processed foods, lack of physical activity, irregular daily routine, disturbed sleep patterns, and chronic mental stress, all play a major role. These factors weaken the digestive system, leading to Mandagni (low digestive fire). When Agni becomes weak, the body loses its ability to properly digest and metabolize food.

As a result of this impaired digestion, a harmful substance called Ama is formed. Ama can be understood as toxic, undigested metabolic waste that accumulates in the body. It is heavy, sticky, and obstructive in nature. Once formed, Ama begins to circulate through the body and gradually deposits in various tissues and organs.

This accumulation of Ama leads to blockage of the body's microchannels, known as Srotas, which are responsible for transporting nutrients and waste products. When these channels are blocked, the proper flow of nutrients is disturbed, and tissues do not receive adequate nourishment. This results in inefficient metabolism and gradual deterioration of bodily functions.

Among the three Doshas, Kapha Dosha plays the most dominant role in metabolic disorders. Kapha is naturally associated with heaviness, stability, and accumulation. When aggravated—due to excessive intake of sweet, oily, and heavy foods, along with a sedentary lifestyle—it leads to weight gain, lethargy, and a slow metabolic rate. This directly affects the Meda Dhatu (fat tissue), causing its abnormal increase or dysfunction. Consequently, conditions such as obesity (Sthaulya) and diabetes (Madhumeha, a type of Prameha) develop.

Pitta Dosha, which governs digestion and metabolic transformation, also has an important role. When Pitta becomes imbalanced, it can disturb biochemical processes and may contribute to inflammatory aspects of metabolic disorders. This can manifest as increased heat, acidity, or metabolic irregularities in the body.

Vata Dosha, although not the primary factor in the early stages, becomes significant in chronic and advanced conditions. It is responsible for movement and regulation within the body. When aggravated, Vata can lead to complications such as tissue depletion, weakness, and progression of disease, especially in long-standing metabolic disorders.

The development of metabolic disorders can be understood in a simple sequence: improper diet and lifestyle → weakening of Agni → formation of Ama → blockage of Srotas → imbalance of Doshas and Dhatus → manifestation of disease.

Ayurveda focuses on treating the root cause rather than just controlling symptoms. The primary approach begins with Nidana Parivarjana, which means identifying and avoiding the causative factors.

This is followed by Deepana and Pachana, therapies aimed at improving digestive fire and eliminating Ama from the body. In more advanced cases, Shodhana therapy (Panchakarma) is recommended to detoxify the body and restore balance at a deeper level.

In addition to these therapies, Shamana treatment is used to pacify the aggravated Doshas. Lifestyle correction plays a crucial role in management. This includes adopting a balanced and wholesome diet, maintaining regular physical activity, practicing yoga and meditation, and ensuring proper sleep and stress management.

In conclusion, Ayurveda explains metabolic disorders as conditions arising from impaired digestion, accumulation of toxins, and imbalance of Doshas and Dhatus. By focusing on restoring Agni, clearing Ama, and re-establishing internal balance, Ayurveda aims to provide a holistic and sustainable approach to long-term health and well-being.

Lifestyle Disorders: Ayurvedic View and Management

Dr SUMAN KANAUJIYA
MEDICAL OFFICER IN CHARGE
RAJKIYA AYURVEDIC CHIKITSALYA
NAGAR CHAMPAWAT

Lifestyle disorders are diseases that develop mainly due to unhealthy habits and improper daily routines. In modern times, rapid urbanization, sedentary lifestyles, irregular eating patterns, stress, and lack of physical activity have significantly increased the prevalence of such disorders. Common examples include obesity, diabetes, hypertension, cardiovascular diseases, and metabolic syndrome. These conditions do not occur suddenly but develop gradually over a long period due to continuous neglect of healthy living practices.

In Ayurveda, lifestyle disorders are understood in a holistic way. Rather than focusing only on symptoms, Ayurveda emphasizes the root cause of the disease. According to Ayurvedic principles, the human body functions through a delicate balance of three fundamental energies known as Doshas—Vata, Pitta, and Kapha. Health is maintained when these Doshas are in equilibrium, while imbalance leads to disease. One of the key concepts in Ayurveda is Agni, or digestive fire, which governs digestion and metabolism. When a person consumes unhealthy food, eats at irregular times, or overeats, Agni becomes weak or disturbed. This results in incomplete digestion and leads to the formation of a toxic substance known as Ama. Ama accumulates in the body, blocks the channels (Srotas), and disrupts normal physiological functions, eventually leading to lifestyle disorders.

Sedentary behavior, lack of exercise, and excessive consumption of heavy, oily, and processed foods mainly aggravate Kapha Dosha. This can result in conditions like obesity and diabetes. Similarly, excessive stress, anger, and irregular routines may aggravate Vata and Pitta, leading to hypertension, anxiety, and digestive issues. Thus, Ayurveda views lifestyle disorders as the outcome of long-term imbalance in Doshas, impaired Agni, and accumulation of Ama.





Ayurvedic Management of Lifestyle Disorders

The management of lifestyle disorders in Ayurveda focuses on removing the root cause and restoring balance in the body. The approach is preventive as well as curative.

1. **Nidana Parivarjana (Avoidance of Causes):** The first and most important step is to identify and eliminate the causative factors. This includes avoiding unhealthy dietary

habits such as junk food, overeating, and irregular meal timings. It also involves correcting lifestyle practices like lack of sleep, excessive screen time, physical inactivity, and mental stress. Without removing the cause, no treatment can provide lasting results.

2. Ahara (Dietary Management): Diet plays a crucial role in maintaining health. Ayurveda recommends consuming fresh, warm, and easily digestible food. Meals should be taken at regular intervals, and overeating should be avoided. A balanced diet rich in fruits, vegetables, whole grains, and fiber helps in improving digestion and metabolism. Heavy, oily, fried, and processed foods should be minimized. Diet should also be tailored according to an individual's Dosha and digestive capacity.

3. Vihara (Lifestyle Modifications): Healthy lifestyle practices are essential for preventing and managing lifestyle disorders. Ayurveda emphasizes following a daily routine (Dinacharya) and seasonal regimen (Ritucharya). Regular physical activity such as walking, exercise, or Yoga helps maintain body weight and improves metabolism. Adequate sleep (7-8 hours) is necessary for physical and mental well-being. Avoiding late nights and maintaining a consistent sleep schedule are equally important.

4. Panchakarma Therapy: Panchakarma is a unique detoxification and purification therapy in Ayurveda. It helps eliminate accumulated toxins (Ama) from the body and restores Dosha balance. The main procedures include Vamana (therapeutic emesis), Virechana (purgation), and Basti (medicated enema). These therapies are especially beneficial in chronic lifestyle disorders as they cleanse the body at a deeper level and enhance metabolic functions.





5. Stress Management and Mental Health: Mental health plays a significant role in lifestyle disorders. Practices such as meditation, deep breathing (Pranayama), and mindfulness help reduce stress and promote emotional balance. A calm and stable mind supports better decision-making regarding diet and lifestyle, thereby preventing disease progression.

6. Herbal Medicines: Ayurveda uses natural herbs and formulations to improve digestion, boost metabolism, and enhance immunity. These medicines are prescribed based on the individual's constitution (Prakriti), Dosha imbalance, and severity of the disease. Herbal remedies are generally safe and aim to correct the underlying imbalance rather than providing temporary relief.

Lifestyle disorders are largely preventable and manageable through simple yet consistent changes in daily habits. Ayurveda provides a comprehensive and holistic approach by addressing the root cause of disease. By maintaining balance in Doshas, strengthening Agni, eliminating Ama, and adopting a healthy lifestyle, one can achieve long-term health and well-being. The emphasis on prevention, natural therapies, and harmony between body and mind makes Ayurveda highly relevant in today's fast-paced world.

आयुर्वेद और आधुनिक उभरती बीमारियाँ:
रोकथाम एवं प्रबंधन का एक समग्र दृष्टिकोण

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AAM, Simalkhet, Champawat

परिचय
आज की तेज़ जीवनशैली, बदलती खान-पान की आदतें और पर्यावरणीय तनाव के कारण मधुमेह, उच्च रक्तचाप, मोटापा, ऑटोइम्यून विकार और पोस्ट-कोविड जटिलताएँ जैसी "आधुनिक उभरती बीमारियाँ" तेज़ी से बढ़ रही हैं। एलोपैथी इन रोगों का लक्षण-आधारित प्रबंधन करती है, परन्तु आयुर्वेद इन्हें मूल कारण से ठीक करने और रोकथाम पर ज़ोर देता है। दोनों का समन्वय यानी इंटीग्रेटिव अप्रोच ही भविष्य का रास्ता है।

1. आयुर्वेद का मूल सिद्धांत: रोकथाम ही उत्तम चिकित्सा
आयुर्वेद में कहा गया है - "स्वस्थस्य स्वास्थ्य रक्षणं, आतुरस्य विकार प्रशमनं"। यानी पहले स्वस्थ व्यक्ति को बीमार होने से बचाना, फिर रोगी का उपचार करना।
- दिनचर्या: सूर्योदय से पहले उठना, जीभ साफ़ करना, अभ्यंग (तेल मालिश), व्यायाम।
- ऋतुचर्या: मौसम के अनुसार आहार-विहार बदलना ताकि मौसमी रोग न हों।
- आहार: "हिताशी, मिताशी, ऋतुभुक्" - जो हितकारी हो, सीमित मात्रा में हो, और ऋतु अनुसार हो।

ये सिद्धांत मधुमेह, मोटापा, हृदय रोग जैसी लाइफस्टाइल बीमारियों की रोकथाम में सीधे मदद करते हैं।

2. उभरती बीमारियों में आयुर्वेद की भूमिका

आधुनिक बीमारी / आयुर्वेदिक दृष्टिकोण —	मुख्य जड़ी-बूटियाँ/उपाय
हाइपरटेंशन (रक्तगत वात) / तनाव व आहार —	सर्पगंधा, अर्जुन छाल, शिरोधारा, अनुलोम-विलोम
पोस्ट-कोविड थकान (ओज क्षय) / धातु दुर्बलता —	अश्वगंधा, गिलोय, च्यवनप्राश, नस्य व रसायन चिकित्सा
ऑटोइम्यून रोग (आम दोष) / दूषित अग्नि —	पंचकर्म-विरेचन, हल्दी, त्रिफला, पिप्पली रसायन
मानसिक तनाव/चिंता / मनोवह स्रोतस विकृति —	ब्राह्मी, शंखपुष्पी, जटामांसी, ध्यान व मेडिटेशन

3. इंटीग्रेटिव अप्रोच: आयुर्वेद + आधुनिक चिकित्सा
- समस्या तब आती है जब हम एक को दूसरे का विरोधी मान लेते हैं। वास्तव में दोनों पूरक हैं।
- **डायग्नोसिस में तालमेल:** ब्लड शुगर, लिपिड प्रोफाइल, CRP जैसी आधुनिक जाँचें रोग की गंभीरता बताती हैं। नाड़ी परीक्षण, प्रकृति विश्लेषण आयुर्वेदिक कारण व दोष बताता है।
- **तीव्र अवस्था में एलोपैथी:** हार्ट अटैक, डायबिटिक कीटोएसिडोसिस, गंभीर संक्रमण में तुरंत एलोपैथी जीवन रक्षक है।
- **दीर्घकालिक प्रबंधन में आयुर्वेद:** दवा की डोज कम करना, साइड-इफेक्ट घटाना, इम्युनिटी बढ़ाना, जीवनशैली सुधारना - यहाँ आयुर्वेद श्रेष्ठ है।
- **उदाहरण:** एक मधुमेह रोगी मेटफॉर्मिन के साथ गुड़मार व विजयसार का काढ़ा ले, साथ ही 30 मिनट योग करे। 6 महीने में HbA1c बेहतर होता है और डॉक्टर की सलाह से दवा की मात्रा घटाई जा सकती है।

4. रोकथाम के लिए व्यावहारिक कदम
- अग्नि सुधारें: गुनगुना पानी, अदरक-नींबू, त्रिफला रात में। अच्छी पाचन शक्ति = कम आम = कम बीमारी।
- तनाव प्रबंधन: रोज़ 10 मिनट अनुलोम-विलोम + भ्रामरी। कोर्टिसोल घटेगा, इम्युनिटी बढ़ेगी।
- नींद: रात्रि 10 बजे तक सोना। आयुर्वेद इसे "निद्रा" नामक उपस्तंभ मानता है जो स्वास्थ्य का आधार है।
- डिटॉक्स: ऋतु परिवर्तन पर 7 दिन का लघु पंचकर्म या घरेलू खिचड़ी-मोनो डाइट।
- रसायन: 40 की उम्र के बाद अश्वगंधा, आँवला, शिलाजीत का नियमित सेवन - एजिंग व मेटाबॉलिक रोगों को धीमा करता है।

5. सावधानियाँ
1. किसी भी जड़ी-बूटी को एलोपैथिक दवा के साथ लेने से पहले डॉक्टर/वैद्य से परामर्श ज़रूरी है, क्योंकि इंटरैक्शन हो सकता है।

Ayurveda in Modern-Day Emerging Diseases: An Integrative Approach to Prevention and Management

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Introduction

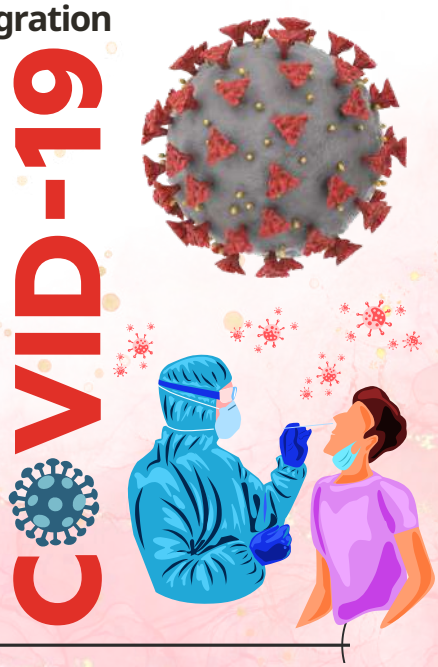
The 21st century has ushered in an unprecedented era of emerging and re-emerging diseases. From the COVID-19 pandemic to the rising tide of metabolic syndrome, antibiotic-resistant infections, and chronic non-communicable diseases (NCDs), modern medicine is being tested at every frontier. In this context, Ayurveda – the ancient Indian system of medicine – is experiencing a remarkable global renaissance, not as a nostalgic curiosity, but as a scientifically investigated complement to biomedicine. As the world continues to prioritize health, sustainability, and holistic well-being, Ayurveda's potential to establish itself as a mainstream, globally trusted, and integrative system of healthcare has never been more compelling (CAYEIT, 2024).

Foundations of Ayurveda: A Holistic Paradigm

Ayurveda offers a holistic framework emphasizing balance among body, mind, and environment. Its fundamental principles revolve around maintaining equilibrium among three biological energies – *Vata* (air and space), *Pitta* (fire and water), and *Kapha* (earth and water) – and imbalances in these *doshas* are believed to cause disease (Bulletin of the National Research Centre, Springer, 2024). This philosophy does not merely treat symptoms but addresses the root cause of illness, promoting *Swasthavritta* (preventive lifestyle practices) alongside individualized therapeutic interventions.

What distinguishes Ayurveda from many other traditional systems is its sophisticated diagnostic methodology. Pulse diagnosis (*Nadi Pariksha*), constitutional typing (*Prakriti* analysis), and the classification of disease stages (*Samprapti*) allow practitioners to tailor treatment to the individual – a concept now validated by the emerging field of P4 medicine (predictive, preventive, personalized, and participatory), which similarly transitions healthcare from a disease-focused model to a wellness-centered one (Indian Journal of Pharmaceutical Sciences, 2023).

Ayurveda and the COVID-19 Pandemic: A Case Study in Integration



Perhaps no event has tested integrative medicine more than the SARS-CoV-2 pandemic. Classical Ayurvedic texts such as the *Charaka Samhita* and *Sushruta Samhita* contain descriptions of community-wide epidemics, referred to as *Janapadoddhvansa*, along with their causes and treatment principles (PMC, 2021). These historical insights proved strikingly relevant during COVID-19.

Ayurvedic *Rasayana* therapy – a category of rejuvenative and immunomodulatory treatments – was deployed as a therapeutic adjuvant during the pandemic. Among the most studied formulations were *Withania somnifera* (Ashwagandha), *Tinospora cordifolia* (Guduchi), and *Asparagus racemosus* (Shatavari). A network pharmacology and molecular docking study published in PMC (2021) explored their immunomodulatory and anti-SARS-CoV-2 potential, identifying phytoconstituents capable of targeting multiple viral and host proteins simultaneously – a distinct advantage over single-target pharmaceutical agents.

- *A controlled clinical study evaluated personalized add-on Ayurveda therapy in oxygen-dependent diabetic COVID-19 patients, focusing on inflammatory markers such as IL-6, C-reactive protein (CRP), and the neutrophil-lymphocyte ratio (NLR). The intervention targeted the early cytokine cascade, which drives progression to cytokine storm, acute respiratory distress syndrome, and septic shock (PMC, 2024). Such findings demonstrate that Ayurveda can meaningfully participate in the management of acute infectious disease – not merely in convalescence.*
- *At the individual case level, a published case report documented a high-risk COVID-19 patient with multiple comorbidities – diabetes mellitus, hypertension, hypothyroidism, and chronic kidney disease – who was successfully treated using an integrative plan incorporating Ayurveda and Yoga alongside standard biomedical protocols (PMC, 2021). This clinical scenario reflects the population most vulnerable to COVID 19: those with metabolic syndrome.*

The Metabolic Crisis: Prameha and Modern Syndrome X

The intersection of Ayurveda with metabolic disease is perhaps its most scientifically grounded contribution to modern medicine. Research published in *PubMed* describes how Ayurveda's concept of *Prameha* – a set of complex clinical disorders characterized by frequent abnormal urination and systemic metabolic dysregulation – correlates in many ways with obesity, metabolic syndrome, and type 2 diabetes mellitus (PubMed). With 400 million clinically obese adults worldwide and over 220 million people living with diabetes, the global burden is immense in terms of both human suffering and economic cost (PubMed).

This urgency is compounded by the post-COVID metabolic landscape. Emerging evidence highlights that SARS-CoV-2 infection acts as an accelerant for diabetes in individuals already predisposed due to obesity or prediabetes, with post-COVID manifestations including chronic fatigue, sleep disturbances, mood disorders, and mitochondrial dysfunction further compounding metabolic imbalances (MDPI Biomedicines, 2025). Ayurveda's integrative approach – combining dietary modification (*Pathya-
Apathya*), herbal pharmacology, *Panchakarma* detoxification therapies, and lifestyle rebalancing – addresses precisely the modifiable risk factors that underpin metabolic syndrome.

Herbal Evidence: From Classical Texts to Clinical Trials

The evidentiary base for Ayurvedic botanicals in emerging diseases is growing substantially. Key herbs have been subjected to rigorous experimental and clinical investigation:

Ashwagandha *(Withania Somnifera)*: A randomized, double-blind, placebo-controlled trial published in the *Journal of Clinical Medicine* (2021) demonstrated significant increases in immunoglobulins (IgA, IgM, IgG), cytokines (IFN-γ, IL-4), and lymphocyte subsets (CD3+, CD4+, CD8+, NK cells) in the Ashwagandha group compared to placebo. The herb is also documented for adaptogenic, antidiabetic, antihypertensive, antimicrobial, and anti-inflammatory activities (Herbal Reality, 2025).

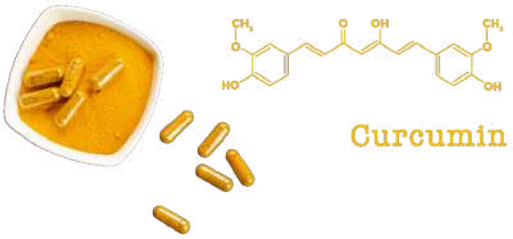




Guduchi (*Tinospora Cordifolia*):
Its active compounds – tinosporide, tinosporon, cordifolide, and tinosporic acid – downregulate pro-inflammatory cytokines including TNF-α and IL-6, which are elevated in chronic inflammatory states and in COVID-19 cytokine storms (Panaceayur, 2025). In combination with Ashwagandha, Guduchi has demonstrated efficacy in immunocompromised conditions, including HIV, by restoring immune cell activity and reducing stress-induced immune suppression.

Triphala:
This classical polyherbal formulation has been documented for antifungal, antidiabetic, anti mutagenic, antioxidant, and hypolipidemic properties, and its immunomodulatory activity has been validated in multiple experimental studies (ResearchGate, 2014).





Curcumin (*Curcuma Longa*):
Widely studied for its anti-inflammatory and antiviral properties, curcumin targets NF-κB pathways involved in the inflammatory cascade underlying both infectious and metabolic diseases.

Clinical studies have demonstrated the effectiveness of Ayurveda in managing conditions including arthritis, diabetes, hypertension, and anxiety (Gupta, 2024, as cited in Springer Nature). An emerging body of research also connects the gut microbiome – modulated by Ayurvedic diet, herbs, and *Panchakarma* – with immune regulation, offering new mechanistic pathways for integrative interventions (Frontiers in Integrative Health, 2022).

Global Recognition and the WHO Mandate

The integration of Ayurveda into mainstream healthcare is no longer a fringe aspiration. In May 2023, the 76th World Health Assembly resolved to develop the new WHO Global Traditional Medicine Strategy 2025–2034, explicitly recognizing the demonstrated benefits of traditional, complementary, and integrative medicine (TCIM) in managing various health conditions, including COVID-19 (PMC, 2023). The strategy was formally adopted at the 78th World Health Assembly in May 2025, setting four objectives: strengthen evidence, ensure safety and regulation, integrate TCIM into health systems, and optimize its cross-sectoral value (WHO, 2025). Ayurveda's principles are especially relevant in the context of the global shift toward NCDs, which are largely driven by modifiable risk factors such as unhealthy diets, physical inactivity, stress, and environmental exposures (UN News, 2025). The WHO's recognition aligns Ayurveda with conventional public health priorities – disease prevention, healthy aging, and chronic disease management – framing it not as an alternative, but as a complementary asset within universal health coverage.

Challenges and the Path Forward

Despite its promise, several challenges must be addressed for Ayurveda to reach its full integrative potential. Standardization of formulations, rigorous clinical trial design adapted to whole-system interventions, pharmacovigilance, and quality control remain critical gaps. Notably, 95% of WHO Member States cited a lack of research data as a key barrier to traditional medicine development (WHO unpublished survey, 2025, as cited in PMC). Safety concerns regarding self-medication and herb-drug interactions also demand regulatory attention (Springer Nature, 2024).

Emerging approaches such as *Ayurgenomics* — which uses big data analytics and machine learning to validate traditional concepts within contemporary science — offer a path forward. Integration with precision medicine platforms and AI-driven diagnostics can bridge the epistemological gap between ancient wisdom and modern biomedical expectations (Indian Journal of Pharmaceutical Sciences, 2023).

Conclusion

Ayurveda's relevance to modern-day emerging diseases is neither accidental nor romanticized — it is substantiated by a growing body of pharmacological, clinical, and epidemiological evidence. Its holistic philosophy, preventive orientation, and rich pharmacopoeia position it as a powerful ally in confronting COVID-19, metabolic syndrome, antimicrobial resistance, and the broader NCD crisis. The imperative now is collaborative: integrating Ayurvedic wisdom with the rigor of modern science, as endorsed by the WHO's Global Traditional Medicine Strategy 2025–2034, to build healthcare systems that are not only curative, but genuinely preventive, personalized, and resilient.

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Ayurveda in Modern Days:
An Integrative Approach to Prevention and Management

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In an era marked by rapid technological advancement and rising lifestyle-related diseases, there is a growing shift toward holistic and preventive healthcare. Ayurveda, a 5,000-year-old system of healing that originated in India, has re-emerged as a valuable complement to modern medicine. Rather than existing in isolation, Ayurveda is increasingly being integrated with contemporary medical practices to promote overall health, prevent disease, and support long-term management of chronic conditions.

At its core, Ayurveda emphasizes the balance between body, mind, and spirit. It is based on the concept of three fundamental energies, or doshas—Vata, Pitta, and Kapha—which govern physiological and psychological functions. Every individual has a unique constitution (Prakriti), and maintaining balance among these doshas is key to health. This personalized approach closely aligns with the modern concept of personalized medicine, which seeks to customize healthcare based on individual characteristics.

One of Ayurveda's greatest strengths lies in its focus on prevention. It promotes daily and seasonal routines (Dinacharya and Ritucharya) that include proper diet, physical activity, sleep, and mental discipline. Practices such as yoga and pranayama are central to maintaining physical fitness and mental clarity. These practices help reduce stress, improve respiratory function, and enhance overall well-being, playing a significant role in preventing lifestyle disorders such as diabetes, obesity, and cardiovascular diseases.

The integrative approach combines Ayurveda with modern medical systems to provide comprehensive care. While modern medicine excels in emergency care, diagnostics, and surgical interventions, Ayurveda contributes through lifestyle management, herbal therapies, and detoxification processes like Panchakarma. In chronic conditions such as arthritis, digestive disorders, and metabolic syndromes, Ayurvedic treatments can help reduce symptoms, improve quality of life, and minimize the side effects of long-term medication use.

Mental health is another area where Ayurveda offers valuable support. By addressing the mind-body connection, it incorporates meditation, herbal remedies, and lifestyle modifications to manage stress, anxiety, and sleep disorders. This complements modern psychological and psychiatric treatments, creating a more holistic care model.

In recent years, scientific research has begun to validate several Ayurvedic principles and therapies. Studies on herbs like turmeric have demonstrated anti-inflammatory and antioxidant properties, while research on gut health reflects Ayurveda's emphasis on digestion (Agni) as the foundation of health. Government initiatives are also promoting research and integration of traditional medicine into mainstream healthcare.

Despite its growing popularity, Ayurveda faces challenges in modern application. These include the need for standardized formulations, rigorous clinical trials, and proper regulation of herbal medicines. There is also a risk of misuse or self-medication without professional guidance. Therefore, a coordinated approach involving qualified practitioners from both systems is essential.

In conclusion, Ayurveda remains highly relevant in modern healthcare due to its preventive, personalized, and holistic approach. When integrated thoughtfully with modern medicine, it offers a powerful framework for maintaining health, preventing disease, and managing chronic conditions. This integrative model holds great promise for building a more balanced and sustainable healthcare system for the future.

मेटाबोलिक सिंड्रोम में आयुर्वेद की भूमिका

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सारांश:
मेटाबॉलिक सिंड्रोम एक बहुआयामी विकार समूह है जिसमें केंद्रीय मोटापा, इंसुलिन प्रतिरोध, उच्च रक्तचाप तथा डिस्लिपिडेमिया सम्मिलित होते हैं। यह हृदय रोगों एवं टाइप-2 मधुमेह के जोखिम को बढ़ाता है। आयुर्वेद इस स्थिति को प्रत्यक्ष नाम से नहीं वर्णित करता, परंतु इसके घटक विकारों को मेदोवृद्धि, प्रमेह तथा अग्निमांद्य के रुप में समझा जा सकता है। आयुर्वेदिक सिद्धांतों के अनुसार यह रोग मुख्यतः अग्नि विकार, आम संचय और कफ प्रधान त्रिदोष असंतुलन से उत्पन्न होता है। प्रस्तुत लेख में आयुर्वेदिक अवधारणाओं एवं आधुनिक वैज्ञानिक दृष्टिकोण के समन्वय के माध्यम से मेटाबॉलिक सिंड्रोम के प्रबंधन की विवेचना की गई है।

परिचय:
वर्तमान समय में मेटाबॉलिक सिंड्रोम एक प्रमुख सार्वजनिक स्वास्थ्य समस्या के रुप में उभर रहा है, जिसका संबंध असंतुलित आहार, शारीरिक निष्क्रियता एवं मानसिक तनाव से है। आयुर्वेद शरीर में संतुलन बनाए रखने पर बल देता है, जहाँ दोष, धातु और मल की सम्यक स्थिति स्वास्थ्य का आधार मानी जाती है। इस संतुलन के बिगड़ने पर विभिन्न चयापचय संबंधी विकार उत्पन्न होते हैं, जो सामूहिक रुप से मेटाबॉलिक सिंड्रोम के रुप में प्रकट होते हैं।

आयुर्वेदिक परिप्रेक्ष्य:
आयुर्वेद में मेटाबॉलिक विकारों का मूल कारण अग्नि का मंद होना माना गया है, जिसे निम्न श्लोक में स्पष्ट किया गया है–

"रोगाः सर्वेऽपि मन्देऽग्नौ"।
(चरक संहिता, चिकित्सा स्थान 15)

अर्थात् अधिकांश रोगों का मूल कारण अग्नि की दुर्बलता है। अग्निमांद्य के कारण भोजन का समुचित पाचन नहीं हो पाता, जिससे आम का निर्माण होता है–

"अग्निमांद्याद् आमोत्पत्तिः"

यह आम विभिन्न स्रोतसों में अवरोध उत्पन्न कर चयापचय क्रियाओं को बाधित करता है। कफ दोष की वृद्धि विशेष रुप से मेद धातु में संचय को बढ़ाती है, जिससे मोटापा एवं लिपिड असंतुलन उत्पन्न होता है। इस संदर्भ में वर्णित है–

"मेदो मांस कफोत्क्लेदात् प्रमेहो जायते नृणाम्"
(चरक संहिता, निदान स्थान 4)

अर्थात् मेद, मांस और कफ की वृद्धि से प्रमेह जैसे विकार उत्पन्न होते हैं, जो मेटाबॉलिक सिंड्रोम से घनिष्ठ रुप से संबंधित हैं।

चिकित्सा सिद्धांत:
आयुर्वेद में चिकित्सा का प्रथम सिद्धांत निदान परिवर्जन है, अर्थात् रोग के कारणों का निराकरण। इसके पश्चात अग्नि को सुदृढ़ करने एवं आम को नष्ट करने पर बल दिया जाता है। इस संदर्भ में लंघन (हल्का आहार एवं उपवास) को अत्यंत प्रभावी माना गया है–

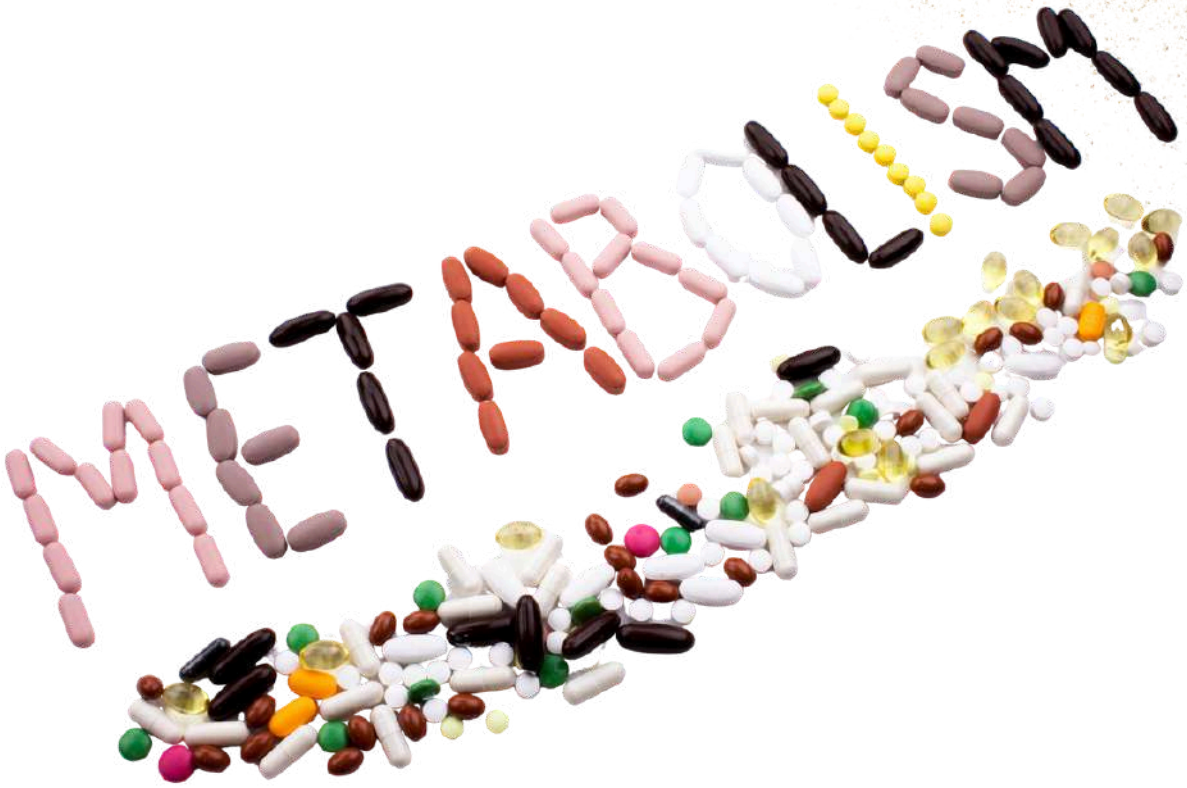
"लङ्घनं परम् औषधम्"

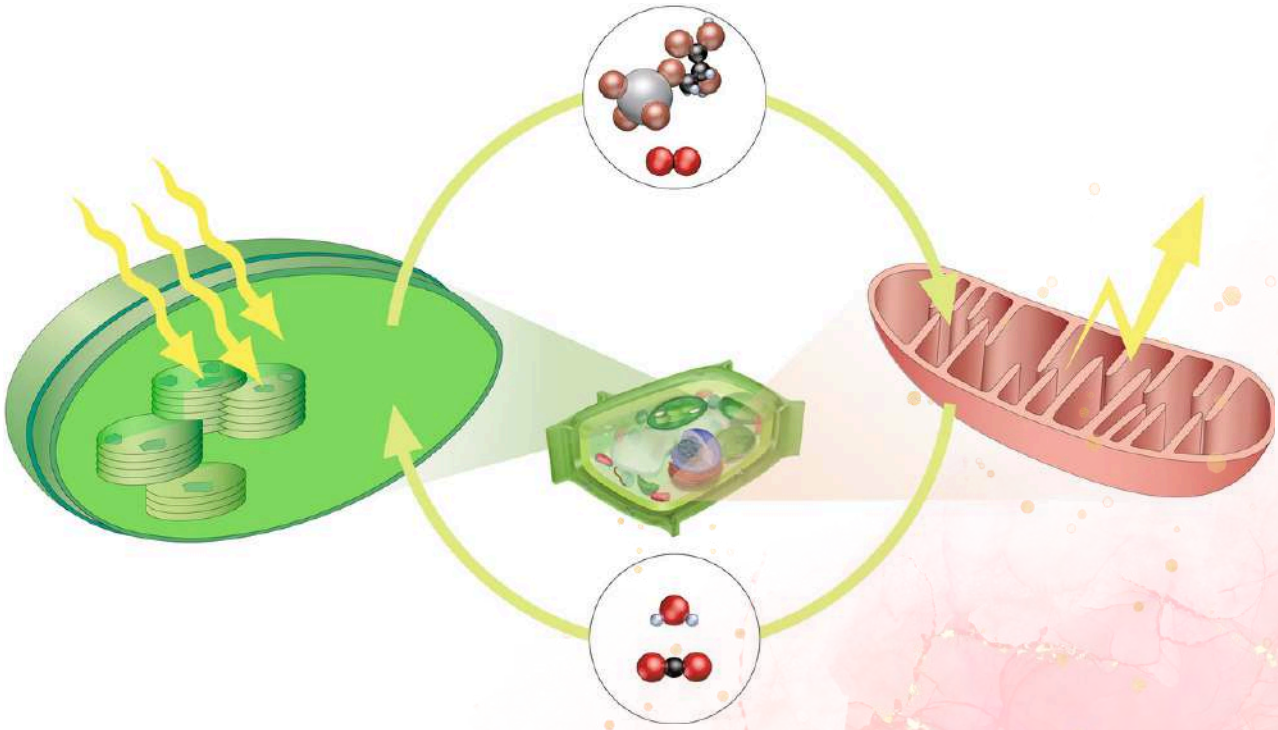
यह सिद्धांत मेटाबॉलिक सिंड्रोम में वजन नियंत्रण एवं चयापचय सुधार के लिए अत्यंत प्रासंगिक है। पंचकर्म चिकित्सा जैसे वमन, विरेचन एवं बस्ती दोषों के शोधन में सहायक होते हैं और कफ तथा मेद की अधिकता को कम करते हैं।
शमन चिकित्सा के अंतर्गत गुग्गुलु, त्रिफला, मेथी, जामुन एवं अश्वगंधा जैसी औषधियों का उपयोग किया जाता है, जो लिपिड प्रोफाइल, रक्त शर्करा एवं ऑक्सीडेटिव तनाव को नियंत्रित करने में सहायक हैं। ये औषधियाँ चयापचय को संतुलित कर शरीर की समग्र कार्यप्रणाली को सुधारती हैं।

आहार एवं जीवनशैली की भूमिका:
आयुर्वेद में आहार को स्वास्थ्य का प्रमुख आधार माना गया है। मेटाबॉलिक सिंड्रोम में हल्का, सुपाच्य एवं कम वसा युक्त आहार लाभकारी होता है। जौ, मूंग, कुल्थी एवं हरी सब्जियाँ चयापचय को संतुलित करती हैं, जबकि तैलीय एवं अधिक शर्करा युक्त पदार्थों से परहेज आवश्यक है। नियमित व्यायाम, योग एवं प्राणायाम शरीर के ऊर्जा संतुलन को बनाए रखते हैं और इंसुलिन संवेदनशीलता को सुधारते हैं। इस प्रकार आयुर्वेदिक जीवनशैली न केवल रोग के उपचार में बल्कि उसके निवारण में भी महत्वपूर्ण भूमिका निभाती है।

वैज्ञानिक प्रमाण:
आधुनिक शोधों से यह प्रमाणित हुआ है कि आयुर्वेदिक औषधियाँ एवं जीवनशैली हस्तक्षेप मेटाबॉलिक सिंड्रोम के विभिन्न घटकों पर सकारात्मक प्रभाव डालते हैं। गुग्गुलु से लिपिड स्तर में सुधार, त्रिफला से एंटीऑक्सीडेंट प्रभाव तथा योग अभ्यास से BMI एवं रक्त शर्करा में कमी देखी गई है। आयुर्वेद का समग्र दृष्टिकोण, जो शरीर, मन एवं आहार के संतुलन पर आधारित है, मेटाबॉलिक सिंड्रोम के प्रबंधन में अत्यंत प्रभावी सिद्ध हो सकता है।

निष्कर्ष:
मेटाबॉलिक सिंड्रोम के प्रबंधन में आयुर्वेद एक समग्र एवं वैज्ञानिक दृष्टिकोण प्रस्तुत करता है, जो रोग के मूल कारणों को संबोधित करता है। अग्नि संतुलन, आम पाचन, दोष शमन एवं जीवनशैली सुधार के माध्यम से इस जटिल विकार को प्रभावी रूप से नियंत्रित किया जा सकता है। अतः आयुर्वेदिक सिद्धांतों का समुचित उपयोग वैश्विक स्तर पर मेटाबॉलिक सिंड्रोम के प्रबंधन में महत्वपूर्ण योगदान दे सकता है।





THE ROLE OF DINCHARYA,

RITUCHARYA & YOGA IN MODERN HEALTH PROMOTION

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Finding sustainable health solutions is more important than ever at a time of fast-paced lifestyles, technology overload and an increase in chronic illnesses. While acute treatment and technology developments are areas in which modern medicine stands out, preventive health and overall well-being tend to call for a more holistic approach. Ancient Indian knowledge, especially from Ayurveda and Yogic disciplines provides eternal framework like Dinacharya (daily routine), Ritucharya (seasonal regimen) and Yoga that are becoming more and more important in tackling contemporary medical conditions.

Dinacharya: Creating the Day for Harmony

The term "Dinacharya" describes a collection of daily routines aimed to synchronize the body and mind with the body's inherent circadian rhythms. It emphasises the need of maintaining regular eating, sleeping, working and waking habits. Brahma Muhurta (early rising), dental hygiene, oil pulling, exercise, meditation and mindful eating are important elements. In modern societies lifestyle problems including obesity, diabetes anxiety etc. are exacerbated by irregular sleep schedules, sedentary behaviours and irregular eating patterns. By encouraging self-control and synchrony with biological clocks, Dinacharya combats these. The significance of circadian alignment for hormonal balance, mental wellness and metabolic health is now proven by conventional scientific research.

Ritucharya: Living in Harmony with the Seasons

Ritucharya emphasizes dietary and lifestyle modifications based on seasonal alterations. Ayurveda acknowledges that changes in the environment have an impact on immunity, disease susceptibility and normal body functions. For example, the body's digestive fire (Jatharagni) increases in the winter, enabling richer foods, while in the summer, lighter, more hydrating diets are necessary to combat the heat. Changes in physical activity, attire and detoxifying techniques are also part of seasonal regimens. Seasonal allergies, infections and mood disorders are examples of contemporary health problems that frequently result from an imbalance with environmental rhythms. Ritucharya promotes proactive adaptation, strengthening resilience and preventing disease. Additionally, it is consistent with modern ideas such as climate-responsive health practices and seasonal eating habits.

Yoga: Balancing Breath, Mind and Body

Beyond just physical positions, yoga is a whole discipline that includes meditation, pranayama (breath regulation) and asanas (poses). It is an effective technique for promoting modern health since it addresses both mental clarity and physical fitness. Yoga offers evidence-based benefits such as lower cortisol levels, better cardiovascular health, increased flexibility and emotional stability in an era of rising stress, anxiety and burnout. Practices like meditation and breathing exercises are becoming more commonly integrated into helpful therapies for mental health disorders. In contrast to trends in high intensity fitness, yoga is inclusive and sustainable since it can be used by people of all ages and health conditions.

A Comprehensive Approach to Synergy of the Three

Although each of these habits has advantages on its own when combined, they form a complete lifestyle system:

- Daily discipline is established by Dinacharya.
- Ritucharya guarantees seasonal flexibility
- Yoga fosters mental and physical balance.

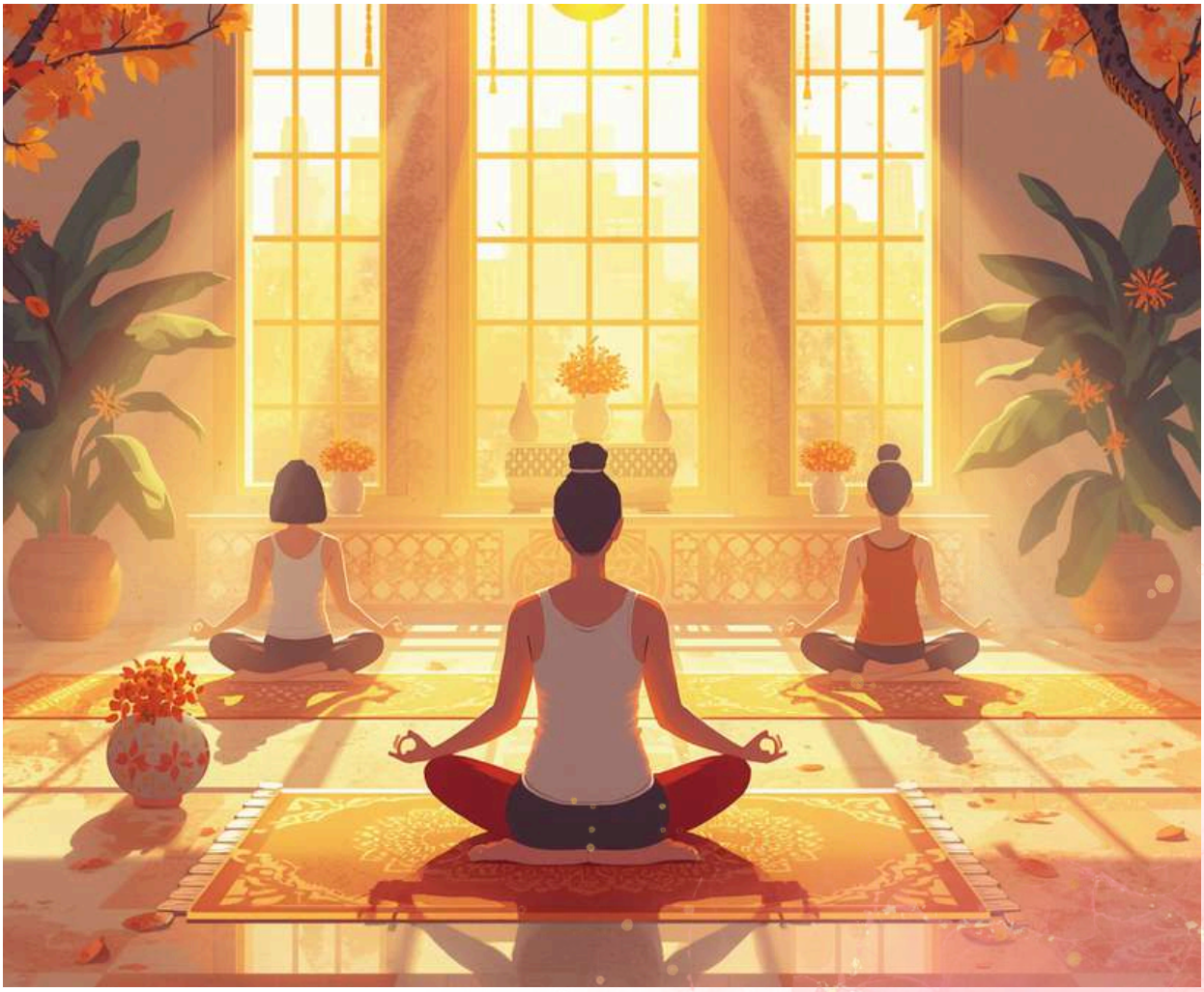
Instead of just treating symptoms, they work together to address the underlying causes of many common diseases including stress, poor lifestyle choices and environmental mismatch.

Pertinence to Public Health

The burden of non-communicable diseases (NCDs) which contribute significantly to global mortality can be decreased by incorporating these ideas into public health initiatives. Yoga classes, disciplined routines and seasonal nutritional awareness can all be included into community activities, companies and schools. Furthermore, these methods are accessible, affordable and deeply ingrained in culture, which makes them especially beneficial in environments with little resources.

Conclusion

Re-examining ancient wisdom provides useful and long-lasting remedies as the globe struggles with complicated health issues. Yoga, Ritucharya and Dincharya are living sciences that enhance contemporary medicine rather than being artifacts from the past. People can achieve balance, resilience and long term wellbeing by incorporating these ideas into their daily lives and transitioning from reactive therapy to proactive health promotion. The future of holistic health depends on the fusion of traditional wisdom and contemporary science.



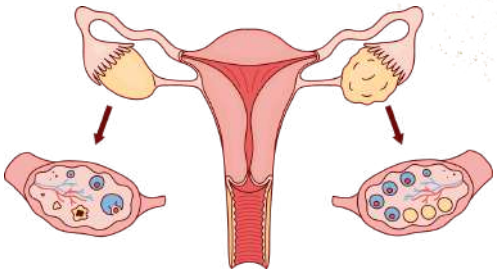
The Silent Crisis:
PCOD as a Modern Metabolic Challenge

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Polycystic Ovarian Disease (PCOD) or Polycystic Ovarian Syndrome (PCOS) has evolved from a simple hormonal imbalance into a complex multisystemic metabolic syndrome. No longer confined to the reproductive system, it is now recognised as a major public health concern closely linked to the modern urban lifestyle.

PCOD as a Metabolic Syndrome

In modern medicine, PCOD is increasingly viewed as a metabolic disorder because its root causes and consequences align with metabolic syndrome—a cluster of conditions that increase the risk of heart disease, stroke, and type 2 diabetes.



- Insulin Resistance: This is the metabolic "engine" of PCOD. Up to 70% of affected women have cells that resist insulin, leading to high blood sugar levels.
- Hyperinsulinaemia: To compensate for resistance, the pancreas produces more insulin. Excess insulin signals the ovaries to overproduce androgens (male hormones), which halts egg maturation and creates cysts.
- Chronic Inflammation: PCOD is associated with low-grade systemic inflammation, which further worsens insulin resistance and contributes to cardiovascular risks.

Causes & Lifestyle: The Modern Emerging Disease

PCOD is often termed a "lifestyle disorder" because its prevalence has surged alongside rapid urbanisation.

- **Dietary Shifts:** High consumption of processed foods, refined carbohydrates, and sugary drinks directly triggers insulin spikes.
- **Sedentary Habits:** Lack of physical activity reduces the body's ability to use glucose efficiently, leading to fat accumulation, especially around the abdomen.
- **Chronic Stress:** High cortisol levels from modern-day stress disrupt the delicate Hypothalamic-Pituitary-Ovarian (HPO) axis, leading to hormonal chaos.
- **Environmental Toxins:** Exposure to endocrine-disrupting chemicals (EDCs) in plastics and pollution can interfere with natural hormonal signalling.

The Ayurvedic Perspective

In Ayurveda, Polycystic Ovarian Disease (PCOD) is understood as a complex *Tridoshic* imbalance-meaning all three primary energies (*Vata*, *Pitta*, *and Kapha*) are involved—affecting the deep tissues of the body.

1. The Core Imbalance: Artava and Artavavaha Srotas

Ayurveda focuses on *Artava* (reproductive tissue/menstrual fluid) and the *Artavavaha Srotas* (the channels through which these fluids flow).

- *Artava as an Upadhatu*: Menstrual fluid is the byproduct of *Rasa Dhatu* (plasma). If digestion is poor, the plasma is not nourished correctly, leading to "scanty" or defective reproductive fluid (*Artava Kshaya*).
- *Agni and Ama*: The root cause is often Manda Agni (weak digestive fire). This leads to the formation of Ama (metabolic toxins). Ama clogs the channels of the reproductive system, causing Srotorodha (obstruction), which prevents the regular release of the ovum.

2. The Dosha-Specific View of PCOD Symptoms

While PCOD involves all three doshas, each one manifests through specific symptoms.

- Kapha (The Structural Force): Dominant Kapha causes the "heaviness" and "sluggishness" associated with PCOD. It is responsible for weight gain, metabolic slowing, and the formation of Granthi (cysts)—described as knotted, fluid-filled swellings.
- Vata (The Governing Force): Specifically Apana Vayu (the downward-moving energy) is disrupted. Vata governs the movement and rupture of the follicle; when its path is blocked by Kapha, it causes irregular cycles, pain, and anovulation.
- Pitta (The Metabolic Force): Pitta governs hormonal transformation. When aggravated, it manifests as acne, hirsutism (excessive hair), and inflammation.

Classical Ayurvedic Correlations

Since "PCOD" is a modern term, Ayurveda categorizes its symptoms under several traditional conditions.

- ***Artava Kshaya*:** Reduced or delayed menstrual flow.
- ***Pushpaghni Jataharini*:** A condition described by *Acharya Kashyapa* where a woman has regular cycles but they are "futile" (anovulatory), often accompanied by obesity and hairy cheeks.
- ***Granthi*:** Small, glandular masses that correlate directly to ovarian cysts.
- ***Santarpanajanya Vikara*:** Diseases caused by "over-nutrition" (empty calories in form of processed foods and sedentary habits) that aligns with modern metabolic syndrome and insulin resistance.

In Ayurveda, Polycystic Ovary Syndrome (PCOS) is viewed not just as a hormonal issue but as a systemic imbalance primarily involving *Kapha and Vata* doshas. The approach focuses on identifying root causes (*Nidana*), detoxifying the body (*Shodhana*), and restoring metabolic fire (*Agni*) through a combination of diet, lifestyle, and herbal remedies.

Prevention and Management Strategies

A. Dietary Recommendations (Pathya Ahara)

Diet is a cornerstone of management, aimed at reducing Kapha and boosting Agni.

- Emphasise: Warm, light, and low-glycemic foods such as millets (barley, quinoa), moong dal, non-starchy vegetables (leafy greens, bottle gourd), and spices like ginger, turmeric, and cumin.
- Avoid: Junk food, refined sugars, deep-fried items, and excessive processed food items.
- Habits: Eat at regular intervals, avoid skipping meals, and proper 7 to 8 hrs sleeping time.

B. Lifestyle Modifications (Pathya Vihara)

- Physical Activity: Daily movement like brisk walking for 30 minutes or swimming helps stimulate metabolism and balance Kapha.
- Yoga & Pranayama: Specific asanas such as Baddha Konasana (Butterfly Pose) for pelvic circulation and Dhanurasana (Bow Pose) for ovarian function are recommended.
- Stress & Sleep: Maintain a regular sleep schedule (Dinacharya) and practice meditation to reduce cortisol levels, which can worsen hormonal imbalances.

Panchakarma (Shodhana karma)

For chronic cases, intensive cleansing therapies may be recommended.

- Vamana (Therapeutic Emesis): Clears excess Kapha and toxins, especially useful for obese PCOS.

- Virechana (Purgation): Balances Pitta and Agni, improving liver metabolism and hormonal levels.
- Basti (Medicated Enema): Considered the most effective for regulating the neuro-hormonal axis and treating infertility.



Key Ayurvedic Herbs

Herbal formulations are used to regulate cycles and improve insulin sensitivity.

- *Shatavari*: Supports reproductive health and balances hormones.
- *Ashwagandha*: An adaptogen that manages stress and cortisol levels.
- *Kanchanar Guggulu*: Often used to reduce ovarian cysts and improve metabolism.
- *Cinnamon & Fenugreek*: Effective in improving insulin sensitivity and blood sugar control.

In conclusion, as modern life becomes increasingly fast-paced and sedentary, lifestyle disorders like PCOS/PCOD have emerged as a significant health challenge for women worldwide. While conventional medicine often focuses on symptom management, Ayurveda offers a profound, holistic alternative that addresses the root cause of these imbalances.

By viewing PCOS not as a localized reproductive issue but as a systemic disharmony of Kapha and Vata doshas making it a metabolic syndrome. Ayurveda provides a roadmap for sustainable recovery through:

- **Metabolic Restoration:** Rebuilding the digestive fire (Agni) to clear toxins (Ama) that disrupt hormonal pathways.
- **Preventative Wisdom:** Empowering women with the tools of Dinacharya (daily routines) and Pathya (prescriptive diet) to prevent metabolic syndromes before they manifest.
- **Personalised Care:** Moving away from "one-size-fits-all" solutions to treatments tailored to an individual's unique Prakriti (constitution).

Ultimately, the role of Ayurveda in managing modern lifestyle disorders lies in its ability to reconnect us with the natural rhythms of our bodies. In the context of PCOD, it transforms the journey from one of chronic management to one of holistic empowerment, fostering long-term hormonal health and overall well-being.

AYURVEDA IN MODERN DAY EMERGING DISEASES AN INTEGRATIVE APPROACH TO PREVENTION AND MANAGEMENT WITH SPECIAL REFERENCE TO AUTOIMMUNE THYROIDITIS

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Abstract

Modern day emerging diseases include neurodevelopmental disorders, autoimmune conditions and lifestyle related illnesses. Autoimmune thyroiditis is increasingly seen in clinical practice and is a common cause of hypothyroidism especially in females. It results from immune mediated destruction of the thyroid gland leading to hormonal imbalance. Modern medicine provides hormone replacement therapy but does not address the underlying immune dysfunction. Ayurveda offers a holistic approach focusing on Agni correction Ama pachana and Rasayana therapy. This article presents an integrative approach for prevention and management of autoimmune thyroiditis with emphasis on both preventive and therapeutic aspects.

Introduction

The pattern of diseases has changed significantly in recent decades due to lifestyle changes, environmental factors and increased psychological stress. Autoimmune disorders have emerged as a major health concern and among them autoimmune thyroiditis is one of the most commonly encountered endocrine conditions.

Autoimmune thyroiditis also known as Hashimoto thyroiditis is characterized by gradual destruction of thyroid tissue leading to hypothyroidism. Patients commonly present with fatigue weight gain hair fall cold intolerance constipation and menstrual irregularities. In many cases the disease progresses silently and is diagnosed only after significant hormonal imbalance develops.

In clinical practice it is frequently observed that patients continue to experience symptoms despite achieving normal thyroid function tests. This indicates that hormone replacement alone may not be sufficient to address the underlying pathology. Therefore an integrative approach becomes essential.

EMERGING DISEASE PERSPECTIVE

Autoimmune thyroiditis is increasingly being diagnosed at younger ages particularly among women of reproductive age. Multiple factors such as environmental toxins, dietary changes, sedentary lifestyle and chronic stress contribute to immune dysregulation.

The disease affects not only metabolic functions but also mental health, reproductive health and overall quality of life. Long term complications include infertility, metabolic disturbances and increased cardiovascular risk. This multidimensional impact makes it an important emerging disorder requiring comprehensive management.

MODERN MEDICAL APPROACH

The standard management of autoimmune thyroiditis involves hormone replacement therapy using levothyroxine. This helps in maintaining normal serum TSH levels and provides symptomatic relief. However this therapy does not alter the autoimmune process responsible for glandular damage. Many patients report persistent fatigue, hair fall, mood disturbances and weight changes despite normal laboratory values. Regular monitoring includes TSH T3 T4 and thyroid antibody levels. Modern management is therefore largely supportive and focuses on maintaining hormonal balance rather than correcting the root cause.

AYURVEDIC PERSPECTIVE

"रोगाः सर्वेऽपि मन्दाग्नौ।"
(Charaka Samhita Sutra Sthana 28/7)

Mandagni is considered the primary cause of disease in Ayurveda. Impaired digestive fire leads to formation of Ama which is a toxic metabolic byproduct responsible for various pathological conditions.
Autoimmune thyroiditis can be understood as a disorder involving Kapha and Vata Dosha. Kapha contributes to glandular enlargement heaviness and metabolic slowing while Vata leads to functional disturbance and tissue degeneration.
Dushya involved include Rasa Dhatu Meda Dhatu and Ojas. Chronicity of the disease leads to Dhatu Kshaya and impaired immunity.

"आम एव च सर्वेषां रोगाणां मूल कारणम्।"
(Charaka Samhita Chikitsa Sthana 15/44)

Ama formed due to Mandagni circulates through Rasavaha Srotas and localizes in the thyroid region. Kapha causes Srotorodha while Vata leads to dysfunction of normal physiological processes. This results in gradual tissue damage and immune dysregulation. The condition can be correlated with Galaganda Apachi and Rasavaha Srotodushti.

NIDANA

- Ati guru snigdha ahara
- Viruddha ahara
- Adhyashana
- Manasika stress
- Avyayama
- Irregular lifestyle

CHIKITSA SIDDHANTA

"लङ्घनं दीपनीयं च पाचनं च विशेषतः।"
(Charaka Samhita Sutra Sthana 22/18)

The management focuses on Agni Deepana Ama Pachana Kapha Meda Shamana Vata Anulomana and Rasayana for long term correction.

INTEGRATIVE MANAGEMENT

- Modern Care: Hormone replacement therapy remains essential for maintaining metabolic stability and should be continued as required.

Ayurvedic Management:

- Deepana Pachana: Trikatu Chitraka and Pippali help in improving Agni and reducing Ama.
- Shamana Aushadhi: Kanchanar Guggulu, Varunadi Kashaya and Punarnava Mandura are useful in glandular disorders and metabolic correction.
- Rasayana Therapy

"अश्वगन्धा गुडूची च रसायनं परं स्मृतम्।"
(Charaka Samhita Chikitsa Sthana 1/7)

Ashwagandha, Guduchi and Amalaki enhance immunity improve strength and support tissue regeneration.

- Panchakarma- Virechana is useful for Kapha Pitta Shamana and metabolic correction in selected patients. Nasya can be beneficial in disorders of the head and neck region.
- Lifestyle Modification- Regular exercise yoga and pranayama help in stress reduction and improve metabolic balance. Dietary regulation with easily digestible food plays a crucial role. Patients undergoing integrative management often report improvement in energy levels digestion mental clarity and overall wellbeing.

BENEFITS OF INTEGRATIVE APPROACH

This approach addresses both symptoms and root cause. It improves metabolic efficiency, enhances immune balance and supports long term health.

CHALLENGES

Lack of standardized protocols Limited large scale clinical studies Need for awareness among patients and practitioners

CONCLUSION

Autoimmune thyroiditis is a significant emerging disorder with a wide ranging impact on health. Modern medicine provides essential hormonal support while Ayurveda addresses underlying metabolic and immune imbalance through Agni correction and Rasayana therapy. An integrative approach offers better long term outcomes and improved quality of life. Further research is required to establish standardized evidence based integrative protocols.

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Ayurvedic Interpretation of Modern Emerging Diseases

(Understanding Lifestyle, Metabolic, Autoimmune & Techno-Stress Disorders through Ancient Wisdom)

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Introduction: The Modern Health Paradox

In today's technologically advanced world, human life has become more comfortable–but paradoxically, less healthy. Despite medical advancements, we are witnessing a sharp rise in:

- Lifestyle disorders
- Metabolic diseases
- Autoimmune conditions
- Mental health issues
- Sleep disturbances

According to the World Health Organization, non-communicable diseases (NCDs) such as diabetes, heart disease, and cancer are now the leading causes of death globally.
In India alone, 5.2 million deaths were attributed to NCDs, with a rapidly increasing trend due to urbanization, sedentary lifestyle, and unhealthy habits.
This paradox invites a deeper question–
Why are we falling sick despite progress?
Ayurveda offers a profound answer–not by focusing only on disease, but by understanding the disturbance in the body's internal harmony.

Modern Diseases: A Growing Crisis

Key Research Insights

- Recent epidemiological studies suggest that 1 in 3 adults in India (≈30%) suffer from metabolic syndrome, a cluster of conditions increasing risk of diabetes and heart disease
- The burden of metabolic diseases like obesity and Type 2 diabetes has increased 1.6 to 3 times globally in the last 30 years
- Sleep disorders are highly prevalent:
  - Insomnia: ~25.7%
  - Sleep apnea: ~37.4%
  - These are not isolated diseases–they are patterns of imbalance.

Ayurvedic Lens: Understanding the Root Cause

Ayurveda does not see diseases as separate entities but as expressions of **internal imbalance.**

Disease Pathogenesis (Ayurvedic Model)

Unhealthy Lifestyle (Ahara + Vihara + Stress)
↓
Agnimandya (Impaired Digestion)
↓
Ama Formation (Toxic Load)
↓
Srotorodha (Channel Obstruction)
↓
Dosha Imbalance (Vata-Pitta-Kapha)
↓
Vyadhi (Disease Manifestation)

1. Agni Dushti (Impaired Metabolism)

Modern science speaks of:

- Slow metabolism
- Insulin resistance
- Poor digestion

Ayurveda describes all of this as **Agni imbalance**.

"रोगाः सर्वेऽपि मन्दाग्नौ" (Charaka Samhita)

Meaning: Most diseases arise due to weakened digestive fire (Agni).

When Agni weakens:

- Food is not properly digested
- Toxins accumulate
- Cellular intelligence declines

This leads to:

- Obesity
- Diabetes
- Chronic fatigue

2. Ama (Toxic Accumulation)

Ama is the **undigested, toxic residue** formed due to poor digestion.

"आम एव रोगाणां मूलम्"
(Ashtanga Hridaya)

Meaning: Ama is the root cause of many diseases.

Modern Correlation:

- Inflammation
- Oxidative stress
- Metabolic waste

Ama acts like "biological sludge":

- Blocks body channels
- Weakens immunity
- Triggers chronic diseases

Strongly linked with:

- Autoimmune disorders
- Allergies
- Chronic inflammatory diseases

3. Srotodushti (Channel Blockage)

Srotas are the **micro and macro channels** of the body.

When Ama accumulates:

- Channels get blocked
- Nutrient transport is impaired
- Waste elimination is disturbed

Modern equivalent:

- Poor circulation
- Cellular dysfunction
- Organ-level disease

4. Dosha Imbalance in Modern Diseases

Vata (Movement & Nervous System)

- Increased by stress, irregular routine, excessive screen time
- Leads to:
  - Anxiety
  - Insomnia
  - Neurological disorders

Kapha (Structure & Metabolism)

- Increased by sedentary lifestyle and overeating
- Leads to:
  - Obesity
  - Diabetes
  - Congestion

Pitta (Metabolism & Heat)

- Increased by stress, processed food
- Leads to:
  - Inflammation
  - Acidity
  - Autoimmune reactions

Mapping Modern Diseases to Ayurveda

Modern Disease	Ayurvedic Interpretation
Diabetes / Metabolic Syndrome	Kapha imbalance + Agni dushti + Ama
Autoimmune Disorders	Ama + Pitta imbalance + Ojas depletion
Anxiety / Depression	Vata aggravation
Sleep Disorders	Vata imbalance
Pollution-related illness	Ama accumulation + weakened immunity

Techno-Stress: A New Age Disorder

One of the most emerging conditions today is **techno-stress**:

- Excessive screen exposure
- Information overload
- Digital dependency

Ayurvedic Understanding:

- Overstimulates **Vata (mind + nervous system)**
- Disturbs sleep cycles
- Weakens mental clarity (Dhi, Dhriti, Smriti)

Result:

- Anxiety
- Burnout
- Sleep disturbances

A Holistic Ayurvedic Perspective

Ayurveda emphasizes:

"*Disease begins much before symptoms appear.*"

Modern medicine often identifies disease at a **later stage**, while Ayurveda focuses on:

- Prevention
- Early imbalance detection
- Root cause healing

Integrated Understanding Flow

Modern Risk Factors
(Unhealthy diet, stress, pollution, sedentary life)
↓
Ayurvedic Impact
(Agni ↓, Ama ↑, Dosha imbalance)
↓
Physiological Changes
(Inflammation, insulin resistance, hormonal imbalance)
↓
Modern Diseases
(Diabetes, obesity, anxiety, autoimmune disorders)

Conclusion: Returning to Balance

The rise of modern diseases is not accidental—it is a reflection of **disconnection from natural living**.
Ayurveda teaches us that:

- Health is not just absence of disease
- It is a state of **balance, clarity, and vitality**

By understanding:

- Agni (metabolism)
- Ama (toxins)
- Dosha balance
- Lifestyle rhythms

We can not only manage but **prevent modern diseases at their root**.

"The future of healthcare lies not in fighting disease, but in understanding imbalance."

Ayurveda emphasizes prevention rather than cure. By maintaining balance in Agni, avoiding Ama formation, and managing lifestyle, modern diseases can be prevented.

"प्रयोजनं चास्य स्वस्थस्य स्वास्थ्य रक्षणम्,
आतुरस्य विकार प्रशमनं च।"
(Charaka Samhita)

Meaning: The aim of Ayurveda is to protect the health of the healthy and cure the diseased.
Thus, the integration of Ayurvedic wisdom into modern living offers not just disease management, but a pathway to sustainable health and inner balance.

आधुनिक उभरती बीमारियों में आयुर्वेद की भूमिका:
रोकथाम और प्रबंधन का समन्वित दृष्टिकोण

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परिचय
आज के समय में जीवनशैली, प्रदूषण, तनाव और बदलती खान-पान की आदतों के कारण कई नई बीमारियाँ तेजी से बढ़ रही हैं जैसे मधुमेह (डायबिटीज), मोटापा, हृदय रोग, कैंसर और वायरल संक्रमण। आधुनिक चिकित्सा (एलोपैथी) इन बीमारियों के इलाज में प्रभावी है, लेकिन केवल इलाज ही पर्याप्त नहीं है—रोकथाम भी बहुत जरूरी है। यहाँ आयुर्वेद महत्वपूर्ण भूमिका निभाता है।

आयुर्वेद क्या है?
आयुर्वेद भारत की प्राचीन चिकित्सा पद्धति है, जो शरीर, मन और आत्मा के संतुलन पर आधारित है। इसमें तीन दोष बताए गए हैं:

- वात
- पित्त
- कफ

जब ये संतुलित रहते हैं तो व्यक्ति स्वस्थ रहता है, और असंतुलन होने पर रोग उत्पन्न होते हैं।

आधुनिक समय की प्रमुख बीमारियाँ
आज के समय में कुछ प्रमुख उभरती बीमारियाँ हैं:
· मधुमेह (Type 2 Diabetes)
· उच्च रक्तचाप (Hypertension)
· मोटापा
· कैंसर
· वायरल संक्रमण (जैसे COVID-19)
· मानसिक रोग (तनाव, चिंता, अवसाद)
इनका मुख्य कारण खराब जीवनशैली और असंतुलित आहार है।

रोकथाम में आयुर्वेद की भूमिका
1. **दिनचर्या और ऋतुचर्या**
आयुर्वेद स्वस्थ रहने के लिए सही दिनचर्या (Dinacharya) और ऋतुचर्या (Ritucharya) पर जोर देता है:
· सुबह जल्दी उठना
· नियमित व्यायाम (योग)
· पर्याप्त नींद
· मौसम के अनुसार भोजन

2**. संतुलित आहार (आहार)**
आयुर्वेद में भोजन को ही औषधि माना गया है:
· ताजा और प्राकृतिक भोजन
· जंक फूड से बचाव
· शरीर की प्रकृति (दोष) के अनुसार आहार

3. रोग प्रतिरोधक क्षमता (इम्यूनिटी) बढ़ाना
आयुर्वेद में "व्याधिक्षमता" बढ़ाने पर विशेष ध्यान दिया जाता है। कुछ प्रमुख औषधियाँ:
· अश्वगंधा
· गिलोय
· तुलसी
· आंवला
ये शरीर को रोगों से लड़ने में मदद करती हैं।

रोग प्रबंधन में आयुर्वेद की भूमिका

1. दीर्घकालिक रोग (Chronic Diseases)
आयुर्वेद मधुमेह, उच्च रक्तचाप जैसे रोगों को नियंत्रित करने में मदद करता है:
· हर्बल औषधियाँ
· आहार नियंत्रण
· जीवनशैली सुधार

2. मानसिक स्वास्थ्य
योग, ध्यान और प्राणायाम से:
· तनाव कम होता है
· मन शांत रहता है
· मानसिक स्वास्थ्य बेहतर होता है

3. पंचकर्म (शुद्धिकरण)
पंचकर्म उपचार से शरीर के विषैले तत्व (आम) बाहर निकलते हैं और शरीर संतुलित होता है।

समन्वित दृष्टिकोण (आयुर्वेद + आधुनिक चिकित्सा)
सबसे अच्छा परिणाम तब मिलता है जब आयुर्वेद और आधुनिक चिकित्सा को साथ में उपयोग किया जाए:
· आधुनिक चिकित्सा: त्वरित इलाज और आपातकालीन स्थिति में उपयोगी
· आयुर्वेद: दीर्घकालिक सुधार और रोग की रोकथाम

उदाहरण:
· मधुमेह में: एलोपैथी तुरंत शुगर नियंत्रित करती है, आयुर्वेद जीवनशैली सुधारता है
· संक्रमण में: एलोपैथी इलाज करती है, आयुर्वेद इम्यूनिटी बढ़ाता है

आयुर्वेद के लाभ
· प्राकृतिक और समग्र उपचार
· रोग के मूल कारण पर ध्यान
· कम दुष्प्रभाव
· रोकथाम पर जोर

सीमाएँ
· तीव्र रोगों में असर धीरे हो सकता है
· विशेषज्ञ की सलाह आवश्यक
· कुछ क्षेत्रों में वैज्ञानिक प्रमाण की कमी

निष्कर्ष
आयुर्वेद आधुनिक समय की बीमारियों के लिए एक महत्वपूर्ण समाधान प्रदान करता है। यह न केवल रोगों का उपचार करता है, बल्कि उन्हें होने से भी रोकता है। आयुर्वेद और आधुनिक चिकित्सा का समन्वित उपयोग भविष्य में एक स्वस्थ समाज के निर्माण में सहायक होगा।

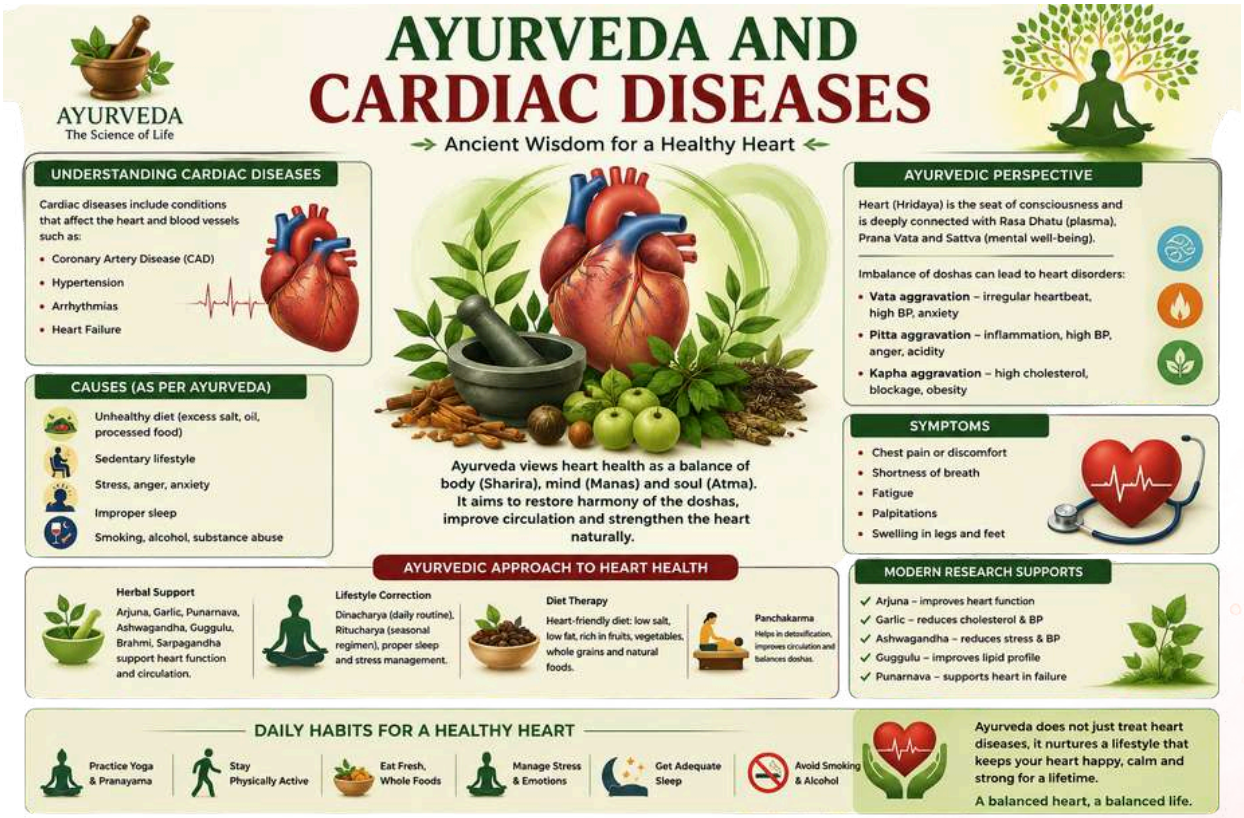
ROLE OF AYURVEDIC HERBS IN CARDIOVASCULAR DISEASES

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Introduction

Cardiovascular disease refers to any disease that affects the cardiovascular system, principally cardiac disease, vascular diseases of the brain and kidney and peripheral arterial disease. Cardiovascular disease is the leading global cause of death, accounting for 17.3million deaths per year, a number that is expected to grow to more than 23.6 million by 2030.

Indians are known to be at major risk from heart diseases. The causes of cardiovascular disease are diverse but atherosclerosis and hypertension are the most common Herbs have been used as medical treatments since the beginning of civilization and some derivatives (e.g., aspirin, reserpine, and digitalis) have become mainstays of human pharmacotherapy. For cardiovascular diseases, herbal treatments have been used in patients with congestive heart failure, systolic hypertension, angina pectoris, venous insufficiency, and arrhythmia. WHO reports indicate that around eighty percent of the global population still relies on botanical drugs and several herbal medicines have advanced to clinical use in modern times.



Various herbs useful in cardiovascular disorders

- ***Sarpagandha (Rauwolfia serpentina):***

1. Kaphavatashamaka, Cardiodepressant, Hypnotic and Sedative, Acts as Vasodilator, thus reduces the tone of the blood vessels.
2. Reserpine, an alkaloid present is responsible for inhibiting brain centres which are responsible for controlling blood pressure.

3. Also affects the function of the (ANS) autonomic nervous system by inhibiting the sympathetic nervous system activity and stimulates parasympathetic activity.
4. This results in decreased heart rate, strength of heart muscle contraction & tone of the blood vessels.




- ***Parpata (Fumaria indica):***

1. In Samhitas, recommended for treatment of fever and blood disorders. An extract of the plant was found to have a relaxant effect and produce a moderate fall in blood pressure.




- ***Vacha (Acorus calamus):***

1. Reduces the systolic blood pressure and heart rate significantly. In one of the studies conducted on 45 patients of IHD, found to be effective in improvement of chest pain, dyspnoea on effort, reduction of body weight index, decreasing serum cholesterol, decreasing SLDL and increasing SHDL.




- ***Carrot seeds (Daucus carota):***

1. The Antihypertensive effect of two cumarin glycosides from carrot. Dose dependent IV Administration of these glycoside compounds causes decrease in arterial blood pressure.




- ***Chaksu (Cassia absus):***

1. has ability to lower blood pressure,
2. It also acts an strong anti bacterial agent and works as an astringent.




- ***Gokshura (Tribulus terrestris):***

1. Hridya, Shothahara, Vrisya, Mutral, Kaphanisaraka.
2. Hypotensive, cardio tonic, hepatoprotective and muscle relaxant.
3. Has diuretic property and increases release of nitric oxide from endothelium andnerve endings so that it relaxes smooth muscles and increases angiotensin converting enzyme (ACE) inhibition. Hence it is used in hypertension.




- ***Punarnava (Boerhaavia diffusa):***

1. studies have revealed that Punarnava is an excellent diuretic, anti- inflammatory.
2. mild laxative.
3. heart tonic.




- ***Guggulu (Commiphora mukul):***

1. Act as antioxidant, guggulsterones keep LDL cholesterol from oxidizing, an action which protects against atherosclerosis. It has also been shown to reduce the stickiness of platelets – another effect that lowers the risk of coronary heart disease.




- ***Arjuna (Terminalia arjuna):***

1. Raktastambhana,
2. Hridyauttejaka, Raktaprasadan,
3. Hridaya, Shothahara, Medohara.
4. Cardio-protective,spasmogenic,hepato-protective and anti-angina Decoction of bark powder was found more useful in hypertensive heart diseases as compared to congestive heart disease.
5. Alcoholic decoction of bark was found to be beneficial in stable cases of Ischemic heart disease.




- ***Kushtha (Saussurea lappa):***

1. It has been claimed to be antiallergic, antibacterial agent.
2. antihistaminic
3. hypolipidaemic agent.




- ***Bala (Sida cordifolia):***

1. Balya, Hridya, Raktapitta shamak, Mutrala and can be used as - CNS depressant, analgesic, anti-inflammatory, Hypotensive and hepatoprotective.




- ***Hritapatri (Digitalis purpurea):***

1. Hridya, Mutrala, Shothhara, decreases the heart rate, strengthen the heart muscle. So can be used to treat congestive heart failure and heart rhythm problems. Digitalis can increase the blood flow throughout the body and also reduces swelling over body




- ***Rasona (Allium sativum):***




1. Raktutkleshaka, Shothahara, Vedana-
2. sthapana, Hridyauttejaka,
3. Kaphanissaraka and Rasayana.
4. Garlic has an active role in systolic and diastolic arterial tension in Hypertensive and Atherosclerotic patient.
5. It also decreases the blood cholesterol level.
6. Reduction in atherosclerosis is due to-Anti hype r- lipidemic effect, Inhibition of platelet aggregation, Blood pressure lowering effect, Significant Anti- arrhythmic effect (both ventricular and supra-ventricular).
7. Prevents oxidative stress and associated ultra structural changes induced by myocardial ischemic reperfusion injury.

- ***Ashwagandha (Withania somnifera):***




1. Rasayana, it has analgesic, mildly sedative, anti- inflammatory and anabolic activities and it is useful in stress, strain, fatigue, pain.

- ***Brahmi (Bacopa monniera):***




1. Medhya, anti oxidant, anti inflammatory, reduces stress and anxiety. Animal studies suggests that, it reduces both systolic and diastolic blood pressure levels by releasing nitric oxide which helps dilate blood vessels.

- ***Jatamansi (Nordostachys jatamansi):***




1. It has Hypolipidemic activity.
2. Cardioprotective activity.
3. Hepatoprotective activity.
4. Diuretic activity.

- ***Pushkaramula (Inula racemose):***



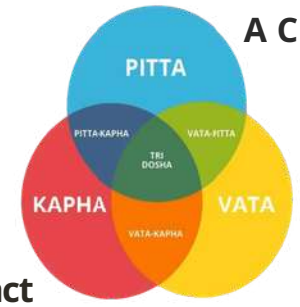

1. It is Mutrala, used in Hrid roga, Pasharva shola, kasa, shwasa. One of the study demonstrated that it prevents the depletion of myocardial antioxidants and restored cardiac function. It may also serve as a preventive agent in delaying the progression of Ischemic heart disease.

Conclusion

With the emergence of increasing number of heart disease in all age groups, it is the time to explore different herbs and its preparations so that it can be incorporated in our dinacharya (daily life) to reduce the morbidity and mortality due to heart disease.

ROLE OF DOSHA IN MAINTAINING HEALTH:

A CRITICAL AYURVEDIC REVIEW



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Abstract

Ayurveda is one of the oldest systems of medicine, originating in India thousands of years ago. The term Ayurveda means "Science of Life" and emphasizes a holistic approach toward health by integrating physical, mental, and spiritual well-being. The primary objective of Ayurveda is the preservation of health, prevention of disease, and restoration of physiological balance through proper diet, lifestyle modifications, mental discipline, and herbal interventions.

A fundamental concept of Ayurveda is the theory of Tridosha–Vata, Pitta, and Kapha–which govern all physiological, psychological, and biochemical activities of the body. These Doshas are derived from the five basic elements (Panchamahabhutas)–earth, water, fire, air, and space. Every individual possesses a unique constitutional pattern (Prakriti), determined by the proportion of these Doshas, which influences physical characteristics, mental tendencies, and disease susceptibility. The present review highlights the physiological role of Doshas in maintaining health, their pathological alterations, and their clinical significance in diagnosis and treatment.

Keywords: Dosha, Health, Ayurveda, Panchamahabhuta, Samyavastha.

INTRODUCTION

Ayurveda explains Doshas as the fundamental functional principles of the body-mind system that regulate all physiological, psychological, and biochemical activities. The three Doshas–Vata, Pitta, and Kapha–maintain structural and functional integrity of the human body. They express their actions through specific qualities, locations, and functions, and actively participate in growth, metabolism, nourishment, movement, and mental functions. In their balanced state, they promote vitality, strength, immunity, proper complexion, and mental stability. However, when aggravated or depleted, they become responsible for pathological changes and disease manifestation.[1]

The term *Dosha* is derived from Sanskrit, meaning "that which gets vitiated." It signifies biological factors that maintain health in normalcy but produce disease in an imbalanced state. Ayurveda also follows the principle of *microcosm and macrocosm*, which states that the human body is a miniature representation of the universe. All elements and forces present in nature are also present within the individual, forming the basis of personalized diagnosis and treatment.[2]

AIMS AND OBJECTIVES

1. To study the relationship between Doshas and overall health and well-being.
2. To understand the physiological role and functional balance of Vata, Pitta, and Kapha Doshas.
3. To evaluate the factors responsible for *Vriddhi* (aggravation) and *Kshaya* (depletion) of Doshas and their effects on health and disease.



MATERIALS AND METHODS

The present review study was conducted through an extensive literature survey on Ayurveda and the concept of Doshas. Information was collected from classical Ayurvedic texts, including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, along with their authoritative commentaries. Additional information was gathered from published research papers, peer-reviewed journals, and authentic scientific sources. The collected data were critically analyzed and interpreted to understand the role of Doshas in health maintenance and disease manifestation.

REVIEW OF LITERATURE

1. DEFINITION OF DOSHA

According to Bhavaprakasha, Vata, Pitta, and Kapha are collectively known as *Tridosha*. In their balanced state, they maintain normal health, whereas in their aggravated state, they become responsible for disease manifestation.[3]

2. PANCHAMAHABHUTA COMPOSITION

Vata is predominantly composed of Akasha and Vayu Mahabhutas, Pitta of Tejas Mahabhuta, and Kapha of Jala and Prithvi Mahabhutas. These elemental compositions determine their structural and functional roles in the body.[4]

3. IMPORTANCE OF DOSHAS

According to Charaka Samhita, balanced Doshas are essential for achieving the four *Purusharthas*—Dharma, Artha, Kama, and Moksha. They play a vital role in maintaining physical, mental, and spiritual health.[5]

TRIDOSHA BRIEF DESCRIPTION[6]

DOSHA	MAIN SEAT	MAIN ATTRIBUTES (GUNA)	MAIN FUNCTIONS	FIVE TYPES (SUBTYPES)	SPECIFIC SEATS
Vata	Pakwashaya (colon), Sroni (pelvic region), Guda (rectum)	Ruksha, Laghu, Sukshma, Chala, Vishada, Khara	Movement, nerve impulses, circulation, respiration, coordination	Prana, Udana, Samana, Vyana, Apana	Head, throat, gut, heart & whole body, excretory organs
Pitta	Amashaya (stomach), Small intestine	Snigdha, Tikshna, Drava, Amla, Sara, Ushna	Digestion, metabolism, heat production, vision, complexion	Ranjaka, Sadhaka, Alochaka, Bhrajaka, Pachaka	Liver & spleen, heart, eyes, skin, small intestine
Kapha	Chest, heart, stomach, joints	Guru, Sheeta, Mridu, Snigdha, Madhura, Sthira, Picchila	Support, nourishment, lubrication, stability, immunity	Kledaka, Avalambaka, Bodhaka, Tarpaka, Shleshaka	Stomach, chest, throat, head, joints

GENERAL SYMPTOMS OF KSHAYA AND VRIDDHI

Doshas exist in three states–Vriddhi (aggravation), Kshaya (depletion), and Sama (equilibrium). Increased Doshas produce symptoms according to their degree of aggravation, whereas decreased Doshas result in reduced physiological functions. In equilibrium, Doshas maintain normal health.

According to Ayurvedic principles, Samanya (similar qualities) causes an increase of Doshas, whereas Vishesha (opposite qualities) causes their decrease. These principles form the basis of Ayurvedic diagnosis and treatment.

VATA DOSHA

According to Ayurvedic principles, *Samanya* (similar qualities) causes an increase of Doshas, whereas *Vishesha* (opposite qualities) causes their decrease. These principles form the basis of Ayurvedic diagnosis and treatment.

Vata governs movement, respiration, circulation, speech, sensory perception, and nervous system functions. In its balanced state, it supports enthusiasm, tissue nourishment, and normal physiological activities.[7]

VATA VRIDDHI	VATA KSHAYA
• Symptoms include emaciation, blackish discoloration, tremors, abdominal distension, constipation, weakness, insomnia, dizziness, fearfulness, and sensory impairment.	• Symptoms include debility, reduced movement, diminished speech, loss of sensation, and decreased consciousness. Vata aggravates due to dry, cold, light, and rough qualities, whereas sweet, sour, and salty substances pacify it.

PITTA DOSHA

Pitta represents Agni and is responsible for digestion, metabolism, body temperature, vision, complexion, intelligence, courage, and appetite.[8]

PITTA VRIDDHI	PITTA KSHAYA
• Symptoms include burning sensation, excessive heat, sweating, redness, itching, thirst, yellowish discoloration of skin, eyes, urine, and stool, along with irritability and weakness.	• Symptoms include weak digestion (Mandagni), reduced body temperature, diminished complexion, heaviness, and coldness. Pitta aggravates due to spicy, sour, salty foods, stress, anger, alcohol intake, fasting, and excessive heat exposure. Cooling and sweet substances help in its pacification.

KAPHA DOSHA

Kapha represents the Soma principle and provides structural stability, nourishment, lubrication, strength, immunity, and emotional calmness.[9]

KAPHA VRIDDHI	KAPHA KSHAYA
• Symptoms include weak digestion, excessive salivation, heaviness, lethargy, excessive sleep, cough, breathlessness, and coldness.	• Symptoms include dizziness, palpitation, joint looseness, thirst, insomnia, dryness, and burning sensation. Kapha increases due to heavy, oily, sweet foods, day sleep, sedentary habits, and overeating. Bitter, pungent, and astringent substances help reduce Kapha.

Conclusion

Ayurveda concludes that Vata, Pitta, and Kapha are the fundamental biological principles responsible for maintaining structural and functional balance in the human body. In their normal state, these Doshas regulate growth, metabolism, movement, immunity, and vitality, thereby maintaining Dhatu Samyata and good health. However, any increase, decrease, or qualitative alteration in Doshas disturbs physiological functions and leads to disease. Therefore, proper diet, healthy lifestyle, seasonal adaptation, and timely correction of Doshic imbalance are essential for disease prevention, health promotion, and longevity.

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Ayurveda in Modern-Day Emerging Diseases:

An Integrative Approach to Prevention and Management As per Ayurvedic Shastra and Classical Samhita

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DAUO Almora

1. Prologue: The Shastraic Perspective on Emerging Diseases

Though the term "emerging diseases" is modern, the Ayurvedic Samhitas have described their equivalents thousands of years ago. Acharya Charaka in Charaka Samhita, Vimanasthana 3/1-6 explains Janapadodhwamsa – mass affliction of communities – caused by vitiation of Vayu, Udaka, Desha, and Kala. The root is Adharma and Prajnaparadha – collective ethical and intellectual errors leading to environmental disturbance, faulty lifestyle, and unwholesome conduct. This directly correlates with today's drivers: deforestation, climate change, zoonotic spillover, AMR, and stress-linked disorders.

Acharya Sushruta in Sushruta Samhita, Sutrasthana 6/17 classifies Aupasargika Roga – contagious diseases – transmitted through Prasanga, Gatra-samsparsha, Nishwasa, Saha-bhojana, Sahashayya, Vastra-malya-anulepana. This is the earliest description of contact, droplet, and fomite transmission. Thus, the Shastra already contains the epidemiological foundation for COVID-19, influenza, dengue, and other emerging infections.

2. Samprapti: Pathogenesis of Emerging Vyadhi as per Samhita

Ayurveda defines disease as Dhatu-vaishamya – imbalance of body tissues. The pathogenesis of emerging diseases follows the classical six-stage Shatkriyakala:

Modern Concept	Samhita Siddhanta	Classical Reference
Pathogen exposure	Agantuja Hetu — Bhoota, Krimi, Visha	Cha. Vi. 7/10-11
Host susceptibility	Heena Vyadhikshamatva due to Ojokshaya	Cha. Su. 28/7
Toxins & metabolites	Ama-utpatti from Agnimandya	Ash. Hri. Su. 13/25
Cytokine storm	Sama Dosha circulation in Rasa-Rakta	Cha. Chi. 15/42-44
Multi-organ damage	Dhatu-paka, Sroto-avarodha	Su. Su. 24/8

Ashtanga Hridaya, Sutrasthana 1/20 states: "Rogastu dosha-vaishamyam, dosha-samyam arogata". Emerging diseases often present as Sannipataja Jwara or Vishama Jwara with fluctuating Dosha states. Charaka Chikitsa 3/12-15 describes Vishama Jwara as irregular, relapsing, and Dushchikitsya – exactly like viral mutations, post-COVID syndromes, and drug-resistant infections.

3. Swasthavritta: The Primary Prevention Model from Samhita

"Swasthasya swasthya rakshanam, aturasya vikara prashamanam cha" – Charaka Sutra 30/26. Prevention is the first duty of Ayurveda.

A. Dinacharya for ↓ Vyadhikshamatva↓

1. Nasya: Ashtanga Hridaya, Sutrasthana 20/1 – "Nasyam shirovirechanam". Daily Anu Taila Nasya protects Urdhva-jatrugata structures. It creates a lipid biofilm in nasal mucosa, now proven to reduce viral attachment. Critical for airborne pandemics.
2. Kavala & Gandusha: Charaka Sutra 5/78-80 prescribes Tila Taila Gandusha for Vak-shuddhi and Krimi-nashana. Reduces oral-nasal microbial load.

3. Abhyanga: Charaka Sutra 5/87 – "Abhyangam acharet nityam sa jara-shrama-vataha". Daily oil massage pacifies Vata, enhances Twak-bala, and lowers cortisol-induced Ojokshaya – a major factor in modern immune suppression.
4. Vyayama: Charaka Sutra 7/31 – "Shareera-upachayah kantih gatranaam suvibhaktata". Exercise per Ardha-shakti prevents Kapha-Meda Vriddhi, the pathological base of diabetes, NAFLD, and obesity.

B. Ritucharya & Shodhana for Seasonal Epidemics

Charaka Sutra 6 mandates seasonal Shodhana. Vamana in Vasanta clears Kapha, Virechana in Sharad clears Pitta. This prevents Janapada diseases arising from Kala-parinama. Sushruta Chikitsa 24/81 adds Dhoopana with Guggulu, Nimba, Vacha, Sarjarasa for Vayu-shuddhi – ancient air disinfection, now validated for reducing airborne pathogens in hospitals.

C. Ahara-Vidhi and Agni as Immune Foundation

"Roge api cha apathyanam, agnir eva tu karanam" – Charaka Chikitsa 15/4. All diseases originate from Agnimandya.
1. Shadrasa Ahara: Charaka Sutra 26/9. Tikta-Kashaya Rasa – Nimba, Haridra, Guduchi – are Krimighna, Jwarghna, Ama-pachaka. They modulate gut immunity and inflammation.
2. Viruddha Ahara Varjana: Charaka Sutra 26/85-87. Incompatible foods like Matsya + Ksheera produce Gara-visha resembling chronic inflammation, autoimmunity, and gut dysbiosis.
3. Pathya Kalpana: Yusha, Yavagu, Manda in Jwara – Charaka Chikitsa 3/150. Keeps Agni active without increasing Ama.

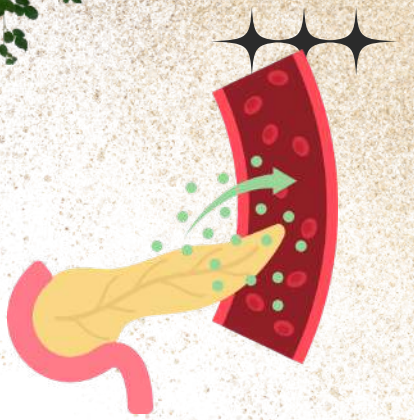
D. Rasayana Tantra: Ojovardhana for Host Defense

Charaka Chikitsa 1 is Rasayana Adhyaya. Rasayana is defined as "Labhopayo hi shastanam rasadinam rasayanam" – that which nourishes all Dhatus up to Shukra.
1. Chyawanprasha: Charaka Chikitsa 1/1/62-74. Amalaki-pradhana, Vayasthapana, Kasa-Shwasa-hara. Increases Ojas, NK-cell activity, and Ig levels.
2. Guduchi: Bhavaprakasha Nighantu – "Guduchi katuka tikta kashaya ushna rasayani". Tridosha-shamaka, Jwarghna, Rasayani. Charaka Sutra 25 lists it among Agrya Dravya for Sangrahika-Deepaniya. Used in dengue, chikungunya, and post-viral states.
3. Ashwagandha: Charaka Sutra 25 – Balyam, Vrishyam, Rasayanam. Withania somnifera mitigates Mano-dosha and Shosha, key in long COVID fatigue and anxiety.
4. Swarna Prashana: Kashyapa Samhita, Sutrasthana, Lehana Adhyaya. Swarna Bhasma + Ghrita + Madhu in children. Medha-Agni-Bala-Vardhanam. Reduces frequency of Pratishyaya and Kasa.
4. Chikitsa Sutra: Management of Emerging _ Vyadhi_
Acharya Charaka gives the universal line of treatment: Nidana Parivarjana, Shodhana, Shamana, Rasayana.

Jwara and Post-Viral Syndromes



Jirna Jwara with Dhatu Kshaya and Vata-Pitta vitiation resembles long COVID.
1. Langhana-Pachana: Charaka Chikitsa 3/142 – "Langhanam param aushadham" in Nava Jwara. Shadanga Paniya – Musta, Parpata, Ushira, Chandana, Udichya, Nagara – Jwarghna, Trishna-nigrahana.
2. Guduchyadi Kwatha: Guduchi, Shunthi, Dhanyaka – Ama-pachana, Jwarghna. Forms the basis of Ayush-64, validated by CCRAS in malaria and COVID-19.
3. Basti Karma: Madhuyashti Ghrita Basti in Jirna Jwara – Charaka Siddhi 1/32. Replenishes Ojas and corrects Vata in Pakwashaya, now linked to gut-brain axis dysfunction.



Prameha and Metabolic Disorders

Sushruta Nidana 6 and Charaka Nidana 4 describe 20 types of Prameha due to Kapha-Meda-Kleda Vriddhi.

1. Nisha-Amalaki: Haridra + Amalaki – Ashtanga Hridaya Chikitsa 12/5. Meha-hara, Prameha-nashaka. Reduces Kleda and insulin resistance.
2. Triphala: Charaka Sutra 4/8 – Varanasi, Kaphapittaghna, Meha-kushtha-hara. Modulates gut microbiota and reduces endotoxemia.
3. Chankramana: Charaka Vimana 3/36 advises Shata-pada-chankramana after meals. Controls post-prandial hyperglycemia

Krimija Roga and AMR

Charaka Vimana 7 describes Rakta-Shleshma-Purisha Krimi. Krimighna drugs: Vidanga, Kampillaka, Ajaji, Kiratatikta. Sushruta Sutra 19/25 prescribes Dhoopana for Vranita and Sutikagara – classical infection control. Rasaushadhi like Kajjali, Rasasindoor are used in Rajayakshma and chronic infections per Yogaratnakara.

Vishama Jwara: Dengue, Chikungunya, Malaria

Charaka Chikitsa 3/73-76 describes Santata, Satata, Anyedyushka, Tritiyaka, Chaturthaka patterns.

1. Kiratatiktadi Kwatha: Kiratatikta, Musta, Amrita – Vishama-jwara-nashana.
2. Mudga Yusha: Charaka Sutra 27/15 – Pathyatama, Laghu, Agni-deepana. Maintains hydration and Bala in febrile states.
3. Rakta-prasadana: Draksha, Dadima, Parushaka for thrombocytopenia – Charaka Chikitsa 4.

Aachara Rasayana and _ Sattvavajaya Chikitsa_

Charaka Chikitsa 1/4/30-35: "Satyavadinam, akrodham, ahimsakam, prashantam..." – conduct itself is Rasayana. Prajnaparadha – misuse of intellect – is the root of modern lifestyle diseases. Yoga and Pranayama, mentioned in Charaka Sharira 1 and detailed in Hatha Yoga Pradipika, correct Manas Dosha. Nadi Shodhana Pranayama improves Prana-vaha Srotas function, validated for HRV and dysautonomia in post-viral syndromes.

Integrative Model: Eka Shastra Principle of Sushruta

Sushruta Sutra 1/15: "Ekam shastram adhiyano na vidyat shastra-nishchayam" – one who studies only one science cannot attain certainty. The Shastra itself mandates integration.

1. Acute Phase: Modern emergency care – Atyayika Avastha. Antibiotics, oxygen, ICU as Shalya-Pradhana measures.
2. Sub-acute & Chronic Phase: Ayurveda – Shodhana, Shamana, Rasayana, Pathya-Vyavastha.
3. Prevention: Swasthavritta, Rasayana, Aachara Rasayana – population-level Vyadhikshamatva.
4. Evidence: WHO Benchmarks for Training in Ayurveda, CCRAS guidelines, and AYUSH Ministry protocols during COVID-19 provide a framework for safe integration.

Conclusion

The Samhitas summarize the goal: "Swasthasya swasthya rakshanam, aturasya vikara prashamanam cha" – Charaka Sutra 30/26. For emerging diseases, Ayurveda does not oppose the pathogen alone; it strengthens the Kshetra – the field, i.e., the host. Through Agni-deepana, Ama-pachana, Ojo-vardhana, Srotoshodhana, and Sattva-avajaya, it builds resilience. When combined with modern diagnostics, vaccines, and critical care, this Shastra-sammata integrative approach offers a sustainable, personalized, and preventive model. As Acharya Charaka concludes in Vimanasthana 8/14: "Vaidyah yuga-anurupa-chikitsakah syat" – the physician must adapt treatment to the needs of the age. This age demands integration.

Uttarakhand's GI-Tagged Medicinal Heritage:

An Integrative Strategy for Modern-Day Emerging Diseases

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Abstract

Uttarakhand, often referred to as the "Natural Pharmacy of the World," possesses a unique bio-resource profile characterized by high-altitude medicinal flora and traditional landraces. Recently, the state achieved a milestone by securing Geographical Indication (GI) tags for 18 products, many of which serve as potent nutraceuticals and therapeutic agents. This article explores the pharmacological potential of GI-tagged assets such as Buransh (Rhododendron arboreum), Tejpatta (Cinnamomum tamala), and ancient millets (Mandua and Jhangora) in addressing emerging global health challenges, including metabolic syndrome, cardiovascular diseases, and post-viral complications. By leveraging the Uttarakhand Medicinal Plants Database (UMPDB) and integrating Ayurvedic principles with modern clinical validation, this paper proposes a strategic framework for the sustainable utilization of these heritage assets in modern integrative medicine.

Keywords: Uttarakhand, GI Tag, Medicinal Plants, Integrative Medicine, Rhododendron arboreum, Metabolic Syndrome.

1 . Introduction

Uttarakhand's Himalayan landscape is a reservoir of biodiversity, housing over 1,700 species of medicinal plants (Caterpillar Fungus - GB Pant National Institute of Himalayan Environment, 2020). The recent granting of Geographical Indication (GI) tags to 18 indigenous products—ranging from medicinal herbs to superfoods—marks a shift from local subsistence to global commercial and therapeutic recognition. In an era dominated by "emerging diseases" such as lifestyle-induced metabolic disorders and multi-drug resistant infections, these GI-tagged assets offer a standardized, provenance-verified source of bioactive compounds.

2. Profile of Key GI-Tagged Medicinal Assets

When Kapha accumulation is significant, Shamana therapy alone may not be sufficient. Vasanta Ritu naturally liquefies Kapha, making it the most suitable time for Shodhana Chikitsa.

2.1. Buransh (Rhododendron arboreum)

The crimson flowers of Buransh are more than a cultural symbol, they are a concentrated source of antioxidants and flavonoids. Traditional wisdom suggests its efficacy in heart health, a claim now supported by scientific evidence regarding its ability to reduce inflammation and protect the liver (A Journey Through Heritage:Geographical Indications of Uttarakhand | SankalpTaru Blog, 2025).



2.2. Tejpatta (Cinnamomum tamala)

One of the earliest products to receive a GI tag in the state, Tejpatta is widely used in Ayurveda for Prameha (diabetes) and digestive disorders. Its essential oils contain cinnamic aldehyde and eugenol, which are being studied for their role in improving insulin sensitivity and managing hyperlipidemia.



2.3. Mandua and Jhangora

Mandua (Finger Millet) and Jhangora (Barnyard Millet) are "lost superfoods" now recognized for their low glycemic index and high mineral content (A Journey Through 'Heritage: Geographical Indications of Uttarakhand' SankalpTaru Blog, 2025). These are essential in the dietary management of obesity and type-2 diabetes, which are currently reaching epidemic proportions globally.





2.4. Ratanjot (Arnebia euchroma)

Found in the high-altitude regions, Arnebia euchroma (Ratanjot) is prized for its naphthoquinone content, specifically shikonin. Recent pharmacological reviews highlight its anti-inflammatory, anti-microbial, and potential anti-cancer properties, particularly in inducing apoptosis in gastric cancer cells (Kazybekov et al., 2024).





3. Therapeutic Relevance to Emerging Diseases

Modern health crises are increasingly characterized by chronic inflammation and oxidative stress. The GI-tagged flora of Uttarakhand provides a multi-target approach:

4. Integrative Strategy: A Path Forward

To transition from traditional use to modern clinical application, an integrative strategy is required:

1. Digital Integration: Utilizing platforms like the Uttarakhand Medicinal Plants Database (UMPDB), which provides genomic and chemical descriptions of plants, to facilitate in-silico drug discovery (Kumar et al., 2018).
2. Standardization: GI tagging provides the first level of standardization. Further Fingerprinting of bioactive markers (e.g., shikonin levels in Arnebia) ensures batch-to-batch consistency for global markets.
3. One Health Approach: Recognizing the link between the health of the Himalayan ecosystem and human health. Sustainable harvesting practices are critical to prevent the extinction of high-value species like the Caterpillar Fungus (Ophiocordyceps sinensis), which contains over 30 bioactive compounds including immunomodulators (Caterpillar Fungus - GB Pant National Institute of Himalayan Environment, 2020).

4. Clinical Validation: Moving beyond ethno-medicinal claims to double-blind, placebo-controlled trials to integrate these products into mainstream Integrative Medicine protocols.

5. Conclusion

The GI-tagged heritage of Uttarakhand represents a synergy between ancient Ayurvedic wisdom and modern geographical branding. By focusing on standardized extracts and evidence-based applications, these Himalayan bio-resources can lead the way in managing modern emerging diseases. This ntegrative Strategy not only promises global health benefits but also ensures the socio-economic upliftment of the local Himalayan communities.

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An Integrative Approach to Prevention And Management:
Ayurveda in Modern-Day Emerging Diseases

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Abstract
The 21st century has seen a surge in lifestyle diseases - conditions linked to sedentary living ,processed foods ,pollution, and high stress. Non-communicable diseases (NCD) like type 2 diabetes, hypertension, obesity, and chronic respiratory disorders now account for over 70% of global deaths. While modern medicine offers advanced diagnostic and life saving treatments. This article explores Ayurveda's role in prevention and management of emerging diseases through concepts such as Rasayana (rejuvenation), Dincharya(daily routine), Ritucharya (seasonal regimen), herbal therapeutics, and mind body interventions.

Introduction
The rapid rise of emerging disease including pandemics, chronic inflammatory conditions and lifestyle -related disorders has challenged the modern medicine system. Modern medicine is unparalleled in emergency care, surgery, and acute infection control (eg. Antibiotics, Antivirals, trauma surgery). Ayurveda focused on prevention and balance through dosha management , herbal remedies, and lifestyle modifications. Prevention of disease and treatment of disease is the motto of Ayurveda.
In Ayurveda, true healing involves addressing not merely the symptoms but the root cause of disease, restoring balance to the body ,mind , spirit. This integrative approach offers a more complete pathway to well - being , addressing both the root causes and the imbalances. Ayurvedic regimens like daily and seasonal lifestyles , rejuvenation treatments ,and mind body techniques provide sustainable preventive options. Therapeutic interventions based on individualized diagnosis and psychosomatic equilibrium in controlling chronic and idiopathic disorders. The season (Ritu) , host susceptibility and immunity (kshetra), nutritional condition and internal environment (Ambu) , and pathogenic stimuli (Beja) all together decide disease onset and course.
Ayurvedic concepts such as Shatkriyakaal, Prakriti, Agni, and Ama provide profound contributions to the understanding of disease. Different studies have shown the efficacy of ayurvedic herbs and formulations in managing chronic diseases such as diabetes , cardiovascular disorders and arthritis.

Prevention and Lifestyle Management
Ayurveda places significant emphasis on Dincharya (daily routines) and Ritucharya(seasonal routines) to maintain balance and prevent disease. By incorporating these ayurvedic practices into modern healthcare ,we create a solid foundation for preventive health, reducing the prevalence of lifestyle related disorders such as obesity , hypertension and type 2 diabetes.

Fundamental Principles of Ayurvedic
These principles form the foundation of Ayurvedic medicine along with guide the diagnosis , treatment and prevention of disease

Ideologies of Ayurveda	Description
Panchamahabhuta (five elements)	Ayurveda recognizes five basic elements that make up the universe and the human body: ether, fire, water, earth, and air. These elements are assumed to be present in different combinations in each individual, determining their unique constitution or prakriti.
Tridosha (three humors)	Ayurveda postulates that the body functions are presided over by 3 doshas or humor: Kapha, pitta, and vata. Vata is associated with space and air, pitta with fire and water, and kapha with earth and water. Each dosha has specific qualities and functions, an imbalance in any of them can lead to disease
Prakriti and Vikriti	Every individual has a unique constitution or prakriti, which is determined by the equilibrium of the 3 doshas at the time of conception When the doshas are imbalanced, a person's vikriti, or current state of disparity, develops, leading to disease
Dhatus (body tissues)	Ayurveda recognizes seven basic tissues or dhatus in the body: rasa (plasma), rakta (blood), mamsa (muscle), meda (fat), asthi (bone), majja (bone marrow), and shukra (reproductive fluids). Each dhatu is formed from the previous one through a process of transformation
Ojas	Ojas are the essence of vitality and immunity in Ayurveda. It is produced through the appropriate food digestion and the balanced functioning of the doshas. Ojas nourishes the body's tissues, organs, and mind, promoting overall health and well-being
Agni (digestive fire)	Ayurveda places great importance on the digestive fire or Agni. Agni is responsible for the proper digestion and assimilation of food, as well as the waste product elimination. A strong Agni is essential for good health, while a weak Agni leads to indigestion, toxicity, and disease
Rasa (taste)	Ayurveda recognizes six tastes: astringent, pungent, sweet, sour, salty and bitter. For each taste has specific qualities and effects on the mind and body. Balancing the different tastes in one's diet is essential for maintaining health

In this era of lifestyle disorders, Panchakarma and Rasayana therapy is the only hope for health care. Ayurveda can also contribute to modern-day health scenarios like:

- In preventing diseases - Metabolic, genetic disorders, allergic, autoimmune diseases, seasonal variations, aging / geriatric.
- Alternative therapy - Allergic disorders, autoimmune disorders, rheumatoid arthritis & other collagen disorders, Parkinson's disease, Alzheimer's disease, skin disorders, gastrointestinal disorders.
- Complementary area of cooperation - Cancer, DM, IHD, CVA, iatrogenic disorders, bronchial asthma, neuromuscular disorders, psychosomatic diseases - ulcerative colitis, IBS, psychological disorders - stress syndromes, anxiety neurosis, sleep disturbances, disorders and many more.

Preventive and Curative Framework in Ayurveda

Ayurvedic medicine divides prevention into three levels:

1. Primary Prevention

Focuses on health promotion through balanced routines, personalized nutrition, and lifestyle management.

2. Secondary Prevention

Emphasizes early diagnosis through classical examination techniques like:

- Nadi Pariksha (pulse reading)
- Darshana (inspection)
- Prashna (history taking)

3. Tertiary Prevention

Involves rehabilitation and disease management through:

- Shodhana (Purification therapies)
- Shamana (palliative treatments)
- Rasayana (rejuvenation therapies)

Ayurveda is being increasingly recognized in developed countries for its potential to lower healthcare costs and manage non-communicable diseases (NCDs). It offers a range from lifestyle consultations to detox therapies (Panchakarma), addressing gaps in conventional medicine, especially for chronic and iatrogenic conditions.

Challenges and Limitations

Despite its strengths, several obstacles hinder the mainstream integration of Ayurveda into global health systems:

- Lack of clinical standardization and quality control of herbal preparations
- Insufficient rigorous scientific validation through randomized controlled trials
- Inadequate institutional infrastructure and lack of skilled practitioners
- Public misconceptions regarding the speed and efficacy of Ayurveda treatments

Policy and System-Level Issues

- Limited governmental policy support and inconsistent education systems in Ayurveda
- Lack of adequate practical exposure in clinical practice

Economic and Social Barriers

- Economical or financial hurdles – as treatment could become expensive for mass adoption
- Lack of social awareness, especially in low socio-economic strata (noted in countries like India and Nepal)

Technical and Research Gaps

- Lack of standardization and quality control of herbal drugs used in clinical trials
- Use of differing dosages of herbal medicines

Conclusion

Ayurveda offers a holistic alternative to the pharmaceutical centric model of western medicine . By providing patient- focused , long term and sustainable solutions for disease management , prevention, and overall well being ayurveda can integrate into current healthcare. Together they form a complete healthcare system that is preventive , predictive and personalized.

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सचिव महोदय की अध्यक्षता में आहूत बैठक की फोटोग्राफ्स








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